

# SEX POSITIONS

*From*  
KAMA SUTRA'S  
CLASPING POSITION  
*to the* WEIGHTLESS  
DOGGIE

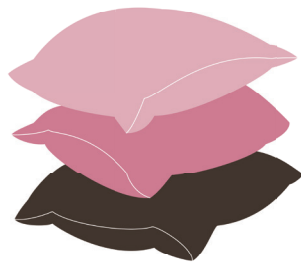
*for* EVERY  
BODY

Dr. JILL McDEVITT

*Nationally Recognized Sexologist*



**SEX POSITIONS**  
*for* **EVERY BODY**





# SEX POSITIONS *for* EVERY BODY

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FROM KAMA SUTRA'S CLASPING POSITION  
TO THE WEIGHTLESS DOGGIE

DR. JILL McDEVITT

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*For Gram*

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## FOREWORD

*I wasn't one of the “lucky” girls* who miraculously had their first orgasm while riding a bike to school, or who discovered the magic of the showerhead at a young age. I was a late bloomer. I had intercourse for the first time when I was seventeen, but even then, I didn't understand that having sex and enjoying sex were two very different things.

I'll never forget huddling in my dorm room with my best girlfriends having our first real conversation about sex. We were all sexually active, but my friends were having these mystical things called *orgasms*. I was shocked to find out that they weren't just having sex; they were also having a pretty good time.

It wasn't that I disliked sex with my boyfriend. I enjoyed the intimacy, the closeness, the kissing, the touching—and even the penetration. But my favorite part was when it was over. That's when my boyfriend seemed satisfied and we could get to the cuddling and talking—which is where I felt happier.

Ten years later I began talking about sex for a living. But in between the conversation in my dorm room and launching my podcast, *Sex With Emily*, I made it my mission to get to the bottom of the divide between sex and pleasure. Thanks to a lot of self-love (i.e. masturbation) and communication with my sexual partners, I finally learned to enjoy sex. I came to understand that it's about everyone's satisfaction, not just his.



Sex is not something you learn to do so you can check it off the list before moving on to French lessons. Too often, we get stuck in a sexual rut, having sex the same way over and over again. Libidos are high during the blush of first love, but that honeymoon period only lasts between six months and two years. And then this thing that came so naturally, the thing you wanted to do together more than any other, becomes something you take for granted—emotionally and physically.

Luckily, there's something you can do about it. That's why I'm thrilled you picked up this book. No matter where you are on the sexual spectrum, you'll find *Sex Positions for Every Body* is loaded with intelligent, inspiring, easy tips that will bolster your sexual repertoire.

It all starts with talking to your partner. Say it with me: Communication is Lubrication! The more you talk to your partner about sex, the better sex you'll be having. The more you understand your own body and what feels good to you, the more fulfilling and satisfying your sex life will be.

We all need a little help to get going. This book will be your partner in the journey. Whether you want to take your sex life to the next level, or discover new erogenous zones on your body, or break out of your comfort zone, you'll find what you need in *Sex Positions for Every Body*.

Change is never easy, but by taking the greatest risks, you can experience the greatest rewards. I can't think of a better reward than the explosive pleasure of sexual discovery.

Most of all, remember to enjoy the process. Because, hey—sex is fun!

EMILY MORSE, Doctor of Human Sexuality  
Host of the *Sex With Emily* podcast



## PREFACE

# Why I'm a Sexologist

*I was 15 years old* when I decided I wanted to become a sexologist.

Why? Three things: shame, dry humping, and clitorises.

My world was saturated with sexuality. But in all the sex articles in all the women's magazines I'd read, all the movie sex scenes I'd witnessed, all the sexually explicit music videos I'd watched on MTV, all the sex-driven TV commercials, all the years of public-school health class and sex education, all the "birds and bees" talks with my parents, and all the sleepover parties with my girlfriends who were informed about sex from older siblings and told me what they learned—never once did anyone, ever, mention the clitoris to me. Not a single peep about it. Zero peeps.

So when I accidentally had an orgasm while grinding my body against my high school boyfriend's body as we made out fully clothed one day, I was sickened by this visceral feeling of humiliation and shame. Because I had no idea about clitorises or female orgasm; I had no idea my body was reacting in a perfectly healthy and normal way to sexual stimuli. All I knew was I had an intense sexy feeling, and that intense sexy feelings were only for "real sex"—the penis-in-vagina naked kind always depicted in movies, magazine articles,

and health class reproduction diagrams. This weird, dog-humping-a-leg-type thing that gave me an orgasm, I deduced, either was some kind of perversion or meant I had a dysfunctional body that got off even with my pants on. Either way, I was broken. I was a pervert. Shame.

Until I found a sex manual.

Alone in my high school library one afternoon back in 2001, I stealthily typed “sex” into the library catalog, wrote the Dewey Decimal call number for the first hit on a piece of scrap paper, and quickly deleted the search results to hide the evidence. After crouching and crawling on the floor of the silent aisles, I found it! The book had a hunter green canvas binding with a typewritten call number taped to the spine and that delightful dusty old book smell.

I sat there and ravenously consumed every word like a, well—like a sexually illiterate and repressed hormonal teenager who just figured out she’d been lied to about sex her entire life. The heading of one section gave me pause from my furious reading, and the title clicked once I saw the words, giving me language and context to describe my humiliating experience.

Dry Humping.


Eureka!

The book explained the biology of the clitoris and the mechanics of dry humping as a perfectly valid sex act that can directly stimulate the clitoris to orgasm. It showed that I was normal.

I was enraged. Shame thrives when sexuality is forced into the shadows. Whether it was deliberate or a massive oversight, the omission of the clitoris from my life was an example of sexuality forced into the shadows and shame thriving in my heart as a result. I decided there, in my high school library, that I was going to become a sexologist and write about sexuality, so I could shine a light on the shadows and liberate sexuality for others.

My world was saturated with sexuality, but not in a way that was honest or helpful. When my school and the media and popular discourse





failed me, books were there. Books were the only things telling the whole, judgment-free truth about sex. This book is me paying it forward.

This manual is full of tips, techniques, positions, and suggestions. You may love all of them and incorporate each one into your sex life regularly, and that's cool. You may find some are duds that don't do a thing for you, and that's cool too. Whatever works for you! This isn't a rule book. It's more like a guide book.

When it comes to sex, there is only one rule: Everyone has to be on board with the sex that is happening. Consent is a process, and being game for one sex act doesn't mean someone is automatically game for another. It's everyone's responsibility to make sure everyone else is enthusiastically down with the sex every step of the way.

If you're new to sex or, like me, have been misled, and as a result, feel very confused, I hope this book sheds light on your shadows and answers your questions without shame and judgment. If you've been having sex for a while, my hope is to inspire you to get creative, broaden your sexual repertoire, maybe get you to revisit activities you haven't done in a while, and open your mind to new sex acts and new sex ideas.






PART ONE

# *The Sex Manual*

1

**A BRIEF  
HISTORY  
*of* SEX  
MANUALS**



***When you think of a sex manual,*** you probably think of the *Kama Sutra*. When you think of the *Kama Sutra*, you probably think of a guide to acrobatic sex positions that would have you swinging from the chandelier and contorting your body into impossible pretzels and knots.

That's actually only one small part of the story when it comes to sex manuals, and it's not really true at all of *Kama Sutra*.

Ever since humans could write, they've written manuals about sex. About 3,200 years ago, ancient Egyptians had the *Turin Erotic Papyrus*, a papyrus depiction of 12 different sex positions. *Speculum al Foderi* (literally translated as "A Mirror for Fuckers") was a medieval Catalan guidebook of positions, tips, and techniques for, well, fucking. *The Perfumed Garden* is an Arabic manual from the early 1500s that describes positions, tips for looking sexy for a partner, and a list of about 50 synonyms for penis and vagina.

A German book written in 1923 called *Ideal Marriage: Its Physiology and Technique* is purportedly the best-selling sex manual to date. *Everything You Always Wanted to Know About Sex (But Were Afraid to Ask)* came out in 1969, then 1972 saw the release of *The Joy of Sex*, the most

sensational—eliciting both accolades and controversy (it was famously banned from libraries as recently as 2008). It's the *Kama Sutra*, however, that remains the most famous, albeit mischaracterized, of all the sex manuals even though it was written in India approximately 2,000 years ago.

Let's do some *Kama Sutra* myth busting. It's not a book on contortionist sex positions. It's barely a book on sex positions at all. In fact, only one section of the book is on sex positions, they are mostly variations on the missionary position, and there are no pictures or drawings, only a few words of text to describe each position.

The rest of the book is about *kama sutra*, which is, literally, a tying together (suture) of ideas to achieve *kama*, meaning pleasure. Other ideas to achieve *kama* include setting the bedroom nicely with fresh linens, making sure to brush your teeth before your sex partner comes over, and kissing, biting, and scratching techniques (a whole chapter on each), as well as how to balance all of your wives, courtesans, and lovers (it was written for male readers).

The *Kama Sutra* is set in the context of one of the four spiritual goals of Hindu life. In ascending order of importance, the four goals are the following: *kama* (pleasure), *artha* (wealth), *dharma* (virtuousness), and *moksha* (liberation).

It is amazing that a book written so long ago still inspires people and captures their excitement and curiosity about human sexual behavior and eroticism. In the past 2,000 years, there is a lot about how human sexuality is depicted and explained in *Kama Sutra* and other sex manuals, such as *The Perfumed Garden* and *The Joy of Sex*, that has remained unchanged in how people have sex today.

These historical sex manuals all advocate sex as mutually beneficial and equally pleasurable for all partners. *Ideal Marriage: Its Physiology and Technique* bluntly called men who “think only of their own gratification” as



## ..... **SLANG**

### ***Penis Slang in The Perfumed Garden***

Pigeon	Deceiver	One-eyed	Pusher
Tinkler	Crowbar	Bald	Ransacker
Liberator	Swimmer	Shamefaced	Discoverer

### ***Penis Slang Today***

Cock	Willie	Wang	Peen
Dick	Junk	Member	The D
Schlong	Weiner	Pipe	

### ***Vulva Slang in The Perfumed Garden***

Tatering can	Horror	Two-lipped	Assistant
Voluptuous	Beautiful	Juicy	Deep one
Slit	One that swells	Fugitive	Wasp

### ***Vulva Slang Today***

Pussy	Coochie	Peach	Who-ha
Twat	Vajayjay	Lady bits	Hole
Cunt	Vag	Cookie	Flower

“grossly selfish” and “unpardonably stupid,” and *The Joy of Sex* said frankly, “[No man] can be a good lover if he doesn’t regard women as (a) people and (b) equals.” *The Perfumed Garden* warned readers, “Before setting to work with your wife, excite her with toying, so that the copulation will finish to your mutual satisfaction.” Indeed today, humans often advocate the same message: Good lovers care about their partners’ comfort, pleasure, and desires as much, or even more than, their own.

Another major take-home message in many ancient and modern sex manuals is that it’s a mistake to conceptualize “sex” as merely penile-vaginal intercourse because the vastness and complexity of human sexuality cannot be reduced to a single behavior. In addition to the sections in *Kama Sutra* on kissing, biting, and scratching, *The Joy of Sex* describes femoral intercourse (penis between a partner’s thighs), hand jobs, bondage, leather, and even a man’s big toe/woman’s clitoris sex combination with a two-page illustration to boot. *The Perfumed Garden* extols lip sucking, breast nibbling, navel kissing, and arm biting as sex acts.

Today we have what I argue is a limiting vocabulary, such that the word sex is narrowly defined as penile-vaginal intercourse. Take these sentences: “Dr. Jill, how many times per week does the average couple have sex?” “Seventy-two percent of teens have had sex by the time they graduate high school.” “Honey, do you want to have sex tonight after I finish this jigsaw puzzle of the state bird of Kansas?” All of them imply that sex means “insert penis into vagina.” What if “I had the *hottest* sex ever last night!” means “We rubbed our clits together, and it was *hot!*”? And what if post-jigsaw puzzle sex implies a passionate night of fantasy sharing and earlobe nibbling? If that statistic about teenage sex included hand jobs and finger-on-clitoris rubbing, I bet you it would be a lot more than 72 percent.



## HOW TO USE THIS BOOK

- ✿ Read it to yourself first, circle things you want to try, and gift this book to your partner.
- ✿ Write down your 10 favorite ideas on popsicle sticks or slips of paper and have your partner write down his or her 10 favorites. Put them all in a jar and take turns selecting what you'll try next.
- ✿ Feeling wild? Place the spine of this book against the floor and let the pages fall open naturally. Whatever activity happens to be on the open page? Do it!
- ✿ Pick a category, and then try each position in the sequence from easiest to hardest during one act of sex.
- ✿ Go in order from beginning to end, and rate each technique and position on a scale of 1 to 5. In the future, revisit your 5's often and occasionally give your 1's a second chance to see if anything has changed.


## WHAT'S CHANGED

Although many basic tenets have remained the same in sex manuals since time immemorial, a lot has changed since the *Kama Sutra* was written.

Our values have changed, and within the techniques, suggestions, and recommendations of each text, the values of the time are easy to see. *Ideal Marriage: Its Physiology and Technique*, written in 1923, is explicit and refreshingly pleasure-positive but frames sexual activity as a behavior exclusively permissible within the confines of a monogamous, heterosexual marriage.

Today, as a sexologist, I know that the complexity and range of human sexuality is such that many people are not monogamous, heterosexual, or married and still have rich sexual lives and still seek sex manuals to get ideas to keep sex exciting. Of course, people have *always* been not monogamous, heterosexual, or married. The difference is that this book is explicitly for those folks too.





Some of these old texts extolled extremely problematic advice that has no place in modern society. Here are some examples.

### CALLING HOMOSEXUALITY A FLAW

A lot of homosexuals would like to think [they were just born that way]. They prefer to consider their problem the equivalent of a club foot or birth-mark; just something to struggle through life with. ... If a homosexual who wants to renounce homosexuality finds a psychiatrist who knows how to cure homosexuality, he has every chance of becoming a happy, well-adjusted, heterosexual.

—*Everything You Always Wanted to Know About Sex )But Were Afraid to Ask*, 1969

Nope. Being gay is not a problem or a birth defect.

### NORMALIZING DOMESTIC VIOLENCE

The occasional fights, often physical, which all lovers have, would have nothing to do with sex if some couples weren't directly excited by them, often without knowing it. The French have a song which goes, "Hey, Mister Copper, Colin's beating up his mistress: Mister Copper, let them get on with it. It will end with kisses." There are women who unconsciously want violence (and have timid partners) who needle the man into a fight.

—*The Joy of Sex*, 1972

No! Physical fighting is *not* normal and *not* okay. No one unconsciously wants violence. This message promotes dangerous myths about violence as a regular part of relationships. It's not.

## ..... **CONSENT**

### **Ways to Ask for Consent**

- ❁ "Can I kiss you?"
- ❁ "It would be so hot to watch you ride me. Do you want to?"
- ❁ "Do you want a back rub?"
- ❁ "I just bought this amazing book called *Sex Positions for Every Body*, and the position on page 84 looks amazing. Are you up for trying it?"
- ❁ "How would you feel about me putting your dick in my mouth?"
- ❁ "I have never gone down on you this way before, and I want to try it. Would that be okay?"
- ❁ "Where do you want my hands?"

### **Ways to Check in During Sex**

- ❁ "How does this feel?"
- ❁ "Are you enjoying yourself?"
- ❁ "Does this feel good?"
- ❁ "Do you like that?"
- ❁ "Do you want me to keep going?"
- ❁ "Is this okay?"
- ❁ "Is there anything you want me to do differently?"
- ❁ "Do you want to change positions?"
- ❁ "Do you want more lube?"
- ❁ "Can I cum in/on your \_\_\_\_\_?"

### **Consent Might Sound Like This**

- ❁ "OMG, yeah let's do that; it sounds so hot."
- ❁ "This feels so good."
- ❁ "Yes"
- ❁ "Mmmhmmm"
- ❁ "I really love your \_\_\_\_\_ in/on my \_\_\_\_\_."
- ❁ "Keep going."
- ❁ "Mmmm, baby, that is amazing."

### **All of These Mean No**

- ❁ "I don't really feel like it."
- ❁ "Not right now"
- ❁ "No"
- ❁ "This is making me uncomfortable."
- ❁ "This is starting to hurt."
- ❁ "I don't like it."
- ❁ Silence
- ❁ Being asleep
- ❁ Being passed out

## UNAPOLOGETICALLY BODY SHAMING AND DEHUMANIZING WOMEN

The woman who merits the contempt of men is ugly and garrulous; her hair is woolly, her forehead projecting, her eyes are small and bleary, her nose is enormous, the lips lead-coloured, the mouth large, the cheeks wrinkled and she shows gaps in her teeth; her cheekbones shine purple, and she sports bristles on her chin; her head sits on a meagre neck, with very much developed tendons; her shoulders are contracted and her chest is narrow, with flabby pendulous breasts, and her belly is like an empty leather-bottle, with the navel standing out like a heap of stones; her flanks are shaped like arcades; the bones of her spinal column may be counted; there is no flesh upon her croup; her vulva is large and cold. Finally, such a woman has large knees and feet, big hands and emaciated legs.

A woman with such blemishes can give no pleasure to men in general, and least of all to him who is her husband or who enjoys her favours.

The man who approaches a woman like that with his member in erection will find it presently soft and relaxed, as though he was only close to a beast of burden. May God keep us from a woman of that description!

—*The Perfumed Garden*, circa 1500s

This is some disturbing commentary very much against the There Is No Wrong Way to Have a Body theory of good sex. This is nonsense and inaccurate. Sexual pleasure has nothing to do with body type or characteristics.

## PROMOTING ARBITRARY, UNREALISTIC GOALS FOR SEXUAL PERFORMANCE THAT NEEDLESSLY SET PEOPLE UP FOR FEELINGS OF INADEQUACY

In normal and perfect coitus, mutual orgasm must be almost simultaneous; the usual procedure is that the man's ejaculation begins and sets the woman's acme of sensation in train at once. The time it takes for the sensation received by the woman to reach her central nervous system and translate itself into supreme delight *is less than a second* [emphasis added].

—*Ideal Marriage: Its Physiology and Technique*, 1923

Stop it. This is not a real thing.


## HATING ON CLITS

But unfortunately, often and perhaps generally, this does not happen in modern women in our race; partly or principally, because of insufficient development of the clitoris. ... Slight degrees of such genital infantilism are so common nowadays ... and are not by any means rare, but should be considered and treated as definitely *pathological*.

—*Ideal Marriage: Its Physiology and Technique*, 1923, on why women don't orgasm during penile/vaginal intercourse

Just, no. If you want to make sexologists cranky, come at them with this rubbish.





With a more inclusive and sex-positive approach, I give you a modern sex manual.

Humans have been writing about sex for thousands of years. Learned community leaders, philosophers, spiritual leaders, and physicians have put pen to paper (or papyrus) to share their wisdom about how to have good, pleasurable, fulfilling, exciting sex. In that way, *Sex Positions for Every Body* is not different. What I hope will be different about this book, from the sex manuals that came before it, is that it is written from the unique perspective of a degreed sexologist and woman in the 21st century. As such, be prepared to have your notions about a book on sex positions expanded. Be prepared for new science, new ideas, and new perspectives.



2

# WHAT IS GOOD SEX?

***Do you want to have an orgasm?*** Cool. Likely, the fastest and most efficient way for you to do that is to rub your clitoris or penis until the blood vessels are so full, the muscles contract in orgasm to release. The end.

Orgasm is a noble goal, undoubtedly. If you analyze your book-purchasing motivations a bit deeper, you'll probably discover that's not why you're here. In a comprehensive study that examined why humans have sex, "I wanted to achieve an orgasm" was not the number one motive. It wasn't number two. It wasn't number three. It wasn't even among the top 10 reasons people cited for having sex. The list was 237 reasons long.

What does this mean?

- ✿ I need to up my game because I could only think of about eight motives for having sex off the top of my head. How about you?
- ✿ Humans are incredibly nuanced and complex sexual beings. A total of 237 different motives for having sex? Our sexuality goes substantially deeper than just making babies and getting off.

This is why I would be remiss if I wrote a book about sex and only covered sex positions and techniques for genital stimulation that result in orgasm. Yes, orgasm is fun, pleasurable, and a noble pursuit, but it's only one of 237 possible reasons you're reading this book.

Some of the other top 50 motives both men and women included in the study are the following:

- ✿ I wanted to improve my sex skills.
- ✿ The person was a good kisser.
- ✿ The person caressed me.
- ✿ It was a romantic setting.
- ✿ I wanted to try out new techniques or positions.
- ✿ I was turned on by the sexual conversation.
- ✿ I wanted to show my affection to the person.

In our vernacular, we've kind of agreed that these behaviors (kissing, caressing, and romance) are collectively called "foreplay." I reject this notion. *Foreplay* is a subpar word that has set us up for sexual failure.

The very construct of the word, *fore-play*, describes something frivolous that happens before the implied "real" action. It's hierarchical. It's goal-driven. It frames sexual activity, pleasure, and exploration as a mere stepping stone to orgasm rather than a valid pursuit in and of itself.

Orgasm is to sex as dessert is to dining: It's a pleasurable part of the meal, but if you dined at a nice restaurant and scarfed down your fettuccini alfredo or your blackened sea bass, without even really tasting it, to get to your crème brûlée as fast as possible, wouldn't that feel like a waste? If we labeled dessert as "food," and soup, salad, breadsticks, entrées, and wine pairings collectively as "fore-food," not to be savored for the joy they individually bring to your taste buds but for their role

## WHAT DOES IT MEAN TO HAVE "GOOD SEX"? DESCRIBE IT IN JUST ONE SENTENCE.

“ To be good at sex, you have to be a good communicator, which means both listening to and acknowledging your partner's needs and being able to express your own desires.

ABBY

“ Knowing how to give and take direction; communication is important.

MICHELLE

“ Being good at sex means providing and receiving pleasure with your partner while remaining respectful of desires and boundaries.

EMILIE

“Being good at sex includes being communicative about what you want, listening to what your partner(s) want, and having the physical skills to help all that jazz happen.

JAY

“Being good at sex means being comfortable in your body and knowing enough skills and techniques to satisfy any partner you may have.

KOURTNEY

“To trust someone enough to show your most intimate parts to them, have them make you feel good about yourself, and do the same to them.

SIENNA

“Effort! Putting legit foreplay time in and actually caring to get me off and not make me feel inadequate because it's not a two-second job to make me orgasm.

MILDRED

in expanding your stomach and preparing it for the only thing that really matters—dessert—it would be disingenuous, to say the least. And while having cake for dinner is one of the perks of adulthood and snacking on a quick brownie instead of cooking a meal can be an amazing treat, if you only ever ate cake or brownies for every meal for the rest of your life, that would get boring, no matter how delicious they may be.

Now I'm hungry.

My point is this: Kissing, clitoris licking, neck nibbling, nipple sucking, back rubbing, dirty talking, anus fingering, and penis-in-vagina thrusting are all sex. There are hundreds of sex acts, and one is not inherently better than the others. The original *Kama Sutra* spent 15 chapters talking about these “foreplay” behaviors in detail, and the study on human motives for sex demonstrates how important “foreplay” is to so many people, so I will too. But we need a new word to replace foreplay. For real.

## THE GOOD STUFF

Whatever kind of sex you're having, you probably want it to be *good*. But what does that even mean? Of course, the nuance and complexity of human sexuality is such that the answer to that question is not straightforward or easy, but here are some theories.

### G G G

Sex columnist and gay rights activist Dan Savage coined the widely beloved concept of GGG, which stands for Good, Giving, and Game, and describes what makes someone “good” at sex.

The idea is that when it comes to sex, we should strive to, and have the right to expect our partners to,

- ✿ **Have good techniques.** This goes with the understanding that sexual technique, like any skill, takes time and practice to master. Don't expect to be good at first, but be willing to put in the work.
- ✿ **Be giving of "equal time and equal pleasure" for our partners.** Yay for reciprocity! However, it's rather naive, and perhaps immature, to presume this means that on every given sexual encounter, each partner's pleasure is cared for equally and orgasms equally. Sometimes you just give the gift of pleasure, and over the course of a relationship, being good at sex means that such sexual generosity is roughly equal.
- ✿ **Be game "for anything, within reason."** This means to be open minded and amenable to going out on a limb and trying the techniques, fantasies, role plays, positions, and kinks your partner desires. The "within reason" part, Dan Savage specifies, means that "you shouldn't do anything that leaves you curled up in the fetal position on the bathroom floor afterwards, sobbing on the phone with your mother." If something would make you feel violated or humiliated, don't do it, of course. But if you're just "meh" or lukewarm to something, give it a try anyway if your partner is super turned on by it.

### *There Is No Wrong Way to Have a Body*

"There is no wrong way to have a body" is a quote from a piece by performance artist Glenn Marla, featured in a well-known blog post by activist and writer Hanne Blank, and now it is a social media movement. The take-home message is that so much social inequality, shame, harm, and injustice in the

**WHAT DOES IT  
MEAN TO HAVE  
“GOOD SEX”?  
DESCRIBE IT  
IN JUST ONE  
SENTENCE.**

“Plays nice with others; understands how to share and take turns.

BILLY

“Someone who knows what they are doing, listens to direction, tells me what they want, and isn’t afraid to try new things.

SELENA

“When both people have enjoyed each other and walk out of the room afterward saying, ‘That was fun!’

MY HUSBAND

“Uninhibited, fun, and unselfish.

JENNIFER

world stems from hatred and judgment of other people’s bodies and our own. I argue that so much bad sex stems from this too.

Sexuality is often depicted as being accessible and acceptable only for bodies that are young, neurotypical, thin, classically attractive, white, cisgender, and heterosexual, with little to no body or pubic hair, even skin tones, large penises, and small inner labia.

Sure, sex is for those folks. But sex is also *equally* for:

- \* Queer bodies
- \* Fat bodies
- \* Old bodies
- \* Wrinkled bodies
- \* Hairy bodies
- \* Brown bodies
- \* Trans bodies
- \* Menstruating bodies
- \* Bodies with stretch marks
- \* Bodies with mastectomy scars
- \* Bodies with acne
- \* Bodies with a small penis
- \* Bodies with one labia lip that hangs much lower than the other
- \* Bodies that sweat
- \* Bodies that use wheelchairs
- \* Bodies that have a sexually transmitted infection
- \* Bodies that have experienced trauma
- \* Pregnant and parenting bodies

Whatever body you’re in, sex is for you, if you choose.

Good sex comes when you bestow love on your body and your partner’s body unapologetically in all their imperfect glory or when you can say, “My inverted nipples and I are worthy of existing and experiencing sexual pleasure because there is no wrong way to have a body.”

## *You're a Sexual Person First, and You Share It Second*

This is a concept I coined that speaks to the idea that good, healthy sexuality exists in you independent of anyone else. You have been, and always will be, your own sexual entity. You can choose to share it. You can choose to rescind it. To whomever. For any reason. Even if you have been married for 45 years. Good sex stems from letting go of ideas of “owning” your partner’s sexuality and recognizing that no one owns yours—but you.

## *Two-Way Communication*

Many sex books, advice columns, and helpful older siblings will say that good sex and good relationships are all about “good communication.”

They advise, “ask for what you want!” and “speak up, and tell them what you like!” True, but it’s only half of the story.

Be comfortable asking for what you want, but also be comfortable being asked. Be willing to provide feedback on what does and doesn’t feel good, but also be willing to accept feedback on what you’re doing that may or may not feel good to them. Be forthcoming to gently critique when something just isn’t working for you, but also invite critique and accept criticism with grace.

In my research, I asked more than 400 people to share with me their experiences of good sex. I also asked them to share their experiences on a whole host of sexuality topics, and you’ll see their responses throughout the rest of the book. Themes of pleasure, reciprocity, technical skill, connection, body acceptance, and most especially communication came up and again and again.

## WHO ARE THE QUOTES FROM?

One of the perks of following me on social media is that I sometimes assign sex homework. For my research and for the quotes section later on, I recruited followers who were interested in a sex assignment, and I gave them a specific position or technique to go home and try with their partner. Then I asked them to report back. I also had them fill out a survey to shed some additional insight on my ideas and suggestions from real, regular people.

Although the self-selecting sample skewed toward 25- to 30-year-old women who tried the positions with their male partners, there were a whole range of folks, including people who identified as:

- ✿ Transmasculine
- ✿ Agender
- ✿ Genderqueer
- ✿ Bisexual
- ✿ Lesbian
- ✿ Gay
- ✿ Polyamorous
- ✿ Married
- ✿ Dating
- ✿ Pregnant
- ✿ Suffering from chronic pain (knee/back)

- ✿ Both partners fat
- ✿ One partner fat and the other not
- ✿ One partner that is significantly taller or shorter than the other
- ✿ Yoga instructor
- ✿ “We have tried every single sex position on the Internet.”
- ✿ Aged 16–61 years
- ✿ Famed sex researcher Alfred Kinsey’s granddaughter (It’s true; she responded to my call for survey respondents.)


Most of these people have chosen to be identified by their real names. Some prefer to use pseudonyms. Many people who accepted the sex assignments tried their assigned position in a penis/vagina configuration. Others did the same position but in a strap-on/vagina, strap-on/anus, or penis/anus configuration. So their answers can represent any number of combos for any number of people interested in trying it in a way that works for them and their relationships. Also note that any of the cunnilingus, fellatio, or anilingus positions could just as well be used with a partner with different genitals. Experiment and see what works for you.



3

**WHERE**

*to* **GO**



***Your vocabulary word for today*** is *erogenous zone*. It comes from the Greek word *eros*, “passionate love,” and the English word *genous*, “producing.” If you have ever had one of these zones touched, you probably know where the concept of *producing* feelings of *passion* came from in the naming process.

Textbook-defined, erogenous zones are parts of the body that are sensitive to sexual stimuli; when touched, these areas can react with some sort of sexual response, such as desire, arousal, or orgasm. When seeking directions for sex, a good place to start is with a map of the sexual body.

The most obvious erogenous zones are the genitals, most especially the head of the penis and the clitoris.

The penis and clitoris are made with the same exact ingredients, only arranged a little differently. Like stuffed shells and manicotti.

Here I go with the food analogies again.


## TOUCH

### *What Makes Something Sensitive to Erotic Touch*

- ❁ **Number of nerves** (The clitoris has 8,000, the head of the penis has 4,000, the inner labia has 2,136, and the tongue has 1,300.)
- ❁ **Where nerves go in the brain** (Do they go to the “sexy” part of brain or parts of the brain that detect heat, pain, and other nonsexy stimuli?)
- ❁ **Hormones**
- ❁ **Context** (Why is a Pap examination uncomfortable and a lover’s fingers doing something similar in your vagina sexy? Context.)

### *How to Find Erogenous Zones*

- ❁ Ask your partner what their erogenous zones are.
- ❁ Explore your partner’s *entire* body. Spend some time on the common erogenous zones (such as nipples, neck, and inner thigh) and less common ones (such as the inside elbow, scalp, and ankles) to see if there are any erogenous zones they didn’t even know they had. Were there any surprises?
- ❁ Is it possible you have some erogenous zones on your body you haven’t discovered yet? Ask your partner to help you find out.



My point is this: All genitals develop from the same tissue as embryos. The same skin tissue. The same nerve endings. The same blood vessels. There is a bundle of tissue/nerves/vessels and out of it develops either an ovary or a testicle. Another bundle of tissue/nerves/vessels develop into either outer labia or a scrotum. Other bundles of tissue/nerves/vessels develop into either the glans (head) of the clitoris or penis. Stuffed shells and manicotti. Tacos and enchiladas. Butter and cream, if you will. One is churned and one is skimmed, but it's all the same stuff, folks!

When the penis and clitoris are touched, stroked, vibrated, rubbed against jeans (ahem), or sometimes merely have a light breeze blow past them, hello! There's a response. The blood vessels dilate, the blood flows in, the erectile tissue does its thing, tingles are felt, and there you have it.

Other specific areas of the genitals that many people report as being an erogenous zone, although less intensely and for fewer people, include the vagina, perineum, scrotum, foreskin, inner and outer labia, G-spot, and penis shaft.

But ... sex is not all about the genitals! Has my broken record driven home this message yet?

Various studies have measured erogenous zones in a variety of ways, including research participants stimulating their favorite areas for sexual touch while neuroscientists map reactions in their brain. Study participants have also lain naked in a lab with researchers caressing, rubbing, and vibrating different areas of their bodies while they reported how much of a response they had to the stimuli. (Who wants to sign up for that study?!)

Between the scientific research and my unscientific anecdotal evidence from asking people in my Foreplay 101 classes and my survey respondents about their favorite erogenous zones, I feel safe saying that the entire body has the potential to be a spot for sexual exploration and pleasure. The *entire* body. Even the nose has erectile tissue! The web of skin between the base of

your fingers. Closed eyelids. The tendon on the back of the knee. The roof of the mouth. All of it.

Some were more “obvious,” such as lips, nipples, and buttocks. Others were body parts you don’t see described or depicted so much in movie sex scenes but were common among the survey respondents, such as fingers, jaw, and scalp. As per the nature of human sexuality, there were some incredible nuances. For example, there were more than five different erogenous zones people reported on the neck alone and four different areas of the ear (behind the ear, ear lobe, ear cartilage, and inner ear).



## WHAT ARE THE FIVE MOST SEXUALLY SENSITIVE AREAS OF YOUR BODY?

“ Clitoris and inner labia, neck (closer to the head than the shoulders), hip/outer thigh area, waist (the natural one where it narrows out midway down my torso, not where my pants sit, which is a different spot), the crease where my butt meets my legs

LAUREN

“ Groin (anywhere on my penis), asshole, the bottom of my butt cheeks, side of the neck, ear lobes

JAMES

“ Under the head of the penis, the shaft of the penis, under the testicles, anus, neck

BILL

“ My skin (Yes, all of it. Soft, sensual, tickly touches anywhere on my body make me melt.)

ERIKA

“ Small of the back just above the buttocks in the middle, in between shoulder blades, back of neck just below hair, ear lobes, inside of thighs just below labia

MARGARET

“ Ears (cartilage mostly)

EMILIE

“ In general, I don't consider myself to be very sensitive to touch on any parts of my body. I usually have to be in the correct frame of mind in order to become aroused by any person touching me, even a significant other.

ELLIE

“ Clit, outer rim of vaginal opening, collarbone, skin just below my ear/behind jawbone, nipples (sometimes)

ANDREA

“ Perineum, ribs, behind the ears/outer labia (a tie), butt crack, collarbone

AKIVA



4

**WHAT**  
*to* **USE**

*All you need for sex* are two consenting bodies, and most of the techniques in this book are available free—no extra toppings required. Sex toys (any prop you can use for sex) are the sprinkles and gummy bears on your fro-yo. Your fingers and your tongue make perfectly good sex toys, and they don't cost a thing. There are also approximately 70,000 sex-toy products currently on the market that you could purchase. Let's talk about a few of them.

## LUBRICANTS


A research study analyzed one million transactions for sex toy—product purchases and found that lube is the number one sex toy purchased, at 22 percent (this data was derived from sales on a sex-toy website). My guess is that lube is even more popular than this because there are people who buy it from the grocery store or pharmacy.

Sexual stimulation comes from a variety of sensations (vibrating, spanking, and squeezing are examples), but rubbing is the main sensation. Whether it's stimulation of a finger rubbing a clitoris, the vaginal walls rubbing a penis, a tongue rubbing an anus, or two lips rubbing together in a kiss—the friction, which is the resistance between the motion of two solid surfaces (in this case, the skin), is what stimulates the nerves and feels good.

You didn't know you were going to be getting a physics lesson with your sex lesson, did you?

Friction is paramount for skin-rubbing sensations, but too much friction (think rug burn, rope burn, chafing, and foot blisters from cheap sandals) is no fun. This is part of what saliva and vagina secretions are for, and lube helps with this process. In addition to providing a nice, slick buffer between the skin to reduce pain and skin tearing, it also:

- ✿ Feels sensual. There's just something about wetness, you know?
- ✿ Can add additional sensations, depending on what kind of lube you get, such as warming, cooling, tingling, or flavoring.
- ✿ Provides a slick buffer for body parts you can use for sex that don't produce any of their own lubrication, such as the anus, breasts, thighs, and hands.

- 
- ✿ Helps reduce the risk of unwanted pregnancy or sexually transmitted infection. Lubed condoms are less likely to break, and lubed intercourse helps prevent the microscopic skin tears through which pathogens could enter the bloodstream.

My philosophy when it comes to artificial lubricants is that wetter sex is better sex. There's no shame in adding some lube if you want some or feel like you need some. Lubricants come in a number of types (of course, because variety is how there got to be 70,000 different products on the market). Water-based lubricants are all-purpose, easy to clean off, and are usually cheaper than silicone-based lubricants. They tend to blend in with natural vaginal lubrication, so the lubrication will not feel disruptive if used during vaginal penetration. Try to find one that is glycerin-free.

Silicone-based lubricants tend to be of higher quality than water-based ones, and their price reflects that, usually by a few dollars. They don't readily absorb through skin pores, so they last forever, making marathon sex possible without needing to reapply. Because they are not water soluble, silicone-based lubricants also make shower, pool, hot tub, and lake sex possible. Be careful using silicone lube with a silicone vibrator or dildo because it can melt it, depending on what percent of silicone is in the blend used to make the toy. Because, chemistry.

Of course there's also warming lubricant (fun for some, irritating to others) and flavored lubricant, which may or may not taste like cough syrup.

## LOTIONS AND POTIONS

I think these types of sex toys are super underrated. The category includes things like massage oil, massage lotion, chocolate body sauce, edible creams, edible body powder, oral sex gels, and sensation-enhancing products that you can rub on your nipples, clit, or penis to make them tingle and dance.

Edible products tend to be sugar-free (but not always, so check the label), which allows them to be sensually licked off the body without the sticky mess or at least less of a sticky mess than real chocolate sauce or whipped cream.


Additional benefits of lotions and potions include:

- ✿ Prolonging sexual activity
- ✿ Creating additional sensations
- ✿ Teasing (see page 72)

## VIBRATORS

Vibrators made up the next biggest group of sex toys purchased in the study, after lubricants, at 18 percent. They come in an unbelievable multitude of shapes, sizes, materials, powers, functions, designs, and quality. There are \$15,000 diamond-encrusted vibrators and ones you can buy in vending machines in truck-stop bathrooms. I don't recommend either.

There are, unfortunately, a large number of vibrators that are junk; either cheap junk or overpriced junk, so you need to be an educated consumer. My tips for selecting a vibrator are the following:

- 
- ✿ **Shop only at a place where you can first see and feel the vibrator out of the box.** You want to turn it on, hear how loud it is, feel if the vibrations are weak and buzzy or strong, and smell it (some vibrators are made of gross materials that stink like chemicals). If you shop online, purchase from a reputable company that only stocks adequately strong, non-smelly vibes.
  - ✿ **Find out what kind of batteries it uses.** Avoid anything that uses cell batteries. Cell batteries can't generate the power needed to produce the type of vibrations most people get off on, and even if you do like the power, once they die, it's inconvenient to find a replacement. Stick with either vibrators that use AAA/AA batteries, rechargeable vibrators, or plug-ins.
  - ✿ **Check the material.** Silicone is easiest to clean and often feels the nicest. Some materials can harbor bacteria that eat at your toy and hang out, ready to be introduced to your body the next time you use it. Some materials contain phthalates, a rubber softener that is not US Food and Drug Administration–approved for use in any consumer product except vibrators. It's also what can make your sex toy smell like chemicals. Avoid this.
  - ✿ **Determine how functional it is.** It's ultimately the whole point, right? But many sex toys seem to want to be art pieces or gag gifts. Although they may look pretty, interesting, or funny, they may not be remotely ergonomic or functional. This is the bane of my existence, and I have a theory that many vibrators go from corporate brainstorming to factory to shelves without anyone masturbating with it to see if it actually works with the human body.

To further help you sift through the many duds on the market to select something that's actually fun, here are a few popular models to try out if the mood strikes.

- ✿ **Vibrating cock ring:** This is a ring that stretches and goes around a penis, with a small, attached vibrator. During penile-vaginal intercourse, it rubs and vibrates against the clitoris when bodies are pressed together.
- ✿ **Bullet:** A small but powerful, often metal, vibrator that is shaped like a bullet and is perfection in its simplicity and versatility.
- ✿ **Wand:** This is a big beast of a thing. It plugs into the wall, it's shaped like baseball bat, and it's as loud as a jackhammer (I'm doing a great job of convincing you it's great, aren't I?) But it gets the job done like nothing else.
- ✿ **G-spot:** Whereas the last three vibrators were designed for external clitoral stimulation, G-spot vibrators are long, thin devices with a curved tip, designed to be inserted into the vagina with the curved tip pressing against the front wall toward the G-spot.
- ✿ **Rabbit:** Rabbits are combination clitoral and vaginal toys with a shaft designed to be inserted and a little extender piece (sometimes shaped like rabbit ears, sometimes not) that vibrates against the clit.





## DILDOS AND STRAP-ONS

Dildos made up just 3 percent of the sex toys purchased in the study. A dildo is a phallic-shaped object that can be made of a host of different materials, including hard plastic, silicone, metal, wood, and ceramic. Sometimes they vibrate, and sometimes they don't, which can make categorical designations tricky.

Dildos can be used in a harness, also called a “strap-on,” that goes around a person's hips or thigh, making it possible for them to engage in vaginal or anal intercourse without a penis.

## ANAL TOYS

Anal toys accounted for 7 percent of the sex-toy purchases in the study. The anus is the great equalizer, and anal play is for any body and any gender. Butt plugs are like a dildo but usually much smaller and with a flared base so the toy doesn't get irretrievably stuck in the rectum, which can happen.

Anal toys also come in a variety of materials, but for the purpose of good hygiene, it's best to use nonporous material such as glass, metal, or silicone, depending on how much weight you'd like to feel. Some vibrate, and some don't.

Other popular models of anal toys include anal beads, which are a silicone string of beads like a necklace that is designed to be inserted and removed to provide ridges of stimulation in the anus. There are also prostate massagers, which are similar to G-spot vibrators, except they have a flared base and are longer and curved to stimulate the prostate via the front wall of the rectum (like how the G-spot is stimulated via the front wall of the vagina).

## POSITION AIDS

Position aids are any contraption used to guide and facilitate sex positions with certain angles and depths and without various back, knee, or hip challenges that might exist without the aid.


Examples include wedges, which are large spongy pillows in different triangle and wedge shapes. They often have handles on the slope, top, and sides to aid partners in bending over, arching their back, lifting one knee up, and other body contortions with greater ease. Harnesses, like the spread-eagle harness and doggie-style harness, are straps that lift the ankles or hips to facilitate those particular positions. Sex swings are hanging, suspended systems of straps that change the entire game.

You can find a sex swing device to install into the ceiling of your bedroom, opening you up to dozens of sex positions that would be impossible without it. There's also a cheaper, more conspicuous version called the Door Sex Swing, which can be temporarily installed by hanging it in a door jam and then removed when you're finished using it by simply opening the door.

## RESTRAINTS

This category consists of sex toys that restrict someone's ability to move during sexual activity to heighten their physical sensations and play with roles of control, domination, and submission.

In the sex-toy study, 3 percent of the products purchased were restraints used for bondage. This includes handcuffs (of the metal, fuzzy, leather, or satin varieties), rope, silk ties, bondage tape, and the under-the-bed restraint system, which is a system of straps hidden under your mattress. When you want to use it, pull out a strap with attached cuffs from each of the four bed corners to tie someone down by their wrists and ankles.



Bondage tape is a product that can be enjoyed by beginners interested in trying out light bondage safely as well as by seasoned practitioners. It's a roll of vinyl tape that has no adhesive, so it doesn't stick to skin or hair but sticks to itself, so it can be used to tie up any number of body parts including wrists, arms, and legs. It can also be used as a blindfold.

## SEX TOY DIY

There are things around the house that can be repurposed for sex toys. Bosu exercise balls, chairs, stools, and pillows can make for amazing position aids. A shower curtain can be a sex slip 'n' slide playground (for the full description, see page 164), a showerhead can be used a vibrator, olive oil can double as massage oil, and a necktie or scarf can be used as restraints, as can crepe-paper party streamers if you want super-beginner light bondage that is exceptionally easy to get out of.

Just be sure that anything inserted into an orifice (anus or vagina) or on the genitals (clitoris, vulva, penis), such as lubricants, dildos, or vibrators, are things that were designed to be used as such. No vegetable abuse, please! And don't stick anything up your butt that was not designed by a reputable manufacturer specifically for the purpose of sticking it up your butt. You will have an embarrassing night in the emergency room getting it retracted out of your ass if you try to make a DIY anal sex toy.



5

**WHAT**

*to* **DO**

***You have your body map*** and are ready to rock your partner's erogenous zones. You have your props and toys at the ready. Now what? Just rub your genitals all over the thing? Well, sometimes, but here are some other ideas.

## **FIVE SENSES**

Start by thinking of ways to engage the five senses. How can you engage them during sexual activity? Here are a few examples.

### *Sight*

- ✿ **Adjust the lighting.** Change the lighting to create a totally different visual experience. Candles and fire are cliché for a reason. Everyone looks sexy in flickering candlelight. It's just true.
- ✿ **Consensually watch other people.** Watch others engage in erotic or sexual activity, such as watching pornography together. Or, go to a strip club or adult cabaret for inspiration and visual arousal, and put what you see into use when you get back home.

- ✿ **Undress in a way that is slow, sexy, or surprising.** You could have surprise lingerie, a garter belt, or thigh-high stockings up under your sweats. Create a visual interest that adds to the sexual activity.
- ✿ **Use food.** Some people hate the idea of using food during sex, and some people love it. Adding food during sexual activity can certainly add visual interest.

## *Smell*

This is a tougher one. You can use a pheromone enhancer to amplify your natural sex-attracting hormones (you know “that smell” people have, such as if you picked up your partner’s sweatshirt, it would just immediately smell like your partner). If you know you have a perfume, cologne, or shampoo your partner likes, use it when you think sexual activity may be on the horizon to amp things up.

## *Sound*

Try a sex playlist of your favorite songs to incorporate the sense of hearing into your sexual activity. Your own moaning, whimpering, and sighing are welcome additions to the sexual energy in a space. Dirty talk is an art that takes practice but delights many people when done well. Check out the tutorial on page 63.



## *Taste*

In my survey, one of the more popular items people enjoyed using during sexual activity to engage their sense of taste was wine, either to sip on between kisses or to lick off their partner's body, such as out of their navel. Additionally, the thousands of edible sex-toy products on the market can add the sense of taste to kissing, oral sex, nipple stimulation, and a host of other sex acts.

## *Touch*

Think of the "Three T's of Touch": temperature, texture, and tapotement, which is a word I borrowed from the massage-therapy community.

- ❁ Temperature: Use ice or warmed massage oil
- ❁ Texture: Try using a massage mitt with textured nubbies, or rub your partner's genitals with a piece of satin fabric
- ❁ Tapotement: Repetitive percussive movements, such as spanking

Now, let's expand on some of these ideas a bit.



## KISSING

Touching your mouth to a mouth and tongue to a tongue can be a delightful way to merge your sense of touch to sexual activity, add heat and intensity to other sex acts, or be just as an activity in and of itself.

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**Use any of these tricks or use your favorite techniques plus some of these tricks to vary it up a bit.**

### POSITIONS TO TRY

- ✿ Standing face-to-face
- ✿ Lying side-by-side with chests together, nose to nose
- ✿ With one person sitting on a couch or chair and the other straddling that person's lap, facing forward

### ANGLES TO TRY

- ✿ **Vary the vertical tilt.** Imagine there is an arrow sticking straight out of the top of your head, and try the kiss with both of your arrows facing the 12 o'clock position, so you're nose to nose. Try it again with your imaginary arrow pointed to 2 o'clock and 10 o'clock.
- ✿ **Vary the horizontal tilt.** How does the kiss feel different with your heads tilted forward, so your foreheads are touching? How about with your heads tilted back with your chins touching?

### EXTRAS TO TRY

- ✿ Add a nibble on your partner's bottom lip, top lip, or tongue.
- ✿ Engage in the kiss, and then breathe in heavily through your nose. Watch how the passion and intimacy level changes.

- ✿ Use your hands too. Pick one of the kissing techniques, and then try it again while holding your partner's face in your hands to really amp up the intimacy.
- ✿ Talk about it (before your mouth is full, of course). Ask your partner to kiss you the way they like to be kissed. Then teach them what you like by kissing them the way you like to be kissed.

## *Techniques*

**LIP MASSAGE KISS** Massage your partner's lips with yours by pursing your lips like you're saying the letter "o-o-oh" and touch them to your partner's lips. Then, using your bottom lip, make slight (very slight) rolling motions, like you're trying to use your lip to grasp at a drinking straw that you can't quite find. The motion should be such that your bottom lip starts underneath your partner's bottom lip. Then, your bottom lip rolls up, so it's on top of your partner's bottom lip, and back.

**TONGUE SWEEPER** Within the French kiss, occasionally take your tongue and gently push it down into the area between your partner's lower gums and lower lips. Do a gentle sweeping motion from the left side to the right. Then circle up so your tongue sweeps from right to left across the area between the upper gums and top lip. Use a flat ice cream cone—licking tongue so the tip of your tongue is in the crevice while the top of your tongue is against your partner's teeth. Go around again, also with your tongue on the inside-facing part of your partner's lips. This time, do not go all the way down in the crevice. Stay more at the wet part where the inside of the lip meets the drier part you see from the outside.



“The Slide: This move is sweet and intimate as a foreplay to kissing. To me, it seems like an intimate and sensual tease. It’s hard to do extensively (with repeated slides) because of noses, though. We had a bit of an issue with this even when we changed positions—when we tilted our heads, it became harder to rub lips together. It is intimate and a little ticklish though and can be used interspersed with kissing or before French kissing.

JESSICA

**HOOVER** I learned about the Hoover on another trip back to my high school library for sex books, so I’ll pass along the trick. Within the French kiss, when your partner’s tongue enters your mouth, suck on it. Don’t suck it farther into your mouth. Rather, just suck hard enough that the tongue stays in your mouth with some suction. After a few light sucks, release the tongue from the suction of your mouth, glide your tongue into the territory of your partner’s mouth, and let it linger limply for a moment to give him or her the opportunity to return the Hoover favor.

**TONGUE DANCE** This is a trick built off the Hoover. When your partner’s tongue is in your mouth after you have released it from the suction, swirl your tongue around it. Move your tongue clockwise from being under your partner’s tongue to the left of it, then on top, to the right, and back down to under it, in a smooth circular pattern. Have your mouth comfortably open, so there’s room for both of your tongues to move around, in turn, like a dance.

**THE SLIDE** Let your lips be flat (not puckered, not pursed, just totally relaxed as they probably are as you’re reading this). Place them gently against your partner’s lips, and turn your head from right to left, like you’re slowing shaking your head “no,” so the full surface area of your lip grazes past theirs. Try it with a tiny dab of flavored lubricant on your lip to add some slickness.

## EROTIC MASSAGE

Just like kissing, erotic massage can be a hot way to build sexual excitement using the sense of touch, incorporated as an accompaniment to other sex acts, or used as a stand-alone way to bring the sense of touch to sexual activity.

### POSITIONS TO TRY

- ✿ One partner lies flat, facedown. The person doing the massaging sits on the back of the lying partner's butt, with prime access to the shoulders, back, arms, and neck.
- ✿ One partner lies flat, facedown. The person doing the massaging sits on the lying partner's thighs, with prime access to the butt and hips.
- ✿ One partner lies faceup with legs spread. The person doing the massaging sits on the bed cross-legged between the partner's legs, with prime access to the thighs and genitals.
- ✿ One partner sits in a chair or on the bed. The person doing the massaging stands or kneels on the bed behind the sitting partner, with prime access to the head, shoulders, chest, and breasts.

### *Techniques*

**HEART AND GENITALS** With your hands flat, place one hand on the genitals, one hand on the chest, and rub each simultaneously in slow, circular patterns. After a moment, switch hands, rubbing one hand up the abdomen and the other hand down, and start again.



**HEART SHAPE** Sitting on the back of your partner's thighs, drip oil on the tailbone. With flat hands, spread it straight out to the hips and around the buttocks. Then, in fists with your first set of knuckles touching the skin, bring your hands down and together, pushing the cheeks together as you do. Flatten your hands again. Rub your palms up the butt on either side of the crack to the tailbone, and start again. Think of it as making a heart shape with your hands around the butt. You can also do this on the chest, creating a heart by rubbing your hands together up the breastbone, around the breast or pectoral muscle, and back together again.



**ASS KNEADING** Sitting on the back of your partner's thighs, drip a row of small drops of oil starting from the lower back to where the butt meets the thigh. Smooth the oil in so the entire buttock is greased up. Place one hand at the top of the left butt cheek and one hand at the bottom. With the base of your palm, push your bottom hand up to the top of the butt, while rubbing your top hand down to the bottom. Continue the pattern, alternating your hands up and down. This move can also be done sideways against the thighs (front or back) or the shoulders (rubbing up and back from the shoulder to the blade and back, on each side).

**HAND HOLDING** This is a sensual activity that you can do while engaging into a totally unrelated nonsexual activity, such as watching a movie or riding the bus. You can also use it as an erotic buildup or as a stand-alone technique. Begin by holding hands and then unlace your fingers. With a flattened hand, begin rubbing your partner's palm with yours. Put your hands together and cupped, as you would if you were filling your hands with water from a stream, and place your partner's palm up in yours. With your thumbs, massage the palms, pushing the fingers up into a ball with your fingers from underneath. Put your partner's hand into a fist, squeeze, and then repeat the process.

Ways you can touch someone's body during an erotic massage:

- |          |           |           |
|----------|-----------|-----------|
| * Caress | * Massage | * Spank   |
| * Drum   | * Pull    | * Squeeze |
| * Flick  | * Rub     | * Tickle  |
| * Insert | * Scratch | * Vibrate |
| * Knead  | * Slap    |           |

“ Ass Kneading: My partner and I both really enjoyed this technique because of the two active hands on each butt cheek. One cheek gets a lot of attention at one time!

JULIANA



## DIRTY TALK

Dirty talk is one way that some people like to incorporate the sense of hearing into sexual activity. Saying and hearing “dirty” words and phrases can turn some people on wildly before any sexual activity even begins, and others use it during sexual activity to make it even more intense.

Just like any other kind of sexual behavior, there are some folks who don’t care for it at all.

Despite the one-sided selection of responses here, lots of people actually do like dirty talk. Or at least they are curious about it. When teaching about dirty talk during my Foreplay 101 class, one thing I’ve found is that talking dirty is an idea that appeals to a whole lot of people, but they often have two very specific hang-ups:

**1. WON’T I SOUND COMPLETELY RIDICULOUS?** You might. But many things about sex are ridiculous. Grimacing orgasm faces are ridiculous. Bra clasp fumbling, queefing, penises that keep popping out—all ridiculous. Honestly, if you think about it, the whole concept of people getting naked, flailing their bodies around, and oozing fluids out of their orifices is rather ridiculous. Accept that sex is laden with awkwardness and it’s nothing like it is on television, and just try to have a sense of humor about it.

**2. WHAT DO I ACTUALLY SAY?** So often, people who want to engage in dirty talk really just are at a loss for the actual words to use. If that’s a concern for you, I come bearing gifts (from my survey respondents) regarding what they want to hear.

- ✿ “That feels so good,” “I’m so hard for you,” “You’re so sexy/beautiful,” or “I’ve been waiting to fuck you all day.”
- ✿ “I want you to cum” or “I want to cum in your mouth.”

- ✿ I like to hear, "Your pussy is so tight" or "Ride my cock, baby." I like to say, "Your cock is so big and hard" or "Fuck me, baby."
- ✿ I like hearing dirty talk. I'm not comfortable with saying much, although I enjoy asking my partner to "fuck me." When with a partner, I enjoy hearing the following phrases: "Ride my dick," "You like when I fuck you?," being called "babe" or "baby," compliments such as "You're so hot" and "I want you so bad."
- ✿ "That's a good girl. Just like that."
- ✿ Generally nothing too graphic. Good dirty talk might be, "God, you feel so good inside me." Less preferred dirty talk would be, "Oh, pound me with that cock!"
- ✿ "You're mine." It's simple, effective, and oh-so-loaded. And it never fails to get me going.
- ✿ "I want to feel your big, hard dick inside of me."
- ✿ I like to be "shocked," if possible. The dirtier the better. But at the same time, being directed or bossed around works as well.
- ✿ I can't get off without it. I like rough and degrading talk, such as being called a "dirty slut."
- ✿ I like to hear, "I love the taste of your pussy." I like to say, "Pound your hard cock inside of me."
- ✿ "Your pussy is so hot."
- ✿ "Tell me whose pussy is this?" "Mine, now fuck me and shut the fuck up."
- ✿ I like it when my partner says my name and asks if they can do something they already know I like, for example, "Can I taste your clit?"
- ✿ "You taste so good."

## DO YOU LIKE "DIRTY TALK"?

“Hell no. I don't like it, it actually annoys me.

STACIA

“I actually find dirty talk really uncomfortable. I would not normally speak like that, so I find it sounds unnatural when I try, and then I get distracted and lose some of my drive for what is going on. I would rather just get into it and express my feelings and passion through actions at that point! Or maybe it's something I just need to work on.

BRYANNA

“I have never really liked dirty talk because it usually either feels demeaning or cheesy.

ANGIE

“ Not really. It feels somewhat fake, I suppose.

LILY

“ I hate dirty talk. I also hate porno movies.

CHARLOTTE

“ Nope.

JAY

“ Yes and no. I like to be respected in the bedroom and really don't like it when guys say things that are dehumanizing and that sexually objectify me, but I guess I still like the idea of dirty talk.

TYLER

“ No, it creeps me out.

A.J.

- ✿ I do like dirty talk. My favorite phrase to say is, “Fill me up with your dick, and tell me how good I taste.” When a person, regardless of gender, tells me how lovely I taste, I melt.
- ✿ I don't like to talk dirty, but I liked to be talked to. I like it when a guy says, “Suck my dick/cock” or “Get on your knees.”

## *Techniques*

**BUILD ANTICIPATION** For building anticipation before any other sexual activity has begun:

- ✿ “You smell so good.”
- ✿ “I've been thinking about coming home to you all day.”
- ✿ “Just thinking about you has me all worked up.”
- ✿ “I'm going to be all yours tonight.”
- ✿ “I'm going to make you scream later.”

**MAKE AN OBSERVATION** If you like to be the talker, make an observation where you're simply describing that you like what is happening, such as:

- ✿ “You look so sexy with my dick in your mouth.”
- ✿ “I love your body.”
- ✿ “I love watching your tits/ass/thighs bouncing right now.”
- ✿ “Mmm, I like when this cock/clit/nipple is hard.”
- ✿ “You're making me so wet.”
- ✿ “The sounds of your balls slapping against my ass is amazing.”
- ✿ “The way you look at me drives me wild.”
- ✿ “Your kisses get me so turned on.”

**SPEAK YOUR DESIRES** Use dirty talk to ask for you what you want, such as:

- ✿ "Give me that cum. I want it in my mouth."
- ✿ "Lick my pussy."
- ✿ "Ride me hard."
- ✿ "Come over here, and give me that ass."
- ✿ "Do you want me to taste every inch of you?"
- ✿ "I've been very bad, and I need you to spank me."
- ✿ "Spread your legs for me."

Use dirty talk to express domination or submission:


- ✿ "Beg me for this cunt."
- ✿ "You know I'm going to make you work for this dick, baby."
- ✿ "Moan for me."
- ✿ "Get down there and \_\_\_\_."
- ✿ "I'm a slave for your pussy/dick/ass."
- ✿ "Make my tits bounce."
- ✿ "Bend me over."
- ✿ "You know what happens to bad little girls/boys like you?"



**Ask first, especially before you use any degrading language about your partner (such as calling them a slut or a pig or a worthless pig who you demand to lick your feet...) or your partner's body and genitals. Some people like to play (keyword, *play*) with the idea of degradation, submission, and power acquiescence during sex, and some people really, *really* do not.**

“Speak Your Desires: We tried this as foreplay before sex, and it was fun. I like dirty talk but haven't been able to get my boyfriend into it. He read a story to me, and it was fun. It got us talking more during sex. He also thought it was a good way to communicate more and talk about sex in a sexual way, during sex, without so much pressure to think of things yourself. Sort of “beginner's dirty talk.” It opened things up a lot.

JESSICA



If all this is just too much, pick out an erotic short story and read it out loud to your partner or have your partner read it to you. For that particular sexual encounter, it serves the arousal purposes of those who like to say or hear dirty talk but are embarrassed or don't know what to say. You can leave it at that and enjoy dirty talk arousal by reading erotica to each other whenever you're in the mood for dirty talk.

Alternatively, use reading erotica as a building block to gain confidence and language to talk dirty on your own without any reading material. When you read, ask your partner what part turns them on, and use the book as practice as you build a supply of ideas, phrases, and scenarios your partner likes.

## BODY KISSING

Using the tongue and the lips on your partner's entire body is an opportunity to incorporate the sense of taste into sexual activity.

### *Techniques*

**HEAD TO TOE** The partner who will be getting showered in kisses should lie facing up, with the kissing partner hovering over them on all fours with one arm and knee on each side. Start from the forehead, and work your way down to the toes, stopping to give a long, wet tongue kiss in some areas and grazing the road to the next area with your lips. Remembering the erogenous zones, go head to toe, stopping in places you know are erogenous zones for your partner. Such a road map, for example, might look like this:

Kiss and gently suck on the neck, then run your lips down the body and stop at the nipple, spending a few minutes kissing and licking there. Run your lips down the side or belly to the hip, and kiss and nibble there, then graze

your lips down past the groin to kiss their inner thigh. Next, run your lips down the leg to the toes.


Find out your partner's erogenous zones and explore on your own head-to-toe adventure.

**BULL'S-EYE** Indulge in full-body kissing by going in a circular pattern around your partner's most sensitive erogenous zone, building anticipation as you get closer and closer. To really tease, graze by the area on your way to kiss a different spot, making your partner think you'll be heading there but making them wait a few more minutes. Think of your partner's most arousing erogenous zone as a bull's-eye, and visualize circles around that area, going in a spiral around and around, giving small kisses, licks, and/or nibbles to those areas as you circle closer to the center.

**EDIBLE ROAD MAP** Create a road map across your partner's body, connecting their favorite erogenous zone with tiny dots of something sweet. You can try a tiny pea-sized dollop of something you buy at a sex shop specifically designed for sex, such as edible body creams and lotions. If you don't have these products, try whipped cream, chocolate sauce, or honey. Place a small amount on each of those areas, and two or three drops in between, connecting each spot to the next. Then zigzag across your partner's body, licking and smooching off each drop.



**When I say a small drop, I mean a *small drop*! You don't want to make yourself full eating all this sweet stuff, and you don't want your partner to get all sticky (unless you do...). Also, food shouldn't go near the vulva (sugars in the vagina can cause yeast infections, eek!), so use all the erogenous zones except that one, unless you have an edible sex-toy product formulated to be sugar-free to be used specifically for oral play.**



**BODY HUNT** Purchase a canister of sheer edible powder that comes with a feather duster. Dust the powder, which is completely invisible when you rub it in, on four spots on your body where you want your partner's tongue to linger. Tell your partner you taste sweet on five spots, and have the person go hunting with his or her mouth until all the spots are found. It's a good white lie.

Things you can do with your mouth, lips, and tongue on your partner's body:

- |         |          |          |
|---------|----------|----------|
| * Bite  | * Kiss   | * Smack  |
| * Blow  | * Lick   | * Smooch |
| * Flick | * Nibble | * Suck   |
| * Graze | * Press  | * Swirl  |
| * Hum   | * Slurp  | * Wave   |

Try all of the above body-kissing techniques (Head to Toe, Bull's-Eye, Edible Road Map, and Body Hunt) multiple times, trying a different mouth technique each time. The first time, try licking. The next time, use nibbling. The third time, go erogenous zone to erogenous zone by grazing, and so on. Or, on the first spot your mouth lingers, kiss. On the second spot, slurp. On the third, flick.

## LIGHT BONDAGE

Getting tied up or tying up a partner is a bit of the opposite of using the senses, as it's actually removing some of the senses, whether that is the ability to see (such as a blindfold), speak (such as a gag), or touch or move (such as handcuffs).

Before getting started with tying on any kind of bondage, there are two very important safety rules:

1. Make sure you and your partner agree on a safe word first, and that the play stops and the ties are removed *immediately* upon the safe word being said.
2. Never leave someone who is tied up alone, even for a second.

### *The Positions:*

- ✿ Have your submissive sit in a chair with at least two backrest posts, with arms straight to the sides, and cuff or tie one wrist to each post. Alternatively, use bondage tape in circles around the arms, torso, and the entire back of the chair. Be sure to have scissors ready in case the safe word is said.
- ✿ Have your submissive lie faceup with knees bent and spread, feet flat on the bed, and arms straight to the sides. Cuff or tie the right wrist to the right ankle and left wrist to the left ankle.
- ✿ Have your submissive lie faceup with legs flat and spread and arms over the head and spread (looking down, he or she looks like a starfish). Tie each wrist to each of the top corners of the bed and each ankle to each of the bottom corners. If you don't have bedposts to tie the wrists and ankles to, try the under-the-bed bondage kit or use rope/ties long enough to be able to tie the wrists and ankles to the four legs of the bedframe.
- ✿ While the submissive is kneeling, cuff or tie the wrists together behind the back. Lower the upper body so the head and shoulders are on the bed and their shins are on the bed with their butt elevated and exposed.

“The Positions: My partner and I enjoyed this technique, and we both tried the submissive position. As the submissive, the level of trust needed to engage with all four limbs bound in this way became a stimulating factor for me.

JULIANA

## HAVE YOU EVER USED BONDAGE DURING SEXUAL ACTIVITY?

“ Yes, we’ve tied each other up and blindfolded each other to tease with objects, feathers, spanking, etc.

“ Yes. I was tied down spread-eagle on my back. My husband and lover sucked my nipples while his wife licked my clit. Then the men took turns receiving fellatio while she fingered my vagina. Then the men took turns penetrating my vagina.

“ I sometimes tie my partner to the bedpost with a necktie. Sometimes I’ll give him head. Other times I’ll ride on him. Drives him crazy.

“ Most recently, tied wrists with a scrunchie and then engaged in doggie-style sex.

“ Yes, I’ve had masks and ties used on me. After I was tied up, I was spanked, caressed, kissed, tickled, and then had penis-in-vagina sex.

“ I’ve been tied up with a tie. He fucked me and slapped me a few times (with my permission).

“ Not super into it. It makes me feel extra ticklish. Not to mention, I enjoy grabbing on and feeling my man’s body.

“ No, and no desire to do so.

“ We have not tried that yet. We are discussing it though!

# Techniques

For some people, the act of tying up or being tied up is where the sexual activity comes in. Submitting control or gaining control is when the juices flow. For many others, it's the sex acts that follow that are of top interest. But so often, books, how-to articles, and workshops on bondage spend the entire time explaining safe words (important!), the psychology of domination and submission, the technical skill of how to tie rope knots, or ideas for using bondage tape, and it's hard for a curious newbie to find out, "What happens after I tie the person up?"

# TEASING

The following techniques can incorporate all five of the senses, plus one of the biggest erogenous zones we missed—the brain. Creating an idea and desire for more arousing sexual activity and then prolonging the indulgence for that activity makes finally getting sex all the more satisfying for many people.

# Techniques

**PLAY A SEX GAME** Play a sex game in which "Oral Sex" or "Orgasm" is the last play space. Before the space is a Candy Land–like trail of sex acts on the game board that you must participate in before reaching the Oral Sex space. Think of your and your partner's favorite foreplay acts and also pick a few from this book, such as passionate kissing, massage, dirty talk, nipple sucking, or spanking. Take turns spinning the wheel or rolling the die and indulge in all the sexiness, withholding orgasm until the end.

# LOCATIONS

The bed is, by far, the number one favorite place people like to have sex. It's comfortable. It's practical. It's easy to sleep after you're finished. It's a win. Here are other top ten favorite locations, according to my survey respondents.

- .....
- 1  
COUCH
- .....
- 2  
SHOWER
- .....
- 3  
FLOOR
- .....
- 4  
CAR
- .....
- 5  
TABLE/  
COUNTERTOP
- .....

6  
OUTSIDE

7  
KITCHEN

8  
WOODS

9  
CHAIR

10  
ANYWHERE  
WE COULD  
GET CAUGHT

This game is easy to make yourself. Write the sex acts down on index cards, place them facedown and agree ahead of time to each select a certain number of cards (2, 3, 4, 10, or however many you want to use to drive your partner wild). Then, select your cards, turn them over, and act them out, refraining from orgasm until all the cards have been fulfilled.

A higher-tech example is to download a spin-wheel app, label each pizza slice of the wheel with one of your chosen sex acts, and then agree on how many times you each must spin. Hit the spin button and get going!

**CREATE A LIST OF FAVORITE SEX ACTS** Create a list of your favorite sex acts that don't typically lead to orgasm or sexual release for you, such as passionate kissing, massage, dirty talk, nipple sucking, or spanking. Also pick out a handful of techniques from this book that you haven't tried yet and really appeal to you and perhaps one technique that is beyond your usual taste but you're willing to try.

This is a sex technique that builds anticipation and delayed gratification. It's something you could do over a weekend, a week (perfect for vacation sex), or if you're super daring, a whole month. However many days you think you can stand the teasing, select that many sex acts from your list and assign one to each day.

On day one, engage in the first sex act on your list, but don't allow it to become orgasmic or lead to other orgasmic sex acts. On day two, engage in the second sex act on your list, but don't allow it to become orgasmic or lead to other orgasmic sex acts. On day three ... you see where this is going.

On the last day, allow the sex act to result in orgasm. It may just be the best, most anticipated orgasm of your life!

## HAND JOBS

### *Penis*

**FRENULUM MASSAGE** Make a U shape with your fingers and thumb. Place your finger on the top side of the penis and your thumb on the underside, directly on the frenulum (where the shaft connects to the head), and massage, rubbing your thumb in a clockwise circular motion. Every 15 seconds, switch back and forth between clockwise and counterclockwise. Try it first, gently, without lube. Then, as you continue the circular massage, put a few drops of lube on the penis with your other hand and continue, noticing the difference in sensations that arise.

**HAND WRINGING** Cup the head of your partner's penis in both hands and wring your hands, making a motion like you are washing your hands with soap and water.

**VIBRATOR ON PENIS** Turn your vibrator on and cup it in your hand, making a fist around it. Rub your now vibrating fist gently along the underside of your partner's penis from the head, down the shaft, and down the seam of the scrotum. Gauge your partner's feedback and sensitivity. If this was not too sensitive, try it again with the vibrator directly on the genitals without your hand as a buffer. What spot gave the most response? The frenulum? The scrotal seam? Concentrate the vibrations in those areas.

**VIBRATOR USE ON PARTNER** Similar to the body kissing head to toe, this technique involves using a vibrator to stimulate nongenital erogenous zones. Try the lips (watch the teeth!), nipples, armpits, belly, toes, and other hot spots for your partner.



## *Vulva*

**CLITORAL HAND JOB** Both of you sit on a chair, couch, or bed, with your backs supported, clitoris partner between the spread legs of the hand partner, like riding on a snow sled. Place three or four fingertips at the very top of the vulva between the outer labia where the pubic bone meets the top of the clitoral hood. Gently press down and massage without lifting your fingers off the skin.

**VIBRATOR DURING CUNNILINGUS** Share your partner's vulva with a vibrator. This might include:

- ✿ When your mouth stimulates the outer labia, place the vibrator on the clitoris.
- ✿ When your mouth is on the clitoris, place the vibrator on the vaginal opening or inside the vagina.
- ✿ When your mouth is on the vaginal opening, place the vibrator on the outer labia.
- ✿ When your mouth is anywhere on the vulva, place the vibrator against your own cheek or under your chin, so the vibration can be felt through the mouth.

## **ANAL PLAY**

You'll never believe it, but, surprise!, there is complexity and nuance when it comes to the sense of touch and buttocks. Some people are absolutely, vehemently opposed to anyone or anything within that vicinity at all. Some people like a little external stimulation but nothing inserted. Some people love it all. Others like some things, in certain situations, and under certain conditions.

## *The Positions*

- ✿ Lie face-to-face on the bed with the person receiving anal stimulation on top. For the partner doing the stimulating: With your partner's legs spread and one knee on the bed on either side of your hips (in a bit of a missionary-style position), reach your hand around your partner's thigh/butt to reach the anus.
- ✿ One partner sits on the couch or foot of the bed, and the other partner lies across their lap perpendicular, with butt raised over the thighs.
- ✿ Spoon, with the partner receiving anal stimulation as the little spoon.
- ✿ With plenty of lube on your fingers, use your index and middle finger to draw circles right on the anus. Then do figure eight patterns, crossing the anal opening on the intersection.
- ✿ With plenty of lubricant, you can also use a small vibrator designed for anal play on the area of skin between the anus and vulva or scrotum. Bring the vibrator to the anus to stimulate that area. Apply a small amount of pressure. Work slowly to insert it, if your partner desires.



**Consider using a condom over your fingers for hygienic purposes and so your fingernails don't scratch. Also, after anal play, don't touch other body orifices on your partner's body or yours until you've washed your hands.**

## WHEN IT COMES TO MY ANUS, I WANT A PARTNER TO . . .

- “ Leave it the fuck alone.
- “ Ask first.
- “ Lightly touch, and that’s all.
- “ Avoid that area altogether.
- “ Be gentle, and work slow.
- “ Lick it.
- “ Touch it and lick it, but only when I say it’s okay.
- “ Respect my decision of no, if I say I’m not in the mood to go there.
- “ Go very slowly, and use lots of lube!
- “ Eat it out. (Seriously, I will be more than moaning if you do.)
- “ Cum inside.
- “ Fist it.
- “ Ignore the hell out of it.
- “ Check in first, then probably massage it.
- “ Rub it, lick it, fuck it!
- “ Leave well enough alone!
- “ In the words of Nicki Minaj, “Eat my ass like a cupcake.”
- “ Stay as far away as possible.
- “ Come close, but do not actually touch it.
- “ Stop asking me about it. I still feel no amount of pleasure when considering having anything sexual happen to it.





PART TWO

# *Sex Positions*

## *The Kama Sutra listed 64 positions* for coitus, or “congress,” as it’s called in the book.


Here, you’ll find dozens of positions for intercourse, including penile/vaginal intercourse, as well as oral intercourse. There are some positions that can be easily adapted to anal intercourse and even a few for outercourse (more on this later!).

The positions range from easy-peasy to even-yoga-instructors-will-have-a-tough-time-with-it difficult. From creative variations of old favorites to some that probably never crossed your mind, there are positions for cozy sex, intimate face-to-face sex, deep banging sex, sex if you want it to feel extra tight on your penis, sex where you want your clitoris all rubbed up in the action, and sex where you want to have sex but you’re feeling lazy and kind of just want to lie there.

Most people who have intercourse as part of their sex lives have a handful of different go-to positions in their repertoire and maybe one or two they bring out on occasion.

People often find they have seemingly conflicting sexual desires for novelty and familiarity. Often, we like to have something comfortable and reliable and something new just for the sake of it being new. This can be true of sex positions, sex locations, and even sex partners.





When you read this part of the book, do two things:

1. Try my suggestions, and enjoy a little novelty as you do.
2. If any of the positions really stand out to you as extra good, add them to your regular repertoire among your comfortable and well-practiced list of go-tos.

Not all the positions are going to work for all bodies, and most especially, all body combinations. You may find that a position you always loved suddenly doesn't work anymore during pregnancy or with a new boyfriend who's six inches taller than your last one.

I chose these positions out of the endless possibilities in order to include ones that are actually feasible and will be pleasurable to a large percentage of people. I chose categories that may be appealing to different folks or when different moods strike. Then, within those categories, there are two to four sequential positions and ways of achieving the category goal (such as G-spot stimulation, full body contact, deep penetration) that are easy, medium, and challenging. These designations were decided based on whether the position requires a little or lot of strength, flexibility, or coordination.

Some people to whom I gave sex homework rated positions "easy" that I gave a 5 to for very difficult, but struggled with positions I rated a 2. Why? When you have two human bodies together, there are many factors that can impact the outcome. One respondent in a polyamorous relationship tried the same position I assigned her with her primary partner and her other partner, and the same position with one partner was great and with the other was uncomfortable. Why? Differences in their heights, weights, strengths, and desires.

Keep in mind as you give each position a try:

- ✿ You won't like all of the positions.
- ✿ There will be positions you will want to like so desperately but just won't work for you. Don't write them off forever. You may love them at a later time in your life or with a future partner.
- ✿ You are going to be pleasantly surprised at least once by a position you thought you wouldn't like, but ended up loving.

## ADAPTING THE POSITIONS

Make each one work for you. Try them as I describe, and then try them again, but:

### CHANGE THE POSITION

- |                          |                                |                        |
|--------------------------|--------------------------------|------------------------|
| ✿ Spread your legs wider | ✿ Add a pillow under your butt | ✿ Bend your knees      |
| ✿ Close your legs        | ✿ Lift your torso              | ✿ Straighten your legs |

### CHANGE THE MOTION

- |          |           |          |
|----------|-----------|----------|
| ✿ Bounce | ✿ Gyrate  | ✿ Slide  |
| ✿ Bump   | ✿ Massage | ✿ Thrust |
| ✿ Glide  | ✿ Poke    |          |
| ✿ Grind  | ✿ Pound   |          |

In Part Two, I'll refer to the person using their penis or a strap-on as the "penetrating partner," and the one using their vagina or anus as the "receiving partner."

## HOW MANY SEX POSITIONS ARE IN YOUR REPERTOIRE?

“ Maybe three or four. Once you have some that work well, you kind of stick with them.

“ Six.

“ Know/have used at least ten but generally stick with the same three to five regularly.

“ I want to say two or three, but in reality, missionary happens 99 percent of the time. So, one.

“ I have only recently started having sex and don't have the chance to practice it often, so my partner and I are still figuring it out. So far, we have been using four positions with various levels of success.

“ There is no limit to the positions I'll get into during sex except those dictated by the laws of physics.

“ In my repertoire, ten plus. Used regularly, maybe three.

“ We go through about eight positions during a normal session. All together, there are about twenty positions we use regularly.

“ Only four or five that the knees still agree with for more than a few minutes, I'm afraid. Time for a sex swing.

“ Three. I had a rather stubborn hymen that prevented me from having intercourse for an extended time, and my partner and I still don't have intercourse as much as oral sex or outercourse.

“ Three! My partner and I usually stick to cowgirl, missionary, and from behind (doggie-style).

“ During the average sex session, two. Throughout my sex life, ten.

“ Three. But I've mastered them. ;)

“ Regularly, I use two or three positions, but I know and have tried at least seven different ones.

## HAVE A SEAT

BOUNCY ~ RIGOROUS  
ADAPTABLE TO OUTSIDE  
THE BEDROOM



***Have a Seat*** If you can have a seat, then you can Have a Seat. Have a Seat anywhere your feet can touch the ground; at the foot of the bed, on a chair, couch, bench, a Jacuzzi tub, the back bumper of your car, the toilet with the lid down—you're limited only by your imagination.

“ I have always had a problem with reverse cowgirl because I can never seem to get the angle right. This made it much easier! I know my partner enjoyed the view he was getting, and I could just focus on the feeling and experimenting with which ways I could lean and move. There were a few times I had trouble with getting the angle right and felt like my partner was going to slip out, but overall, it was a huge improvement from when we tried reverse cowgirl in bed. At first I was nervous my feet wouldn't reach the ground (I'm fairly short and can't always get my feet to touch the floor!) but I was pleased to find height wasn't an issue for once. For some close, slow sex, this is a great changeup.

BRYANNA

**THE MOVE:** Penetrating partner, sit on a chair. Receiving partner, sit on your partner's lap so you're both facing the same direction and your legs are on either side of your partner's legs. In a seated position, both of you bounce your butts up and down, using your feet planted on the ground as leverage. Use penis-in-vagina intercourse with the vagina person on top, sitting up as straight as possible and leaning back against the partner's chest to amplify G-spot contact with the glans (head) of the penis.

**WHO WILL LOVE IT:** If rigorous up-and-down thrusting and boob-bouncing motions like you see in the movies appeals to you, Have a Seat.

**JUST  
A TIP**

You're going to get sweaty from all the bouncing, so if you're doing this position on a hard surface such as a wooden chair, lay down a towel so you don't slide all over the place.

# BENT SPOONS

MILDLY KINKY ~ ONE FREE  
HAND FOR REACH-AROUND  
FONDLING



***Bent Spoons*** Take Bent Spoons out for a spin when you both just want to lie there lazily but still desire a little mild kink. It is perfect for nights when you don't want to let mid-week fatigue get in the way of some light bondage action.

“ We both thoroughly enjoyed this position! I tend to be more submissive, and he is more dominant, so him taking control by grabbing my wrists while in this position was a huge turn-on for both of us. As I bent at the waist as directed, I could feel him hitting spots he never did before. We will definitely be adding this to our routine.

KELLY

**THE MOVE:** Penetrating partner, be the big spoon. Receiving partner, be the little spoon. The little spoon puts both hands behind their back, and the big spoon grabs both wrists to gain control. Then, the little spoon bends at the waist to the one o'clock position. Or if you really want a challenge, bend to the two o'clock, three o'clock, or even four o'clock position, depending on your flexibility and how much G-spot stimulation is desired. The more you bend, the more direct the stimulation there will be, because the penis or dildo, still facing forward, will bump into the anterior vaginal wall with each thrust.

**WHO WILL LOVE IT:** Flexible little spoons who can curl up tight; lazy big spoons.

**JUST  
A TIP**

If the big spoon can hold the little spoon's wrists with just one hand, use the other hand to reach over her waist to rub her clit. As for the seemingly counterintuitive arms behind-the-back thing, in addition to the bondage aspect, the wrists function as a handle to push the little spoon's body in and out.

# *Reverse* **ARMCHAIR**

ACROBATIC ~ INTENSE



**Reverse Armchair** Get ready to take a few minutes to get your bearings and your balance as you mount into this position. Once you're there, the thrusting and G-spot hitting is worth the initial circus.

“ Sensational! If I could use a more powerful word than that to describe my orgasm from this position, I would. It sounds very complicated, but once you get all set up it is *so* worth it. I do not think my G-spot has been this stimulated before. My boyfriend loved the view he had of my body, and I loved that I controlled the pace of it. If you're up for a challenge and ready for quite the reward, you'll love this position.

DYLAN

**THE MOVE:** Penetrating partner, sit with your back propped against some pillows, your feet flat on the bed, and your legs bent at the knee. Receiving partner, sit directly on your partner's lap with your back to them, and your hands flat on the bed. This balancing act is challenging enough, but when I teach my Sex Positions 101 class and have (clothed) people act out the positions for practice, this next step always get exasperated groans of, “Wait, there's more?” Yes, there's more! For maximum G-spot bumping effect, the final step is for you to put both feet on your partners thighs, so that your toes curl over the knees for balance. I told you this one's acrobatic! To thrust, push against your partner's knees with your feet, or the penetrating partner can help by placing hands under your butt and lifting them up and down.

**WHO WILL LOVE IT:** Anyone! Despite the exasperated groans, the Reverse Armchair remains the position my Sex Positions 101 participants say they are most excited to try at home. So, try this at home!

JUST  
A TIP

Place a mirror at the foot of your bed for a WOW view of in-and-out action from an angle you've probably never seen before in real life.

# COWGIRL

WILD ~ CLITTY



DIFFICULTY: 1

(UNLESS YOU HAVE BAD KNEES

LIKE I DO, THEN A SOLID 3)

**Cowgirl** Cowgirl gets its name from very vivid visual of the receiving partner riding the partner like a cowgirl would ride a horse. Giddy-up!

“We thoroughly enjoy this position. I love having the control over my own pleasure, as well as being able to read my partner and make adjustments to pleasure him better. I like having the control over speed and depth in this position, and it is good for teasing him if I wish to. It is very easy for me to adjust my height on him, and he can also take over thrust control if we choose. We are a very touchy-feely couple during sex, and this gives us both access to do so. Making out is important to us too, and there is good access for that as well. Nipple stimulation is key for me, and he can easily do that with hands and mouth alternating.

MARY

**THE MOVE:** Penetrating partner, lie on your back on the bed. Receiving partner, face your partner and straddle their lap with your genitals aligned and legs bent, one knee on each side of their body.

**WHO WILL LOVE IT:** “Cowgirls!” It’s a rare opportunity to get such direct clitoral stimulation during vaginal intercourse. For many clitoris-bearing folks, this position is often cited as the only intercourse position during which they have been able to orgasm (but we will have to survey the audience after they finish reading this book).

JUST  
A TIP

Adding a vibrating cock ring with an elongated attached clitoral vibrator for added clitoral stimulation can take this from “hee-haw!” to “holy shit!”

# STARFISH

FRICTION-FILLED  
OVERPOWERING  
PASSIONATE



**Starfish** The position is a 1 (just lie like a starfish), but the movement has a bit of a learning curve, so it's a 3. Averaged together, it's a 2.

**THE MOVE:** Receiving partner, lie flat on your back on the bed with your legs partially closed and flat, and your arms by your side. Penetrating partner, insert your penis or dildo (your partner's legs may need to spread temporarily to facilitate this, but close them again). Next, lie flat on your partner's body, with your legs spread and out wide, and your arms spread out wide, so you look like a starfish. With the full bodies pressing, the pelvis is better aligned for more direct clitoral stimulation when the starfish partner glides across the pelvis rather than thrusts.

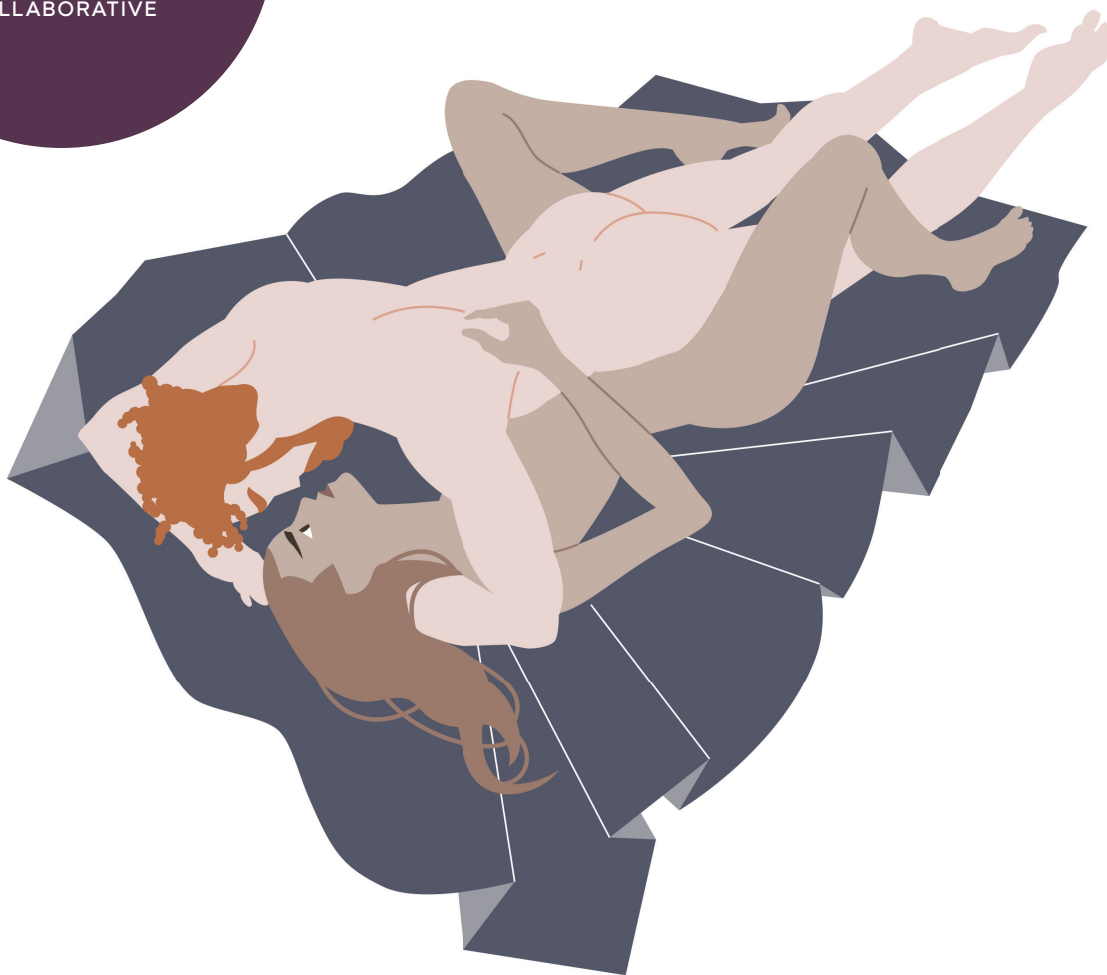
**WHO WILL LOVE IT:** People who like friction. People who like it a little slower.

JUST  
A TIP

Be sure to glide your body across your partner's like a porch swing, rather than pumping your hips up and down. The key to clit stimulation on this one is the glide.

# CAT

SLOW AND SENSUAL  
UTILITARIAN  
COLLABORATIVE



**CAT** CAT stands for “coital alignment technique” and wins the award for the unsexiest sex-position name ever. But being one of the only positions developed by sex therapists, subjected to research that demonstrated its statistically significant increase in clitoral orgasms during intercourse, and published in peer-reviewed medical journals, it also wins the award for the most clinically functional position for penis-in-vagina sex.

**WHO WILL LOVE IT:**

Clitoris-bearing folks who can get the coordinated rocking right with their partners will reap all the rewards.

**JUST  
A TIP**

Try looking up coital alignment technique on YouTube if you're struggling to learn this position and would like a visual demonstration.

**THE MOVE:** Receiving partner, lie on your back with your legs spread. Penetrating partner, lie on top of your partner, so your genitals align for penetration in classic missionary position. After insertion, the penetrating partner shifts their whole body up about an inch closer to the receiving partner's face, so the head of the penis/dildo is still in the body, but the shaft is out and vertical so it's touching the clitoris and pubic bone.

This is more of a gliding motion. So instead of your hips thrusting in the direction of the head and feet, your hips will move in the direction of the ceiling and floor. When the penetrating partner lifts their hips to the ceiling, the receiving partner digs their hips down deeper into the mattress, so the head of the penis/dildo is in, but the shaft is on the clit. For the next stroke, the penetrating partner drops their hips toward the bed, and the receiving partner lifts their hips to the ceiling, so the shaft rubs past the clitoris and back into the vagina, repeatedly. The concept is slower, coordinated movements that combine vaginal intercourse with direct and sustained clitoral rubbing.

# CLASPING *Position*

WARM ~ FAMILIAR  
EMBRACING



***Clasping Position*** This position is actually in the original *Kama Sutra*, where it's described as "When the legs of both the male and female are stretched out over each other, it is called the Clasping Position." There are no illustrations. Here's my best guess at what it means.

**THE MOVE:** Receiving partner, lie on your back with your legs open. Penetrating partner, kneel down and lie flat on their body with your legs spread inside their legs. Receiving partner, now wrap your calves around your partner's legs. This position is in the category of intimate/full body contact positions because, literally, from head to toe, both bodies are fully connected.

**WHO WILL LOVE IT:** Couples who like missionary position, darn it, but still like options for variety.

JUST  
A TIP

Receiving partners, if you have shorter legs, you may need to spread them extra wide to have enough room to do the clasping.

# *Reverse* **SPOON**

COZY  
SMOOCH-FRIENDLY



***Reverse Spoon*** This position works as a terrific cuddle position. Do some finagling with your legs, and poof, it's a sex position! It's only a pinch harder than the Clasp Position due to the leg finagling, but it's much easier and less requiring of balance than the Pancake Position.

**THE MOVE:** Penetrating partner, lie on your side with your bottom leg (the one touching the bed) straight and the top leg slightly bent to support you. Have your bottom arm out straight, parallel to the headboard. Receiving partner, mirror this same position, laying on your partner's arm and facing them, so you are face to face, chest to chest, and genitals to genitals. Penetrating partner, take your top leg, which should be bent, and put it between your partner's legs. Receiving partner, lift your top leg, also bent, and place it on the very top of the now stack of legs, which will open your legs and provide access to your genitals. Fully embraced, facilitate thrusting by holding on to each other's hips as leverage.

**WHO WILL LOVE IT:** Four lips, four hands, four nipples, and four butt cheeks are free and accessible to all kinds of shenanigans, so fondlers and smoochers will delight in the Reverse Spoon.

**JUST  
A TIP**

Pick a technique from the kissing section on page 56 and kick things up a notch.

# PANCAKE

CLOSE  $\infty$  FLAT  
SYRUPY (JUST KIDDING)



***Pancake*** This position is the most challenging of the sequence because it's counterintuitive and requires some balancing.

**THE MOVE:** To visualize this position, imagine you both are lying flat, stacked on top of each other facing the same direction, like a stack of pancakes. Penetrating partner, first lie down on your back, legs flat on the bed and slightly spread. Receiving partner, lay on top of your partner as if they are the bed, on your back so your head is resting on their shoulder, your back is on their chest and abdomen, your hips are aligned with their genitals for penetration to occur, and your legs are aligned right next to their legs. Penetrating partner, to thrust, hold your partner's hips with your hands and move them up and back.

**WHO WILL LOVE IT:** For penetrating partners who like two free hands for reach-around access, this position is worth the effort! Your mouth is perfectly lined up for neck kissing, and your hands are inches from nipples, bellies, and genitals.

JUST  
A TIP

After a few minutes of this, hold on to each other and do a log roll to your bellies, and position into the Inchworm (see page 136).

# LEAP FROG

BOUNCY



**Leap Frog** It's a level 1 difficulty position (it's a modified Cowgirl position except with feet on the ground instead of knees) bumped up to a level 2 because of the technique, which requires some thigh strength.

**THE MOVE:** Penetrating partner, lie flat on your back. The end. Receiving partner, straddle your partner, facing them, and then squat over their pelvis so your genitals align. Have one leg planted on either side of their hips. Control the thrusting by bouncing up and down using your legs. Place your hands on your partner's hips for extra support. Penetrating partner, if your partner's legs get tired, help out by placing your hands under their butt and lifting them up and down.

**WHO WILL LOVE IT:** Receiving partners who like full control of depth and rhythm and penetrating partners who like a full view of genitals on display.

JUST  
A TIP

Grab hold of the headboard for leverage, pulling yourself up and letting yourself back down on your partner's genitals. Or, invest in suction cup handles (usually sold for use in showers so you don't slip). Suction them on the headboard or wall above your pillows, grab a hold, and think of it as doing squats on a penis or dildo.



***The T*** Creative name, eh? The T is another one of the easier positions with a good view, but it requires a little shuffling to get the alignment correct.

“We loved the position because it was easy for both of us to do, we both had a good view, and it left our hands free, which allowed for manual stimulation. Although we didn’t take advantage of it this time, I would absolutely grab a small vibrator to use next time. My partner compared the position’s difficulty (or lack of?) to spooning and entering your partner from behind. From my perspective, I could move very little, and both of us still enjoyed it. I also found that moving my hips up and down in contrast to his thrusting motion felt great.

SELINA

**THE MOVE:** Create the capital letter T with your bodies intersecting at your genitals. Penetrating partner, lie on the bed on your side with legs slightly bent to support you. If you wish, rest your elbow on the bed and use your hand to keep your head propped up. Receiving partner, lie on your back, intersecting your partner with both of your legs over your partner’s hips, so you’re forming a letter T. Press down against their hips to raise your hips and rock back and forth.

**WHO WILL LOVE IT:** People who want a good view of the in-and-out action during intercourse. Due to plumbing logistics, there are very few positions that allow such a view. This is one of them, so don’t be shy to tilt your head up to watch.

JUST  
A TIP

In order to get that better view and for thrusting purposes, it helps if the receiving partner is propped up with their back against the wall or headboard and the penetrating partner is sideways in the bed.

# *The* **POST**

THRUSTY  
PASSIONATE  
BENDY



***The Post*** Take The T, but both partners spread their legs and swivel their bodies, and voila! It's still a little more challenging (for the penetrating partner, anyway; the receiving partner just lies there with a leg in the air), but the view is even more apparent.

“ We tried this right away! It's a variation of one of our favorite positions, so we knew we would love it. This position allowed for very deep penetration, which I always love. It was also great for my husband to stimulate my clitoris. He said he loved the view, and he's also a big fan of deep penetration. This position was easy to get into and out of, and it was very comfortable. We will definitely be using this one again!

COLLEEN

**THE MOVE:** Receiving partner, lie on your side, propping your head up with your right arm, with knees slightly bent per your comfort. Once you are in this position, raise your top leg straight up in the air, like a post. Penetrating partner, straddle the leg that remains flat on the bed, one knee on each side. Hold on to the post leg for support, thrusting leverage, and maybe some caressing. You may need to spread your legs farther apart and really squat down so your genitals align.

**WHO WILL LOVE IT:** Anyone who loves the sight of vulva and the feel of vagina will love this position. Penetrating partners will get an extra helping of both.

JUST  
A TIP

Grab on to that post leg with one arm, and use the other to hold a vibrator on your partner's clitoris.

# *The* **GLACIER**

SLOW ~ SEXY



***The Glacier*** A modification of the Reverse Cowgirl position, The Glacier provides the Cowgirl with clit stimulation and support. The view for the penetrating partner is a whole lot of hips and behind, as well as a bit of penetration action.

**THE MOVE:** Penetrating partner, lie on your back with your upper body supported on your bent elbows, your feet flat on the bed, and knees bent and together, so you're making a mountain shape with your legs. Receiving partner, straddle your partner, sitting on their pelvis, with your back to them so your genitals are aligned, with your knees on the bed next to your partner's hips and your shins down on the bed astride their torso. Drape your upper body over your partner's knees and bent legs, forming the same contours of the mountain shape, holding their ankles for support. Instead of a thrusting motion for this position, try more of a slow, glacier-speed grind. This motion keeps the view sexy and lessens the likelihood of the penis or dildo popping out.

**WHO WILL LOVE IT:** Anyone who loves a slow grind or likes Reverse Cowgirl position but who needs more support than that position typically provides.

JUST  
A TIP

Receiving partner, try reaching one hand around the "glacier" of your partner's legs and fondle their testicles or perineum.

*The*  
**LUXURY**

LUXURIOUS ~ HANDSY  
EXQUISITE



**The Luxury** This is a 4 not so much for the sexual activity but for the effort required to get into it in the first place.

**JUST  
A TIP**

Don't forget the massage oil, and incorporate one of the butt or lower back massage techniques from the Erotic Massage section in chapter 5 (see pages 60–62). Ask about massaging the anus too!

**THE MOVE:** Penetrating partners, pull a chair right up to the edge of the bed, and sit in it so you are facing the bed and your knees are right up against the mattress. Receiving partners, lay your belly down on the mattress so your hips and pelvis are on your partner's thighs. There will likely be a minute of awkward shimmying involved in getting into this position, which is why it's a 4 on the difficulty scale!

You'll know you are in the right position when you feel as though you are lying comfortably on your stomach with your upper body on the bed and lower body seamlessly on your partner's lap. Scoot down so the genitals are aligned as you wish, and bring the penis or dildo in.

It's called The Luxury because the receiving partner gets to sprawl luxuriously, prime for back, butt, and thigh massage.

Thrusting can be facilitated with a coordinated effort by both partners. Penetrating partner, thrust your hips and/or hold on to your partner's waist and pull your partner to you. Receiving partner, you can use your forearms, which are flat on the bed, as leverage to pull yourself up and back.

**WHO WILL LOVE IT:** This is a double win! Receiving partners will love being spoiled with the rubs, and penetrating partners will love the view.

# LOTUS

RELAXED ∞ GENTLE  
EMBRACING



**Lotus** This is not only an old classic but also a position I find is new to many folks when I teach it to them. It may look familiar to you too, but you may never have actually tried it.

**THE MOVE:** Penetrating partner, sit with your legs folded and crossed. Receiving partner, facing your partner, sit on their folded lap so the genitals can go together. Wrap your legs around your partner, crossing your legs at the calves, with arms around their neck. To move, use your arms over your penetrating partner's shoulders for leverage, or your penetrating partner can slip their hands under your butt and lift you up and down.

**WHO WILL LOVE IT:** Anyone craving super-delightful, skin-tingling, pheromone-inhaling, full-body, hunger-satiating intimacy.

JUST  
A TIP

Try rubbing a little lubrication on your groin and inner thigh. Sometimes four thighs rubbing close together can get stuck.

# *Shooting* **STAR**

ENERGETIC  
BED-SQUEAKING  
JIGGLY



***Shooting Star*** The name is emblematic of the spirited manner with which there is bouncing up and down, like a star shooting across the sky.

**THE MOVE:** Penetrating partner, kneel on the bed with legs folded, sitting on your heels. Receiving partner, initiate penetration by sitting on their lap with feet planted on the bed on either side of penetrator's hips. Wrap an arm or both arms around your partner's neck for support and leverage. The receiving partner has control of the motion, bouncing off their feet, and the penetrating partner can help by hoisting their waist.

**WHO WILL LOVE IT:** People who love when sex is fun, sweaty, and exciting will get their kicks.

JUST  
A TIP

If you need some extra support for the bouncing, try this position on the floor next to the bed and use a hand on the mattress to pull yourself up.

# SPIDER

ACROBATIC  
REQUIRES BALANCE  
COLLABORATIVE



**Spider** This position may not look like it would be particularly intimate, especially given that it's the most pretzel-like of the intimate bunch. However, the direct eye-to-eye gaze that's required, especially as you're in the setup phase, helping each other into this challenging position, is where the intimacy becomes apparent.

**THE MOVE:** Penetrating partner, sit on the bed with your hands flat on the bed behind you and your arms extended so you're in a reclining position. Have your feet flat on the bed with your knees bent and spread. Receiving partner, mirror your partner so you are sitting in the same exact position but facing them. Have your legs bent and between their legs, and each foot flat on the bed next to their hips. Scoot until your genitals are aligned. You may need to prop a few pillows under your butt to create the right height and alignment (this is where a position-aid wedge can be handy). To facilitate penetration, use your feet to rock or bounce.

**WHO WILL LOVE IT:** Those with patience to find the right angle.

JUST  
A TIP

Try it in the bathtub!

# TREE HUGGER

LABOR INTENSIVE  
MOVIE SEX SCENE-ESQUE



***Tree Hugger*** This is the least acrobatic of the acrobatic sequence, and it's still pretty tough.

“My primary partner works in a field that requires a great amount of upper body strength. He was able to offer the support needed to get into the position. As we tried it, I found that the penetrative sensations were different than I'm used to. I got a bit more G-spot stimulation, and once I was able to let go of the “Am I going to fall?” worry, I had a lot of fun. My partner concurs and felt that it was an enjoyable experience. He rather liked me clinging to him.

CAITLIN

**THE MOVE:** This is standing position. Penetrating partner, stand up. Receiving partner, hoist yourself up, with both legs wrapped around your partner's waist and both arms wrapped around their neck. This may be best facilitated if the receiving partner is backed against a wall for support.

**WHO WILL LOVE IT:** This position has that gotta-have-it-now feeling to it, so people who love to feel irresistible and like to feel a surge of sex adrenaline will love this position, as will people who have a partner quite a bit lighter in weight than they are.

JUST  
A TIP

If you have proper safety precautions set up in your shower (nonslip mat, handles on the walls for holding, and waterproof lube), this is a great position for shower sex.

# CRAB WALK

ATHLETIC ~ CHALLENGING  
EROTIC



**Crab Walk** Think of this as similar to the Spider position, but once the receiving partner is situated, both legs should be brought up and rested on their partner's chest.

“ This was a fun and entertaining position, but just a little difficult. The biggest challenge I had with this position is the height difference between my girlfriend and me. It made the positioning of our bodies very awkward and occasionally uncomfortable for both of us. But once we were able to make it work, it was very pleasurable, and we both had a great view.

BEN

**THE MOVE:** Penetrating partner, sit on the bed with your knees bent, feet flat on the bed, and your hands flat on the bed behind you. Lift your pelvis off the mattress and into the air, such that you're in a "crab walk" position. Receiving partner, sit facing your partner, supporting yourself with your hands flat on the bed behind you. Place both of your legs on your partner's torso and chest, with one ankle near each shoulder. Once your legs are in place, you may need to scoot around for your genitals to align. To thrust, rock back and forth on your shoulders to make your hips move. Or, penetrating partner, you can bounce off your feet.

**WHO WILL LOVE IT:** Couples who love a challenge and are similar in height.

JUST  
A TIP

Start with your butts on the bed first, then lift them into the "crab walk" position.

# *The* **GYMNASTS**

CIRQUE DU SOLEIL-ESQUE  
GOOD EXERCISE



***The Gymnasts*** This position involves you each making body poses often used in activities such as gymnastics, diving, yoga, and aerobics, and then putting your two bodies together once you have the form figured out. It takes cooperation and a fair amount of athleticism. It is the hardest position in the book, so I hope you're up for the challenge!

“My boyfriend and I were just discussing how we feel like we have done every position. We are very adventurous in the bedroom and love to mix things up, but we've been dating for so long (six years) that we've tried just about every position we can find online. Hands down, this is my favorite position that my boyfriend and I have ever tried. The best part is the deep penetration that is achieved. Plus, my boyfriend thought doing push-ups during sex was not only a great workout but also made him feel in charge. That was a huge turn on. I highly recommend it. Make sure to stretch first!

MEREDITH

**THE MOVE:** Receiving partner, lie on your back in a pike position. Have your legs together and straight, and your body bent at the waist so your thighs and chest are touching or close to touching (as per your flexibility). This position should place you such that your vulva/anal area is fully exposed and facing the ceiling. If it's not, place a pillow under your butt to help tilt your hips up. Penetrating partner, have your hands flat on the bed; arms fully extended; toes on the bed; legs, hips, and torso as flat as a plank of wood; and your legs spread. Get into this pose over your partner's pike position. For movement, align your genitals, thrust your hips or bend your elbows, as if doing a push-up, to lift your body up and down.

**WHO WILL LOVE IT:** Those who delight in testing the bounds of their sexual bodies. The major payoff is bragging rights if you can pull it off.

JUST  
A TIP

Stretch first!

# REVERSE *Missionary*

FAMILIAR



***Reverse Missionary*** It's very similar to missionary position and just as simple, but the person on top has their legs open.

**THE MOVE:** Penetrating partner, lie on your back with your legs close together. Receiving partner, lie on top of your partner's body, straddling the abdomen. Then, scoot down so your genitals align. Slide back onto the penis or dildo for penetration. Once you are in, help control the movements by pushing off your knees, which are on the bed, for leverage.

**WHO WILL LOVE IT:** People who love receiving anal or vaginal penetration and like being on top but also like taking it easy.

JUST  
A TIP

This position is easiest for welcoming a vibrating cock ring, and the vibrator will most likely stay in place the whole time.

# SIDE SADDLE

PEACEFUL ∞ ADAPTABLE



**Side Saddle** This one is in the “lazy” category and is also physically easy. This position tends to be a popular one.

“ This position was great fun, very easy to get into, and you can go as fast or as slow as you’d like. It is a very versatile position. I definitely recommend it!

MATT

“ This position was fun and easy, and I could see it being very easy to get creative.

KYLE

**THE MOVE:** Receiving partner, lie on your back with your legs closed and lifted in the air such that your legs and waist are at approximately 90 degrees. Penetrating partner, face your partner with your legs spread far enough so the genitals align. You may need to use some pillows under your partner’s butt to prop them up to get the alignment right. Next, take both of your partner’s legs, which are currently pointing to the ceiling, and reposition them to one side like they are sitting sidesaddle on a horse.

**WHO WILL LOVE IT:** Anyone who loves anal sex. This position is a particularly good angle for that act, as well as vaginal sex.

JUST  
A TIP

Set up a mirror. This is another position that can be super sexy to watch!

# SNUGGLE- PUSS

.....  
SNUGGLY ∞ TENDER  
RELAXING



**Snugglepuss** This is a fairly natural body position. Think of it like being curled up together, partner on your lap, watching a movie. It's a 2 on the difficulty scale instead of a 1 because the effort required to penetrate and thrust is a little more challenging than natural body-laying positions.

**JUST  
A TIP**

Receiving partner, depending on your height, your mouth is likely in prime territory for some neck smooching.

**THE MOVE:** You'll need a chair for a prop. Any chair is fine, but a recliner or sofa chair with fluffy armrests would be best. Penetrating partner, sit in the chair in a very relaxed position with your feet close together on the floor. Spread your legs wide so your knees touch or nearly touch the inside of the armrests, creating a diamond shape in your lap. Receiving partner, sit comfortably on your partner's lap, nestling your butt in the diamond-shaped space between their legs, such that your genitals align. Sit perpendicular to the chair with your legs draped over one of the arms of the chair. Lie back, resting your upper body and cheek against your partner's chest and shoulder, such that you look like you are cuddling. For movement, the penetrating partner can gain leverage to thrust by pushing their hips up and down against their feet.

**WHO WILL LOVE IT:** Anyone for whom the idea of intercourse, snuggling, and lying around all at the same time sounds like a hell of a way to spend an afternoon.

# FULL FRONTAL

EXPOSED ∞ CREATIVE  
SUBMISSIVE



**Full Frontal** This position is by far the easiest in this category, so start with this one, especially if you're new to using a little domination and submission during sexual intercourse.

**THE MOVE:** Penetrating partner, lie on your back with your arms over your head and legs spread, such that looking down at you from the ceiling, you would look like a starfish. Receiving partner, get on your hands and knees in the doggie-style position over your supine partner, with your knees on either side of their thighs and your hands next to their chest so your genitals align. To thrust, arch and straighten your back so your hips go up and down over the penis, or spread and then pull in your knees in a humping motion. Penetrating partner, you can help by thrusting your pelvis. It might help to raise your hips by putting a pillow under your butt. This position lends itself to a little domination on the part of the receiving partner. Instead of having your hands flat on the bed next to your partner's chest, alternatively (as your height allows), you can hold their arms down instead.

**WHO WILL LOVE IT:** Those who love a full-frontal palate of body to work with during sex (the entire front of the partner's body is exposed).

**JUST  
A TIP**

Kick it up a notch by using handcuffs, silk scarves, or an under-the-mattress bondage kit to tie your partner's wrists and ankles to the four corners of the bed.

# ROCKING HORSE

DOMINATING  
POWERFUL ~ DEEP



**Rocking Horse** In the original *Kama Sutra*, a version of this was called “The Wife of Indra.”

“There were lots of things I liked about this position. We like to have a little dominance play, and this felt a little like a sexual tug of war! We had a hard time using restraints (haven’t invested in good cuffs), but holding her hands there was good. At times, I was deep inside, and at other times, the penetration was shallower, meaning the head of my penis was being actively stimulated by her inner vulva and introitus. I also played with the leg placement, placing one foot flat on the bed and propped on the other knee.

TIM

**THE MOVE:** Receiving partner, lie on your back with your legs slightly spread and curled so your thighs are against your chest or as close as you can get them comfortably. Penetrating partner, kneel on the bed facing your partner with your legs spread. Have your partner place the bottoms of their feet against your chest so you can use their legs as leverage for thrusting. To add a domination/bondage component, this position lends itself to the receiving partner’s hands being tied with silk scarves or handcuffed under the thigh.

**WHO WILL LOVE IT:** Anyone who likes to have sex while being tied up.

JUST  
A TIP

Keep a pillow under the receiving partner’s head to avoid somersaulting.

**X**  
**MARKS**  
*the SPOT*

SNUG



***X Marks the Spot*** This is such a simple twist on the Spread Eagle (see page 140) and demonstrates how a slight change of angle can totally change the experience.

“ This position is also a regular one for us, but as per your suggestion, we tried the pillow and it helped a lot! Typically I feel too exposed in a position like this, but angled differently, I enjoyed it much more. He can get deeper, and it isn't hard to switch my leg position to get closer if we so chose. He definitely enjoys reading me and having control in this position. He can still reach for nipple stimulation and likes to also use his hands for clitoral stimulation as well. My only downside is that you can't reach for making out as well.

MARY

**THE MOVE:** Receiving partner, lie on your back with your legs straight up in the air so your legs and torso are at a 90-degree angle, and then cross your legs, making an X. Lie at the very foot of the bed, so with your legs up, your vulva or buttocks are flush with the edge of the mattress. Penetrating partner, stand on the floor at the foot of your bed, facing your partner. Hold your partner's legs against your chest for leverage while thrusting and for additional skin-to-skin contact.

**WHO WILL LOVE IT:** Worth a try for penis-penetrating partners who like a tight fit and a prime opportunity for sensual leg kissing.

**JUST  
A TIP**

You may need to squat or put some pillows under your partner's butt to make your genitals align, depending on your height and the height of the bed.

# INCH- WORM

POWERFUL  
AGGRESSIVE



***Inchworm*** The name “Inchworm” can help you imagine how this position should look, with the hips bent up in a hump shape and the back and legs flat.

**THE MOVE:** Receiving partner, lie facedown on the bed with your legs and chest pressed against the bed but with your waist tilted up. A pillow under your waist can help with the bump. Penetrating partner, get on your hands and knees over your partner’s body so your genitals align. You may need to spread your hands and legs wider or prop your partner’s waist higher with more pillows to achieve the right height match. For penetration motions, either thrust your hips or hold on to your partner’s lower back with one hand, pushing it down into your pelvis rhythmically.

**WHO WILL LOVE IT:** Penetrating partners who love tight penetration and a good ass view.

JUST  
A TIP

For large-penis folks or people using a big dildo, go extra slowly and gently at first.

# *The* **MERMAID**

EXOTIC ∞ ENERGETIC



***The Mermaid*** You know that scene from *The Little Mermaid* where Ariel pushes herself up on the rock with the wave crashing behind her? That's what this will look like, with your partner being the rock and without the wave.

**THE MOVE:** Penetrating partner, lie on your back on the bed with your legs spread. Receiving partner, lie on top of your partner's body with your legs pressed together like a mermaid tail inside your partner's spread legs, with your hands on either side of your partner's shoulders. Extend your arms, lifting your torso up, so your genitals are touching but your upper body is fully raised.

**WHO WILL LOVE IT:** Penetrating partners who enjoy tight penetration and an eye full of boob.

JUST  
A TIP

Add some nipple stimulation to this one.

# SPREAD EAGLE

UNCOVERED



***Spread Eagle*** This is a minor variation on the traditional Spread Eagle that allows for deeper penetration by having the legs up in the air instead of flat on the bed.

“ This one allows great space for me to rub my clit while my partner is thrusting into me. The wide-open legs also give a different sensation than regular missionary.

HILDA

“ That V-shape position is really awesome, and I’m glad I know it now.

ADRIANNA

**THE MOVE:** Receiving partner, lie on your back on the bed with your legs in the air so your legs and torso make a 90-degree angle (or as close as you can comfortably). Then, spread your legs so that in front of you, they look like a V. Penetrating partner, position yourself facing your partner in a squat so your genitals are aligned, and hold one of your partner’s legs in each hand for leverage. You may need to place pillows under the receiving partner’s butt or adjust the depth of your squat to make your genitals align.

**WHO WILL LOVE IT:** Penetrating partners who like to have full control over thrusting and range of motion.

JUST  
A TIP

Receiving partner, try a toy like a spread-eagle sling to keep you comfortably wide open.

# *Folded* **DECK CHAIR**

INTENSE  
REQUIRES FLEXIBILITY  
THRUSTY



***Folded Deck Chair*** This is easier than it looks and modifiable if you're not quite as flexible as the illustration depicts.

**THE MOVE:** Receiving partner, lie on your back with your feet on the ground and your knees spread. Penetrating partner, kneel on the bed between your partner's legs, facing them. Lift their legs, put one ankle on each of your shoulders, and lean forward so you're on all fours. Your hands should be placed flat on the bed pretty close to their shoulders (depending on your height difference) so your torso is on top of the back of their thighs. Thrust your hips down to penetrate.

**WHO WILL LOVE IT:** Point blank, this is a position for hard, deep fucking. If that's your thing, your payoff is pretty straightforward.

JUST  
A TIP

Penetrating partners, if your partner's legs start to feel cramped, lighten up a bit by bringing your hands closer together toward their shoulders.

# *Swivel* **DECK CHAIR**

FILLING



**Swivel Deck Chair** This is similar to the Folded Deck Chair position in that the receiving partner has their legs folded against their body, and the penetrating partner is in a bit of a doggie-style position on all fours. Except, there's a swivel. And it's a lot harder.

**THE MOVE:** After the receiving partner is in position, the penetrating partner lays perpendicular across the back of their thighs so your knees are on one side of their body and your hands are on the other. To penetrate, thrust downward toward the bed.

**WHO WILL LOVE IT:** Anyone who likes to feel a penis or dildo really deep.

JUST  
A TIP

Receiving partner, if you can reach, help your partner from sliding off by holding onto their arm and leg closest to you. Holding on like this can also help make sure they don't go too deep.

*Half*  
**FROG**

PRIME FOR FONDLING



**Half Frog** One-half of the body stands tall like a human, and the other half is folded up like frog legs.

“ This position was so much fun! The shorter of the two of us (the strap-on wielder) used a stool to match up our heights, and that was perfect. The angle was deep and hit all the right spots for the anus-wielding partner. This position was easy to get into, easy to maintain, and felt incredible. Neither of us were too tired out afterward, and we both enjoyed it very much.

EVA

**THE MOVE:** Receiving partner, stand on the floor at the foot of your bed with your body turned to the right. Lift your left leg and place your left foot on the bed, so your knee is bent like a frog. Penetrating partner, stand behind your partner on the floor and mirror this position, also placing your left foot on the bed, so your knee is bent like a frog. To make sure the genitals are aligned for penetration, one of you may need to squat slightly or stand on some pillows, depending on your height difference. Penetrating partner, you can control the thrusting by holding on to your partner's hips for leverage.

**WHO WILL LOVE IT:** People who are not too different in height.

JUST  
A TIP

Penetrating partner, reach around front for nipple stimulation. If you're taller, add some neck smooches too.

# PERCH *Position*

EXPOSED ∞ SPREAD



***Perch Position*** Due to the groin flexibility required, this one is a 3 in difficulty, although it may be easier for folks who are good at spreading their legs super wide.

**THE MOVE:** Receiving partner, sit a few inches back from the foot of the bed, facing away from the bed. Bring both feet up to the edge of the bed with knees bent, so you are perched, overlooking the floor at the bottom of your bed, with your vulva or buttocks exposed and flush with the vertical edge of the mattress. Penetrating partner, kneel or squat on the floor, facing your partner, for penetration. You may need to squat low or add pillows under your knees to make your genitals align depending on your height and the height of the bed. Hold your partner's hips or lower back for leverage while thrusting.

**WHO WILL LOVE IT:** Penetrating partners who enjoy the feeling of a lot of flesh (thighs, buttocks, and genitals) against their pelvis during sexual activity.

JUST  
A TIP

Try to add a cock ring with this position for extra vibrating stimulation.

# WHEEL- BARROW

RIGOROUS



**Wheelbarrow** Named after a dirt cart on wheels (hot!), the Wheelbarrow position using the bed as a prop alleviates the pesky issues typical of this position, which includes blood rushing to your head, arms buckling under the weight of your body, and thrusting issues.

“Thanks again for the homework. We really had a lot of fun trying these positions out. We have been together for 11 years and married for 2 years, so after a while, it’s easy to do the same positions over and over again. In a way, it’s nice because you know what you like. But it’s so much fun to try something new! My husband is not always as adventurous as I am (prefers sex to be on the bed and sticks to what he likes), but he was excited to try this position. He even asked what was next!”

**THE MOVE:** Receiving partner, stand at the foot of the bed, facing the bed. Bend over to place both hands flat on the bed in front of you. Penetrating partner, stand on the floor at the foot of the bed behind your partner and lift both of their legs, one in each arm, such that they are straddling you in the air. Receiving partner, help keep yourself up by wrapping both of your legs behind your partner’s back. If your wrists get tired from holding your weight up or you prefer a different angle of penetration, drop your elbows down on the bed instead of balancing on your hands. Penetrating partner, you may need to adjust your position, holding the thighs close to the groin so your genitals align. Thrust by moving your hips or pulling back on your partner’s thighs to draw their body closer.

**WHO WILL LOVE IT:** This is the easiest of the hard positions, so it is for those who want to feel accomplished doing something a bit more acrobatic without it actually being too difficult. Score!

JUST  
A TIP

Penetrating partner, get a good, strong grip by making sure your hands and arms are wrapped around your partner’s groin or as close as you can get.

# HEAD RUSH

CARNAL  
BLOOD-PUMPING



**Head Rush** This is the most difficult position in the Bed as a Prop sequence because it's always more challenging when your head is lower than your ass.

“ Our bed sits pretty high, so I couldn't stand being in the position for very long. But we tried again on a bed that sits much lower to the ground, and it was a lot better! The pressure of my husband on my legs helped me feel secure and allowed me to move slightly to what felt good. My husband liked using my lower back and butt for leverage. It was a good position for him to do some squeezing and spanking too.

COLLEEN

**THE MOVE:** Receiving partner, lie stomach-down on the bed with your legs on the bed and your torso and upper body hanging off the bed, so you are bent at the waist and your hands are on the floor, supporting your weight. Penetrating partner, lie on your stomach on top of your partner's body so your genitals align and you can penetrate. Your legs should be on top of their legs, touching, but your upper body should be lifted into the air. Put your hands on the edge of the mattress, or if it is comfortable, your partner's lower back, and straighten your arms to push yourself up. Use the bed and/or their back for leverage for thrusting.

**WHO WILL LOVE IT:** Receiving partners who enjoy a rush of blood to the head; penetrating partners who like it tight.

JUST  
A TIP

Have a chair, stool, or ottoman near the foot of the bed. If the inverted person is getting too much of a head rush, they will have an easier way to lift their head up for a moment and come up for air.

# FLYING EAGLE

PERFECTLY ANGLED



***Flying Eagle*** This might be the best ratio of effort to pleasure, with only a 2 on the difficulty scale but a 5 on the pleasure scale! That's because you can arrange the height of the swing to the exact *perfect* level for penetration that is unmatched on a bed, chair, or floor.

**THE MOVE:** Receiving partner, put your butt in the seat of the swing, hold onto the handles, and put your feet in the leg loops. Don't put your legs all the way through; rather, keep your heels on the loops, pushing your legs straight against it, which will force your legs open. Penetrating partner, adjust the straps to raise or lower your partner so their genitals are at the perfect height to yours while you are standing. Hold on to their thighs for support and thrust.

**WHO WILL LOVE IT:** Receiving partners who like a combination element of direct pounding and helpless, weightless sex.

JUST  
A TIP

Adjust the height of the swing as best as you can *before* getting into it. Use a stool to climb up, if needed.

# LEG PRESS

POWERFUL ~ DIRECT



**Leg Press** Once in the sex swing and turned around, which can be a little difficult and involve a team effort, this is a super easy and effective position.

“I’ve never thought to use my swing in this way, so we were both very excited to try it. We found it best for the penis partner to get into position first, so if I had any trouble, he was there to help.

LESLIE

“I loved the control that this position gave me. It wasn’t something I could do for an extended period of time, so as it got more difficult, I just modified it. My partner anchored his upper back against the wall and pushed his hips forward, so instead of me using my legs and bending my knees, I was able to grind my hips up and down with a little help from my partner. This position is definitely one I would recommend for anyone with a swing. It’s a bit of a challenge but well worth it and fun to try something new.

SELINA

**THE MOVE:** Receiving partner, get into the swing with your butt on the seat and hands grabbing onto the handles. Turn yourself around (partner can help), so you are now facing the door with the bottom of your feet against the door and legs extended. Penetrating partner, you have an easy job. Just stand with your back to the door between your partner’s legs. The receiving partner has control over thrusting with this one. You’ll bend your knees and then straighten them rhythmically to facilitate intercourse.

**WHO WILL LOVE IT:** Anyone with a sex swing who likes to have the receiving partner in control.

# *Weightless* **DOGGIE**

AERIAL ∞ EXOTIC



***Weightless Doggie*** This is the most challenging of the door swing positions because it requires an unnatural body position and coordination.

“ I absolutely loved this! It was so much fun. Once I was up in the swing, it was so enjoyable. Doggie-style is my favorite position, so this was a really nice play on the usual position. It allowed for deep penetration and movement with the swing.

OLIVIA

**THE MOVE:** Receiving partner, stand with your back to the door and place the seat of the door swing across your pelvis/abdomen so it's comfortable. Hold on to the handles. With your partner's help, bring both legs off the ground and bend your knees. Rest your shins against the door. Penetrating partner, stand between their legs with your back to the door, and commence intercourse in what should be a midair, weightless, doggie-style position.

**WHO WILL LOVE IT:** Anyone who loves the unparalleled experience that weightless sex brings.

# BALL BOUNCE

STIMULATING  
DIFFERENT ~ RIGOROUS



**Ball Bounce** The position is simple. Keeping yourself and your partner balanced on a round object is the real challenge.

**THE MOVE:** Penetrating partner, sit on the ball with your legs spread and your feet planted firmly on the floor. If you need help to stay balanced, sit with your back against the wall. Receiving partner, sit on your partner's lap, facing them, with your arms wrapped around their neck and your genitals aligned. If you can get your feet flat on the floor, it will be ideal for extra balance. As for the movement, there's no need to thrust. The penetrating partner bounces their butt on the ball.

**WHO WILL LOVE IT:** People who desire variety in sex positions and sex motions but who have never tried bouncing sex before.

**JUST  
A TIP**

Receiving partner, if you can't reach the floor, turn around so you and your partner are both facing the same direction and you can place your feet on the floor inside your partner's feet.

# *Naked* **TWISTER**

FUN ∞ INVENTIVE  
ACTIVE



***Naked Twister*** This is a full-fledged Twister game, party of two. Naked.

**THE MOVE:** This is an exercise in sex positions DIY. If you have a Twister board, put it on top of your bed. If not, get creative by coloring spots on an old sheet, putting down colored tape, or somehow marking evenly spread-out colored spots. Spin the wheel four times (if you don't have the Twister game, there's a wheel spinning app, or you could just call it out), and see if, based on where you both are after four spins, you can fashion a position out of it. It helps if you start close together before you begin the spinning. It may take a few tries to come up with one!

**WHO WILL LOVE IT:** Partners who want to build their sex position repertoire with positions that are unique to them and positions you could never find in a book.

JUST  
A TIP

If, through your game playing, you find a position that really works for you, write it down so you remember to try it again without the Twister board.

# SEX SLIP 'N' SLIDE

WET ∞ SILLY  
CREATIVE



***Sex Slip 'n' Slide*** This one is a bit tougher in the sex position do-it-yourself, or DIY, domain because you have to exercise a little creativity.

“ This was really fun! I laughed so much during this adventure. We were slipping and eventually ended up in a position with him spooning me and entertaining me from behind. We used olive oil instead of lube. Good for the skin and works well.

OLIVIA

**THE MOVE:** This is a DIY exercise that requires some props. You'll either need the Shunga Body Slide (Sex Slip 'n' Slide Kit) or a fitted plastic sheet/shower curtain/some kind of flat plastic and lube. Lay the plastic down on the bed (if it's a plastic fitted sheet) or floor (if it's a shower curtain). Pour lubricant on the plastic, liberally, and on yourself (arms, legs, and back). Attempt to roll, crawl, climb, and slide to each other, and see if you can slide into a sex position. This is in the category of “create your own,” so it may take a few attempts at slipping and sliding until you slip into something that works, but the idea is to create a new and unique position, based on where the lube takes you.

**WHO WILL LOVE IT:** Adventure-seekers.

JUST  
A TIP

Roll up a few bath towels and lay them in a square, then put the plastic sheet on top of that. This creates a “pen” of sorts and helps prevent the lubricant from leaking outside the play area and onto the carpet or sheets.

# FULL RECLINE

FULL-BODY SKIN-TO-SKIN



**Full Decline** This is the most physically challenging of the cunnilingus positions to get into but the highest rated.

“ I liked it. It was different! At first, I worried if he could breathe or if he was comfortable. It was really great to just lie back on him like that and relax, though. I liked that I could rest my head on his knees. He didn't have to hold my lips open and was able to move his hands all over me, which I really liked. I don't know why we've never thought about trying this one before!

LACEY

“ It was awesome to have a face full of vulva like that! Because of the angle, I couldn't reach her clit very well, so I used a vibrator on her. I also had freedom to roam my hands all over her body. Surprise bonus: She has long hair, so every now and then, I got a nice little tickle on my balls!

TIM

**THE MOVE:** Mouth partner, lie on your back with your feet flat on the bed, your knees bent, and your head supported by a pillow. Vulva partner, lie down on your back on your partner's body, using their thighs as a backrest. Rest your feet flat on the bed by their head, and scoot down until you find a comfortable spot that allows your upper body to be supported on your partner's thighs and your vulva to be aligned with their mouth.

**WHO WILL LOVE IT:** Of course, clitoris folks. But, their licking partners report especially loving it because of all the skin-to-skin contact along their legs, chest, and neck.

JUST  
A TIP

If the vulva partner enjoys it, this position is prime for adding a finger into the vagina and/or anus for simultaneous stimulation.

Cunnilingus = *cunnus*, Latin for “vulva,” and *lingere*, Latin for “lick.” Cunnilingus is literally “vulva lick.” Indeed!

**CHECK  
UNDER  
*the* HOOD**

EROTIC



***Check Under the Hood*** A solid 2 on the difficulty scale, this position allows for a totally different angle and sensation for mouth-on-clitoris sex without requiring acrobatics.

“ This oral sex position is unbelievably sensational! I felt things I have never felt before. There’s something about standing and receiving, coupled with the angle my partner’s head was at, that made me have a powerful orgasm. This was my first time receiving oral sex in this position, but it sure won’t be my last. Amazing!

DYLAN

“ Wow! This position sent my partner into an earth-shattering orgasm. I loved being underneath her and pleasuring her from this angle. It spiced up oral sex for us in a way that was simple and easy to do. We will be doing this position quite a lot from now on!

DANIEL

**THE MOVE:** Mouth partner, lie on your back with your head slightly hanging off the bed, so your shoulders and neck are on the edge of the bed, your head is in the air, and your face is toward the ceiling. Vulva partner, stand facing the bed with your legs straddling your partner’s head so your partner’s mouth aligns with your vulva. You may need to moderate your height by slightly squatting or standing on your toes to accommodate the height of the bed.

**WHO WILL LOVE IT:** Cunnilinguists will enjoy a relaxing reclined position and a mouth- and eye-full of vulva.

JUST  
A TIP

If your mouth partner’s neck gets tired, try scooting down on the bed so more of their head is supported, or pressing your legs together gently to help hold your partner’s head up with your thighs.

**FACE-  
SITTING**  
*45 Degrees*

GRINDY ~ EROTIC



***Face-Sitting 45 Degrees*** You've heard cunnilingus called "sitting on his/her/my face." This position takes that concept and plays with angling to deliver a variety of sensations.

**THE MOVE:** Mouth partner, lie on your back halfway down the bed (or diagonally across the bed). Vulva partner, straddle your partner's face with one knee on each side of their head. Place a stack of pillows in front of you, and bend your waist at a 45-degree angle, resting your shoulders and head on the pillows or your hands, depending on the length of your arms and which one you'll need to give you the 45-degree angle, which you'll need to align your partner's mouth.

**WHO WILL LOVE IT:** Vulva folks who desire a little power and control while being pleased.

JUST  
A TIP

Vary the 45-degree angle to change the angle at which the tongue and clit align. Try bending on all fours for more clitoral-hood licking, or sit straight up to allow better access to your labia and vaginal opening.

# DOGGIE- STYLE ORAL

EXPOSING  
ANIMALISTIC



***Doggie-Style Oral*** The position, a take on doggie-style, is familiar, but there is no mounting or humping involved.

“I loved this position, and so did my partner. Physically, I felt relaxed and open, if a little vulnerable. It might sound silly, but it felt like the surface area of my vulva was increased in a way that allowed my partner to more easily explore it carefully and thoroughly. He had easy access to everything, especially my clitoris. He also really likes to penetrate me with his tongue, which was much more pleasurable for me in this position than it has been in any other. And, knowing I was feeling a little vulnerable, he said, “You may feel ridiculous, but you look amazing.” So I guess exposing the vulva that way was pretty easy on the eyes too!

RACHEL

**THE MOVE:** Vulva partner, get into the classic doggie-style position so your hands and knees are on the bed. Then, shift your body forward, go down onto your elbows, and rest your head on a pillow. With your back flat, you should look like a triangle from the side. With your hips bent at such a steep angle, your vulva is exposed. Mouth partner, kneel behind your partner and bend over so your mouth can reach the clitoris.

**WHO WILL LOVE IT:** Those who feel comfortable in a vulnerable position with all their bits exposed.

JUST  
A TIP

This position works especially well for anal play lovers, so anybody can be the recipient here.

# SLIDE *on* DOWN

PRACTICAL  
COMFORTABLE ~ COZY



***Slide on Down*** This may be the physically easiest and most comfortable mouth/penis sex position there is regarding position and ease of movement.

“ This is a position I have come to enjoy. As the mouth partner, it allows for easier performance without the neck and back cramping that sometimes happens in other oral positions. My partner found he had more control over the speed and depth of the pleasure because he was in a better position for hip movements, which he enjoyed as well. I also enjoyed that he was able to control the movement, so it took some guesswork out of my hands. My arm around the hip did allow me to make adjustments, which was good because I tend to have a strong gag reflex if I'm not in control of when and how deep the penis is in my throat. All in all, it was a great position for oral, which allows more pleasure for both partners.

ANGIE

**THE MOVE:** Penis partner, lie on your side with your legs slightly bent to help keep you propped up. Mouth partner, lie on your side as well, facing your partner. Slide down so instead of being face to face, you are now face to penis. Rest your head on the bed, place your top arm on your partner's hip, and gently rock the hip toward your mouth and back to facilitate the stimulation.

**WHO WILL LOVE IT:** Folks who like to penis-please but don't like the neck pain and cramping that can often be associated with bobbing your head up and down on a dick. This position will allow you to rest your head comfortably and stationary on the pillow while effortlessly bringing your partner's hips and penis to you.

JUST  
A TIP

Place a dab of edible warming lubricant or oil on the penis, which will add flavor and a warming sensation with your breath.

# STAND *at* ATTENTION

POWERFUL ~ PRACTICAL  
OFFERS A NICE VIEW



***Stand at Attention*** This position is as easy as standing and sitting.

**THE MOVE:** Mouth partner, sit (on a chair, foot of the bed, wherever). Penis partner, stand facing your partner so the mouth and penis align. Mouth partner, you will be in control, using your hands placed around the thighs or butt to bring the penis to the mouth, rather than bobbing the mouth on the penis (alleviating neck strain).

**WHO WILL LOVE IT:** Fellators, enjoy a thrusty fellatio position that doesn't strain the neck. Penis folks, the feeling of being pulled in and desired and having your penis "taken," instead of doing the "giving" can be erotic, especially when viewing it from above while standing.

**JUST  
A TIP**

Mouth partner, create a seal around the penis with your lips so air can't get in or out of your mouth. When you take your partner's hips and push them out for the withdrawal, you'll create a vacuum in your mouth and a delightful suction sensation on the penis.

# *The* **PILLOW**

RELAXED ∞ COMFY  
INTIMATE



***The Pillow*** Using your partner's body as a snuggly pillow while giving pleasure is both cozy and sexy.

**THE MOVE:** Penis partner, lie on your back. Mouth partner, lie on one side of your partner's body, sliding down so your face aligns with the genitals, your lower body and legs are curled around their legs in an embrace, and your head is on your partner's lower abdomen as a pillow. With the body curled up in somewhat of a fetal position, your head is facing downward for alignment of your mouth over his penis, which is facing upward.

**WHO WILL LOVE IT:** Cuddlers.

**JUST  
A TIP**

Kick up the intimate, skin hunger-satisfying factor by rubbing your partner's groin and thighs while penis licking, or rub your partner's head or play with their hair while having your penis licked. This helps stimulate all the erogenous zones!

# LAPTOP

TENDER ~ VERSATILE



**Laptop** This is a rather tender oral sex position that allows for intimate contact in areas other than the genitals.

**THE MOVE:** Penis partner, sit (on a chair, foot of the bed, wherever) with legs and knees spread. Mouth partner, kneel or sit on the floor (depending on the height of the bed) in front of your partner. Have your arms bent and extended from the armpit (like flapping wings), then place an armpit on each leg for support. The position lends itself to the use of hands and mouth on the penis at the same time.

**WHO WILL LOVE IT:** Penis bearers who like hands and mouth on their penis at the same time.

JUST  
A TIP

Try an edible lubricant to incorporate the sense of taste into the fellatio experience.

# *Sideways* 69

.....  
RECIPROCAL  
MULTITASKING  
ENGAGING



***Sideways 69*** You've probably heard of 69, which allows simultaneous mouth/vulva, mouth/penis, or mouth/anus sex. The only change is to lie sideways instead of on top of each other, which allows for more variation in height between partners. Plus, your nose won't have to be in someone else's butt crack.

“ This is a great position for some slow, lazy foreplay. My partner and I really took our time and had fun with this one. It is great for vagina/penis stimulation, but it can be a bit difficult to anally stimulate without a lot of readjusting, which breaks my partner's connection with my genitals. This may be due to our height difference. Either way, this position is fun to experiment with. Word of warning: Don't get overly excited, forget what you are doing, and crush your partners head between your thighs. Unless, you know, they like that kind of thing.

SHANNON

**THE MOVE:** Partner one, lie on your side, keeping your knees bent to support you. Partner two, mirror this position but in the opposite direction, so your legs are in front of their face and vice versa. Both partners, lift your top leg in the air temporarily so your partner can put their head in between your legs, using the leg on the bed as a pillow. Now, bend the lifted knee, and place your foot flat on the bed to allow your genitals full access to your partner's mouth. Some readjusting of the hip angles may need to occur so your genitals and mouths align, depending on your respective heights. Stimulate each other's clitoris/penis/anus as you desire.

**WHO WILL LOVE IT:** Those who like the idea of 69 but who have been frustrated from the traditional 69 position in the past.

JUST  
A TIP

Try the techniques for manual stimulation on page 74.

# DRY HUMPING

SENSIBLE ∞ RECIPROCAL



***Dry Humping*** For a position that is so simple, so direct in stimulating both partner's concentration of nerves, and so reliably orgasmic for so many people, it's too bad we're left with a name that's rather crass.

**THE MOVE:** Humped partner, lie flat on your back with your legs close together. If you have a penis, have it facing toward you on your pubic bone. Humping clitoris partner, lie on top of your partner, facing them, with one leg on each side of their waist. Align your clitoris along the underside of the penis or along their pubic bone, and grind your hips so you glide up and down.

**WHO WILL LOVE IT:** People with clitorises.

JUST  
A TIP

Keep your clothes on because it helps with friction against the clitoris.

# THIGH HUMPING

.....  
SNUGGLY ~ CLITORIFIC



**Thigh Humping** This is a fun position for humpers of all kinds, but it is especially delightful for people with clitorises because it provides direct and firm, but fleshy, full vulva and clitoral stimulation.

**THE MOVE:** Thigh partner, lie on your back with your legs slightly spread in a relaxed position. Clitoris partner, lie on your side facing your partner, using their chest or shoulder to rest your head, as if cuddling. Wrap your top leg over their leg closest to you, and shimmy your bottom leg under that leg so their thigh is now between your thighs. Once you are positioned so your vulva is flush with the leg, grind your hips for clitoral stimulation.

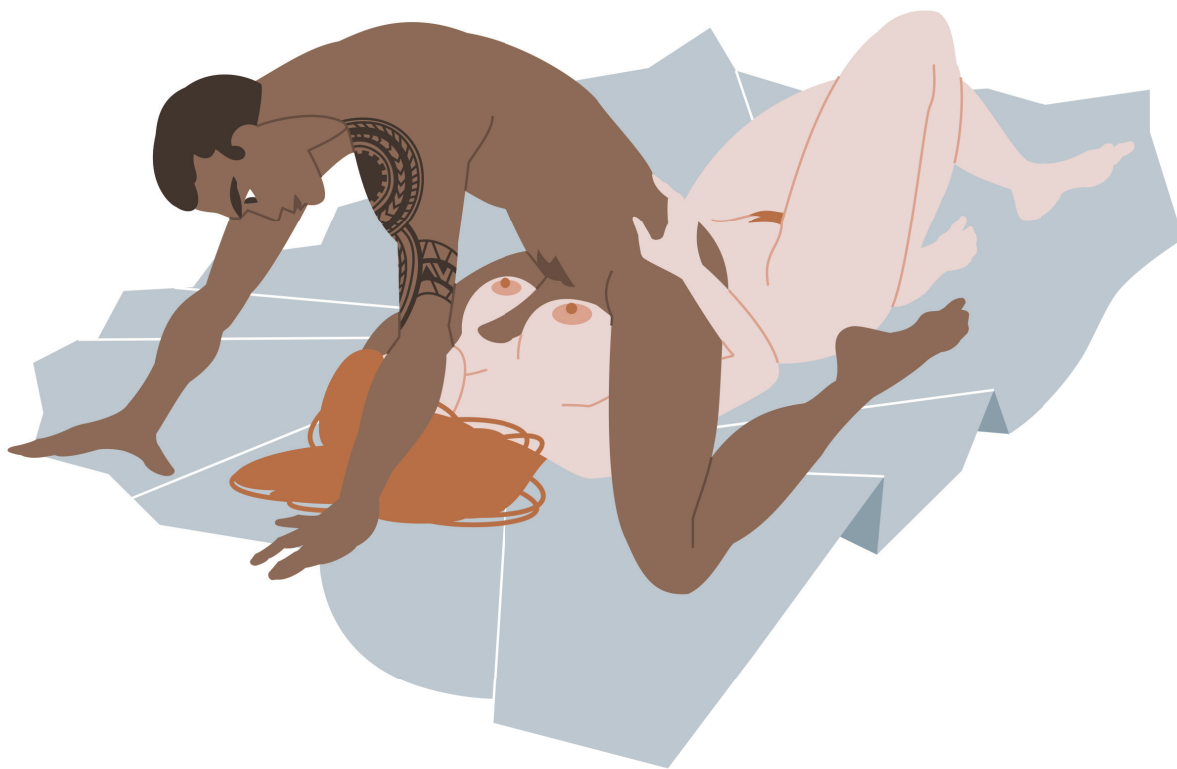
**WHO WILL LOVE IT:** Folks who like an orgasm with no need to get undressed. No fuss, no muss.

JUST  
A TIP

Try to use the side of the thigh instead of the top to grind up on. If you're someone who likes a lot of pressure, you can give your partner a charley horse when you grind hard on the top of the thigh.

# MAMMARY *Intercourse*

RESOURCEFUL  
SQUISHY ~ FUN



***Mammary Intercourse*** Missionary mammary intercourse is a middle-of-the-road position, in terms of difficulty, that allows you to continue to explore all the sexual capability the body has to offer.

**THE MOVE:** Start in regular missionary-style position. Boob partner, lie on your back. Penis partner, lie on top, facing your partner. Slide your body about a foot closer to your partner's face, so your penis is aligned with their breasts, your abdomen is hovering over their face, and your hands are flat on the bed a foot or so above their head, depending on your height.

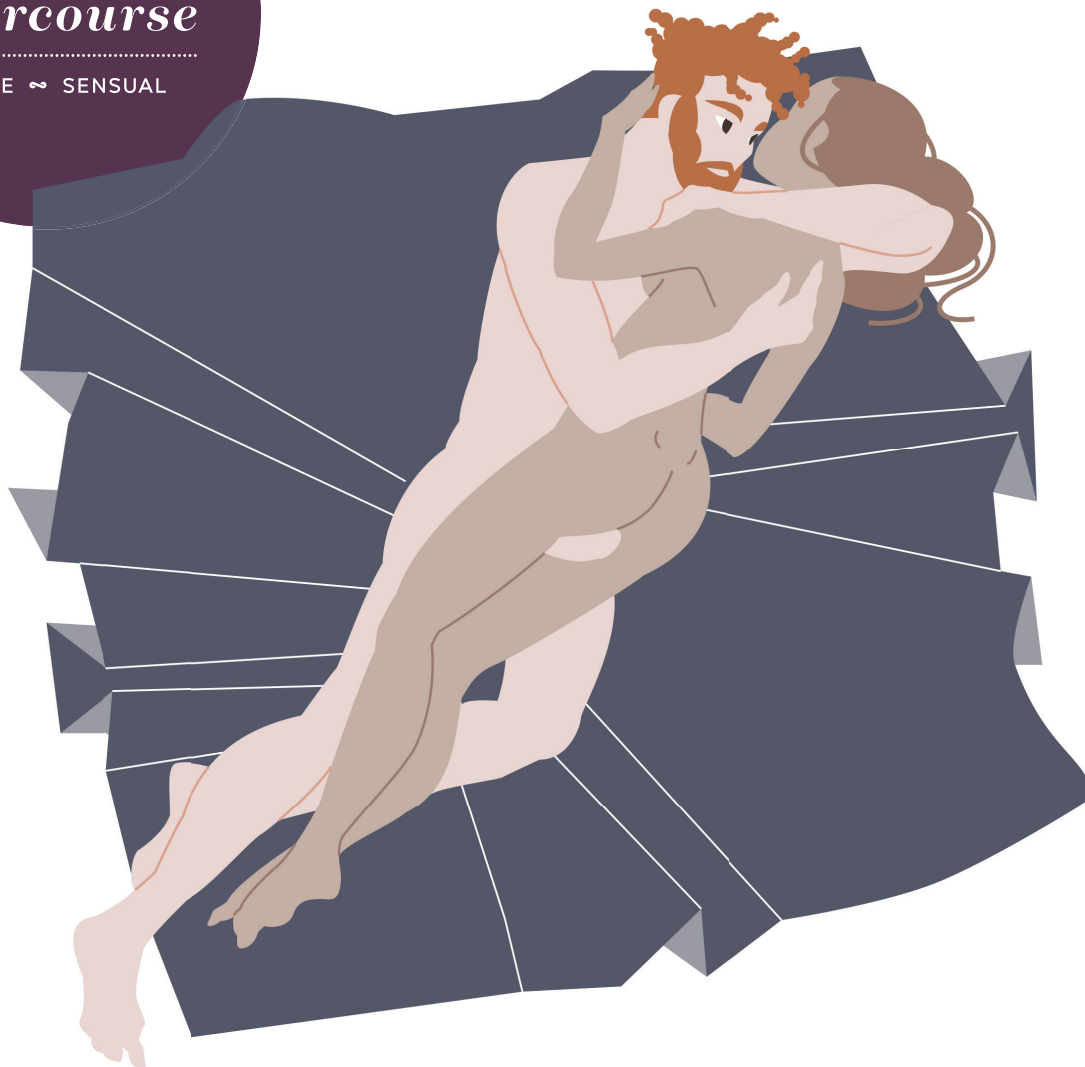
**WHO WILL LOVE IT:** Boob lovers

JUST  
A TIP

Use plenty of lube, and be sure to talk about what to do with the semen. Otherwise, at this angle, it's shooting right in your partner's face.

# FEMORAL *Intercourse*

UNIQUE ~ SENSUAL



***Femoral Intercourse*** The entire body can be used for sex. This position uses, as the name suggests, the femur.

**THE MOVE:** Get in the position of Reverse Spoon (see page 98) so you are facing each other. The variation for this position is that the penis partner slides about six inches down and puts their penis between their partner's thighs. Hold on to each other's hips for thrusting.

**WHO WILL LOVE IT:** This position is for those who take heed to my philosophy, stated on page 30, about goal-oriented sex being like dessert-oriented dining. It is for those who know the answer to the question some people might be thinking: "Why not just put it in their vagina/anus?" (Hint: It is the same answer to "Why bother eating the steak? Why not just skip to cake?")

JUST  
A TIP

Put lots of lube between the thighs for smooth thrusting action.

# *Front-Facing* **FONDLING**

PLAYFUL  
EXPLORATORY



**Front-Facing Fondling** This position is a 1 for the body, but a 3 for the fondling wrist, making it a 2 in difficulty. It can be even easier with the use of vibrators.

“We felt the position was pretty foolproof as far as execution goes. Both of us got off, and seeing the other partner’s reaction up close was nice. Also, committing to mutual masturbation was nice because often that leads to other acts. The angle was hard for my partner’s hand (especially when he would go for internal stimulation), so I think a vibrator would be the best option for a male partner. I used a lubricant on my husband, and I would recommend it.

JULIE

**THE MOVE:** The body position is somewhere between Lotus and Spider, so the bodies are facing each other with legs bent. Both butts are on the mattress, and legs are bent and intertwined like they are in Spider (see page 116), but you both are sitting upright like in Lotus (see page 112), using your hands or vibrators to stimulate each other’s genitals. You may need to scoot closer or farther apart so your hands can reach each other.

**WHO WILL LOVE IT:** Those who love the feeling of their partner’s junk in their hands while their own is being rubbed too.

JUST  
A TIP

Try a vibrator or other sex toy with a long handle, like a Magic Wand, to alleviate discomfort with hunching over.

# SARDINES

PRACTICAL ∞ MULTIPURPOSE  
SPONTANEOUS



***Sardines*** This position is a way to get sexual activity started when you're lying in bed next to each other on your phones. Just reach a hand over and see where it goes.

**THE MOVE:** Start with you both lying side by side on your backs on the bed as if you were lying in bed to go to sleep. Then, each of you take your arm closest to your partner and place it across their torso to stimulate genitals with hands or vibrators.

**WHO WILL LOVE IT:** Anyone who loves how it feels when someone else masturbates for them.

JUST  
A TIP

Depending on whether you and your partner are left-handed or right-handed, lying on one side of the bed or the other can better facilitate this position.



# APPENDIX

## Safe Sex

Sex can be intensely intimate, powerfully sensual, rapturously wild, and deeply loving.

It can also be really dangerous.

Any type of sexual activity with another person (oral, vaginal, anal, genital-to-genital, contact without penetration) can put you at risk for contracting an STI (sexually transmitted infection) even if you use a condom. Since STIs—including HIV—don't always have symptoms, you won't always know when someone has them. And pregnancy? That can happen even if you use birth control.

The good news is, your rapturously wild sex can be almost totally safe—up to 99 percent—if you use one of the methods below. Just pick the best form of protection for the fun you plan to have, and then go wild.

METHOD	THE SCIENCE	THE RESULTS	JUST A TIP
<b>Male Condom</b>	Thin barrier of latex, plastic, or natural membrane that fits over the penis, preventing semen from entering the vagina and cervix. Synthetic condoms reduce risk of STIs and HIV; natural membranes like lambskin (alternative for those allergic to synthetics) do not offer this protection.	When used correctly, 98% effective.	To avoid semen leaking out, when removing condom, grasp it from base of penis before withdrawing.
<b>Female Condom</b>	Pouch of polyurethane or nitrile worn loosely over the vagina; stops semen from getting through. Helps prevent risk of STIs and HIV.	When used correctly, 95% effective.	Be careful not to rip the condom with sharp fingernails or jewelry.
<b>Oral Sex Dam</b>	Thin sheet of rubber, latex, or polyurethane in a rectangular shape, about 10 by 6 inches. Reduces risk of STIs during oral/vaginal or oral/anal sex by preventing skin-to-skin contact or contact with body fluids.	When used correctly, can significantly reduce risk of STIs and HIV.	For hands-free pleasure, buy a special holder from a sex shop or use a garter belt.

METHOD	THE SCIENCE	THE RESULTS	JUST A TIP
<b>The Pill</b>	Several brands and formulas available. All prevent pregnancy by stopping ovulation, thickening cervical mucus, and thinning the uterine lining. Speak with a medical pro about options and side effects. Does not prevent STIs or HIV.	When taken correctly, up to 99.9% effective.	Fertility returns as soon as you stop the pill—like the next day!
<b>The Patch</b>	Thin plastic patch about the size of a matchbook worn on the skin to prevent pregnancy. Contains hormones released into the bloodstream to prevent the release of eggs. Does not prevent STIs or HIV.	99% effective.	Failure rate higher for women over 198 pounds.
<b>Spermicide</b>	Chemical that kills sperm; comes in foam, film, cream, jelly, and suppository. Insert deep into the vagina right before intercourse. Will not prevent STIs or HIV.	When used alone, up to 80% effective; approximately 97% effective when used together with condoms.	Don't lubricate condoms with spermicide for anal intercourse; it can increase risk of transmitting HIV and other STIs.

METHOD	THE SCIENCE	THE RESULTS	JUST A TIP
<b>IUD</b>	Small T-shaped flexible plastic device fits inside uterus to prevent pregnancy. Two types: copper (interferes with sperm's ability to reach egg), and progestin (thickens cervical mucus and thins uterine lining). Both require a medical pro to insert. Will not prevent STIs or HIV.	99% effective.	If there is cramping after insertion, a heating pad on the tummy can relieve discomfort.
<b>Diaphragm</b>	Dome-shaped reusable latex cup with flexible rim placed inside vagina. Blocks cervix so sperm can't enter; must be used with spermicide. Will not prevent STIs or HIV.	When used correctly, 94% effective.	Reach inside to be sure cervix is covered. Should feel firm like the tip of the nose.
<b>Plan B ("Morning After Pill")</b>	An OTC "emergency" contraception used to prevent pregnancy after unprotected sex. Depending on where a woman is in her cycle, the pill works by delaying or preventing ovulation or interfering with fertilization of egg. Will not prevent STIs or HIV.	Taken within 72 hours after unprotected sex, can reduce risk of pregnancy by up to 89%; taken within 24 hours, around 95% effective.	If there is vomiting within 2 hours after taking Plan B, contact a medical pro to see if dose should be repeated.

METHOD	THE SCIENCE	THE RESULTS	JUST A TIP
<b>Implant</b>	Matchstick-sized rod inserted in a woman's arm by a medical pro. Prevents pregnancy by releasing progestin and keeping eggs from releasing; also creates thicker cervical mucus, making it difficult for sperm to reach egg. Will not prevent STIs or HIV.	99% effective.	Some meds (including those for yeast infections) and supplements may make the implant less effective.
<b>Cervical Cup</b>	Small silicone cup inserted into the vagina before intercourse. Smaller than a diaphragm, it works by blocking sperm from entering the uterus. Must be used with spermicide; needs to be fitted by medical pro and should be resized after giving birth. Will not prevent STIs or HIV.	84–91% effective for women who have never given birth; for women who have given birth, 29 out of 100 will become pregnant.	Alert! May be pushed out of place by mega penis.
<b>Sponge</b>	Disc-shaped and coated with spermicide, it's inserted vaginally to cover the cervix and continually release spermicide. One sponge allows for several acts of intercourse within a 30-hour period.	91% effective for women who have never given birth; 80% for women who have.	If sponge can't be removed, or if it breaks into two or more pieces and can't be removed, see a medical pro immediately.

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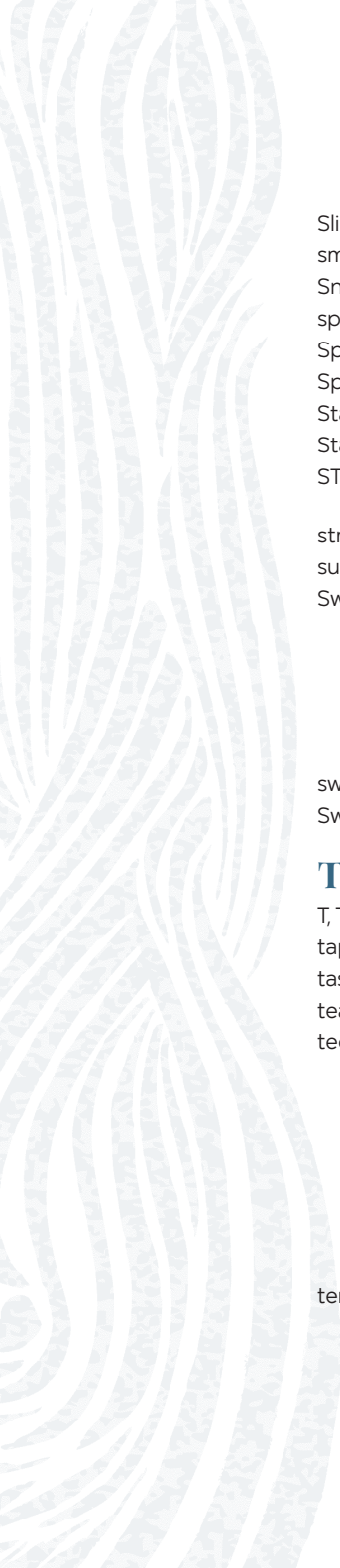
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# TRY SOMETHING NEW

Start with the easy ones, then give yourself a challenge. Or flip this book open at random.

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