

The Get More Sex, Get Better Sex Course - Week 1

Jeremy Parker

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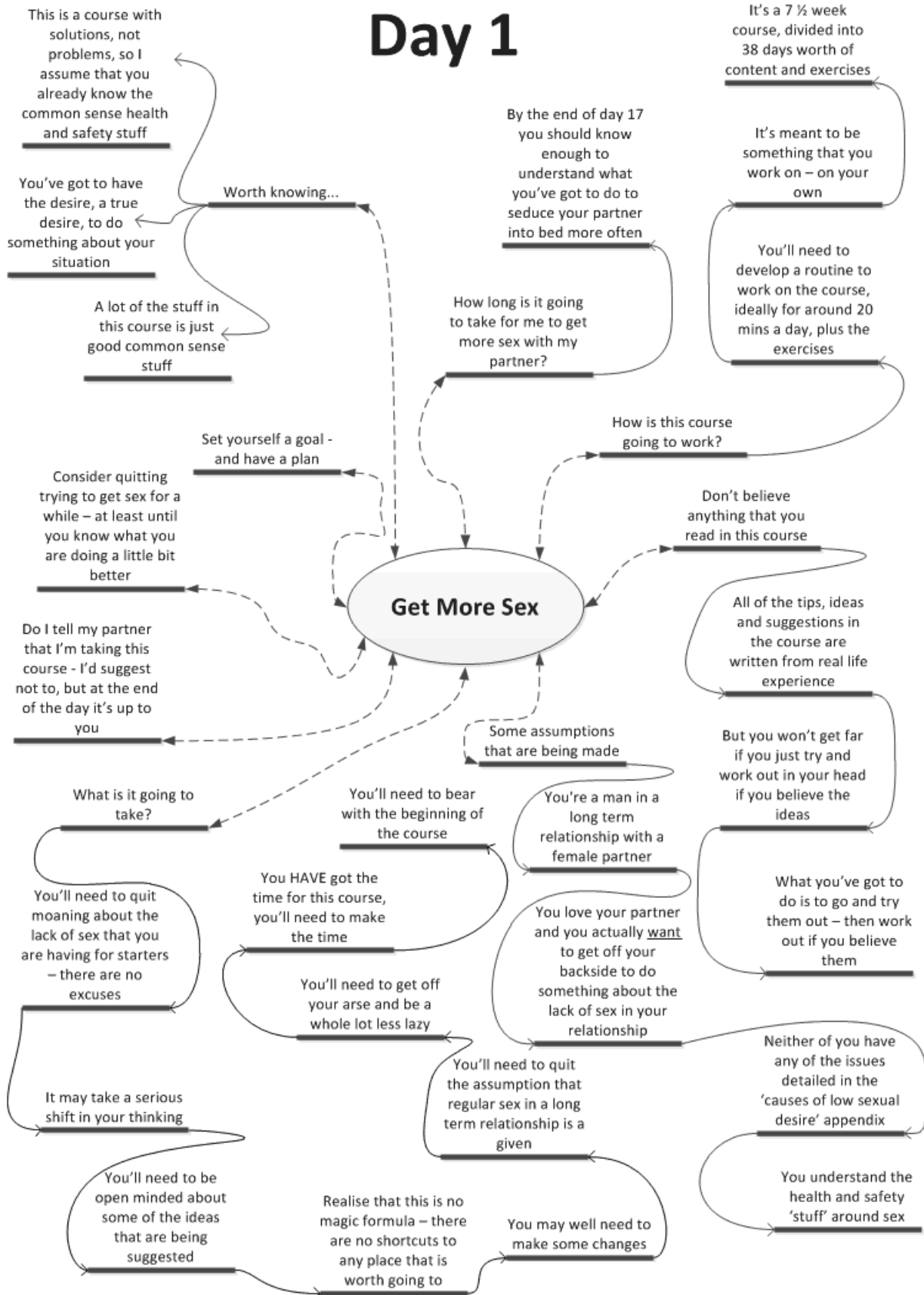
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Day 1



An introduction that isn't an introduction

Firstly, welcome along. It's a good thing that you've done purchasing this course. Now then - I'm really not that keen on those introductory chapters of books that explain to you why you're not getting any sex, why the author wrote the book, who the book's for, etc. etc. at the end of the day you just want to get on with it and I'm really pretty sure that you don't give a monkeys why I wrote this course so I'm not going to repeat it here (but if you do really want to know - then this is all on our website at <http://www.getmore-getbetter.com>). The one thing that I do want to say in this paragraph though is to please finish to the end of this introductory day one. It will explain to you how the course works, and you will need to know that, otherwise you'll start reading it and you won't have a clue how the things going to work, so quite possibly it just won't work for you. So be patient and read the thing.

Okay, thank you, now let's get on with it...

This is worth knowing...

1. Most of the stuff in this course is basically just good common sense stuff, and you may have read a lot of it before - and I'm not going to pretend otherwise. I am no scientist or doctor, and I certainly am not claiming to have all the answers, or indeed a mountain of hard data to back them up, this course is written by a man on his own search. I've read a lot of stuff over the past 3 years, asked a lot of questions, tried a lot of stuff out, failed a lot, tried again, etc. and as a result I feel that know about the problems that you face getting your partner into bed and, more importantly, I feel that I know how to solve them.
2. Secondly - you will need to have the desire to do something about your situation – true desire – but we'll get to that in the “what is this going to take” section in a moment.
3. This is a course with solutions, not problems - so you won't find much in here about safe sex. If you are young, free and single, and are desperate to push your sexual boundaries then this course is very likely not for you. This course is for the man in a long term relationship who simply wants to have more sex with the lady that he's with. And you've probably been with that person for quite a long time.

How does the course work?

- Get More, Get Better is an 8 week course divided into 38 daily parts.
- It isn't aimed at being something that you and your partner work on together; it's something that you will work on, on your own.
- It makes the assumption that the typical chap taking the course doesn't have a huge amount of time on his hands, so that's why it will take approximately 20 minutes of your time each day to read the main course content.
- It is designed to be listened to just 5 days of the week for the full 8 weeks. Why just 5 days of the week? Well, I tried to work out where you'd take your 20 minutes. And I arrived at the conclusion that it was likely that men would read the course away from their partners and family, maybe on the commute to work or on a lunch break in a quiet corner somewhere, and not when at home on a typical two day weekend or your days off. Hence the reason why its 5 days a week.
- I recommend that you develop a routine to study the course at the same time for 20 minutes 5 days a week. This controlled approach will give you the time to digest each topic that is given to you and to combine it with the daily exercises.
- Now I'm not going to pretend that all you've got to do is to read something for 20 minutes, 5 days a week for 8 weeks and you'll magically get more sex with your partner. Nope, sorry, obviously that's just the reading bit, the follow up stuff you'll have to do is definitely going to take you

longer than 20 minutes per day, and this follow up stuff takes the form of exercises that you are asked to complete each day.

- The exercises are designed to get you working on what you've learnt that day in order to cement the learning in your head, but also as a steady drip feed of information over time, rather than great chunks of information being thrown at you all at once. For example - the course includes 61 'Getting better at sex' tips – so rather than reeling off all 61 at you at once they are given to you two per day, with the thought that: Less information overload = More goes into your head.
- The summary and exercises for each day are on separate pages, so that (assuming you've purchased a printable version of this course) they can be printed out and carried round with you for the day. And then, when you get a second or two in your hectic schedule you can keep reminding yourself of what you've learnt and what you've got to do that day by way of the exercises.
- The course does a lot of repetition; during days 2 to 21 you'll have the same content repeated at you four times...
 - Each new topic is given to you in its full detail.
 - Then the topic is summed up at the end of the day.
 - At the end of each day you'll be given exercises to work, some or all of which will be based on the topics you've learnt about that day.
 - And the following day I summarise the content learnt the previous day and follow up by asking you how you got on with the exercises.
- So why does it work this way? Simply because there's a lot of content to learn in the course and because I feel that repetition is a tried and tested method of learning.
- One of the key underlying principles of the course is about improving your relationship with your partner. So, for what may seem like quite a while, I talk about things that may well appear to you to have nothing whatsoever to do with you getting more sex. So to begin with you will just need to bear with it, believe that it is going to work, try it out and see if it works for you.
- I'll keep on bringing the learning back round to the reason why you purchased this course – to get more sex. I feel that this is an important thing to do so that you are regularly reminded that we are continuing to focus on your end goal.
- I'm no doctor or hypnotist, so there's no physco babble here, no weirdy nonsense trying to hypnotise your partner into getting her into bed – I'm just an ordinary chap on a mission for answers. So all of the tips are...
 - Simply - good, common sense ideas, that you probably just wouldn't otherwise have thought of.
 - They're all what I call "blokerized" – they are written by a man, for men.
 - Each of the topics has been put into the right, no offence, idiot-proof, order so that you do the right stuff at the right time to get you more sex.
- The course is not going to be a one sized fits all approach - if something works then great, make a mental note of it, or keep a journal in order to remember it, but if it doesn't work, then okay, you've tried it, well done for trying it, then just move on to the next idea and try that one.

Okay, that's a lot of stuff about how it works! So, before we go any further I want to give you the structure of the thing, right up front here and now. This is the formula of how you are going to get more sex with your partner...

1. Ground rules - firstly you are going to be told a load of stuff to stop doing, mainly to ensure that you aren't doing stuff that's going to potentially be totally putting your partner off of sex with you. So for some readers this could be a really hard section. Why? Well - if you are currently doing a load of the stuff that I'm going to suggest that you stop - then you'll have a lot of work to do and this section could be quite tough, but for other readers it might be a total breeze.
2. Laying down some good foundations – secondly you are going to get told a load of stuff to start doing. If we compare the process of you getting more sex with the process of building a new apartment block then section 1, 'Ground rules', above was doing the ground clearance, taking away all of the bad stuff in the soil, and this section is about laying down the good, solid, concrete foundations for the building. It's about giving you the positive stuff that you've got to start doing for your relationship in order to start the process of getting more sex.
3. Getting you out of the 'dull sex' rut – now then chaps – it's worth knowing that potentially your partner isn't going to be massively enthused about leaping into bed with you for the same, dull old sex! So, taking into account the fact that the course is called Get More, Get Better, here I introduce the first of the 'getting better at sex tips', then over the remainder of the course you will slowly (at a rate of two tips per day) be fed the tips on how to improve your sexual repertoire.
4. Daily to do's – the daily to-do's strengthen this apartment block we're constructing – this section is all about suggesting things that you should be doing for your partner, your relationship, your home and your family which will basically make it easier for you to get sex when you want it. On the face of it this doesn't sound like it will get you more sex, I know, but it really will...
5. Weekly to do's – the weekly to-do's section is mainly about a concept that you may already have heard of called 'date night' – I won't go into detail here, but 'date night' is a great concept which will assist you in strengthening your relationship and which will also give you a great opportunity to initiate sex with your partner.
6. Monthly to do's – the monthly to-do's section suggests further things that you should be doing, again in order to strengthen your relationship, but which also gives you some really great opportunities to initiate sex.
7. When you want sex to do's – this section is about giving you ideas, tips and a strategy for how to initiate sex with your partner. We look at; how to create opportunities for sex, how to spot good potential opportunities to initiate sex, as well as giving you a checklist of stuff to tick off before you even think about bothering to try initiating sex.
8. I give you some tips on how to keep things going – by this stage you'll have learnt a lot of really good stuff, so in this section you get some ideas for how to ensure that you keep things going. This section is designed to be referred to again and again, to keep your mind refreshed with everything that you've learnt in the course.
9. And finally - I'll give you some pointers for what you can do if none of the stuff in the course has worked – so that you've got some pointers in the right direction of where to turn next.

And that's it! That's the formula for getting you more sex with your partner.

How long is this going to take?

The answer should really be - "that's up to you", because it all depends on how much effort you put in. But if we assume the following...

1. You can spare around 20 minutes a day, 5 days a week, to read the course.
2. That you make a commitment to yourself that in those 20 minutes you'll take in what you are reading and that you don't just let it all wash over you as you read.

3. That you put in the required effort. Just reading isn't enough I'm afraid. Having read stuff, you've then got to go and actually act on it all and do the exercises that you are set.
4. That you aren't a malicious arse, who has damaged your partner so much that actually it's more likely to take six months just to repair the damage you've done to her mental wellbeing, let alone the time that it will take to get her back into the right place to want to have sex with you.

...then...

1. You should know enough by the end of day 17 to understand what you've got to do to seduce your partner into bed and how to do so more often.
2. And by the end of the course, ie in 8 weeks (or 38 days worth of reading and exercises) you should be in a really great place in terms of...
 - a. Your knowledge and understanding of the seduction process that you will have practised and cemented your learning on through the exercises.
 - b. Your partner wanting to come back to bed with you more often because you'll have learnt some great tips on ways that you can pleasure her when you do get her into bed.

But having said all that, it really is up to you in terms of the amount of time that it will take, because it requires effort on your part, so with that in mind...

What is it going to take?

To succeed in this course, ie you getting more regular, and better, sex with your partner - this is what it's going to take...

You quitting with your moaning

Okay then, first off, a potentially rather harsh reality check that I am not going to apologise for – if you have been droning on and on with a load of dejected, lame, self-pitying, sorry arse moans and complaints about your lack of a sex life then you'll need to quit with this. Ouch. Okay, I probably need to explain why I'm short on sympathy. Well, unfortunately the evidence appears to suggest that most men in long term relationships wouldn't know decent advice on sex if it slapped them in the face, or potentially worse, they won't even bother to actually listen. Instead they find it a whole lot easier to moan and whinge about the issue, that's why. So this is absolutely going to take (a) you quitting your whinging, (b) you listening to this stuff and then (c) you acting on it.

An understanding that you HAVE got the time for this

If a decent sex life is important to you and your partner then you absolutely have got the time for it. Unless you happen to be an alien from another planet with some clever time shifting technology then you have just as many hours in the day as everyone else on this planet –it's about how you choose to spend those hours. So if you want more regular sex with your partner make it a priority and assign it some importance.

A realisation that, more than likely, you have NO excuses

Now then, before I say this next bit I'm going to make the assumption that you've read the "Causes of low sexual desire" appendix at the end of this eBook (or this same section on our website) and that you've discovered no underlying issues with either you or your partner from what you've read. Assuming that all is good then - I need to tell you that you really don't have any excuses for your lack of sex life. And you've possibly even made up a load of really rubbish ones as well... "we've got kids", "she's always too tired", "we're always so busy", "we never have any time", "my job is hellish", "we've been married forever and a day and the lusts all gone", or "my wife's to blame as well you know". etc. etc. I'm sorry, but you are wrong – your sex life is absolutely there for the taking – go get it.

You being a lot less lazy

This is very likely to take you being a whole lot less lazy. I'm hoping that you are; a healthy man, potentially in your prime, and that, more than likely you are either married or in a committed long term relationship also with a healthy partner, again potentially in her prime. So age, infirmity, or illness is more than likely not the problem here. No, it's actually way more likely to be your laziness. Yes, that is what I said, laziness. Because, unfortunately, most of the time in life if you want something, you can mostly never expect it to be presented to you on a plate, you've got to go and get it. Keep reading and I'll help you out with the 'how to go and get it' bit, but I will need you to stop being a lazy arse.

You getting used to one rather dull rule of life that men have to suffer with

Have a read of this and see what you think...

- It is a rather unfortunate rule in life that women make all the decisions and that blokes just say 'yes' and go along with it.
- Your partner may well let you think that you are getting your way the whole time, because otherwise it could well hurt your really fragile male ego.
- This course won't hide the fact that it's getting you to do all the hard work when trying to seduce your partner into bed, but then it's actually your partner who will do all of the agreeing to submit to you at every step; from that very first sparkle in her eye to her ultimately surrendering to you sexually. Think back to when you first met your partner, was it her choice to make the decisions at every stage?...
 - She will have sent you the initial "it's ok to approach me" signal that meant that she was willing to hear you out for a moment or two.
 - Then she decided whether or not she was going to grace you with her phone number.
 - Then she may have agreed to a first date with you.
 - Then if you were lucky she also agreed to date you a second time.
 - Then she may have beckoned you in for your first kiss together.
 - And then several days or maybe even weeks, later she will have allowed further escalation to some passionate kissing and touching.
 - And then finally she gave the permission for some sex, she let you take her clothes off and you got an ok to enter her.
- The idea that you are in charge of everything is purely an illusion which sticks around only because the rules of the world appear to request it.
- If you are struggling to get this stuff then rejection could likely come your way full on in the face if you charge in trying to get sex with your partner without first having seduced her into giving you that 'green for go' signal.
- That elusive 'green for go' signal just won't come out if all you do is hang around waiting for it.

Again, ouch! What's the answer to this? Easy; tell yourself that "hey, that's life as a man – there are good bits too", and then just get over it and get on with what you've got to do. And yes, this course will give you the 'what you've got to do' bit.

You shifting your thinking

You may feel that some of the tips, ideas and suggestions in this course will make you feel like you are losing control to your partner. So what is needed from you please is a change in your thinking; you are not losing control, instead - you are actually gaining control. You are gaining control of how to seduce your partner and how to tackle the issues that occur whilst doing so. You're going to be a better man for having taken on board the tips in this course and having made the effort to go out and do something with them. It's highly likely that, actually, your partner does want to have sex with you,

and that she's not being purposefully mean to you by rejecting you for sex the whole time (unless of course you are being really horrible to her), and instead all that is really needed is that you just have to help her get into the right place to want to have sex with you.

You quitting the assumption that regular sex in a long term relationship is a given

This is also going to take you coming to the realisation that sex in a long term relationship is not just a given. Yes, this IS really rubbish, I do agree – you are being asked to put all of this effort in just to get some sex. Wouldn't it be great if your partner wanted sex as often as you do? And wouldn't it be even better if she wanted the kind of sex that you'd probably like? It would indeed, but that's more than likely not the reality in your situation, and there's no getting away from this. Let's say worst case you left your partner to go off and have an affair, even if you did take this drastic step would you find a female partner who wants sex as much as you do? Sorry chaps – but the answers probably no (or at least not after the initial infatuation period had ended anyway). So like it or lump it you will need to put in the effort to get the results that you want. Sex will rarely simply present itself to you. Getting the regular sex with your partner that you'd like will require a combination of the following...

- Effort
- Hard work
- Some clever figuring out of lots of stuff
- Inventiveness
- Courage
- Trial and error
- A firm belief in yourself and your abilities

If you want more regular sex with your partner then you need to be prepared to do whatever it takes to achieve your objective. It's likely you've done this loads of times in other areas, be it; at work on a particular project, organising a night out with your male friends, getting through those first 12 weeks of having kids, you've potentially even rearranged and overturned your entire life just to get a golfing weekend sorted – so you can do this stuff – it's all mind over matter, so with that in mind!...

You opening your mind

You will need to open your mind. Why? Because there will be a lot of stuff in here that you will not be used to and that you may be really sceptical about initially. In the next section I'm going to tell you not to believe anything that you read until you've tried it – so this may help a little with all you sceptics out there – but what you will need to do is to approach this course with an open mind (alongside all that hard work and dedication that you need to be putting in too of course).

A realisation that there's no magic, quick fix, formula

Now then – what I'm not claiming with this course is that I've discovered some new magical, quick fix solution to getting your partner into bed, all of the content in the course is just good common sense stuff. So it's also well worth knowing that there are no shortcuts to any place that is worth going to – and hopefully you'll agree that more and better sex with your partner is a place that is worth going to.

Yes, this course will take you time to get through, but it's just one of those compromises that you are going to have to make, there really is no getting around this one. And yes, it will ask you to spend lots more time with your partner as well, but surely spending more time with your partner is a good thing anyway, isn't it?

An understanding that this is going to take hard work and commitment

I probably don't need to repeat this one again, but just in case you haven't got it yet – depending on what your current situation is this process is fairly likely to take both hard work and commitment from you – and most especially if you are currently doing a lot of the things that I am going to suggest that you stop doing. If you are in a good place with your relationship generally then it should be a

whole lot easier, but whatever your current relationship situation please bear with every single tip, idea and exercise, and keep on reading them all, and never skip stuff, otherwise you may miss an important part of what is really quite a complex jigsaw puzzle.

An understanding from you that there may be some changes that you'll need to make

There is no getting away from the fact that this course is very likely to be suggesting that you make some changes to the way that you go about your interactions with your partner. I'm going to leave what those types of changes might be to the main course content, and it also really depends on your current relationship situation. But what you'll need to decide when you are reading the course is - what are the acceptable changes to you in order for you to get more sex. Having said that however, none of the things that I suggest in the course are really that awful (in my humble opinion), and they are all things that will ultimately help you to get more of what you want and to improve your relationship. And who wouldn't want a better relationship with the person you've married or have committed to being with?

A change in your attitude

Again, depending on your situation you may well need to be prepared to allow your attitude to your partner, and possibly your attitudes in general, to change in order for some of the tips in this course to work. Because if you don't then it's quite possible that you simply won't be open enough to the suggestions in this course for them to filter in and for them to have the desired positive effect.

You watching less porn

It may be that you need to take a good look at your porn habit, assuming of course that you have one. If you don't have one then it's okay to move on, there's nothing to see here. But, if you can honestly say that your porn habit is causing an issue with either your relationship or the way that you view sex then it may well be worth trying to wean yourself off the stuff. Instead concentrate your time and efforts on succeeding with this course, and thereby making your own porn in the form of getting more and better sex with your partner, as well as (assuming that your partner is up for it of course) the type of sex that you want. Go get turned on by your partner for once, rather than those on screen characters.

You will need to bear with the first week or so of the course

You will also need to be patient with this course. Why? Because, for example, as you've already seen day 1 is only introducing stuff to you, and days 2-5 will tell you to stop a load of stuff, days 6-8 will tell you to start a load of stuff, and then it's only at day 9 that you start to get to the juicy stuff. That's not to say of course that it's not all relevant, it is, and you absolutely shouldn't skip straight to day 9. Because if you do then it's likely that you will miss something important that will be stopping you getting more sex. So I'm telling you this just so that you ensure that you are patient and that you don't skip stuff, otherwise you may well just need to go back and start again at the beginning.

Okay then, that's what it's going to take, so what are you going to need to do to help yourself get to where you want to be?...

Set yourself some goals, have a plan

Well, for starters, setting yourself a target might help you focus on your end goal for this course. Perhaps setting yourself a goal to get sex with the frequency that you'd like. Writing that frequency down somewhere (ideally where your partner won't see it!) and reviewing it frequently. This may well assist you in reaching it.

If you are writing a goal though, do try and avoid making it a negative one, eg “I’m not getting enough sex, so....”, instead make it positive, make it specific, definitely make it achievable (ie 3 times a day, 7 days a week may well not be achievable!) and put a time to it - eg “I’d like to get better, more fulfilling, closer sex with my partner, once a week, and I’d like to have achieved this 2 months from now”.

If you are putting your plan down on paper try doing these four things...

1. Know where you are with your sex life currently, eg “I’m getting sex once every 6 or so weeks”.
2. Know where you want your sex life to get to, eg “I’d like to be making love with my partner once a week”.
3. Make a plan to achieve this goal (this course will absolutely help you in achieving the goal and in creating your plan).
4. Then simply go and do it.

You quitting trying to get sex for a little while

Tomorrow I make the rather strong suggestion that you do something called “stopping the pursuit”. I won’t go into detail on this suggestion right now, that’s best left until tomorrow – but essentially it suggests that you quit “pursuing” your partner for sex because doing this in the wrong way will only put her off of sex with you even more, and will possibly ensure that she digs her heels in even further to keep on refusing sex with you.

Now, whilst you absolutely don’t have to take this suggestion at all - if I could just run the following idea past you please...

- Until you’ve got a good way through this course it may be sensible to quit trying to initiate sex with your partner.
- If you currently “pester” your partner for sex (a description of what this is will be given tomorrow) then it may well be worth stopping this pestering altogether.
- This bit of extra “space” that you give her might well be used by her to re-evaluate your sex life together and then, by the time you’ve got a good way through the course and have gained some useful knowledge on what to do instead - she may well be in a way better place anyway. Back off your partner sexually for a while, give her some space, give her a chance to miss you, to miss your touch and to miss the closeness of sex with you. All of which will contribute to the process of getting you more of what you want.
- If all you are doing when you try and get sex with your partner is just to repeat the same old moves and mistakes each time then it’s likely that they won’t be getting you anywhere for the moment anyway, so perhaps it’s best to stop making those same old mistakes by stopping trying at all. Instead follow this course and the exercises in it to learn how to do it the right way.
- Quit trying to touch her in an intimate way and definitely stop complaining about a lack of sex in your relationship.
- Quit with all of your very unsubtle sexual comments and / or innuendos.

If you do take this advice though please do it in the right way...

- Don’t go totally the wrong way and withdraw from your partner completely.
- If you are lucky enough for your partner to be trying to initiate sex with you then know that refusing sex with her may not be a good move.
- Don’t be ‘funny’ with her, just be your normal self.

Now yes, I absolutely get that not having sex for a while, not getting that sexual relief, is really likely to be quite a tricky thing to do. However - quitting the pursuit of your partner will be more than worth it for the longer term results that you get in the end. And if you need to take your mind off of things (and in turn also help your partner to miss you) go and do something for you; go out for a drink with your friends instead, go and join a gym, show your partner that you are focussing on you instead of constantly pestering her for sex.

Having said that though - if you aren't this type of reader, and you are (a) getting sex with a regularity that you are happy with and that (b) your partner initiates sex with you - then I wouldn't suggest that this tip is something that you should try. Because if you do then she will only wonder what on earth has gone wrong in your relationship or what she has done to put you off of her, and this will only make things worse.

Don't believe anything that you read in this course

Now this is going to sound somewhat silly – but I don't want you to believe anything you read in this course. Yes, that's right, I did just say that. Even though all of the ideas, tips and suggestions in this course are written from real life experience, you won't get anywhere if you simply try and work out in your head whether or not you believe any of it. Belief is not the way that you are going to succeed in getting more sex, nope – practise is the way that you are going to get more. So start grabbing some of the tips and use them, try them out, see what results you get and what works for you.

The assumptions that are being made

We're almost done for today, and then you can start getting on with the main content tomorrow. What I'd like to do though, before I let you get on with it is to have a quick check on the assumptions that I'm making about you – because if the following doesn't fit then you are either not in the right place for this course at the moment, or you shouldn't be reading it at all...

1. You are a man (that's quite important as far as this course goes).
2. You are in a long term relationship with a female partner.
3. You love your partner and desire her sexually – and you aren't seriously considering running off with someone else.
4. You actually want to get off your arse and do something about the lack of sex that you are having (I'm assuming this lack of sex only because you've purchased this course) - you've got to be committed, you can't just expect to do some reading and then for things to magically improve, you've got to act on the stuff that is being suggested to you.
5. Neither you or your partner have any of the issues in the “Causes of low sexual desire” appendix. If you've got one or more of these then you may potentially need other, professional, help.
6. This isn't the course for you if you have an issue with your sexual desire. It assumes that you want and desire sex, so this course concentrates fully on why your partner might not want sex quite as often as you, and we look at the ways to get you more sex.
7. Finally this course absolutely makes the assumption that you totally understand the health and safety 'stuff' around sex. It is quite simply not going to talk about these things as its highly likely that you know it all anyway and you are grown up enough not to need to be told it again. So if you are in any way concerned about such issues then you absolutely need to go be sensible - and seek your information elsewhere, ie from a qualified medical practitioner. With that in mind then here are the 'safe sex' assumptions that are being made...
 - a. It assumes that it doesn't need to repeat that health and safety briefing here.
 - b. It assumes that you are in a trusting and committed relationship and that you are not off sleeping around with lots of other partners.

- c. It assumes that your partner is not off doing the same too (i.e. having lots of extramarital affairs).
- d. It assumes that you've both discussed and agreed the method of birth control that you use and that you are both sticking with what you've agreed.
- e. And finally - it assumes that you have had the whole conversation and taken the necessary precautions about any potentially sexually transmitted infections that one or both of you might have and that you are both grown up and mature enough to understand the risks with sex.

Do I tell my partner that I'm doing this course?

Personally I'd advise that you didn't, because if you do then you will only alert her to the good stuff that you are about to do for your relationship and your sex life together, and then she'll be on the lookout for what you are going to be doing. Let your positive actions do the talking instead.

If you feel that you absolutely have to talk with your partner about sex at this stage then there are some really good tips about this in the "Talking about sex with your partner" appendix at the end of this eBook. But for the moment I would suggest that you don't say a great deal about it.

By the time you get to the end of the course you should have all the skills you need, and more importantly a good understanding of what you need to do, to get more sex, so there should be no need to mention anything about it.

A quick pat on the back before we begin

As cheesy as this sounds you should congratulate yourself right now - you've taken a really good couple of steps here - there are literally millions of people out there who are in exactly the same place as you right now – and they are all too busy sweeping things under the carpet in their relationships to acknowledge that there's an issue. Either that or they simply don't care about their passionless relationships to be taking this course. Instead, they'll likely be focusing on their partner's angry behaviour and feeling more than justified for the lack of sex in their lives.

Right now, simply by having purchased this course and got to the end of day 1 you are way ahead of the rest of the pack. So well done!

Summarizing Day 1

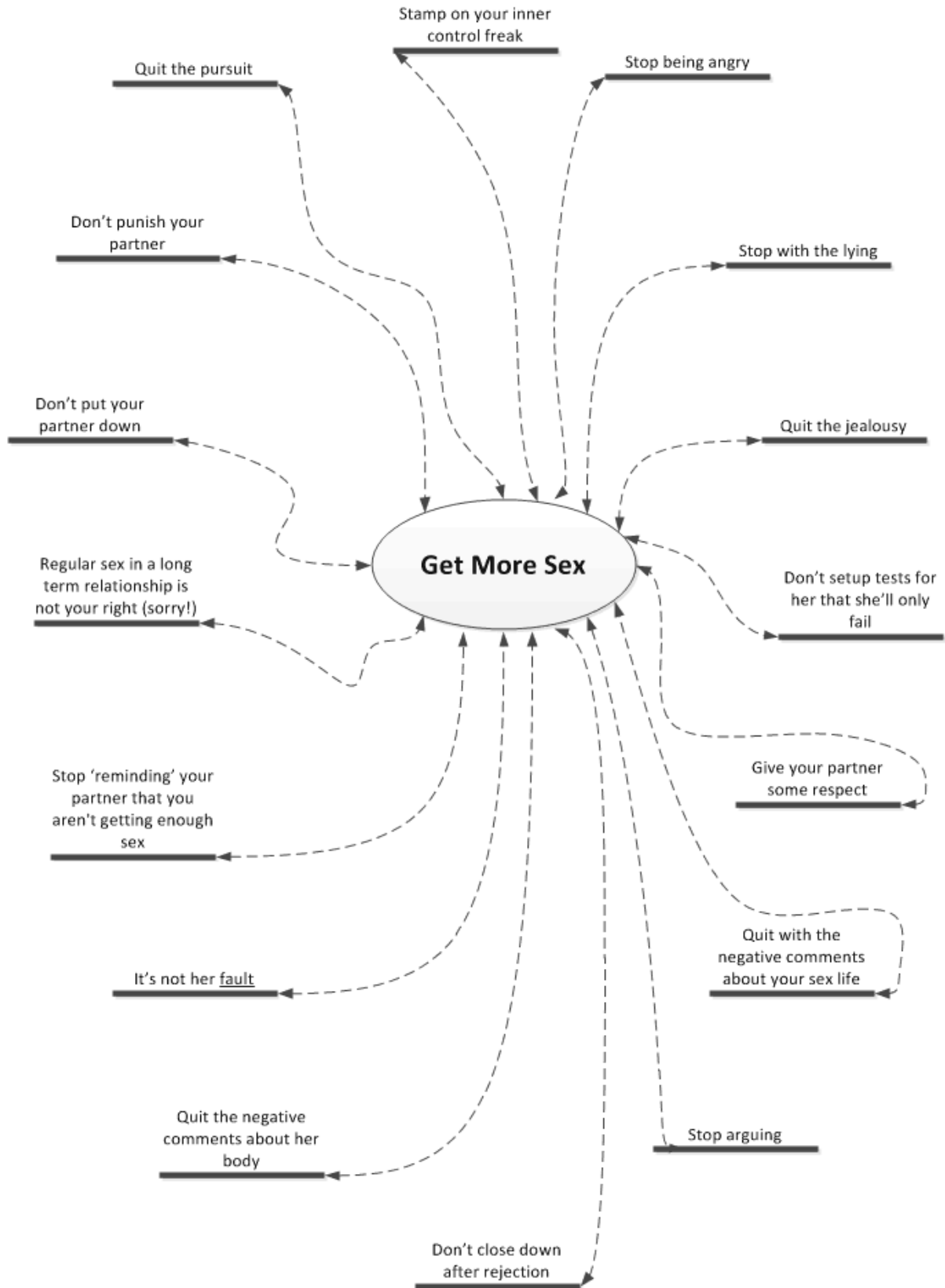
First off then – lets acknowledge that it's possible that you probably won't have started to get to the sort of information that you are after quite yet. But today has all been about getting you into the right place for the rest of the content. We've had a look at...

1. How the course works.
2. How long the course is going to take to 'work' for you.
3. What it's going to take, for you personally, to succeed in achieving your goals.
4. We've looked at you setting yourself some goals of what you'd like to achieve, and in creating a plan to stick to.
5. And also at why it might be an idea to quit trying to get sex for a while.
6. I've suggested that it might not be such a good idea to believe anything that you read in this course, because simply believing anything that you've read isn't going to be the thing that gets you more sex, actually going out and practising what you are learning is going to be the thing that does.
7. We've looked at the assumptions that the course makes about you.
8. And finally, we've looked at whether or not it's a good idea to tell your partner that you are undertaking this course.

Day 1 Exercise's

Normally at this point in the day's proceedings you'll be given your daily exercises to read, think about and to go off and do. Today though all I'd like you to do please is to mull round in your head what you've read today. You don't have to go back and read everything again, hopefully the important points from what you've just read have already stuck in your head – so just re-reading and thinking about the summary above is enough. Doing this today will set you off in good stead for the start of the course tomorrow.

Day 2



Introducing Day 2, Week 1

Welcome to Day 2. Firstly, I'm sorry, but these next two days are going to be mighty dull, but I promise you that they'll be worth the effort. There's going to be a whole load of stuff that I'm going to tell you to stop doing, and it's going to feel a little bit like being shelled by a load of anti-tank missiles for a while. So bear with it, keep reading, don't be naughty and skip a load of stuff because you think you're Mr. Perfect and it doesn't apply to you, because all of these things you've got to stop doing are the ground rules for you getting more sex. So if you are doing any of these, even slightly, then you can't go anywhere until you've got them done and dusted.

So why are you being asked to stop a load of stuff? How on earth is being told to stop stuff going to start getting you more sex? Well, when I explain why you've got to stop each of these you'll understand. I'll give a reason for why each is there, but in summary you'll be asked to stop doing stuff that will more than likely be putting your partner off of sex with you.

Keep your mind open

I'd ask you to read this list with an open mind, because some of the "have to stops" are going to sound like they are in no way related to you getting more sex. I'll give a title for each and then explain it in more detail, so if you really think you're doing okay on that one after a sentence or two AND you've been really honest with yourself - then okay, you can move on to the next, but please do check each one out, they're all important for you getting more sex, and hopefully you'll be able to understand why each is important to you getting more sex from each description.

It's going to be harder for some than others

For some readers these 'have to stop it now's' may mean making some really big changes. Lots of "leopard changing its spots" stuff, but whilst you are going through these things you're being told to stop remember this: in return for you being a good boy and stopping doing a whole load of bad stuff, your partner will do a whole load of good stuff for you. Do I need to spell it out? Okay - if you stop doing the stuff that your partner is more than likely finding rather unpleasant and annoying then she will more than likely start to consider opening the door to more frequent sex with you. But, as I explained yesterday that's going to take hard work and honesty on your part.

Before we begin then - all of these stop it now's are in there for your own good - if you are doing any of these things then I'd highly recommend that you stop them as soon as you've read them - because if you are doing any / some /all of these things then your partners desire for you will more than likely not be that high.

I'm hoping that some of these things will be really enlightening for you - because it's quite possible that you will be quite unaware of problems in your relationship. Why? Well, your partner may be suppressing a load of anger and resentment towards you which, in itself (because she's suppressing it) will quash her desire for you. So please have a really good check in with yourself - if you recognise any of the following 'stop it now's' then that thing may not be helping you get more sex at all - so you will just need to stop it.

To put it another way - it is rare for couples to have a good sex life if they don't have a good relationship - so all of these tips are "relationship sorters". So whilst you...

1. May wonder what on earth some of them have to do with getting more sex and...
2. more than likely you'll brush them off and...
3. won't want to be bothered with them and...
4. you may well want to skip ahead

DON'T - because sorting these things will get you to the point where you start things going in the right direction of getting more sex.

Okay then, here we go. Let's start with the biggies on the "have to stop" list.

Quit the pursuit

The first and one of the more important things that you need to stop doing is you "pursuing" your partner to be more sexual with you. It's more than likely that if you are persistently "pursuing" your partner for sex then you are going to be repeatedly getting turned down by your partner. So what do I mean by pursuing? Well, if you recognise any of the following stuff then you can probably give yourself the "pursuer" label...

- A peck on the cheek to say goodbye on a morning turns into an opportunity to try and stick your tongue down your partner's throat.
- A hug goodnight or goodbye turns into a dry thrusting, groping or genital rubbing extravaganza.
- A normal catch up chat with your partner turns into an innuendo filled conversation on your part.
- You're passing in the hallway and touching your partner intimately.
- You're engaging in some totally unsubtle rubbing of your partner's thigh.
- You're jumping into bed on a night naked, clambering onto your partner and expecting her to be turned on and ready.
- When your partner is trying to get off to sleep you touch her intimately, subtly or otherwise.
- You're doing what seems to you like a really sensible thing and trying to talk with your partner about the lack of sex that you are both having and your unhappiness with your sexual relationship. (Though it's well worth pointing out here that talking about sex can be a really good thing too, but it needs to be done in the right way. We'll get to that in the days to come though.)

If you've bought this course then I'm going to take a guess that there's a fairly high probability that you've recognised some of what you've been doing in the above bullet points. Now I feel like I'm probably just going to state the obvious here – but guess what – this isn't helping.

So why isn't it helping you get more sex?

1. Well, firstly it's more than likely to be totally and utterly putting your partner off sex with you - probably quite the reverse of what you were going for.
2. It will more than likely be causing your partner to slam the door shut on any closeness with you whatsoever, physical or otherwise, because she will worry that whatever she does, be it just wanting to give you a cuddle or to have a snuggle up on the sofa with you, that you'll mistake this for her wanting sex, so instead she'll just close down so as not to get into the situation. It's a vicious circle that has to be broken please.
3. The regular rejections from your partner will more than likely be making you even more determined to keep pursuing your partner for more sex, ie the more she stops being interested in sex, the more you think about it and the more frequent and desperate your pursuing gets.
4. You whining on about the fact that you didn't get sex last night is not going to endear you to your partner and it's not a good seduction strategy.

Now I get this behaviour entirely, I've been there, done that, got the T-Shirt. It's totally understandable and perfectly normal. However - it's a mild form of obsession (ie your obsession with getting sex from your partner) and if you want more sex then you need to be tough with yourself, break the cycle and stop doing those things. Because what I need you to understand before you move on is that this behaviour simply isn't going to magically turn your partner on - instead it's going to have quite the reverse effect of what you were probably going for - its going to totally put her off and

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