



A
LEX
MAY
SEX COACH

**From better sex
to mindblowing
Adventure**

**AN INTRODUCTION
TO 11 TYPES OF
ORGASMS**
By Sex Coach
Alex May



My name is Alex May and I'm a sex coach. Usually when people ask me what I do for a living they assume I'm joking. More often than not it's followed up with this unoriginal joke: "Is the first lesson free?"

My lessons aren't free anymore. In fact, it's quite the contrary – nowadays a 1 on 1 lesson with me and a model costs thousands of euros. A lot of people would consider that quite expensive. But have you ever considered the cost of a bad sex life? Honestly, the economic costs would already be higher than that. Not to mention the enormous impact it has on the quality of life.

By reading this book you taken the first step toward improving the quality of your life. You made the decision to invest some of your time in improving your sex life.

You probably already gathered that a better sex life can lead to improved general happiness. If you look at it from that perspective, sex coaching isn't really all that expensive. There's also the option to opt for a group coaching session with the best sex coach on earth, which only costs a fraction of the 1 on 1 session. Quite a bold statement – but Russian men aren't known for their modesty,

It's true though. Over the years many have named me best sex coach or greatest lover in the world. But as is usually the case, I was only a fraction of the man back then compared to the man I am now. In fact, I had never planned on writing a book about sex at all.

As a proud Russian I even struggle with sharing the events of my past with you. I would still rather not tell you what happened when I was 17. It embarrasses me to this day. But I will share my tale with you nonetheless.

When I was 17 years old I wasn't doing well in my personal life – especially intimately.

Which is a bit surprising, considering the year couldn't have started any better. For a couple of months I had two gorgeous girls that made me incredibly happy. They both wanted to have sex with me. As a 17 year old boy with hardly any experience, life couldn't have been any better. To me those months were utter bliss. It really felt like heaven on earth. But after 2 months both of my angels left me. Out of the blue, almost simultaneously, both girls didn't want to see me anymore. That sparked one of the darkest periods in my life thus far.

All efforts to repair these broken relationships were futile, as both of them responded with a resounding "NO".

The worst part was the fact that I couldn't figure out what had caused it. It's always easier to process things when you know the reason. The fact that I didn't was excruciating. I had so many questions that remained unanswered.

Why did they leave and why didn't they want a relationship with me anymore? And perhaps even more importantly (I was a 17 year old boy who was exploding with testosterone after all): why didn't they want that fantastic sex anymore? For me it was like heaven on earth. Did they really want to stop that euphoric feeling? Why?

For several months I kept attempting to repair the relationships with them, one at a time. I figured I should surely be able to successfully repair ONE of the relationships. I also wanted to at least find out the truth behind the breakups. And moreover: why so suddenly?

SEX COACH

What had happened? It was good, wasn't it? I begged them to come back. Told them I would do anything. I just really wanted to understand. Sadly, all my efforts were in vain.

At the very moment I'd given up, the truth came out in a rather unpleasant way. It turned out not to be what I was expecting. In fact, it wasn't what I thought at all...

Before I continue I have to add, that at that point in time, I would last 40 seconds on average during intercourse. That was even including undressing and my 'foreplay' which consisted of some awkward and clumsy kisses. You've probably already come to the conclusion by now that I – along with many young men, might I add – suffered from premature ejaculation. I can confirm that you are correct.

I also didn't have the slightest clue how to pleasure women. Unfortunately, that wasn't even the worst part. After the sex I would even do this little "macho" speech, which was something I'd seen in films. I'm still too embarrassed to repeat exactly what I said at the time. Just picture an incredibly arrogant prick who was extremely satisfied with himself. Needless to say, this macho behaviour caused these two girls to pretty much despise me.



CHAPTER 2 REVENGE CAME SWIFTLY

Probably unimpressed with my behaviour, both girls thought it would be a great idea to get back at me. They did so by sharing my limited capacities as a lover to everyone I knew. I quickly learned from the grapevine that I was locally known as a 'terrible lover'. For a Russian man, there is almost no bigger embarrassment imaginable. This led to me becoming very sad and frustrated.

Fortunately people soon found something new to gossip about. Time also helped somewhat. My wounds of shame and embarrassment healed as time progressed. Gradually my desperate and confusing thoughts dissolved and gave me room to think about how I could get over this ultimate embarrassment.

Should I move? Should I change my name? Should I offer these women money in exchange for them changing their stories?

Eventually, after long contemplation I saw only one option.

The only way I could keep my pride. The only way I could walk over the Red Square with my chin up again. I chose to become the best lover ever. For me it was almost a holy oath. I vowed to become the best lover that has ever walked this earth. I would not be able to find peace before that. Of course a lot of people make similar oaths, but don't end up actually doing it. This book is proof that I never gave up.

Whilst my search was mainly born out of negative emotions (such as shame and revenge) it also brought positivity. It brought you this book, for starters. It also led me to a lot of positive emotions and experiences.

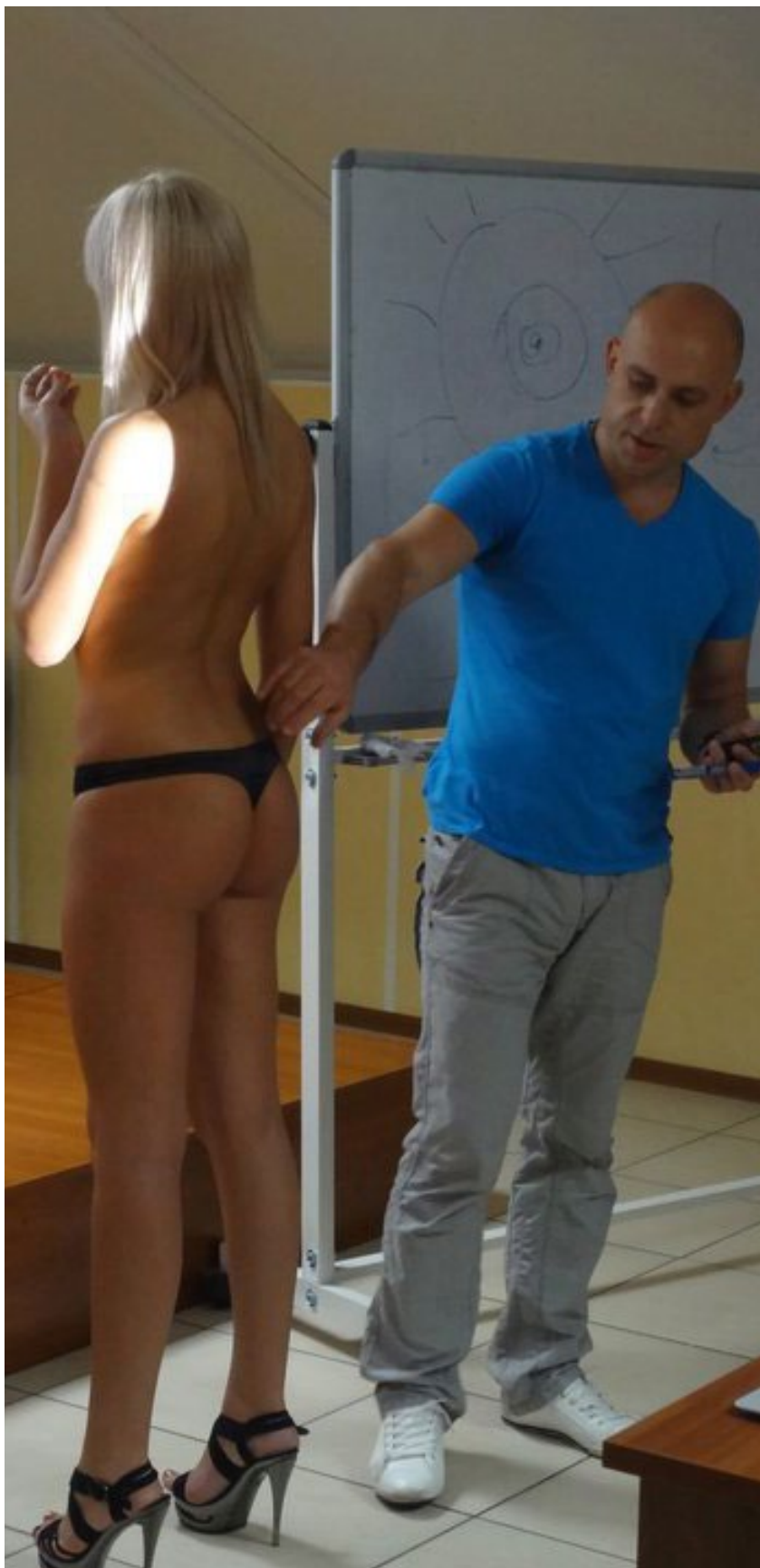
Not only did it bring peace of mind, it gave me more than I could have ever imagined. Even more important to me is the fact that I've been able to help a lot of people along the way. I sincerely hope this book will help you too.

SOMETHING COMPLETELY DIFFERENT

So after finishing my study psychology at the university I chose a profession I wanted something completely different. But when completely changing course, you'll find it's not an easy path. Have you ever driven on a Russian dirt road? Imagine my path to become the worlds' greatest lover as a muddy road that is hard to traverse. So hard, that is only accessible by a tank or large tractor.

Becoming the worlds' greatest lover was extremely challenging for me. Matters were complicated even further by the fact that at the time (before the fall of the Wall in 1989) it was incredibly hard to obtain information about sex in the Soviet Union. The only information I could access was through my uncle who occasionally worked for the KGB. He sometimes managed to find a bit of material for me. The information I managed to scrape together was very basic. But being the dedicated Russian bear I am, I decided to improvise. I started inventing and applying techniques based on the limited material I had in my possession.

It wasn't until I was 19 and had a steady girlfriend that I could really start practicing again. With her I thoroughly experimented and tested the techniques I'd come up with. But that wasn't enough for me. I couldn't become the worlds' greatest lover with just one girlfriend. So I chose a profession that would guarantee a lot of available women: I became a DJ. After the Wall came down it didn't take long before I had established myself as an internationally famous hardstyle DJ. I soon wound up in the Netherlands, which is renowned for being an electronic dance music hub. It was there I fell in love with a Dutch woman and we ended up living together in the Netherlands for about 10 years, until the (open) relationship was over.



The fairly liberal Netherlands was an eye opener to me. With so much accessible material about sex, I ended up reading anything I could lay my hands on. I instantly tested out each and every technique I read about. I didn't just test my new found knowledge on just one woman - I tested it on ten. It soon became apparent that while certain techniques work well on one woman, they wouldn't work at all on others. I was fortunate enough to have enough women to experiment with. My career as DJ meant I could count on an inexhaustible supply of female fans.

Unfortunately the career also had a downside: I developed noise-induced hearing loss, leading me to having to quit my career in music.

Fortunately the end of my music career did not mean the end of my quest: I was soon able to pick up where I'd left off.

I continued to study psychology and also added the sexology part to it. Soon enough I had my own private practice. My real-life knowledge base was huge, hands-on and solid. I knew exactly what I was talking about when clients came to me for advice. With years my practice grew bigger and bigger. Even though my homebase is Amsterdam - my clients come from all over the world.

Around the same time another interesting thing happened: I discovered a Dutch community of men that shares tips for seducing women. If you can read Dutch it's an excellent place to have a nose around. Their forum is located at www.dutchattraction.nl.

As you already understand, over the past 25 years I haven't just read a lot about different ways to blow woman's mind in bed, I also gained a lot of practical experience experimenting with a lot of different techniques.

One of my most surprising discoveries was the fact that 90% of techniques described in books don't actually work very well, or even at all!

As a result I ended up throwing the majority of my books away. I eventually went back to relying on my own experience and experimentation.

I started mixing in the 10% of books that did work together with my own techniques. The result is a method that I have continued to refine throughout the years, occasionally adding newly found knowledge of techniques that work.

I was (and still am!) always on the lookout for material to learn new things about sex.

I soon learned that the official channels didn't have much to offer. Instead I set off to find men that women described as excellent lovers.



This proved rather challenging, as top notch lovers are few and far between. Fortunately I got to travel a lot as a DJ, enabling me to travel the entire world to search them.

It took me a while but finally I managed to find those guys. Really great lovers are often somewhat of a local legend and in some cases, even internationally famous.

Once a woman trusts you, she will usually be happy to share her greatest lover of all time with you. He's the type of guy that she's told all her friends about. It's also not unusual for some of her friends to have sampled "Mucho Mas Miguel" or "Handy Hans" themselves.

While people are quick to assume that they probably have an enormous penis or are incredibly handsome, I found out that this is hardly ever the case. I honestly found that most of these guys were quite average in appearance and girth.

The only thing that really set these men apart was the fact that entire groups of girlfriends would giggle uncontrollably as soon as their name was mentioned.

I ended up closely befriending a few of these lovers. They were a great source of information and helped me unravel the secrets of becoming a great lover. In fact I learned a lot more from them than any of the thousands of books and videos I had gone through.

The difference? They gave me insight that completely changed my understanding and mentality regarding female sexuality. This new way of thinking made sex more intense than ever. My journey to become the greatest lover on earth took me a lot of years. It also cost me tens of thousands in terms of study material and travelling.

I travelled to obscure sex gurus and primitive tribes in remote locations. More than once I went through a lot of effort to locate them, only to be told about techniques that I already knew about or, even worse, ones I already knew didn't work.

Once you start applying and mastering my techniques you will definitely hear someone saying these words more than once:

"YOU ARE THE BEST I EVER HAD!"



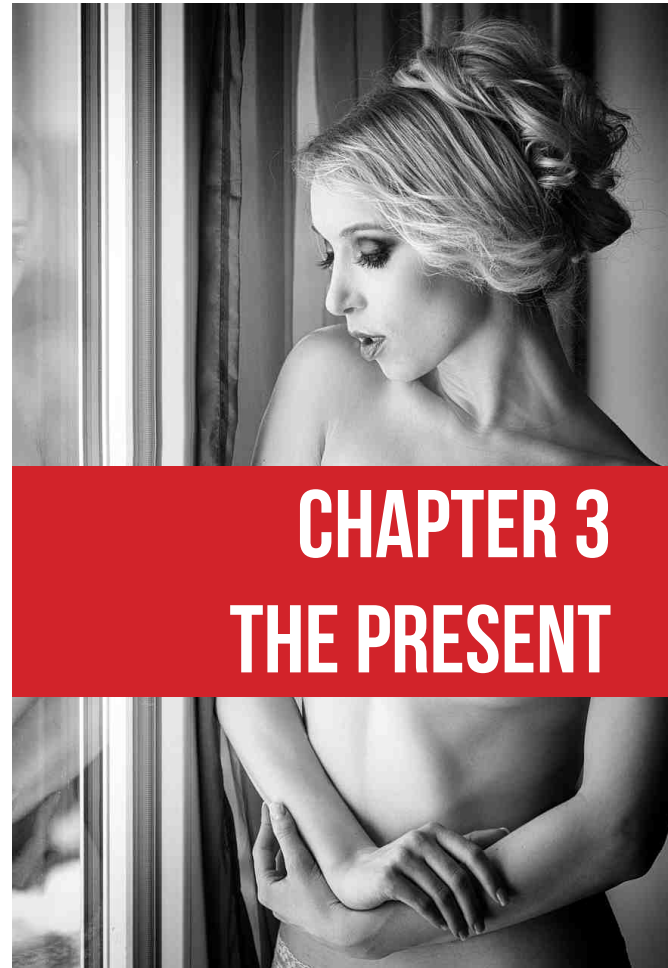
On rare occasion there would be a good piece of advice that I could add to my collection. In hindsight it was an almost impossible task I set out to do at the tender age of 17. But I also wouldn't have wanted it any other way. It was a special journey that not only helped me to understand myself better - it helped mould me into the man I am today.

The most important thing I learned is that I hold the key to everything I want in my own hands. I've managed to summarise my twenty-odd years of searching for best sexual techniques in a practical programme that will turn you, whether you're male or female, into the 0.5% of the best lovers in the world.

My work brings me now all over the world. I give seminars and work 1-0-1 with clients everywhere from Las Vegas and Montreal to Amsterdam, Oslo, St.Peterburg and Moscow. Despite frequently being elected as the best relationship and sex expert, I believe firmly that a teacher is always a student. I'm always on the lookout for new information. One of my favourite ways to do this is by talking to people and sharing what REALLY works. There's nothing more satisfying than learning about matters that induce personal growth and helps people become the best they can.

Feedback is important to me - it allows me to become better and more effective at transferring my knowledge. I keep track of my clients' success and receive frequent feedback from my training organisers all over the world. The most important thing you can learn from my lessons is the deeper meaning of male and female sexuality. Which, isn't surprisingly, the most important quality of a great lover. Another subject that I pay a lot of attention to is communication. I will teach you how to communicate with your partner about sex and sexual techniques. I've noticed people often think this type of information is hard to obtain, or only available to professionals. I disagree wholeheartedly.

Female sexuality is usually overcomplicated. Most commonly by people that either don't fully understand it or people who are afraid of losing their jobs. It honestly doesn't matter how much you know about sexuality right now. The key is meeting somebody who can simplify specialist information. That way anyone can learn. It doesn't matter if you're a virgin, just met the person of your dreams, are already in a long term relationship or had an enormous amount of partners. Even the most experienced Casanovas, famous pickup artists, gigolos and escorts have admitted to benefitting greatly from my seminar. I want you to be able to feel more confident during sex. You need to be confident to be able to relax, which in turn enables you to give and receive more pleasure.




CHAPTER 3 THE PRESENT

I will start off discussing topics that are foreign to most men. Generally women are slightly better informed when it comes to these topics, but they only know the tip of the iceberg. Read this book. After reading it you will be able to confidently say to yourself:

"I know a lot more about sex now."

Here we go!



11 TYPES OF FEMALE ORGASMS

Has it ever occurred to you that there are that many types of orgasm? All of them regular orgasms that have nothing to do with tantra, meditation or 'energy'. They won't take you long to learn either. Anybody can achieve these results in a relatively short amount of time. I'll start with an orgasm that will be familiar to most people.

1. CLITORAL ORGASM

This orgasm is a result of stimulating the clitoris. The clitoris is the most sensitive part of the female body. The clitoris is literally full of nerve endings - twice as many nerve endings as in an entire penis. This is usually hard to imagine for a man. Try and imagine that all your nerve endings were concentrated on the tip of your penis. That might give you a general idea. I hope it will also inspire you to treat your partners' clitoris very carefully from now on. The first rule of thumb from now on is to always use lubricant when caressing the clitoris.

Second rule? Don't ever try rubbing it as hard as you might have seen a "macho" man doing in a porn film.

On the subject of porn films - forget pretty much every technique you've seen in them. Most pornographic films are made by men, for men. It inspires millions of men to try and mimic what they've seen, often leaving their female partners unsatisfied for years on end. This frustration will usually result in fights and relationship problems. Or in some cases, it even leads to women seeking their satisfaction elsewhere.

Going back to the main subject: the clitoris. It plays a very important role in pleasuring women. Even if you aren't touching or stimulating it directly.

Metaphorically speaking the clitoris is like an echo: everything a man does to his partner will resonate from the clitoris throughout the body.

For most women the clitoris is a source of unimaginable pleasure. Great lovers will use their hands and tongue to caress the clitoris. Keep in mind that sensitivity differs per person. So while one woman might enjoy only very light touch, others might prefer a more intense stimulation. Sometimes the clitoris is even so sensitive that you can only touch the clitoral hood. After an orgasm the clitoris is usually extremely sensitive. It can even become sensitive to the point that it is painful to continue caressing it. Good lovers always let their partner recover a few minutes before touching the clitoris again.

ORAL STIMULATION

When it comes to oral sex, never rely on your intuition or experience with other women. Each woman responds differently. It is good practice to ask what her preferences are. My advice to women is to just relax and give your partner instructions. He needs to know what you find enjoyable. It's important to communicate in a sexual relationship (just like in any other type of relationship) in order for it to function well.

USING YOUR HANDS

Always use as much lubrication as possible when caressing her clitoris by hand.

A personal favourite lubricant of mine is grapeseed oil. Be aware when using latex condoms though, as the grapeseed oil breaks down the latex. Either make sure you wash your hands properly with soap before putting on the condom or opt for polyurethane condoms. Another option is to use water or silicon based lubricant.

Personally I find that these lubricants don't work as well as grapeseed oil. Just try experimenting with different types of lubricant to find out works best for you.

USING SEX TOYS

I also recommend using as much lubricant as possible when using sex toys.

2. VAGINAL ORGASM

Vaginal orgasms initially start in the vaginal area and then spreads throughout the body. This type of orgasm causes the vaginal walls to contract. Women have no control over these muscles themselves. Sometimes during these contractions the muscles are so strong that they can push out objects with great force. It might take a while to achieve this particular type of orgasm. You need to use intensive up and down motions either with a penis, vibrator, fingers or the palm of your hand. Make sure that if you are inserting your fingers that the sides of your fingernails are cut shorter than the nailbed. That way you avoid hurting your partner with your fingernails.

To reach a vaginal orgasm, a good lover should communicate with his partner to find out what position and movement is most effective. Men, do make sure that you pace yourself when using your penis – make sure your partner orgasms first. Don't fret if your partner can't achieve an orgasm this way, as not all women can have vaginal orgasms. There are plenty of other types of orgasms that are equally pleasurable.

In some cases women who aren't able to achieve vaginal orgasms will be able to do so after their first (natural) childbirth.

3. G-SPOT ORGASM

There's a lot of myths and misconceptions about this type of orgasm. There are scientists that claim with 100% certainty that it's a myth, while other scientists are 100% certain that it does exist.

This confuses both men and women alike. So does the G-spot exist or not? I can confirm that the G-Spot and the G-spot orgasm both exist – it's just that some people have difficulty finding it. However being able to find it does not necessarily mean you have hit the jackpot, as some women can't achieve orgasms from stimulating the G-spot. So it is a good idea to combine it with clitoral stimulation.





If she is aroused, you should be able to feel a sponge like area. Check with your partner if she can feel it too. Usually she will give tell-tale signs (e.g. moans) that you have reached the right spot. By stimulating this spot, the entire area will fill with more blood. This will enable you to feel the G-spot properly.

Don't press the G-spot with your fingertip itself. You should aim to use the inside of the first joint. If you look at your finger, you will see 3 lines. One at the bottom, where your finger starts, one in the middle and one at your fingertip. The line right under the fingertip is what you should be applying pressure with.

You'll notice that you can't apply as much pressure with that joint as with your fingertip.

Remember that every woman is different. Never assume that a certain technique you know works on one woman will also apply to other women. Good lovers understand that each body and woman is unique and therefore responds differently. There are also other factors such as her mood and the phase of her menstrual cycle that might cause her to respond completely differently to the exact same sexual action.

While for some couples it is easy to achieve a G-spot orgasm, it's incredibly hard for others. For some it will never be more than a frustrating search. It is also not uncommon for a woman to require long stimulation (think one hour!) of the exact same spot, while others might only need a matter of minutes to start orgasming. Accept that each woman is different, both physiologically and psychologically speaking. The quality of your performance, tenderness, patience during foreplay, communication and empathy play an important part as well. You have to understand and respect all these factors.

In any case, remember that when it comes to sex, good communication is more important than your physical possibilities. Remember that when it comes to sex, good communication is more important than your physical possibilities.

So what exactly is the G-spot? It's not actually a 'spot' at all, it's an entire area. The G area is found at the front side of the vagina and continues along the entire urethra. The easiest way to locate it is by inserting one straight finger into the vagina. You should have your finger pad facing upward, with your nail is facing down. Then carefully curl your finger up. Make sure the woman is already aroused by this stage. Otherwise, you can keep looking as long as you like, but won't feel anything.

However, you can stimulate a larger area by doing so. Now try and make a wave-like motion with your finger, with the top of the wave being the joint I just described.

You can also try inserting two fingers. Lay your fingers on top of one another and insert them into the vagina this way. Once your fingers are inside you can move them next to one another again. Using two fingers will allow you to stimulate an even larger area and be able to apply more pressure.

Make sure you continue to communicate with your partner throughout.

All the great lovers I interviewed made use of these factors. As the saying goes: **in the land of the blind the one-eyed man is king.** I've combined all these great lovers' techniques and created them into a complete system. A system that will make any man belong to at least the top 5% best lovers in the world.

4. FEMALE EJACULATION (SQUIRTING)

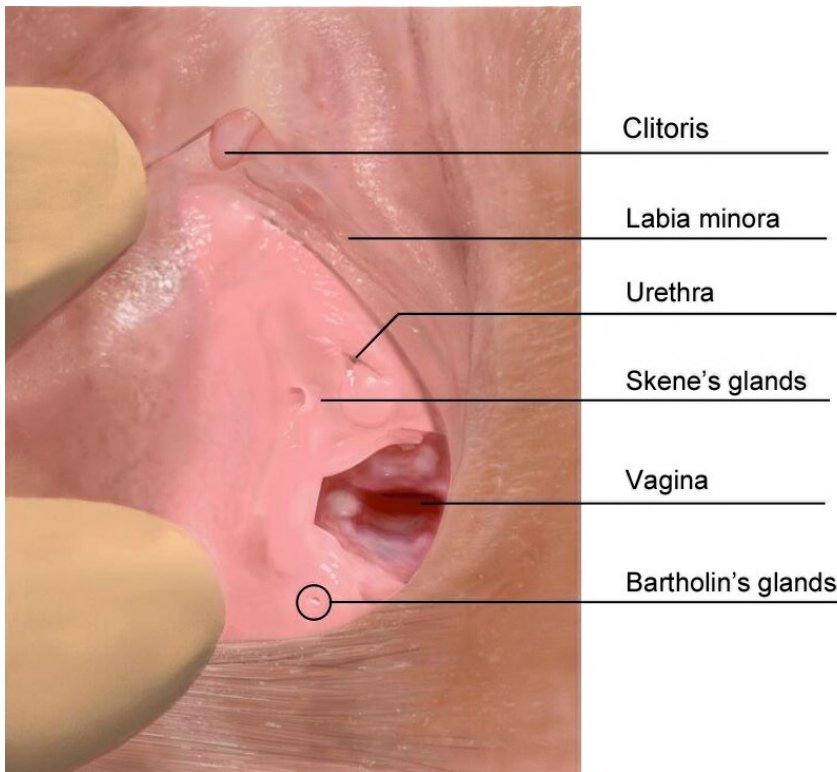
This is a very powerful and intense orgasm. Even describing it that way doesn't do it justice. According to the women that have experienced it, it's a very special, surprising even magical experience. Some women have even called it an adventure. This is usually due to the fact that you never know beforehand what type of ecstasy you will experience this time around. Women say that it makes any other type of orgasm seem bland in comparison. During a squirting orgasm it feels as if you rid yourself of all insults, negative emotions and other emotional dirt that has built up over the years. You could even go as far as saying it has a therapeutic influence on emotional and mental health.

Similar to the G-spot orgasm, it is achievable for most women. Every woman has a paraurethral gland (also known as Skene glands).

These glands are sometimes also called the female prostate due to its similarity to the prostate gland found in males. Obviously the female ejaculation does not contain semen. The liquid excreted during a female ejaculation is clear and has no noticeable scent. I've personally always been able to give a woman a female ejaculation with my techniques. I've set up a separate training course for individuals interested in this particular type of orgasm. In this course I teach both women and their partners how the female ejaculation works.

These orgasms are intriguing for another reason as well; they improve the emotional bond between partners. For women a great orgasm during sex is probably one of the deepest and most intimate emotions they can experience. A man who manages to give a woman multiple great orgasms will be forever special and important to her.





Can you imagine how many pointless therapies have been described to women who have experienced female ejaculation? These poor women didn't know what female ejaculation was. Instead of feeling proud and happy, they felt abnormal and as if something was wrong with them. A lot of women still don't know what they are experiencing – they think their bodies are weird. I wish I could tell all of these women to relax and just enjoy it!

SO WHAT EXACTLY IS THE FEMALE EJACULATION?

There's two types of fluids. The first type is vaginal moisture that happens when a woman gets aroused. If an aroused woman has ever said to you "I'm so wet" – this is a good example of vaginal moisture. The second type is urethral ejaculate. This liquid has a similar chemical composition to male ejaculate, except it does not contain sperm.

As it is so uncommon, most women don't recognise it either. Some women even try to contain it as they think it is urine. They are scared that it will put their partner off and therefore never experience female ejaculation. You should never worry about getting the bed messy. Sex can sometimes be very primal and animal-like. You shouldn't be worrying about the mess you might make. Fortunately female ejaculation is clear and scentless. It will get quite wet, but it's not that bad.

WHERE DOES FEMALE EJACULATION COME FROM?

The fluid is produced with the paraurethral glands I mentioned earlier. These are comparable to the male prostate. The more aroused a woman is, the more blood goes to these glands.

Surprisingly not many know about female ejaculation or squirting. It's shrouded in mystery and there's a lot of ignorance and inexperience when it comes to this phenomenon. Even most sexologists and gynaecologists know little about it.

WHY IS THE PHENOMENA UNKNOWN?

I personally think that modern society is full of information that just tries to divide men and women. For me as a psychologist it was already obvious that men and women are often not completely conscious of who they really are. They are often not aware of their own beauty and possibilities. Most importantly; they are not aware of their own sexuality. To give an example: not a lot of people nowadays would accept a compliment like "I think you're sexy" with pride and dignity.

But why? What causes that?

My answer to that is quite simple.

In addition to the negative social programming attempting to separate men and women, the constant propaganda about 'the war between men and women', there's also an ever existing fear about female sexuality. Even highly educated and liberal women are often unaware of the surprising sensations their bodies are capable of. The female ejaculation – despite its fantastic and therapeutic effects - has successfully been kept silent and denied by society.

To this day there's a lot of incomprehension and denial in the medical world. One of my female friends once told me that her gynaecologist claimed that female ejaculation is a myth. She then giggled she would have loved to show him a video we'd once recorded together disproving that. Another friend was told that only 3% of women could orgasm this way. Yet another friend was told by her GP that female ejaculation is physically impossible.

The paraurethral glands then begin to actively produce and fill up with ejaculation fluid. The process is quite comparable to a female erection. The main difference with a male erection is that it all happens inside the vagina.

This is partly why people are so clueless about it – the process is not visible making it hard to track (unlike with a man). It also makes it hard for a man to gauge exactly how aroused a woman is. It doesn't help that most men are actually more concerned with their own state of arousal. They worry if their erection will last long enough. Stop worrying about it – you've always got hands if need be.

The amount of liquid ejaculated differs a lot. The amount can be increased by special massaging techniques. These special techniques are also used to 'wake up' the entire area inside the vagina. This way the nerve endings are activated, meaning the woman can experience a completely new level of sexual pleasure. A level that she probably never even knew existed until now.

These feelings of pleasure will continue to grow. They also grow with the level of experience a woman has with female ejaculation.

An interesting fact is that during an ejaculation the liquid really can come out with a lot of force.

That's one thing that is actually depicted accurately in porn films. But it can also be small amounts of liquids. The quantity and 'force' are by no means a representation of how a woman experienced it.

In porn films they do often imitate it cleverly. Sometimes what you're looking at is actual urine. The actresses consume large quantities of water before they start filming. Just keep that thought in mind next time you watch a 'squirt' video. It might just be a professional trick instead of a genuine ejaculation.

ARE ALL WOMEN CAPABLE OF FEMALE EJACULATION?

All women have paraurethral glands. Therefore all women are capable of producing this secondary type of fluid. Which also means all women are able to ejaculate. But there's even better news.

Women can experience this type of orgasm multiple times during one sex session. It all depends on the partners' finger ability. Please do remember that a woman does lose a lot of moisture during her orgasm. I recommend keeping a bottle of water on the night stand to rehydrate. Use actual water, not fruit juices or Coca Cola. I recommend water for two reasons. One is that the body absorbs water better. Second reason is that if you do end up spilling, it will not interrupt your sex session in order to clean up the sticky mess.



5. A-SPOT ORGASM

5.1 BY HAND

If you look at the picture at the bottom of this page you will see the A-spot depicted in red with the letters: Anterior Fornix. You can achieve an A-spot orgasm by stimulating a very small area at the top of the vagina.

This area is at a depth of about 7-10 centimetres (3-4 inches) inside the vagina.

At the top of the vagina there's a small spot with a collection of many nerve endings. It's this point that is responsible for this special type of orgasm. You can achieve it by inserting your middle finger carefully into your partners' vagina. It will be at the tip of your middle finger. You might have to feel around for it, but once you've found it you will know straight away.

Just start practicing this type of orgasm together. Keep in mind that this particular area is very small. The man will have to calibrate his movements exactly into this tiny area. It will require some detective work. The man will need some guidance from his partner to successfully find it.

This once again shows the importance of communication during sex. You'll notice that the more you practice, the easier you will be able to find this spot.

5.2 USING SEX TOYS

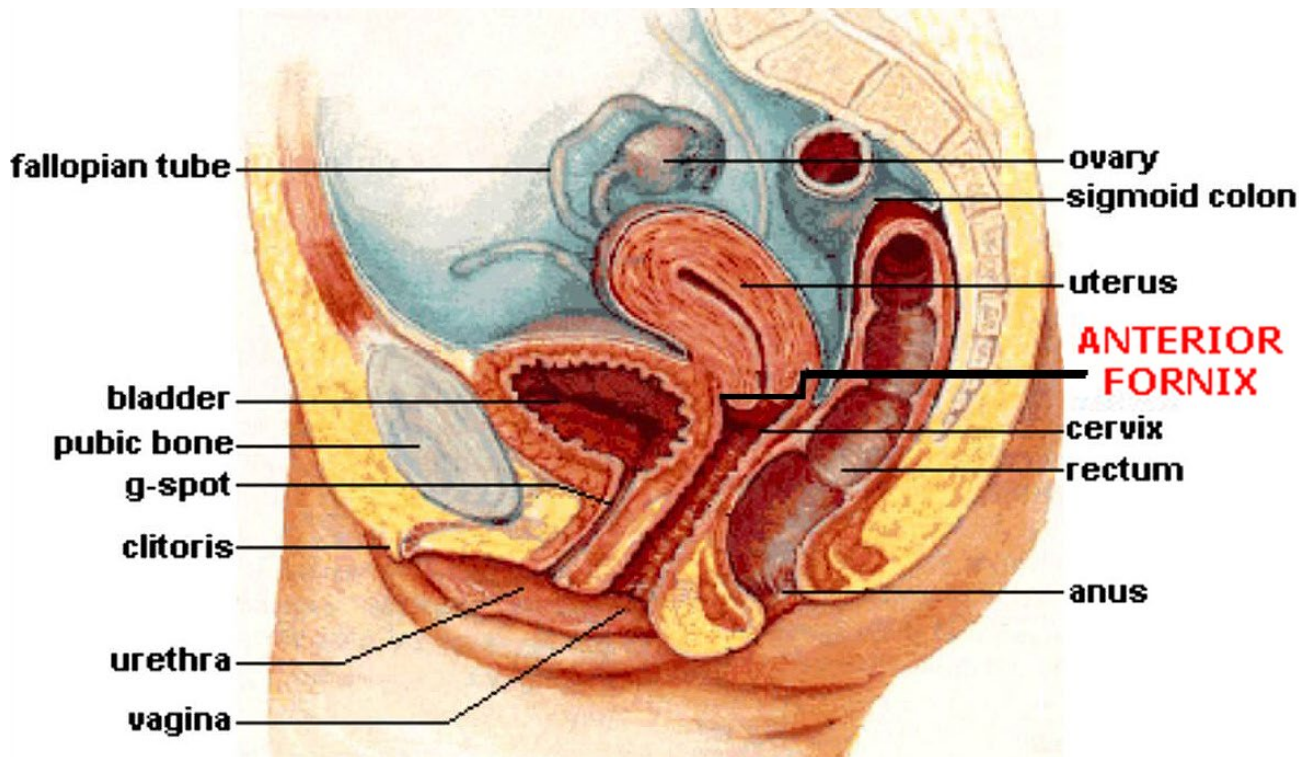
Use the same pointers as described above. Some women can easily find their A-spot. Other women need more time. As with everything, there's no normal or abnormal A-spot. Every female body is different. Every woman is unique. That's also what makes sex fun.

Keep in mind that for a lot of women this spot isn't 'active' yet. To activate it you will certainly need a few sessions stimulating it. Only then can you enjoy the fruits of your labour. Another interesting fact is the A-spot doesn't need recovery time between orgasms, unlike the previously mentioned clitoris.

Women, the most important thing you can do is communicate. Help guide your partner to your A-spot. If you need a break – tell him so. Men, be patient with your partners and when trying to find the A-spot.

6. THE DEEP SPOT ORGASM

This orgasm is by achieved by stimulating the bottom side of the vagina at a depth of 4-10 centimetres (1.5 - 4 inches). The stimulation of this deep spot does not have to be very intense. It's less about the spot and more about the right pace and pressure. Aim to apply the same pressure as you would during a very weak handshake, as this seems to work best for most women. The pace differs per woman.



For me as a psychologist it was already obvious that men and women are often not completely conscious of who they really are. Now as a sex coach I really experience that they are often not aware of their own beauty and possibilities. The woman will have to let her partner know what works best for her.

If you look at the image below, the deep spot is the Posterior Fornix labelled in red. This type of orgasm is very intense. Some women even say they enjoy this type of orgasm as much as anal sex. It's also said that this orgasm has a very deeply relaxing effect. To achieve this effect with your partner, start by inserting your middle finger into the vagina. After pleasuring her for a while, add your index finger.

Then slowly and tenderly start stimulating the deep spot. Do this by very lightly massaging it with the pads of your fingers.

7. THE U-SPOT ORGASM (URETHRA)

When the area around the urethra is stroked softly with a small amount of ointment by either tongue or penis it can lead to a very powerful orgasm: the U-spot orgasm.

You may use the same techniques here as you would when stimulating the clitoris. This requires some skill as you have to carefully calibrate your movements to your partners' response. It also helps if the woman isn't

shy at all – she can help guide her partner best when she's unrestrained. Practically all women can achieve the types of orgasms listed previously. The following four orgasms aren't as common.

8. THE BREAST ORGASM

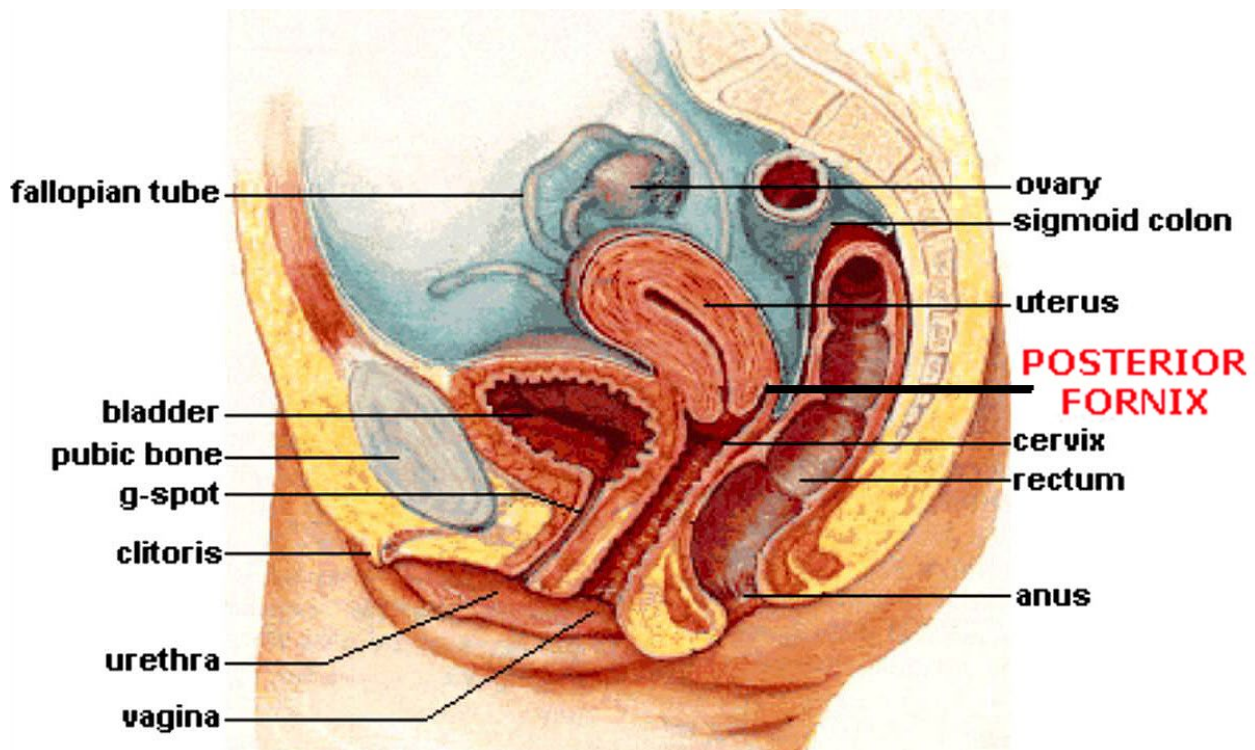
This orgasm is possible for those who have quite sensitive breasts and a partner who is very patient and knows how to caress them right. The nipples are connected to the nerve system that is also connected to the genitals. Most women feel a direct connection to their clitoris when their partner caresses her breasts. These women will also become aroused from these caresses. Keep in mind that not all women can get aroused or orgasm just by touching their breasts.

9. ORAL ORGASM

If a woman has a high sensitivity in her mouth cavity she may be able to achieve an oral orgasm. This sensitivity usually plays an important role in the nervous system, which in turn affects sexual enjoyment. It can even be had while kissing or giving oral sex to her partner.

10. THE TACTILE ORGASM

This orgasm is achieved by stimulating one or more sensitive areas of the skin.



There are generic spots such as the side of the neck or the earlobes or the inner side of her elbow. I have come across women who have had this type of orgasm at the hairdresser while the hairdresser massages their scalp, during visits to masseurs and even dermatologists slightly touching a special spot.

All men and women have – in addition to breasts, nipples and genitals - certain areas of the body that are very sensitive. These are commonly places where joints meet, such as the inside of the knee or elbow.

Take some time to discover one another. It's one of the most enjoyable ways to get to know your partners' body. Make sure you are both extremely aroused before attempting to find these sensitive spots – only then will the nerve endings be sensitive to touch.

If you're not aroused enough you might not be able to find these spots. So make sure you're at a state where you're both so aroused you feel you can't take it anymore and are about to explode.

This is also what makes it so challenging – usually people proceed to intercourse at this point.

You'll need to be patient, or else you will never find these 'super spots'! For most women it takes at least 45 minutes before these spots are sensitive enough to be found. But if you can be patient, it's definitely worth it! You'll notice that the more often you do it, the quicker the sensitive spots will emerge due to psychological anticipation.

11. THE MENTAL ORGASM

This orgasm can be achieved as a result of visual and auditory stimulation without any physical contact. Examples could vary from watching a film to observing the opposite gender displaying certain sexual behaviour. Another example could be at a dance party where a woman is dancing on a podium. Being watched by so many people will excite her so much that she will have an orgasm.

ELITE SEX TO BE CONTINUED...

Well, dear readers... this is the end of this book. There are still a lot of subjects that I discuss in my courses that I've not discussed in this book. A few examples:

"What is the correct way to touch a woman?"

"How can I find erogenous zones that aren't even known to my partner?"

"What are the best techniques to caress each of these spots to make sure my partner has incredibly powerful orgasms?"

"What sexual positions are most effective?"

"What kissing techniques work (and don't work)?"

"Why won't my partner share what I'm doing wrong and how can I get her to tell me?"

Everything you've learned from this book is just an introduction. Nobody is born a good lover. The good news is that becoming one is easier to learn than starting your own company or getting a good body.

If you really want to become a better lover than 99% of the world, you'll need at least a few days to learn about it. It requires some lessons, studying, time and experience. Once you both know what you can do together it will rock your world. You will experience things you never thought possible.

This is the end of the book about the 11 types of orgasms but it's the start of your journey.

For your next step I invite you to come and follow my 2 day seminar in either Rotterdam or Amsterdam. These seminars are usually on a Saturday and Sunday. I speak fluent Dutch and English. Should you have any questions, you can email me or ask me at my seminar in either language. To see when my next seminar is you can visit www.realmancconference.com. Hope to see you soon!

"GOOD LUCK AND I WISH YOU AND YOUR PARTNER(S) AN ENJOYABLE (SEX) LIFE!"

ALEX MAY