

SEAN JAMESON

THE  
LUSTFUL  
LIFE



Bad Girl's Bible

THE LUSTFUL LIFE SEAN JAMESON

---

## DISCLAIMER & TERMS OF USE AGREEMENT

This book is copyrighted 2015 with all rights reserved. It is illegal to distribute, copy, share or to create derivative works from this book in whole or in part without the expressed written permission of the author. It is also illegal to aid in the copying, distribution, or creating of derivative works of this book without the expressed written permission of the author.

If you know of persons illegally selling, copying, sharing or creating derivative works of this book, then please contact the team at the Bad Girl's Bible at this web address:

<http://badgirls bible.com/contact>

No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations utilized in articles and reviews. To find out more about other books and programs from the Bad Girl's Bible use this web address:

<http://badgirls bible.com/products>

By purchasing this book, you agree to the following:

You are responsible for your own behavior, and none of this eBook is to be considered medical, legal or personal advice. The information contained in this eBook is an opinion and it should be used for personal entertainment purposes only. Therefore, if you wish to apply any idea contained in this eBook, you are taking full responsibility for your actions.

The author does not warrant or guarantee the performance, effectiveness or applicability of any sites linked to in this eBook. All links are for entertainment purposes only and are not guaranteed or warranted for content, accuracy or any other implied or explicit purpose.

# Table Of Contents

Chapter	Page
Introduction.....	3
The Context In More Detail.....	5
The Place Or Situation.....	7
Trust & Attraction.....	9
Your Mood & Stress.....	10
Other Things.....	11
Make Your Own Arousal Map.....	13

---

# INTRODUCTION

I really struggled with what to call this book. It's not exactly about boosting your sex drive. It's also not a book about appearing sexy. It's really a book about how to make yourself *feel sexy*.

I've written another book that will teach you how to boost your man's sex drive. In it I give you tips and techniques about how his level of fitness and diet affect his sex drive, along with how certain drugs help or hinder it. If you follow the techniques in that book and apply them to yourself, you'll also notice a small boost in your own sex drive. This is obviously a good thing, but at the same time, this book doesn't teach you how to confidently feel sexy.

The key to feeling confidently sexy is understanding the **CONTEXT** that triggers it. When I say context, I am really talking about the situation you are in, how you feel around your partner and how you are currently feeling about yourself. You have almost complete control over the context, which means that you have almost complete control over how sexy you feel.

Here's why...

Guys are very simple when it comes to arousing them and turning them on. They are like light switches. They are either turned on or off. And this is why it was relatively easy to create a drug like Viagra to get them turned on (and erect!).

Many women laugh at the idea of being turned on or off like a light switch. A female friend of mine once told me she felt that when she was getting turned on or off, she felt more like a dimmer switch. Lots of different things could help to increase her arousal and make her feel more sexy and confident, each of them adding to it. Equally, certain things could add up to turn her off. She told me that she couldn't imagine a version of Viagra ever being invented for women because getting aroused and feeling sexy was so complicated for her.

With that in mind, I believe I have discovered what steps are necessary for women to reliably feel sexy and aroused. What I discovered was that the context you find yourself in has a massive role to play in how sexy you feel.

---

# THE CONTEXT IN MORE DETAIL

If you still aren't 100% clear on what the context is, this should clear it up. It is both the situation that you are in along with the feelings you have in that situation.

For example, if you are in a jail cell with a cellmate who is covered in gang tattoos, the situation you are in is obviously going to be an intimidating one. This is because jail itself is often a dangerous place and people covered in gang tattoos and serving jail time are pretty good indications that they are dangerous. The feelings that you have in this type of situation are probably going to be fear, distress, despair, anger and a lot of other negative emotions.

Now imagine that you are in a wonderful beach house in your favorite beachwear on a deserted island with your favorite celebrity crush and he is being incredibly charming and is flirting with you. The situation is obviously going to be a fun and exciting one. This is because you are in a lovely place and your ultimate crush is there, doing and saying everything you always dreamt of. The feelings you have in this situation are obviously going to be excitement, possibly a bit of shock, arousal and definitely joy.

The first example was all about a context that would be terrible if you wanted to become aroused and feel sexy. The second situation is probably the perfect example of a context that makes it very easy to become aroused. Heck, it may even force you to become aroused it's so good!

The point that I'm trying to make is that context is vital if you want to easily get turned on. Thankfully, you can control the context quite easily.

In order to create a context to become easily aroused, you need to do a number of things...

**1)** Be in a place where it's easy to become aroused. Your bedroom is the perfect example, but you may find a hotel room, the bathroom, outdoors in the woods or on a beach or somewhere else entirely to be the perfect place for getting aroused.

**2)** Feel that you trust your partner and are attracted to them.

**3)** Be in a good mood and stress/anxiety free.

**4)** There are also a few other things that help with the context, that I will cover later.

---

# THE PLACE OR SITUATION

I just mentioned the bedroom as a good example of a place where it's easy to become aroused. For most women, this is true because they associate their bedroom as their private place, where they and their man sleep together and usually have sex and do fun “naked” stuff together.

But, let's say that you have young kids who are always sleeping in your bed or bursting in the room in the morning. If this is the case, you may start associating your bedroom less and less with sex and more and more with looking after your kids...not exactly the best thought for feeling sexy. This means that feeling sexy and aroused when you're in your bedroom is going to get harder and harder.

That's ok though, you just need to find somewhere else. For many women with a young family, getting a hotel room, while a baby sitter looks after the kids is going to make for a situation where it is far easier to feel sexy because no one is going to burst in during the morning and not for a moment will you associate the hotel room with kids sleeping in the bed.

Of course, the bedroom may still be the perfect place for you to feel sexy, but there are other places that you should consider too:

- Elsewhere around your house.
- An AirBnB.



- Your hotel room while you're on vacation.
- A deserted beach, forest or anywhere that is remote and you are alone.

The main point I am trying to make is that you should choose a place to be with your man where you always felt sexy and aroused. So for some this could be something like a house party, a night club or a bar. Just make sure not to break any laws!

---

# TRUST & ATTRACTION

Trusting your partner is the next most important aspect to consider. Being with someone you don't know well and don't trust can be a little exciting, but usually it's not a great idea if you want to comfortably feel sexy.

Of course, trust alone is not enough to feel sexy. You also need to be attracted to them. You can trust a close guy friend that you've known for years with every ounce of your being, but not feel a single smidgen of attraction for him, meaning that you have no desire to jump into bed with him.

At the same time, you can be incredibly attracted to someone, but due to the fact that you don't know them very well and don't fully trust them yet, you may not trust them enough to feel comfortable sleeping with them.

When you have high levels of trust and attraction for someone, it greatly improves the context.

---

# YOUR MOOD & STRESS

Managing your own mood is vital to feeling sexy. Hearing this, you may be thinking, *“Duh! Of course it is!”* Often, it can be easy to forget this though. You may be planning a sexy night with your man, but aren’t eating properly or are super stressed with work.

You can logically plan a fun night in with your man by buying something sexy to wear, along with booking a great place to stay and organizing a meal in a great restaurant first. But if you are not in such a good place emotionally, then it can be impossible to get in the right mood and feel sexy.

How you stay in a good mood and stress free is down to each person and their own quirks. Here are some things that can help you to stay in a good mood and stress free:

- Regular exercise, especially team sports, is a fantastic way to relieve stress.
- Ensuring that you are not slammed with work before you are about to spend time with your man will help too.
- Eating properly. Dieting is great, but not eating enough calories for energy is going to put you in a terrible mood.
- Spending a few, un-rushed hours getting ready to meet your man will help greatly to put you in a mood where you feel sexy and attractive, along with reducing your stress.

---

# OTHER THINGS

I've covered the 3 main tenets of feeling sexy: The situation, the trust and attraction you feel for your man, your own mood and stress levels. These are universal.

However, there are a few more things that can help you to feel sexy that are a little more obvious, but I thought I'd remind you.

The first is your level of fitness. Many people talk about losing weight or being a size zero. But I don't think these are as effective as working on your overall level of fitness. Maintaining a perfect weight throughout the year is next to impossible, but keeping a good level of fitness by working out regularly is much easier.

The next thing that will help you to feel sexy and attractive is the clothes you wear. Wearing clothes that you like and are comfortable in and show off your best features will naturally make you feel sexier.

Another is general hygiene. There is something special about a thorough beauty regime, where you have time to take care of yourself and make sure that you are squeaky clean and fresh that massively helps you to feel sexy. It's sort of like the opposite of being in the gym where you feel sweaty, sticky and greasy.

The last is erotica...and porn to a lesser extent. For some women, all they need is to read a few chapters of their favorite erotica novel to get aroused and turned on. Others find that porn does the trick.



---

# MAKE YOUR OWN AROUSAL MAP

Now that you know the keys to controlling the context and making yourself feel sexy, it's time to take action and put them to work. Just like every guy has his favorite type of porn or favorite fantasy, you need to make your own "arousal map" of things that you can do to make yourself feel sexy. This way, whenever you are having trouble feeling sexy or desirable you can take a look at your arousal map and you'll have a number of different ways to kick start that wonderful feeling of arousal.

Start with the situation. Figure out the places and times that you most easily feel sexy. Many find the bedroom on a Friday or Saturday night to be best.

Write down 3 different places or situations that are easiest for you to get aroused.

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_

Next is ensuring that you fully trust your man. So if you are having trouble trusting him fully, then try to work on this and figure out what is stopping you. Talking to him about this is best.

The last thing is figuring what things put you in a good mood and what puts you in a bad mood along with what stresses you out. So if you find yourself getting grumpy because you are not eating enough, work on this. If work is really hectic one week, maybe try to do less the following week so that you're aren't so focused on it or stressed about it and can devote more time to getting aroused. If you get super aroused from re-reading your favorite erotica book, then do that.

What behaviors put you in a bad mood?

---

---

---

What behaviors put you in a good mood?

---

---

---

What kinds of things stress you out and should be avoided if you want to feel sexy?

---

---

---