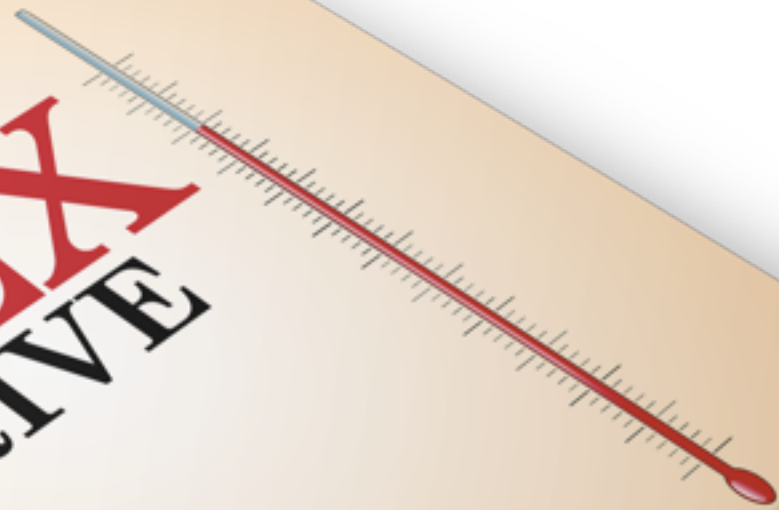


SEAN JAMESON

BOOST HIS SEX DRIVE



Bad Girl's Bible

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SEAN JAMESON

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INTRODUCTION

If I had a dollar for every email I get asking me how to increase a man's sex drive, I would be a rich man. It's something that many women struggle with and you can end up pulling your hair out in frustration trying to figure out how to get him to have sex with you. Perhaps you've even struggled with it yourself in the past?

"I thought all men were sex addicts!?"

Have you ever started dating a guy, where both of you started out like rabbits, unable to keep your hands off each other and were constantly having sex? It's heaven, right? But after a few months, when the relationship became more stable, did you notice the amount of sex you were having start to subside...or worse, come to a complete halt?

You may have wanted it just as much as before, but your man just wasn't "*in the mood*" or was "*too tired*" or was "*feeling stressed*" from work and so made an excuse why he didn't want to.

It's just a tiny bit annoying when it first happens, but over time it can become increasingly demoralizing to be constantly rejected and have your advances turned down by the man you love.

Thankfully, there are a number of very simple strategies that you can start using with your man to boost his sex drive and more importantly increase the amount of sex you are both having together.

Quick Note

If you have been reading the Bad Girl's Bible for a while, you'll know that I'm a straight shooter. With this in mind, it's vital to understand that almost all relationships start with a honeymoon phase that naturally fades over time. But just because the honeymoon phase ends, it doesn't mean the sex should too.

As the honeymoon phase ends, it's natural to expect that you'll no longer be having sex 3-4 times per day. But it's still quite normal, natural and reasonable to be having sex 4-6 times per week.

So to be clear, this book **is not** going to teach you how to boost your man's sex drive so that you are having sex 3-4 times a day. Anyone who claims they can teach you this is being a little ridiculous. This book is for those of you who want to increase his sex drive so that you start having sex 4+ times per week.

TESTOSTERONE & INHIBITIONS

The simple way to boosting your man's sex drive is through boosting his testosterone and lowering his inhibitions.

That's it.

That's what this entire book is about, because 90% of the reasons that your man's sex drive is low is because he has either:

1. Low testosterone, or
2. Inhibitions when it comes to sex.

The other 10% is usually drugs, both the good kind and the bad kind (more on this later).

You're going to learn some quick and easy techniques that you can start using tonight that will dramatically increase his levels of testosterone so that he naturally feels the urge to grab you and have his way with you.

You're also going to learn some powerful strategies to lower his inhibitions when it comes to "getting it on."

EXERCISE

Without a doubt, the best way to boost your man's testosterone in a natural way is to get him exercising.

“So I should send him out jogging?”

Actually, no! It turns out that some types of exercise are far more effective at boosting your man's testosterone than others.

Jogging can help to boost his testosterone slightly. So can walking every day or playing ping pong three times a week. Even a round of golf on a Saturday morning can help. Sadly, though, these types of exercise don't boost your man's testosterone by that much. Thankfully, there are two types of exercise that will send his testosterone levels through the roof. These are:

1. Compound weightlifting
2. High intensity training

1. Compound Weightlifting

Compound weightlifting includes the bench press, squats, deadlift and shoulder press. Performing these exercises, preferably with a barbell loaded with heavy weights, stimu-

lates your man's body in such a way as to produce large amounts of testosterone...and they also have the added benefit of adding on pounds of muscle.

“What routine should he use? How often should he go to the gym?”

Others have already done detailed research on the exact training routines that work best. Additionally, I don't want to clog up this book with gym routines. My advice is to have your man check these two free resources to learn the best kind of compound weightlifting that your man can start doing today:

1. [Stronglifts](#).

2. [5/3/1](#).

2. High Intensity Interval Training

High intensity interval training (HIIT) is just as it sounds. It involves highly intense bursts of sprinting or similar exercises with rest periods between each sprint.

Like compound training, HIIT has been proven to increase your man's testosterone production. For more on HIIT, check out this routine [this routine](#) and this one [this one](#) which will also help him burn a ton of body fat!

DIET & LOSING EXCESSIVE BODY WEIGHT

Changing your diet is not only good for losing weight and putting on muscle. Having a bad diet and being overweight is the main cause of low sex drive in men. Certain foods can cause your man's body to produce more testosterone, while other foods can actually work to shut down his testosterone production.

Along with this, carrying excessive body fat and being obese negatively influences your man's testosterone production and sex drive. So, if you play a role in what your man eats, then you can greatly influence his diet and whether he loses or gains weight. In short, this means that you can help to control his testosterone production by simply adding a few foods to his normal eating schedule while removing others.

Here are some common foods that help increase your man's testosterone production:

- Fish that is high in vitamin D, like tuna and salmon.
- Egg yolks.
- Oysters, thanks to their high levels of zinc.
- Pumpkin seeds.
- Ricotta cheese.
- Strawberries.

- Lean cuts of beef.
- Avocados.
- Venison.
- Milk.
- Honey.
- Cabbage.
- Asparagus.
- Garlic.
- Bananas.
- Ginseng.
- Almonds.
- Spinach.
- Ginkgo Biloba.
- Horny goat weed.

And here are some common foods and additives that negatively influence his testosterone production:

- Flax.

- Licorice.
- Soy (this includes tofu).
- Excessive beer consumption.
- Meats that contain added hormones and antibiotics.
- Soda (including diet soda).
- Fast food.
- Cheap ice cream.
- Most processed foods contain chemicals that increase their shelf-life or “best before date,” but many of these same chemicals also work to lower testosterone.

While you may be tempted to simply remove some of these foods from your man’s diet, a much better strategy is to replace these foods with healthy, testosterone boosting alternatives. So instead of drinking Diet Coke, he should try to replace it with coffee and instead of keeping snacks by his desk, he should try to keep a small bowl of almonds. You get the idea.

Of course, if you think that by simply giving him a few almonds, your man is going to suddenly turn into a horny teenager, you are mistaken. Diet and losing excessive body weight are just part of the equation. You also need to get your man exercising, sleeping well and using the other techniques in this book to see the biggest effect and boost to his sex drive.

SMOKING AND DRUGS

I don't think that there's a single person alive that believes smoking is healthy. There are so many damaging aspects to smoking like lung cancer and the increased risk of heart disease, but the one we are most concerned with right now is what it does to your man's sex drive.

One way that smoking negatively affects your man's sex drive is that it can lead him to having difficulty getting and maintaining an erection. Scientific researchers have discovered that quitting smoking can help your man have bigger, firmer erections. Better yet, quitting smoking can cause your man to become erect up to five times faster than when he was smoking.

In short, not only will quitting smoking cause your man to become more healthy and less likely to get lung cancer/heart disease, it will also help to boost his sex drive. It can be very tricky to convince him to beat the habit. But if you can, you'll quickly start reaping the benefits.

Drugs (Both the Good and Bad Drugs)

The bad drugs, the illegal ones they sell on the street, should be avoided for many reasons, especially because many have incredibly negative effects on your man's sex drive. But so do many drugs that the doctor may prescribe.

Here are the most common prescription drugs that should be avoided as they all lower your man's testosterone production and sex drive.

Opiates/opioids - These two classes of drugs include heroin, morphine, Vicodin, Oxy-Contin, and Percocet, all of which are regularly abused by people and can work to lower your man's testosterone.

Benzodiazepines - These include drugs like Xanax.

Selective serotonin reuptake inhibitors (SSRIs) - These are drugs usually prescribed to those with depression. They include Prozac and Zoloft.

Prostate cancer drugs - Many common drugs that are used to treat prostate cancer dramatically reduce testosterone production in men as testosterone helps prostate cancer to grow. This lowering of testosterone usually results in a complete loss of libido in your man. This is usually reversible once your man is cured of prostate cancer and stops taking the drugs.

Certain hair loss prevention drugs - Drugs like Propecia have been shown to have sexual side effects for a small percentage of men.

Alcohol - Excessive and continuous consumption of alcohol is going to destroy your man's sex drive. Why else do guys call it "*whiskey dick*," when they are drunk and can't get an erection?

STRESS, DEPRESSION & SLEEP

A high amount of stress has been proven to lower your man's libido and even cause erectile dysfunction. This is because stress causes your body to release a chemical called cortisol. Without getting into the deep science, all you need to know is that when cortisol levels in the body rise, testosterone drops...something you definitely want to avoid.

All this means is that reducing your man's daily stress should be a high priority if he is to boost his sex drive. Probably the best way to do this is through exercising (compound lifting or HIIT, remember) as this has the added benefit of increasing his testosterone.

Other ways for dealing with stress include:

- Meditating.
- Getting a massage.
- Having more sex!
- Getting a good night of sleep.
- Journaling.
- Taking a walk.

- Hugging. Yep, hugging alone can be a big stress reliever.
- Playing more and working less.

Depression

Stress and depression are often very much intertwined as excessive stress can cause depression. And in case it's not totally obvious, depression can destroy your man's libido, just as it can destroy his motivation in other areas of his life.

As stress and depression share so many common traits, depression can be treated with many of the same techniques listed above that you can use to treat excessive stress. However, it's best for your man to talk to his doctor if he feels that he is suffering from excessive stress as often he will need to use natural techniques like the ones listed above and on the previous page along with some type of talking therapy to get back to full mental health.

One problem with treating depression is that your man may need to start taking a medication like an SSRI or other type that can work to drastically reduce his sex drive in the short term. Often, this is totally worth it in the long term as they can work quickly to cure his depression and get him back to his old self so he can stop taking the medication.

Sleep

Proper sleep plays a crucial role in the regulation of your man's hormones (and yours for that matter). Too little sleep can wreak havoc with your hormones. For many, even

moderate sleep deprivation means mood swings, irritability and acting in a way that relies more on emotion than logic.

For most guys, this also means that they will have a lower testosterone output, meaning a reduced sex drive, something your man should definitely avoid. Fortunately, the cure couldn't be simpler. All he needs to do is get into a regular sleep pattern AND try to get at least 8 hours of sleep per night.

A LITTLE DROP OF ALCOHOL

Earlier, I discussed the negative effect that excessive alcohol consumption has on your man's sex drive. To reiterate, excessive alcohol consumption will destroy your man's sex drive and testosterone production.

However...

A little bit of alcohol at the right time can be like dynamite for his sex drive. Here's why:

- 1)** A moderate amount of alcohol can help to lower stress in the short term. If your man is particularly stressed out or has a lot on his mind, then having a couple glasses of alcohol on a Friday night can work like magic in taking the weight of the world off his shoulders so he can focus his full attention on you.
- 2)** Along with lowering stress, moderate alcohol consumption can help to lower his inhibitions, leading to more sex **and more kinky sex**. If your man has unhealthy inhibitions about having sex or having kinky sex, then a little bit of alcohol can help him to relax and allow his natural sex drive to take over.
- 3)** Not every guy, but some guys get aroused much more easily after moderate alcohol consumption than others.

Of course, I am not saying that you should try getting your man drunk against his will in order to have sex with him. That would be weird and possibly even illegal. All I'm saying is that if your man is partial to having a few beers or glasses of wine when friends are around, then why not try it when you're both alone?

CUT THE PORN & MASTURBATION

Let me be honest. Getting your man to quit viewing porn and masturbating probably won't have any effect on his sex drive. It won't increase his sex drive or decrease it.

So why should he try to cut down on it AND even eliminate it completely? When pornography and masturbation are no longer an outlet for your man, then he can focus all of his sexual energy on you and only you. Of course, getting your man to quit porn and masturbation is easier said than done.

Trying to "force" him to do it with demands or an ultimatum is inevitably going to backfire and even confuse your man. A better way to get him to cut down on it is to just let him know that you would like to have sex more regularly and that you're very available for it.

Ideally, you could both set aside some time each day for some nookie, but while this certainly sounds practical, it's not actually that conducive to getting aroused for many couples. Thankfully, a week or two without masturbation or porn will quickly train your man to seek you out any time he's feeling horny.

USE YOUR FEMININE POWERS

Most of the tactics to increase your man's testosterone and sex drive that I've mentioned rely on action from your man. However, you have a big role to play too!

There are plenty of things that you can do to turn on your man and boost his sex drive. Here's a list of potential tactics that you can use on your man:

- Talk dirty to him.
- Send him pictures of you wearing something racy...or nothing at all.
- Touch him more and touch him more intimately.
- Wear clothes that you know turn him on.
- Don't forget to flirt and build sexual tension...and then break it.
- Suggest trying out one of his kinks or fetishes.
- Get out of the house and spend some time alone somewhere new.
- Try being a bit more dominant/submissive in the bedroom.

The key with all of these ideas is making sure to use what actually works. So if you find that your man gets super aroused when you talk dirty to him, but that wearing sexy

clothes doesn't do much for him, then don't feel that you need to keep doing it...unless you enjoy it yourself of course!

INHIBITIONS

The last part to boosting your man's sex drive is making sure that you remove any inhibitions that he may have. On top of removing his inhibitions, you also need to work on eliminating the causes of these inhibitions. Here are a few common causes for your man's inhibitions:

Religion - Many religions seek to make their adherents feel shame about expressing sexual desire and fulfilling sexual fantasies beyond using sex merely for procreation. Whether this is a good thing or bad thing is totally up to you and your man and what you want to believe. However, if you feel that it's interfering with your man's ability to sexually express himself, then you may need to talk to him about it and try to find a happy medium.

Traumatic Past Experiences - Another major reason people have inhibitions about sex is due to past traumatic experiences. Examples include being molested as a child or being sexually humiliated by someone they were previously close to. But not all traumatic past experiences are sexual in nature. Your man may have developed sexual inhibitions due to something as simple as being rejected by his crush when he was 15.

If you find that your man has developed major inhibitions due to a traumatic past experience, then it's best to have him talk to a professional about it. Wading in and trying to solve it yourself is probably not a good idea.

Fear of Rejection - The third major reason that your man may have developed sexual inhibitions is due to a fear of rejection. Often guys are very protective when it comes to sharing their kinks, fantasies and fetishes because they fear that you'll think that they are weird or gross or that they make him weird or gross. Letting your man know that you won't judge him for his fantasies is vital, even if you are not interested in trying them out with him.

THE DOCTOR AND THE V OPTION

If you find that you are getting little return from all the previous advice to boost your man's sex drive, then he may want to talk to a doctor and see if he can get a prescription for some Viagra or Cialis or other erectile dysfunction drug. It goes without saying that getting an erection has a surprisingly powerful effect on boosting your man's sex drive.

Your doctor can also run tests to see if your man has abnormally low testosterone. If he does, fixing it is as simple as your doctor giving him regular booster shots of testosterone.