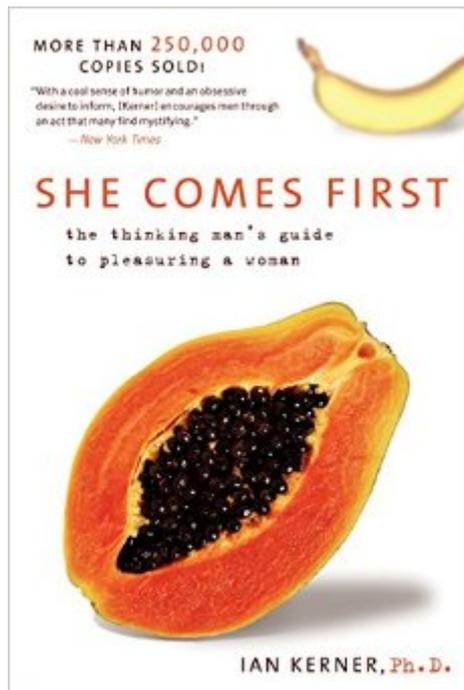


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# She Comes First: The Thinking Man's Guide To Pleasuring A Woman (Kerner)



## Synopsis

â œEvery manâ™s must-read. Tell your guy to put down the remote and pick up *She Comes First*.â •â ”Cosmopolitan” Ian Kerner offers a radical new philosophy for pleasuring women in *She Comes First*â ”an essential guidebook to oral sex from the author of *Be Honest*â ”Youâ™re Not That Into Him Either. The New York Times praises Kernerâ™s â œcool sense of humor and an obsessive desire to inform,â • as he â œencourages men through an act that many find mystifying.â • An indispensable aid to a healthier, more fulfilling sex life for her and him, *She Comes First* offers techniques and philosophy that have already earned raves from the likes of bestselling author and Loveline co-host Dr. Drew Pinsky as well as *Playgirl* magazine, which cheers, â œHallelujah!â •

## Book Information

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## Customer Reviews

My partner is the original John Wayne - to the core. And for him to read a "how to" book on anything just isn't going to happen. Well, he doesn't have a lot of experience in the art of pleasing a woman...you know, cowboys just get on and ride! Well, somehow, he heard about this book and has it ever made a difference. A difference in everything - our level of intimacy, our happiness, everything we do...we are now closer than ever before...and we're both in our 60's!He first tried some of the techniques without telling me about the book. Well, it was wonderfully obvious to me that something had changed and for the better.This past weekend, we sat together in bed and he showed me the book and we read exerpts that he had marked together. How wonderful is that! We've laughed and played and we have loved...and after all these years, I am now coming first -

and for the first time! How glorious is that! Thank you, Dr. Kerner! *She Comes First: The Thinking Man's Guide to Pleasuring a Woman*

I thought this book was going to be about physical technique. But, actually it is about slowing down to take a hour or longer, to delay the male's gratification, to learn to read your partner's reactions, to give pleasure without any time table or deadline, to really care deeply for another human being, to enjoy the moment, to not be offended by the smell or taste or feel of your partner, to fully enjoy just being together with another person, to be attracted to the person and want them to enjoy the time together, to have go through all stages in order to reach orgasm and then have a cooling down period of closeness. It really is a book about loving and caring. It is not just about the physical sexual technique or how to get the job done quickly or hooking up with a stranger every Saturday night. The best sex is with someone you really care about and that you take the time at a leisure pace to enjoy sharing an experience. It is sharing and caring at the deepest level.

I have always loved the act of pleasing a woman orally, ever since I had my first experience at age sixteen. When a friend asked me to describe "it" I described it as a kind of wild, exotic fruit, which was why I was first attracted to Mr. Kerner's book -- the cover; that was it, there on the cover of a book, 20 years later. But when I opened the book, I was thankful for this coincidence, for Mr. Kerner not only describes the essential parts of a woman's sexual anatomy in great detail, he describes how they work, and how you, your tongue and your lover can team up for a dynamite experience. This book is about love and the senses and all that's brought to bear during sex -- sight, smell, taste, sound, touch -- especially talk, language, the "grammar" of sex. Ultimately, what makes this book special, raising it head and shoulders above your average "sex manual" is Kerner's ability to focus on the obvious: that communication is the essence of sexual satisfaction, that while you use your fingers and tongue to physically stimulate, it is the combination of ears and tongue, listening to what she wants and needs, and telling her what you want and need, that is the foundation of great sex and great love. This book is a real winner.

Believe it or not, my boyfriend bought this book for me, not the other way around! Because I've always had hangups about my body and even though he's been enthusiastic about wanting to satisfy me with his mouth, I just don't want him to because it makes me feel too vulnerable and I worry about being overweight. I like sex under the blankets with the lights off, and I know a lot of other women feel this way too. And when it comes to oral sex, it's easier for a woman to give than

receive I think because of all the hang-ups and the feeling that it takes too long and the guy is getting impatient or doesn't like it. So my boyfriend bought me this book to show me how enthusiastic he is and to show me what he wants to do and after I read a few pages, I couldn't wait it set my mind on fire! It was amazing, and now I want it all the time from him and I keep telling him about different techniques in the book, try this one and that one! It's a whole new approach to sex for me, and I never knew that guys could like it so much! So for any woman who is afraid for some reason of having a guy go down on him or just plain nervous about it, this is a great book to get into the male mind-set and also learn things about your own body that you never knew. The only reason I give it four stars is because the author has now turned me into a sex addict and I can't get enough. Also, it's very one-sided towards pleasuring the woman, and doesn't talk about what a woman can do to a guy and sex shouldn't be so one-sided, even though it's a great side to be on!

I bought the papaya book because \*someone\* needed to read it. Someone did not read it and we are no longer married. Moral of the story: If your wife buys you this book, READ IT AND DO THE THINGS, because she needs more than she's getting. Ladies, if he won't even open it... walk away. You deserve the papaya things. All papaya whenever you want it.

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