



# **The Pleasure Mechanics Guide to Cunnilingus: How to Give (and Receive!) Sensational Oral Sex**

*Chris Maxwell Rose, Charlotte Mia Rose, Pleasure Mechanics*

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Oral sex on a woman is one of the most exquisite and intimate of all sex acts. It is also one of the most challenging for many couples to enjoy.

Discover proven strategies to enjoy sensational oral sex with this book by bestselling sex educators The Pleasure Mechanics. Chris and Charlotte have combined their years of expertise as sex educators with the results of their survey of thousands of men and women to deliver this ultimate guide to cunnilingus, designed to be read by both the givers and receivers of oral pleasure.

For many women, oral sex is the most reliable way to achieve orgasm. Many men love going down on women, enjoying the thrill of creating intense pleasure and savoring the profound intimacy. Yet many couples don't enjoy oral sex as often as they want to, held back by insecurity, shame and uncertainty. This book offers everything you need to begin unleashing the pleasurable potential of oral sex, giving you the skills and confidence required for authentic enjoyment of sensational cunnilingus.

There are a lot of books out there that cover a few basic techniques for giving oral sex. But let's face it: no fancy tongue stroke will bring her pleasure if she is unable to receive the pleasure you are offering. Many women struggle with common roadblocks that prevent them from relaxing and receiving the pleasures of oral sex. The skill of receiving oral pleasure is as important as the skills of giving - and this book covers both in thorough detail, offering effective strategies and proven techniques for maximum pleasure. One by one, we confront the most common issues that stand in the way of enjoying oral sex, and offer specific strategies to overcome them and get on your way to learning how to love receiving oral pleasure.

From extended warm-up strategies to techniques to ride the waves of multiple orgasms, we cover the art of cunnilingus with clear, practical techniques that you'll be able to use right away. You'll learn how to read your lover's body cues and communicate both verbally and non-verbally to optimize your experience of oral stimulation. We skip the gimmicks and silly suggestions (who is actually going to write the alphabet with their tongue on their lover's clitoris?) and go straight to highly effective techniques that work with the anatomy of the female sexual system to create maximum arousal.

Beyond the lick-by-lick guide to oral pleasure, you'll learn how to integrate one or both hands to double (or triple!) her pleasure as you stimulate her clitoris with your mouth, and how to amp up the pleasure with a variety of sex toys. We also cover ten unique tongue exercises to develop endurance and precision, so you can offer her as much intense, focused stimulation as she desires.

Oral sex can be an incredibly pleasurable part of your sex life - as a treat in and of itself and as a fabulous way to bring up the heat before intercourse. Gain the mastery you need to enjoy sensational oral sex, and savor a lifetime of pleasure.

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