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INTRODUCTION

The majority of women struggle to reach orgasm during sex. Study after study shows that about 75% of women struggle with reaching orgasm when having intercourse with their man. As you probably already know, the Bad Girl's Bible is all about having fun during sex, so increasing the number of women who reach orgasm during sex is a high priority for us.

“Orgasms for all,” should be our motto.

Now, there is a small percentage of women that have trouble reaching orgasm, even when masturbating alone, so let me be clear: The techniques in this book work really well, especially if you can already reach orgasm when you're alone or you can get close to orgasm during sex, but can't seem to push yourself over the edge. But they do not work for every single woman. To claim that they do, would be crazy and irresponsible.

Following all the techniques in the book will allow you to enjoy more pleasure during sex, regardless of whether or not you actually reach the “peak” and orgasm.

Let's jump in!

REMOVE THE OBSTACLES

Rather than starting off by telling you to do a bunch of stuff to increase the chances of you reaching orgasm, I want to do something else:

I want you to simply remove the obstacles in your way to reaching orgasm.

Many women are surprised to learn that there is no magic sex position or masturbation technique that will make them orgasm. Instead, it's usually just a case of removing some obstacle that is preventing you from reaching orgasm.

Obstacle you say?

Yep, there are a bunch of common obstacles that get in the way of you reaching orgasm. Here are the most common.

Pressure From Your Man

By far, the most common problem women face during sex that stops them from having an enjoyable orgasm is pressure from their man to orgasm. If your man is overly fixated on "proving himself" and making you orgasm, then you're going to feel it.

When you feel pressured to do anything, it affects your concentration and takes you out of the moment. It works counterintuitively, the more pressure you feel to orgasm, the harder it is to actually orgasm. This is the biggest obstacle that women face to cum-

ming during sex. Even feeling a tiny amount of pressure is enough to totally take you out of the moment.

So, how do you deal with all this pressure and actually orgasm?

There are two strategies you can use:

1) Talk to your man. Let him know what happens when he puts pressure on you to orgasm. This can be tricky and even a little confusing for some guys to hear, but make sure that he understands that even a tiny bit of pressure can put you off.

Asking him to focus on making sure he enjoys himself and not to worry too much about you is surprisingly liberating and can massively help to reduce any pressure you feel.

2) The “not allowed to orgasm” game. When your man tells you that you are not allowed to orgasm during sex, it has this really weird effect. You start getting scared that you might actually orgasm and lose. Not only does this game reduce the pressure to orgasm down to zero, it also makes for a really fun dominant and submissive game.

When he hears you gasping and groaning, he can lean in and whisper in your ear to tell you to stop and do as you’re told, further reducing the pressure, but also making the game a lot more exciting.

Note: This game works best for those who get close to orgasm during sex, but struggle to actually peak and cum. If you find that you aren’t getting anywhere near orgasm, then this game is going to be much less effective.

Inhibitions

The next big obstacle to reaching orgasm during sex are inhibitions that you have. These can be inhibitions based on religious beliefs, your upbringing or even a past trauma.

Having talked to many students who are religious, I noticed that most of them had very healthy views on sex, but a very small percentage had some inhibitions that were based on their religious views. Deep down, they felt guilty at the thought of enjoying sex. They felt that sex should be something that's used only for creating life.

I'm not interested in getting into a debate on religion or criticizing anyone's beliefs, but all I can say is this: If it feels good, doesn't hurt/damage anyone/anything and isn't illegal, then you shouldn't feel shame or feel that it's wrong.

Other people have developed inhibitions due to their upbringing. You may have been instructed from a young age that sex is wrong or that you shouldn't enjoy it. If you don't address inhibitions like these, question them or talk to a medical professional about them, then you're going to find that these inhibitions never leave you and will continue to prevent you from easily reaching orgasm.

Some people have experienced a very traumatic situation in the past that can deeply inhibit their ability to enjoy sex and reach orgasm. I'm not going to address these types of situations here. If you think this is something that's holding you back, then it's best to discuss it with your doctor or psychologist.

The last thing to say on overcoming your inhibitions is that it takes time. Understanding what these inhibitions are and questioning them in your own head is the first step

in ridding yourself of them, but please don't expect them to totally disappear overnight.

Focusing on the Orgasmic Outcome, Not the Pleasurable Process

Often you can be so focused on reaching orgasm and trying so hard to cum by tensing every muscle in your body that you completely forget about simply focusing on what's pleasurable.

By placing your entire focus on reaching orgasm, you are naturally putting pressure on yourself to orgasm. And like I said, when you feel pressure to orgasm, it's going to work against you and ultimately make it harder to orgasm.

A better goal to have is focusing on what feels most pleasurable. So if you enjoy feeling your man dominate you, work on that. If you love him roughly grinding on you, focus on that. If you prefer him softly caressing and kissing your body, then focus on that. Remember, don't worry about reaching orgasm. Whatever gives you the most pleasure is what you need to focus on. Do this and your orgasm will come naturally.

THE IMPORTANCE OF FOREPLAY

Everyone is built differently. Some love nothing more than a quickie with almost no foreplay while others find that long, drawn out foreplay is best if they want to thoroughly enjoy sex.

It all comes down to what arouses you. If you find that you get most aroused when you are surprised by your man, then you'll naturally find that this type of non-existent foreplay makes it easiest for you to reach orgasm. But if you find that lots of teasing and anticipation along with very drawn out foreplay gets you most aroused, then stick with this before having sex.

Of course, you need to communicate this to your man. I've found that the best approach is simply to tell him what arouses you the most. Telling him that you find it incredible when he slowly builds the anticipation by teasing you and hinting at what's coming later will give most guys enough information to work with. Equally, telling him that you love it when he grabs you, lifts up your skirt, pulls down your panties and starts pounding you is going to make it very obvious to your man what he can do to help get you off.

Of course, foreplay alone isn't going to guarantee you an orgasm, but it works as a strong foundation, putting your mind in the right place, so that everything that comes afterwards adds to the likelihood of orgasm.

WHY REGULAR MASTURBATION HELPS

Masturbation is the perfect way to practice how to reach orgasm during sex. You are in complete control over how you stimulate your clitoris and the rest of your vagina, so you can give yourself everything you need to orgasm, whether it's lighter, harder, faster or slower strokes.

Masturbating regularly is obviously a lot of fun. But it also has a number of other benefits.

1) You get to explore what turns you on and gets you off - By masturbating regularly, you get to quickly figure out how to turn yourself on and orgasm. Equally as important, you'll also learn what doesn't turn you on or get you off.

You'll quickly be able to build up a list of different techniques that you deeply enjoy and brings you closer to orgasm. Some women will find that they need their clitoris stimulated very fast and aggressively, while other women will discover that they need their G Spot stimulated just inside the vagina, while some will learn that deep penetration is what gets them off the most. Of course, many find a combination of these things to work best.

The key is exploring and experimenting so that you discover what works best for you. Using a dildo can greatly help here. Once you know what works best, you can start doing these things during sex with your man.

2) You'll discover new things that turn you on. When you masturbate regularly, you'll naturally get bored with using the same techniques over and over, so you'll find yourself trying completely new things just to stave off the boredom...and this is a great thing. You may discover that pulling and squeezing your nipples makes it easier to orgasm or you may find blindfolding yourself increases your sense of touch or using a certain kind of lube makes everything feel smoother or that anal play increases the likelihood that you orgasm.

Again, once you discover something new that turns you on, it's a simple case of using it during sex with your man.

3) There's no pressure. When you masturbate, you don't have to worry about anyone's pleasure except your own. This means that there is no pressure to orgasm. The only thing you should be focused on is doing what's pleasurable, so do the things that you enjoy and avoid the things that provide you with no pleasure.

Once you can comfortably and easily orgasm on your own, you'll find that orgasming with your man is a lot easier.

THE PROBLEM WITH MASTURBATION

I just said that masturbating is a great way for exploring your body and discovering what you need in order to orgasm...

And now I'm saying there is a problem with masturbation?!

The truth is that masturbation can become problematic and actually make it difficult to reach orgasm with your man during sex under certain circumstances:

1) It can desensitize your vagina. Sometimes when you are masturbating, you just want to finish as quickly as possible. As a result you can end up using a really intense rubbing/stroking technique that is impossible to replicate during actual sex with your man.

When you do something like this regularly when masturbating, you train your vagina to only respond to this intense kind of technique. Your vagina will quickly become desensitized to normal amounts of pressure, rubbing and stimulation. It will now require huge amounts of stimulation to get close to orgasm.

2) It trains your vagina to only orgasm in a very specific way. Many discover masturbation accidentally. When you were younger you may have been straddling a pillow and noticed how pleasurable it felt to grind on it. Over time, this could have become your default method of masturbation and you would have unknowingly trained your vagina to only respond to this type of stimulation in order to orgasm.

Grinding a pillow is very different to actually having intercourse. So, if you can easily orgasm when masturbating by using a certain, specific technique that is hard to replicate during sex (like grinding a pillow), then don't be surprised if you can't orgasm during sex.

Thankfully, this is fixable.

You just need to start masturbating in a way that mimics something you'd do during sex. When you do this, it will be hard to orgasm at first and you'll be very tempted to return to your usual style of masturbation.

Don't.

Just give it a few weeks and you'll be able to reliably orgasm using this new way of masturbation that mimics something you'd do during sex

YOUR MAN HAS A BIG ROLE TO PLAY

Reaching orgasm on a regular basis during sex with your partner can be improved considerably if he is on board and willing to help.

The most important thing that he can do is to be supportive and to not put any pressure on you to orgasm. Instead, he needs to focus on helping you to get relaxed so that you can enjoy the process. If he is overly focused on you having an orgasm or making sure that he performs perfectly, then you're going to feel it and it's going to increase the pressure that you feel.

As well as getting your man on board to help you orgasm, you need to effectively communicate with him, so that he understands what positions provide you with the most stimulation, what types of things he can do to help you relax along with any other techniques that he can use to help you hit your peak and cum.

Making him feel that every sex session is about getting you closer to orgasm and doesn't really concern his pleasure can sometimes feel a bit daunting and even excessive for your man, so you may want to take a more 50-50 approach, where one night the focus is all on your own enjoyment, while the next night the focus is more on your man's enjoyment. It doesn't really matter if you or your man get more attention lavished on you by the other, provided that you are both happy with it.

OTHER THINGS THAT HELP

Getting your man into the same boat as you is definitely going to help speed up the process of reliably reaching orgasm during sex. There are also a bunch of other things that can help which you may want to consider.

1) Lights off. As a guy, I personally love getting intimate with the lights on, but keeping the lights on is not some necessary requirement that guys require in order to enjoy themselves. When they're off, many find it easier to relax and let go because they feel that there is no one watching them.

So if you feel more at ease with the lights off, then you're obviously going to find it much less stressful to orgasm during sex.

2) Alcohol. Alcohol can be both your friend and foe when you're trying to cum during sex. A single glass of wine can help you to relax and feel less inhibited, making it much easier to orgasm.

But too much alcohol causes problems.

It dampens your ability to feel. So too much alcohol means that you won't feel much pain if you hurt yourself, but you also won't feel much pleasure either. It also dehydrates you. If you want to get wet easily, then drinking excessive amounts of alcohol is going to hinder this from happening.

The key is moderation.

I recommend a maximum of one glass of wine to help you feel less inhibited. Others recommend two. The key is finding out what works best for you.

3) Other things. There are a bunch of other things that can help you to orgasm during sex. These work for some women and have absolutely no effect on others. So I recommend that you try them out, but at the same time, don't expect that they are definitely going to help you. These are things like:

- Reading erotica.
- Watching pornography.
- Acting out your favorite fantasies.

For you, it may be something completely different. I got an email a few months ago from a woman who found it much easier to orgasm if she was holding something in either hand like the blanket on the bed or her partner's arms.

The point I'm trying to make is that sometimes very peculiar and seemingly pointless things can help make it easier for you to orgasm.

POSITIONS THAT HELP

Of course, there are sex positions that are going to help you to orgasm too. It would be great if I could just list off the three best sex positions for reaching orgasm, but I can't. The best sex position for orgasm is down to your own personal preferences.

If you prefer lots of clitoral stimulation, then you'll adore positions like [cowgirl](#) or the [coital alignment technique](#).

If you need lots of pressure on your G Spot in the first 2-3 inches of your vagina, then the [G Spot sniper sex position](#) is perfect for this.

If deeper penetration is what will help drive you over the edge, then the [anvil sex position](#) will help you achieve it.

I strongly recommend that you do a lot of experimentation to discover what works best for you. You may even find that something unexpected like [spooning](#) is what does it for you.

VIBRATORS & SELF HELP

Something I find truly astonishing is how some women feel that they are cheating if they masturbate during sex. To me, this sounds a little crazy. Sex isn't a sport with rules!

It's about being intimate with your partner and enjoying yourself. If you happen to masturbate during sex, to help you reach orgasm, then it's not a big deal at all.

But for some people, it somehow is a big deal. Like I mentioned before, some women think that they are somehow "cheating" when they assist themselves to orgasm during sex by masturbating. The other problem is with your man. Some guys get this idea into their heads that the reason you are masturbating is because they can't satisfy you. They think that the only way you should orgasm during sex is because of them. Let me clear this up once and for all.

There is nothing wrong with masturbating during sex to get yourself to orgasm. If either you or your man have a problem with it, then you should both sit down and have a talk about it. Remember, sex doesn't come with a rule book.