

Sample from SEX – Decoded and Explained

Contents

INTRODUCTION

CHAPTER 1

SEX IS A GAME

HELP WOMEN FULFILL THEIR SEX FANTASIES
THE DARK SIDE OF SEX

CHAPTER 2

HOW WOMEN CHOOSE MEN

DON'T THINK. FEEL...
WE ARE HUNTER-GATHERERS
WHAT DO MEN LOOK FOR IN WOMEN?
WHAT DO WOMEN LOOK FOR IN MEN?
THE 4 LAWS OF SEX
FACTS ABOUT THE 4 LAWS OF SEX

CHAPTER 3

SOCIAL CONDITIONING AND WHY IT KILLS ATTRACTION

THE LIBERATION OF WOMEN
THE DOMESTICATION OF MEN
HONESTY - THE ONLY SOLUTION TO SOCIAL CONDITIONING

CHAPTER 4

SEXUAL ATTRACTION

THEORY OF OPPOSITES
FEMININITY
MASCULINITY
IDENTIFICATION AND ATTRACTION
HOW TO CREATE SEXUAL ATTRACTION
SEXUAL ATTRACTION, VAGINAL STIMULATION AND ORGASMS
HOW TO GIVE A WOMAN AN ORGASM - IN 3 STEPS

CHAPTER 5

HOW TO LEAD A WOMAN, PART 1 – THE BASICS

THE 3 STEPS OF LEADING
LEADING, DOMINATING AND CONTROLLING

CHAPTER 6

EMOTIONAL CONNECTION

WHAT IS EMOTIONAL CONNECTION?
HOW TO CREATE EMOTIONAL CONNECTION
HOW MUCH EMOTIONAL CONNECTION MUST YOU CREATE?

CHAPTER 7

HOW TO CHANGE A WOMAN'S EMOTIONS

CHANGING EMOTIONS – INDIRECTLY

CHANGING EMOTIONS – DIRECTLY

CHAPTER 8: FUCKING AND LOVEMAKING

FUCKING

LOVEMAKING

FUCKING VS. LOVEMAKING

CHAPTER 9

HOW TO LEAD A WOMAN, PART 2 - HOW TO DEAL WITH REJECTION

MIXED SIGNALS

HOW TO CREATE TRUST

COMMANDING, ASKING AND DOMINATING

CHAPTER 10

SELF-DEVELOPMENT - THE ONLY WAY TO GREAT SEX

BELIEFS

KNOWLEDGE

EXPERIENCE

PRESENCE

CHAPTER 11

HOW TO LEAD A WOMAN, PART 3 - 'NO' DOESN'T ALWAYS MEAN STOP

THE LIKE/DISLIKE CONCEPT

THE DO-IT-AGAIN CONCEPT

CHAPTER 12

THE ART OF PERSUASION (18 PERSUASION TECHNIQUES FOR THE BEDROOM)

18 PERSUASION TECHNIQUES

BONUS CHAPTER 1

WHAT IS MASCULINITY? (KNOWING WHEN TO MAKE A MOVE – AND WHEN TO WAIT)

MASCULINITY IS SOMETHING YOU DO

BALANCING ASSERTIVENESS AND PATIENCE

BONUS CHAPTER 2

THE 15 MOST SENSITIVE PLACES ON A WOMAN'S BODY

BONUS CHAPTER 3

LUBRICATION 101

DIFFERENT TYPES OF LUBE – AND WHERE TO GET IT

CONDOMS AND LUBE – DO'S AND DON'TS

WHICH TYPE OF LUBE TO USE FOR DIFFERENT TYPES OF SEX

APPENDIX 1

SOCIAL STATUS

SOCIAL STATUS AND STATUS SYMBOLS

APPENDIX 2

HOW TO LEAD A WOMAN, PART 4 – PATIENCE

PATIENCE, MASCULINITY AND THE STONE AGE HUNTER
PATIENCE AND ANTICIPATION

Introduction

Who is this book for?

This book is for any man who has a deep love for women and wants to learn how to satisfy women in bed.

It's especially helpful for men who have problems attracting and relating to women in a sexual setting.

This book focuses on how to please women sexually. It's my belief that most men get the greatest satisfaction in bed from satisfying women.

What's the goal of this book?

At a basic level, all women are similar, and all women want the same things from men. For instance, all women get turned on when a man takes control and leads.

At a more superficial level, women are of course different from each other. For instance, some women get turned on by a massage, while others find a massage annoying.

In other words, at a deep level there are some universal "laws" when it comes to attraction and sex. There are some things all women look for and want from men.

The goal of this book is to teach you what all women have in common at a basic level, and what all women search for in a sexual relationship.

When you know what women have in common at a basic level, you'll feel confident that you can satisfy any woman you'll meet.

When you meet a new sexual partner, start with the basics – the "laws" of sex. Just as the laws of physics are universal, the laws of sex are

universal as well – they will always work. Then later on, you can find out what’s specific with your new sexual partner.

This is not a typical sex tips book, which gives you superficial advice. After you’ve read this book you’ll understand that getting superficial advice doesn’t help, unless you first understand the basic laws of sex.

Why did I write this book?

I wrote this book simply because I had to. I had no skills with women, and I had no idea how to satisfy women in bed.

I tried to learn about sex from sex guides and sex manuals, but they didn’t seem to help me. When I read typical sex guides, I usually get surprised. There isn’t much in them I can use. Most of them are worthless.

As I see it, there are two different types of sex guides.

The first type is typically written by male scientists. These books are interesting, especially for a nerd like me. The problem is that after reading them you know everything about sex, except how to do it.

The other type is usually written by women. These books are filled with common knowledge, such as:

- Take charge and lead your woman.
- Women are attracted to confidence.
- 20 tantric sex positions that will transform your sex life.

This didn’t help me at all...

Of course I know I have to lead. But tell me *how*, because I have no idea. Of course women are attracted to confidence, but I don’t have any. How do I “do” confidence? And why do I need to know 20 sex positions? I can’t even get a woman wet.

The only books that actually taught me something practical and useful were written by pick-up artists. These books opened up a whole new world to me. Finally someone who could tell me how to treat women. They could even explain the psychology behind it.

These were no-nonsense books written by men with real life experience. The only problem with these books was that they're about pick-up. I wanted to satisfy women in bed.

Since great relationships and amazing sex were more important to me than anything else in my life, I knew what I had to do. I had to learn the theory behind sex, and find out what sex was all about. I had to write the sex guide I always wanted to read.

A decade later, it's finally done...

Chapter 1

Sex Is a Game

Really...? Sex isn't real?

No it isn't. Sex is not real life. It's just a game.

If you don't understand this, then throw your condoms in the trash, and cancel your date for tonight. Your sex life would be a bore anyway.

Sex is like a movie.

Can you imagine watching a movie about an average guy, with an average job, having an average day, where nothing out of the ordinary happens?

Probably not.

Usually it is movies with bizarre storylines and unlikely characters that are most popular. Superhero movies are good examples.

Why do we love Clark Kent aka Superman? He's out of this world – literally. There's nothing real about him.

Or is there?

The reason why we guys love watching Clark Kent save the world is because his feelings and emotions are real. It's all about feelings and emotions.

Perhaps the storyline is absurd, but every man knows what Clark Kent feels when he saves the world. If you're a woman reading this, then you have no idea what it feels like for us guys when we have the chance to be the hero. It's deeply ingrained in us.

That's why we love Clark Kent. We understand his feelings, and we want to feel them too.

Having sex is like being in a movie. The things you choose to do might be miles away from what you do in your "real life". You can even do things that are considered sick and dirty by normal standards. The role or character you play when having sex may be different from your daily "average" persona.

The thing is:

Sex is a game. And that's what makes it fun and exciting. Normal rules do not apply.

The most dreaded thing for a woman when it comes to sex is being in a relationship with a man who doesn't treat sex as a game. Her sex life would be a drag.

It would be like watching that movie about the average guy with the average life every time she had sex. There would be no fun and excitement. And what's the point of having sex without fun and excitement? Isn't that what sex is all about - having fun.

When you understand that sex is a game, you'll realize that you can do **anything** with your sexual partner(s). Nothing is right or wrong anymore. You and your girl can do whatever you feel like doing. There are no limits anymore.

I believe the internet has been an eye-opener when it comes to sex. For instance, only a couple of decades ago, women who liked giving blowjobs were seen as abnormal, and maybe even sick. These kinds of faulty and limiting beliefs couldn't survive the online porn revolution.

Today, it's more accepted that anything goes when it comes to sex. Nothing is unnatural or unhealthy anymore. You can do anything you feel like, as long as it's between consenting adults.

This doesn't mean you have to do something out of the ordinary. It only means that there isn't anything wrong with you whatever you choose to do.

When I started to learn about relating to women sexually, I had concerns about "hurting" women. I had questions on my mind that needed answers. Here are some of them:

- How does she know that this is just a game?
- If I call her a whore in bed, won't she get offended?
- How can she understand that I get excited when I spank her? I'm not trying to hurt her in any way.

These types of questions are absurd from a woman's point of view. Women know instinctively that sex is a game. They only care about what feels right in the present moment.

If your partner is highly aroused, and she knows that you love her, then calling her a whore and spanking her will excite her. She won't care about what's considered normal. The only thing that matters to her is what her feelings and instincts are telling her. And right now, while you're fucking her, she's so horny that being called a whore and being "abused" feels both natural and normal.

When we look at men and women's sex fantasies, it becomes clear that doing unusual and absurd things in the bedroom isn't only normal, it's important for our mental health as well. It's a way to release our suppressed emotions.

Help Women Fulfill Their Sex Fantasies

Here we're going to look at the close relationship between sex fantasies and 'sex as a game'. This relationship is more important than just learning about different kinds of female fantasies.

After finishing this book you'll have a deep understanding of what women look for when it comes to sex. But for now, forget about all the different kinds of female sex fantasies. Instead, let us focus on how we can help women fulfill their fantasies.

Let's choose one of the more common female (and male) sex fantasies as an example: 'The rape fantasy'.

You may not understand why this is such a common sex fantasy for both men and women, and that's alright. You'll understand it later. For now, you have to trust me on this one.

It's my belief that women want to live out most of their sex fantasies, even 'rape fantasies'. Does this mean that women secretly want to be raped...? Of course not. You'll never find a healthy woman who wants to be taken against her will, even though most women have these fantasies.

If this confuses you, then you don't yet understand that sex isn't real life, it's a game. A woman doesn't want to be raped in real life, she wants to be "raped" through sex, together with a man she trusts.

Since she can stop her partner at any time, it's of course not rape. But instead, it's an illusion of rape. The only part of it that's real is the feelings she feels when she's taken with force and aggression.

Side note:

Don't confuse this with abuse. Everything in this book is based on how to have sex in a positive and loving way.

You may ask, "What's the point? Why go to the extreme?"

These questions don't make any sense. What's the point of watching a movie? It isn't real. And what's the point of watching a really scary movie, when you can watch a movie that's just a little bit scary?

The thing is, it's all about feelings and emotions.

Why does a boxer love to beat the hell out of his opponent in the ring? Well, because it feels so damn good... And why does a man love to fuck the hell out of his wife? Yes, that's right: Because it feels so damn good.

For this to sink in, let me tell you again:

Sex is all about feelings and emotions. It's not what you do, it's what you *feel*.

Even though a boxer enjoys beating his opponent in the ring, it doesn't mean he likes violence outside the ring (in the real world). And the fact that he gets out his masculinity inside the ring, means he doesn't feel the need to beat up innocent victims outside the ring.

It becomes a form of therapy. His suppressed masculine feelings, like aggression and anger, are released in a safe and positive way.

It's the same with sex.

You do it for the fun of it, and you take it to the extreme because you'll feel more. If you for example want to make tender love to your girlfriend, you don't want her to feel a *little* love and intimacy. You'll make sure she feels more love and intimacy than she's ever felt before. You take it to the extreme.

Maybe moderation is the way to go in most parts of life. But not when it comes to sex. There's no need to hold back on feelings and emotions in the bedroom.

If your girlfriend enjoys being held down and taken forcefully (rape fantasy), then let her get that satisfaction. To her, it doesn't only *feel* good, it's therapeutic as well. Suppressed feminine emotions are released, just as you release your suppressed masculine emotions by taking her forcefully. It feels amazing for both you and your girlfriend, and since it is a game, no one gets hurt in the process.

To illustrate the fact that you don't live out sex fantasies in real life, but through sex, let us look at another example.

Let's say your wife is a nurse and one of her sex fantasies is to sexually please her patients.

Pleasing others goes down to the core of femininity. And since your wife has chosen to be a nurse, this need to please others is even stronger in her than in most women.

How can you help your wife live out this 'need to please' fantasy?

One thing you can be certain of is that she doesn't want to live out her fantasy in real life. There's no chance she'll start having sex with her patients, even though that's her fantasy. She wants to live out her fantasy in the bedroom, with someone she loves and trusts.

So, what do you do? How do you help your wife satisfy her need to please?

It not necessary to tell your wife to put on her nurse uniform, and act like you're her patient. That's not how most sex fantasies are lived out. It's nothing wrong with role-playing, but it's impractical, since your wife likely feels the need to please every time she has sex. **The *feeling* of pleasing is what's important to your wife, not the *acting*.**

Do I have to tell you again? Okay, here it is:

Sex is about what you and your partner *feel*, not what you *do*.

What you actually tell her to do, can be anything. As long as she feels the satisfaction of pleasing you. For instance, you can ask her to give you a blowjob. Tell her how you like it, and give her plenty of compliments as she's pleasing you.

The compliments will make her proud for doing a good (blow)job. And also, to teach her what you like, so she knows what to do the next time she feels the need to please you.

Another example of what you can do to help your wife live out her 'need to please' fantasy is to tell her to clean you after sex. She has chosen to be a nurse for a reason. She loves to take care of others, especially the one she loves.

For instance, right after you orgasm, and as you lie exhausted beside her in bed, you may whisper into her ear, "Will you please clean me...?" She'll be delighted to do this for the man she loves. She can do something that's in her nature - taking care of others.

There's another interesting connection between sex fantasies and 'the game of sex'. This is best explained with an example:

You've met this great girl and you're spending a lot of time together in bed, trying to find out what both of you like sexually. And one of the things *you* like to do in bed is having anal sex.

You find out that she's never tried anal sex. She isn't against it, she just hasn't thought about it. And since she hasn't thought about it, anal sex is obviously not one of her fantasies.

You realize she needs to get used to the idea, so you don't push it. It's enough for now that she knows that *you* like anal sex. You give her some time to think about it.

The next time she's alone and masturbating, it's likely she'll start thinking and fantasizing about anal sex. This is a safe way for her to test it out in her own head, before she eventually tries it out with you.

Even though it's a fantasy in her mind, the feelings she's experiencing are real. If she likes these feelings, she will be more comfortable trying it out with you.

In this way sex fantasies are useful to get used to new ideas. As you'll learn in chapter 4, men are the creative force when it comes to sex. We come up with new, exciting, and sometimes insane ways to have sex, and women need time to get used to these new ideas.

Fantasizing about them will help a woman get used to these new ideas in a safe environment. Inside her own head should be safe enough.

Another aspect of this has to do with the fact that we guys watch more porn than women, and we've seen different ways to have sex. This isn't a problem, since women don't like to be the creative force in bed anyway, and therefore appreciate men who know how to have sex in different ways.

Your girlfriend may not say she likes you watching porn, but she won't complain when you regularly come up with new ways to blow her mind.

Before we move on to the next chapter, where we'll explore the science behind sex, I want to straighten out a common misunderstanding when it comes to sex.

There's a lot of confusion when it comes to sex, especially for those of us living in a Christian society. The confusion has to do with 'the dark side of sex'.

The Dark Side of Sex

Is sex good, or is it bad? Is sex supposed to be dirty, or should it be beautiful?

Is sex a manifestation of love, or is it a way to live out our darkest, filthiest desires?

Let me begin by telling you about an interesting and funny reaction I got from a Catholic woman I dated.

One night, while having wild and dirty sex, I started my usual dirty talk. Nothing out of the ordinary, just things like, "You're my dirty little whore, aren't you?"

Side note:

As I mentioned earlier, this is acceptable and exciting for most women,

as long as it fits with what you're doing. Calling a woman a whore in a non-sexual situation is always a bad idea. And it's of course very insulting.

The special thing about this girl was that she was very religious, and she had a problematic relationship to sex. She saw sex as something negative, except when actually *having* sex. Then she transformed into this horny little devil.

Since I knew she had a problematic relationship with sex, I had to ask her if she liked being called a whore. After sex, as we lay in bed talking, I simply said, "You liked that I called you a whore, didn't you?"

Her response was clear enough. With real anger in her voice she said, "NO!!"

Then the funniest thing happened. Two seconds later, her face transformed. A crooked devilish smile appeared. Then she said with a low and shameful voice, "Maybe a little..."

This illustrates the problematic relationship many of us have to sex. We love the darker and dirtier side of sex, but we're also confused. Isn't sex supposed to be romantic and beautiful?

The thing is, 'sex' is a broad term. It's better if we split the word 'sex' into 'fucking' and 'lovemaking'. Both fucking and lovemaking are considered sex, which is kind of strange since they're two very different acts.

Let's go back to the movies to get some perspective.

Most of us love funny movies, but most of us also love horror movies. We love to feel fear, and we love to see people fight and get killed in movies. Most of us, if not all of us, have a light and a dark side - and we love them both.

On the one side, there are comedies and romantic movies. These movies bring out the light side of humans. On the other side there are action, horror and thrillers. These movies bring out the dark side. It's just the way we are - it's our human nature. We have a light side and a dark side.

So why do people find this problematic?

We've been social conditioned to believe that certain things are good, and certain things are bad. Humor, romance, being nice, smiling, and making love are good. While anger, aggression, fear, selfishness, being dirty, and fucking are bad.

This conditioning is so ingrained in our Christian society that most of us don't even question its validity. Even if you're an atheist, you're still social conditioned to think this way.

The problem with this good vs. evil or heaven vs. hell view of the world is that it's dead wrong. Aggression isn't bad, it's just aggression. Having dirty sex isn't bad, it's just dirty sex. There's no need for labeling.

When I was a kid, I loved playing video games, especially violent ones. My mother was worried that this would make me a violent person. And guess what? I became a violent person. Or to be more precise, I'm born a violent person.

Aggression and violence is part of who I am. Someday I may even get to use it in real life. If I have kids of my own someday, I'm sure my aggression will become useful if someone tries to hurt them. Until then, I have my video games... and of course my bedroom.

Context is everything. There's nothing good or bad. There's only right or wrong action compared to the specific situation you're in.

'Fucking' isn't only an excellent way to let out the dark side of our human nature, **it's the main way to get these feelings and emotions out.** Kids have video games and play fighting, and we have sex.

For a man it feels great to take a woman with force and aggression. For a woman, it feels equally great to be taken with force and aggression - to accept that she's a "whore" by nature.

Outside the bedroom, she can enjoy being a lady. But right now, in the bedroom, she can just let go and indulge in her dark side. She can be the "dirty little whore".

Back to my Catholic girlfriend.

Why did my Catholic girlfriend **love** being my 'dirty little whore'?

Her natural instincts were telling her that this is an important part of who she is. Having wild dirty sex is a natural part of being a healthy adult human being. It's called 'fucking'. And that's what we do.

And why did my Catholic girlfriend **hate** being my 'dirty little whore'?

She's conditioned by her society to suppress her natural human instincts. She has learned that this world is black and white, and of course, she wants to be white. Even though black is so much more liberating and exciting - especially in the bedroom.

**Fucking is supposed to be dirty, filthy, and sick.
Lovemaking is supposed to be beautiful, romantic and
intimate.**

I don't know about you, but I love comedies. And sometimes I love thrillers as well. Sometimes I want to make love, and sometimes I just want to fuck.

I let my emotions decide what I'll do. They're never right or wrong, they're just emotions...

End of sample

