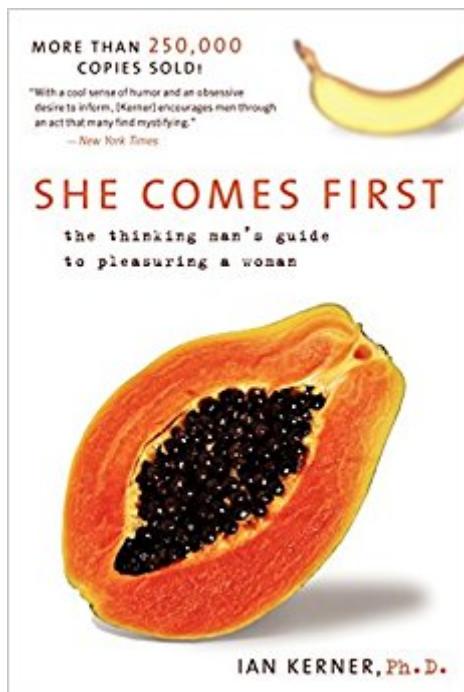


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# She Comes First: The Thinking Man's Guide To Pleasuring A Woman (Kerner)



## Synopsis

â œEvery manâ ™s must-read. Tell your guy to put down the remote and pick up *She Comes First*.â • "Cosmopolitan" Ian Kerner offers a radical new philosophy for pleasing women in *She Comes First* "an essential guidebook to oral sex from the author of *Be Honest* "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

"When it comes to pleasing women and conversing in the language of love, cunnilingus should be every man's native tongue," writes clinical sexologist Ian Kerner, Ph.D. in *She Comes First*, a straightforward, intimate, and exuberant guide to cunnilingus. Kerner first explored "the oral caress" as a way of compensating for his "sexual inadequacies," and quickly learned that women not only welcomed but often preferred "the way of the tongue," reaching orgasm more consistently than through intercourse. Kerner educates readers about the clitoris, "the powerhouse of pleasure," with 18 parts and 8,000 nerve endings (twice as many as the penis) and describes female sexual response from "foreplay" through "coreplay" to "moreplay." A large part of the book is a graphic, detailed primer on "mouth music," including best positions, step-by-step techniques (illustrated), and

tips for tongue and fingers. How long should this last? Until the woman has an orgasm or many, says Kerner, and "melts blissfully before your eyes." "The vast majority of women complain about guys who don't like to do it, don't know how to do it, or simply don't do it nearly enough," writes Kerner. This book will change that. Women: Buy it for your partner! --Joan Price --This text refers to the Audio CD edition.

Dispelling the widely held myth of genital penetration as the apogee of sexual pleasure, Kerner, who holds a doctorate in clinical sexology, offers this witty, well-researched manual for "consistently leading women to orgasm" through cunnilingus. Loaded with practical anatomical information (the clitoris has 18 distinct parts, and more nerve fibers than any other part of the human body) and graphic line drawings, the book also touches on the less mechanical, more psychological aspects of oral sex, including the three assurances every woman needs from her lover to feel comfortable: (1) "you enjoy it as much as she does

A friend recommended this book when I started dating after divorce. It is a very good book. It is written by a man who prefaces what he has to share with some personal background information around his struggle with premature ejaculation and how that struggle led him to explore how to provide his partners with enough sexual stimulation to reach orgasm. If you are a man (or a lesbian) and read this you will undoubtedly learn a lot about how to pleasure a woman. If you are a straight woman you will learn a lot about how your body works and perhaps find it validating as it explains why so many women do not achieve orgasm during sex. The book does a great job of explaining how the female body works, what it takes to reach full arousal, and why so often, women do not get what they need during sex. There are anatomy lessons sprinkled in- I found some of that overwhelming. But overall this is a great book and worth a look.

Good for a single man or one in a committed relationship. Take your time reading this book it has a lot of good information

Bought this as a gift for my wife (not the book silly). It's helped me be smarter in the intimacy realm. I was never afraid to "go-down" and actually quite enjoy it, but was always worried I wasn't doing things right. Well, this book confirmed that and has made me an expert. Wife gives it two thumbs up, all day, everyday. Go for it fellows!

This is a great read that will teach you a lot if you give it the attention and consideration it deserves and also remember when it says every woman is different that is very true many things in here may have to be altered to perfectly fit your woman but that's up to you to figure out with the ways it tells you and she shows you

Excellent, will teach an old dog new tricks and she will love you for reading it!

My boyfriend requested this book and he says it has good content! I've skimmed it and it mostly stuff any sexually talented man would already know, but it's nice to have all the information in one place. If you're looking to give your partner any tips and tricks, this book is a good start!

fun, informative and easy read. wife gives this book five stars a couple times a week ;)

Great book for tips, however some parts are a little confusing to perform. Overall very satisfied with the information garnered.

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