



## **The Sex Manual: A guide to better sex with uncensored sex secrets exposed! (sex manual, sex guide, improve sex, how to sex, sex help, sex for couples, sex education)**

*By Cecilia Irvine*

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### **The ultimate sex manual: A guide to better sex!**

An instruction book with tips and tricks on improving your sex experience into a mind-blowing activity for him and her!

**Improve your sex life with this ultimate guide to pleasure for him and her!**

A balanced blood pressure level, better sleep, improved immunity, lowered risks of developing prostate cancer, and stroke and relief from pain and stress are some of the benefits of sex but even without any boost to your health, you'll still be lining up to do it. Why?

Because you have to admit, it feels good. So, while you're planning to engage in the sultry act, why not see to it that your frolicking time is worth the while?

Rather than secretly wishing for your sex life to be a gazillion times more exciting, doing something for it to get there is the more promising way to go. You may insist on pinning the blame on your partner but if you simply pout and refuse to make the first move, there is no guarantee that the next heated moment in the bedroom will be like one of those sheet-grabbing and toe-curling showdowns you may have read about or seen on TV.

Whether it is a slow and passionate lovemaking session or a hardcore humping adventure you are craving for, this guide can coach you on how to get started and how to follow through. From what this book can teach you, you may forget about all the dull experiences you have had before and begin looking forward to every

sensual encounter from now on.

**With chapters covering:**

- \* Playtime!
- \* The extras
- \* The right setting & mood
- \* Spontaneity
- \* How to be the awesome partner
- \* And much more!

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