

## *Sample from The Science of Sex*

### **Focusing on Arousal**

Arousal is the most important factor in the bedroom. When you want your girl to do something in bed, it's her arousal level that determines whether she's going along with it.

It's not about how much she likes you, or how nice you are. It's not about love, or any other feeling. And it's not a rational decision your girl's making. When it comes to sex, arousal is the determining factor. And therefore, your focus should be on arousal.

Women have few hard limits when it comes to sex. They say they have limits, but these limits go out the window, one by one, when you turn them on. Most women will do anything in bed, as long as you make them horny enough.

You need to take control of your girl's arousal. She doesn't get horny by herself, and arousal isn't a magical thing that just happens. You, and you alone, are responsible for turning your girl on, and raising her arousal level high enough, so she will go along with whatever you want to do in bed.

This is not difficult to do. You only have to learn how women get turned on, and how the natural male-female interaction works.

### **Three common mistakes**

#### **Mistake 1: Thinking that your girl makes rational decisions in bed**

Sex is all about feelings. And arousal is the main feeling in bed. Your girl will go along with anything, as long as she's horny enough.

#### **Mistake 2: Forget to turn your girl on *before* having sex**

Your girl will only have sex when she's aroused. Sex is impossible without arousal, so your focus should be on arousal even *before* having sex.

**Mistake 3: Waiting for your girl to get "in the mood"**

Your girl is never "in the mood" for sex, because women don't go around being horny. It's your job, as a man, to get your girl "in the mood".

## How Women Get Aroused

Women get aroused differently than men. In fact, the way men and women get turned on is the complete opposite of each other. Therefore, arousal is the defining factor that separates men and women.

This makes for a perfect match. And it's why men and women want each other. The reason your girl chose you is because you have qualities *she's* lacking. And the reason you chose your girl is because she has qualities *you're* lacking.

These qualities are called masculinity and femininity. Men are sexually attracted to femininity, while women are sexually attracted to masculinity.

When you want to turn your girl on, you have to use your masculine qualities. If you use your feminine qualities in a sexual interaction, it will always be a turn off. There are no exceptions to this. Only your masculinity can turn your girl on.

(You will learn how to use your masculinity in the next chapter. This is a practical book, and you'll learn how to be masculine in the bedroom.)

However, there's another way men and women get turned on. And that is by becoming more of what they already are. Men get turned on when becoming more masculine, and women get turned on when becoming more feminine.

When you become more masculine, by for instance feeling assertive or strong, you'll feel arousal as well. And when your girl becomes more feminine, by for instance feeling beautiful or sexy, she'll also feel arousal.

(The two ways for women to get aroused will be explained in chapters 3 and 4.)

When you know how you can make yourself more masculine, and your girl more feminine, then there are no limits for how much you can turn your girl on. And this means, in turn, that there are no limits for what your girl is willing to do in bed.

### **Three common mistakes**

#### **Mistake 4: Thinking that your girl is turned on the same way *you* are turned on**

Women choose men because they're men. Your masculine qualities turn your girl on. Your feminine qualities, such as your looks, have no effect on female arousal.

#### **Mistake 5: Believing that men and women are equal**

Equal rights and opportunities don't mean that men and women are the same. Men and women will always be different from each other. And the difference is that men are sexually attracted to feminine qualities, while women are sexually attracted to masculine qualities.

#### **Mistake 6: Thinking that arousal is a choice**

Arousal is a feeling. And all feelings are triggered by certain stimuli. The stimuli for female arousal are masculine qualities and behaviors. They turn your girl on whether she wants to or not. She has no choice. It's an inborn automatic response.

*End of sample*