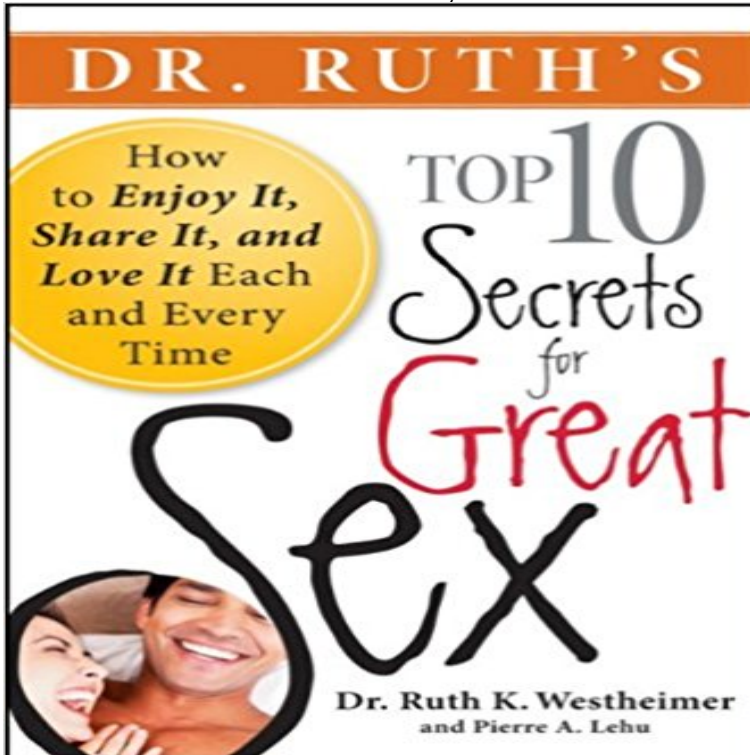


Dr. Ruths Top Ten Secrets for Great Sex: How to Enjoy it, Share it, and Love it Each and Every Time



Sex between two adults in a loving relationship is, according to Dr. Ruth, one of the most natural things in the world. And although you don't have to know very much if all you're trying to do is procreate, it's a whole other story if you're trying to get the most pleasure. We're all unique individuals and so the way we get the most out of sex is slightly different for each of us. So in order to engage in sex that maximizes pleasure, some guidelines are necessary. That's especially true if one or both partners have a special need of some sort, which is not uncommon. Also, every couple changes over time, and if you're not familiar with the approaching speed bumps, they can turn into barriers. And you shouldn't fight change, she says, you should embrace it. Change can help push boredom aside, provided you're prepared and willing to head off in the right direction. In this wise book, the beloved sex therapist boils down her life teaching to ten basic secrets, including: Make Sex a Priority Know Yourself Know Your Partner Know the Kama Ruthra Kick Boredom out of the Bedroom Remember the Romance Afterplay is as Important as Foreplay Improve Communication Prepare for the Changes that Lie Ahead ...and others. Once you have a good grasp of these rules, she concludes, you'll be free to improvise...the only way you'll keep finding the pleasure that terrific sex can bring.

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