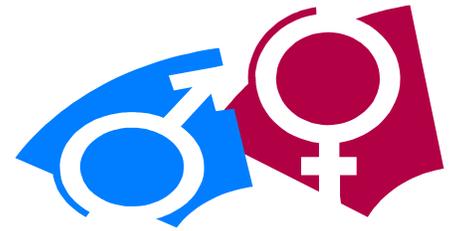


12 Ways to Improve Your Sex Life



Some things never change, and others evolve continually. Sex fits into both categories. Throughout life it retains its importance. Yet throughout life, it is constantly changing. And the changes can be for the better. Every woman can improve her sex life.

Variety: Even sex can be boring. Couples who have been in long relationships often follow the same pattern in their lovemaking. Try something new - a different place, technique, approach. Turn off the doubtful, “this is a mistake” part of your mind and allow yourself to think of, and accept, new possibilities.

Stand up for yourself: You don’t have to do anything you don’t want to do. That includes both the timing of the sexual activity and the technique. If you find something unappealing, suggesting an alternative time or approach is a tactful way of saying no.

Ask for it: In many couples, one member, usually the male, initiates all sexual encounters, while the other feels reluctant to make the overture. Yet marital counselors often find that a wife will complain that the husband seldom asks for sex, while the husband replies in surprise that he had no idea she wanted it more often. So don’t be afraid to ask for what you want.

Communicate your desires: He cannot read your mind. Don’t be afraid to communicate what you want or need in order to feel good or achieve fulfillment. Use such phrases as “I really like it when you do ____” and “I wish you would do more of ____” This clear communication should not be strictly limited to the physical expressions of love. Sex between a couple is enhanced by closeness and intimacy. Tell your partner what you need emotionally, too.

Make him a better lover: Revealing your desires is one step in this direction. Finding out what it is that he wants and needs is another. Men often hold back their feelings, and conceal emotions. Ask him to tell you what he likes. While a woman may complain that her partner does not tell her often enough that he loves her, she will frequently fail to tell the partner that he is a good lover. Praise is one of the best aphrodisiacs. The more times you tell a man he is a good lover, the likelier he is to become one.

Fantasize: Marc and Judith Meshore, authors of *Ultimate Pleasure: The Secrets of Easily Orgasmic Women* (St. Martin's Press), say that the sexy dynamic women they studied spent a great deal of time in romantic mental activity, both before and during lovemaking. Your fantasies can take you into an erotic world of pleasure and arousal. No one else need know what is in your mind. Sometimes sharing fantasies with a partner can heighten the sexual experience.

Set the scene: Give sex its best chance. Sexual experience can be dampened if it follows a heavy meal or alcohol consumption. If possible, the temperature of the room should be neither too hot nor too cold. Fatigue reduces each person's responsiveness. Sex does not need to be limited to the nighttime. Try setting the alarm a little earlier in the morning, or allow time in the afternoon on weekends.

See yourself as sexual: Many of the greatest lovers of history were not young, nor beautiful, nor endowed with a perfect figure. What is important is to see yourself as a sexual being and view your body as the body of a lover.

Prepare yourself ahead of time: Many sexually fulfilled women prepare themselves, physically and emotionally, for lovemaking. Examples of pre-erotic activities can include taking a long bubble bath; putting on a sensual perfume; dressing in sheer, lacy underwear or a negligee; reading love scenes in a novel or articles about sex in magazines; leaving a note for your partner; thinking (graphically) about what you and your partner will do together and how it will feel.

Forget your troubles (temporarily): Try imagining a list of your worries like a shopping list. In your mind, check off the items one at a time, to be stored and dealt with later. Then focus on what is going to happen now, not on what happened during the day or what will happen tomorrow.

Don't get trapped by "should": There's nothing you "should" or "shouldn't" do to enjoy sex more. By the same token, nothing you do with your partner during lovemaking is "wrong" or "bad" if it is enjoyed by both and hurts or distresses neither partner. If one of you isn't pleased with something that takes place, that should be communicated to the other; but it doesn't make either one of you wrong, just different. There are no "shoulds" in good sex.

Hold out for more (pleasure): Expect that lovemaking will bring you pleasure. Once you've "trained yourself" to free your sexual response, don't forget about it because the hour is late or your partner seems in a rush. That pleasure is one of your rights!