

MSTP > 26 Adult - Adult

Marriage Second Time Plus . Org => A new Web Site:

A new Blog: <http://marriagesecondtimeplus.org/>

I Stopped at Page: _____

Keep a note to where you stopped at in this PDF. So, you can return to the same place.

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LIFE SKILLS

More is to be inserted in here. Soon.

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What really tells a woman – she is a woman?

What really tells a man – he is a man?

If you think you both are ready to set the date for your Marriage Second Time or Plus times. You should talk over these 15 questions.

- 1. Why do you love me?**
- 2. Why do you want to spend the rest of your life with me?**
- 3. Will you do your best to keep the romance alive?**
- 4. Will you grow with me, and not away from me?**
- 5. Will you stick through the rough times?**
- 6. Are you willing to lose some battles in order to keep the peace?**
- 7. Can you promise to put us ahead of everything else?**
- 8. Will you be a great parent?**

9. Will you be sure to remind me how much you love me regularly?
10. Can you promise to do all you can to keep that spark alive?
11. Will you support me if I **can't** support myself?
12. Will you promise to continue to pursue your personal goals and dreams?
13. Will you **not** allow yourself to let go?
14. If I'm the first to go, will you be there with me until the end?
15. Can you promise me that if my time is cut short, you'll continue to live on for the both of us?

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Join up with a volunteer non - profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a **positive** project that can lift your **spirit**. It also comes without a cost (**or very little**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

I've come to spend more and more of my time **volunteering**, serving on various committees and people helping groups in the community. I am on a few local area towns and Church committees. It is hands-down the best thing I have ever done.

Be a volunteer with your local **Lions Club** or other Non - Profit Org. and you will feel much better about yourself.

Be only a volunteer – for a time - if later you wish, you may later to join this local **Lions Club** it is later and it is up to you. You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation. Meet many new people and also maybe meet the next Him or next Her for YOUR life. This Web Site is sponsored by a **Lions Club**.

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Note: Yes. Both single people, people dating and married people have reviewed (**Well Pre – viewed**) this “Web Site” and its parts so far. As a summary of the parts and upcoming part drafts; most people are telling us that this information is also needed and wanted for them, yes, those married people too and many people found this as new information as they **didn’t** even know about this stuff.

Subscription: First one may have a Subscription as over age 18 Adult (**including the open part**) or the open Web Site part for all the **PDFs** for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus . **Org** => **A new** Web Site

A new Web Site: <http://marriagesecondtimeplus.org/>

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6 Ways To Be The Best Girlfriend He’s Ever Had

There is so much misinformation out there on what it takes to be a great girlfriend. It’s **not** about cooking his favorite food or wearing **sexy** lingerie or mastering some crazy **sexual** trick (**not saying these things don’t help, but they don’t get to the heart of the matter!**).

Understanding how men think and what they need in a relationship makes an enormous difference in the way you are able to relate to one another.

Understanding how women think and what they need in a relationship makes an enormous difference in the way you are able to relate to one another.

The top prerequisite for being in a great relationship is to be your best self. A trap that many people in relationships fall into is blaming their partner when problems arise. Rather than seeing what they can do to make things better, they blame him for **not** being what they want and think that if only he did XYZ, then everything would be fine.

It **doesn’t** work that way, though. You **can’t** ever make someone what you want them to be. All you can do is bring your best. When you do this, the other person will usually rise up and match you at this level.

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Here are six ways to be the most amazing girlfriend ever

1. Be Direct (**Not** Passive Aggressive)

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The majority of problems in a relationship occur because the woman expects a man to meet her needs, and then resents him when he **doesn't**. She **doesn't** ask for what she wants because he should just “know.”

She may drop hints to help him out and then become even more annoyed when he **doesn't** pick up on them. The man, in turn, gets frustrated that nothing he does seems to be good enough. Eventually he gets discouraged and **stops** trying and she feels even more resentful.

Neither side has **bad** intentions, the problem is they **aren't** communicating properly, and the reason is because men and women have very different styles of communication.

Men do **not** pick up on nuances and subtleties in the same way women do, they need things spelled out in a clear and direct manner.

If you're **mad** at him, **don't** act passive aggressive until he asks what's wrong (to which you may reply, "nothing," and he'll take that to mean nothing is wrong and you will continue to simmer because he should freakin' know it's something!), just tell him what it is he did wrong. In relationships it's **not** usually what you say, it's how you say it.

If you tell a guy something, he is doing that is upsetting or hurting you in a loving, compassionate way, I guarantee he will try to fix it.

If you come from a place of anger or resentment, he'll shut down and will be less motivated to correct it. Freud is regarded as one of the most brilliant minds in psychology and even he had **no** idea what women want, so how do you expect the average guy to do it?

Most arguments in relationships stem from deeper underlying issues that never get discussed or resolved. Maybe a woman feels like her guy **doesn't** really care about her or **isn't** committed to her because he **isn't** as attentive as he was in the beginning of the relationship, and instead of being direct about it, she freaks out on him if he **doesn't** call her back one night or **doesn't** do the dishes after she slaved away cooking dinner for him. From there a big fight may ensue over something trivial while the real issue goes untouched. When you want something, or **don't** want something, just tell him.

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2. Appreciate Him

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Most women **don't** realize how starved men are for appreciation, I certainly had **no** idea until I started writing about relationships full - time.

The problem is that we usually love others the way we like to feel love. Women typically feel loved when a man is being giving and attentive to her and her needs. In turn, many women will be extra giving to their man, and while this is very nice and appreciated, it's **not** what men really crave.

What a man deeply desires is feeling acknowledged and appreciated for what he provides. He wants to feel like his efforts were a success – this applies to everything he does from taking you out for a fancy dinner to taking out the trash.

If he takes you out on a nice date, acknowledge and appreciate him for it and tell him you had an amazing time. Men are typically more responsive to compliments about something they have done rather than who they are. Women **don't** usually realize this because women like general compliments of the you're so pretty/nice/fun/caring sort.

Telling a man, he's thoughtful **doesn't** have the same impact as saying something he did or provided was thoughtful, such as: "Thank you for doing the dishes, that was so thoughtful of you."

When a woman really sees and appreciates her man, it makes him feel like the ultimate winner and he will do anything to keep her happy.

Another important relationship skill is to try and see the intention behind an action and appreciate that.

I have a personal **example** for this. Years ago, I was dating a guy and one night he called and asked if he could come over. It was getting late and I was exhausted, but he said he'd be over in a half hour so, I agreed. An hour and half later he still **hadn't** arrived, and I was fuming! Where could he be? Why is he even bothering to come over this late? Why do I have to wait up for him when I just need sleep!

He finally showed up carrying something that smelled delicious. I immediately went off on him for making me wait up for him and he sheepishly said, "I'm sorry, I wanted to surprise you and bring over a quesadilla from that place you love because I know you've been working so hard and barely have time to eat." Even though I was starving and had been fiending for a quesadilla, my anger **didn't** subside, and the rest of the night was uncomfortable and tense.

The mistake I made was in looking at the action (**him being late**), rather than the intention (**him wanting to do something nice to me happy**). I'm **not** saying I **shouldn't** have been annoyed by his lateness, but the night probably would have gone a lot differently had I appreciated his good intentions... and then after I could have nicely mentioned that the next time there's an hour - long line at the place he should just buy me a bag of chips and call it a day!

No one is perfect and **no** matter how great your relationship, there will be times when he **isn't** doing something exactly the way you'd like him to.

You'll get a lot further, and do a huge service to your relationship, if you focus on what he is doing right rather than on what he **isn't**.

3. Give Him Space When He Needs It

Another major difference between men and woman is in the way they handle **stress** and difficulties. While women typically seek out their friends and want to talk about it, men would rather retreat into the proverbial man cave and deal with it on their own. A woman might get upset when this happens and think he's shutting her out, but it really has nothing to do with her, it's just how he deals with things.

If your boyfriend seems stressed and begins to withdraw, just let him be. **Don't** coddle him or offer unsolicited advice or get on his case about why he **isn't** confiding in you. If he wants to talk about it with you, he will. If he **doesn't** and you continue to push him, you will just be another source of stress in his life that he needs to deal with, and he'll withdraw even further.

Men intuitively know that it isn't easy for a woman to give him space when he needs it, and if you can do it without feeling angry or resentful towards him, you'll be the woman who touches him more deeply than any other.

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3. Maintain Your Own Life Outside of the Relationship

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This tip **isn't** just for his sake, it's for your own too, lady.

I swear sometimes I feel like I should throw a goodbye party when a friend of mine gets a boyfriend because she'll literally fall off the map! I know I **won't** be seeing her at Sunday brunches or fun nights out. She **won't** want to go away with the, ah, us girls for the weekend.

Getting face time with her will never be easy and eventually you give up and resign yourself to the fact that you'll either see her again at her wedding, or if she becomes single again (**in which case, she'll be back in full force and down for anything!**).

It's **not** just my friends, women make this mistake all the time (**myself included!**).

They get into a relationship and the guy becomes the sole center of their universe. This is never healthy!

For one thing, it kind of puts your relationship in a holding pattern and creates a scenario where you can be dating for years and years without taking the next step. If a guy is getting all of you, all the time, there's **no** reason for him to take that extra step, but this is a whole other discussion.

Another issue is your relationship **can't** be your only source of **happiness** and fulfillment, you need to have a balanced life with several components filling you up in different areas. If you throw all of that away for your guy, then you add a lot of pressure to the relationship and will never feel completely satisfied with what you're getting from the relationship (**mostly because no one can be your everything**). You may start to resent your partner and feel that he owes you more since you gave up so much for him, but that's **not** fair because the sacrifices you made were your choice. Another reason **not** maintaining your own life outside of the relationship is problematic is you may end up staying in a **bad** relationship for far longer than you should have because, well, you have nothing else to go back to anything.

Men typically fall in love with a woman in her absence, **not** her presence. If you're always there he **won't** experience that deepening of the bond. To keep your relationship fresh and invigorating, it's essential to have time apart to do your own things. It gives you a break from the emotional intoxication of relationships so you can see things more objectively and it takes some pressure off the relationship so it can unfold more organically.

I know it's tempting to hang out with him every time he asks, I know it's flattering when a guy wants so much of your time, I know you may think it's because he is just so crazy about you... and maybe he is but giving in every single time is just **not** a good

strategy. If he's a decent guy, he'll respect your boundaries and will encourage you to do your own thing on occasion.

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5. Take Care of Yourself

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Don't stop working out, eating healthy, getting waxed, shaving your legs, blow-drying your hair, or any other healthy or beautifying activities that were a part of your life pre-relationship. Yes, it's easy to slide into a more laissez-faire approach when you're in a relationship, but if you do that then it **won't** be long before you're searching up and down to retrieve the burning spark that once existed.

Look, you **don't** need to be **red** carpet ready at all times, but you really should make an effort to try to maintain your appearance and look good for your guy. You put your best face forward during those first few months of dating and there's **no** reason for it to stop once things are more established.

It will keep the passion and **lust** alive in your relationship and also, it feels really good to a man when a woman puts in effort to look good for him.

The funny thing I notice is women in relationships (**again, myself included**), will lounge around the house in sweats and a messy bun and **no** makeup when they're home with their guy, but will put on a face-full of makeup and get decked out when going out, to impress strangers? The whole thing is so backwards.

A guy friend once lamented to me that his girlfriend had put on about 15 pounds since they started dating and had canceled her gym membership.

He told me he was still very much attracted to her, but he just **couldn't** understand why she **wasn't** taking care of herself anymore and that was more of a turn - off than the weight gain. He felt like she just **didn't** care anymore, and he felt stuck because there was **no** way to say something without her being offended and hurt. He pleaded with me to spread the gospel and tell women that while his love **isn't** only contingent on your physical appearance, it's really important (**and attractive**) to continue taking care of yourself at the same level as when you first met... and so I have!

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6. Smile!



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This is another tip that will enormously help your relationship, but also your life in general. Men **cannot** resist a woman with a smile. In fact, every guy I know has said a positive attitude is the number one most attractive quality a woman can have. Look, life **isn't** always going to be rainbows and sunshine, sometimes the poop hits the fan, but your life will be a much better place overall if you can tackle it all with a smile and the conviction that it will all work out.

This kind of energy is infectious, it draws people toward you, and it makes you the kind of woman he wants to be with forever.

Don't use your guy as a sounding board or your relationship as an emotional dumping ground. When your guy comes home, greet him with a smile... and then vent if you had a rough day and need to let it out.

Try to see the good in all situations, both in your relationship and outside of it. The things that happen in our lives, for the most part, are neutral, what makes them good or **bad** is our perception and the thoughts we attach to that event.

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[How to Pleasure a Woman — the complete guide to becoming a master lover!](#)

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Fifteen Things God **WON'T Ask: - (Author Unknown)**

1. God **won't** ask what kind of car you drove => but will ask how many people you drove who **didn't** have transportation.
2. God **won't** ask the square footage of your house => but will ask how many people you welcomed into your home
3. God **won't** ask about the fancy clothes you had in your closet => but will ask how many of those clothes helped the needy.
4. God **won't** ask about your social status => but will ask what kind of class you displayed.
5. God **won't** ask how many material possessions you had => but will ask if they dictated your life.
6. God **won't** ask what your highest salary was => but will ask if you compromised your character to obtain that salary.
7. God **won't** ask how much overtime you worked => but will ask if you worked overtime for your family and loved ones.
8. God **won't** ask how many promotions you **received** => but will ask how you promoted others.
9. God **won't** ask what your job title was => but will ask if you performed your job to the best of your ability.

10. God **won't** ask what you did to help yourself => but will ask what you did to help others.
11. God **won't** ask how many friends you **had** => but will ask how many people to whom you were a **true** friend.
12. God **won't** ask what you did to protect your rights => but will ask what you did to protect the rights of others.
13. God **won't** ask in what neighborhood you lived => but will ask how you treated your neighbors.
14. God **won't** ask about the color of your skin => but will ask about the content of your character.
15. God **won't** ask you if you loved your Grandma and Grandpa => but will ask you if you stayed with them a week each spring and each fall – if you had a real relationship with them.
16. God **won't** ask how many times your said deeds matched your words => but will ask how many times it **didn't**.

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12 STEPS TO BECOMING A MASTER LOVER

12 Step Program me to Become a Master Lover Everyone should be loved well and often by someone who knows what they are doing. Being a confident lover is a key part of masculinity, and the great thing about **sex** is that there's always more to learn! **Cassandra Lorius** trained in Sky Dancing Tantra nearly 20 years ago and has authored several books on Tantric **Sex**. She is a **Sex** and Relationship Therapist, trained at the Porterbrook (NHS) Clinic and works with couples and singles via Skype at:

<http://www.couplesextherapy.co.uk/>

She has authored a number of books, including Tantric Secrets; 7 Steps to the Best **Sex** of Your Life, and teaches Tantric massage together with her colleague, Martin. She currently offers nourishing days for couples in Devon, supporting relationship through massage, meditation and tantric couple rituals, together with her partner, Dharma.

The Tantric model provides a holistic model of **sexuality**, which couples may find more engaging than the traditional models **sex** therapists have inherited from the era of **sexologists** Masters and Johnson.

Tantra offers it's own powerful processes for conditioning a different kind of **sexual** response - one which incorporates breathing, visualization (**imagining sexual energy moving through the body and enlivening it**).

The more layers you create in a **sensual** experience, the more your experience intensifies and deepens. For instance, we know that breathing, vocalization, movement and fantasy (**visualization**) all intensify sensory experience and sensual pleasure.

Through Tantric practice you weave a rich tapestry of **sensual** experiences that deepens your capacity to give and receive pleasure, and by combining love, **sex** and **spirituality** leads you through **sensual** awakening to an experience of the sublime. The basic values of Tantra include cultivating connection (**emotional, physical and energetic**), meditative qualities, and **sensual** pleasure - deep immersion in your embodied experience of **sexuality**.

Cultivate presence rather than performance intimacy and **sexual** intimacy rather than **sex sensuality** as opposed to **sexuality** whole body eroticism rather than genital focus energy and flow rather than **sexual** excitement and genital friction enjoying pleasure, flow and connection rather than penetration and orgasm as a goal **sexual** communication loving kindness and devotion creating shared erotic experiences that deepen your connection and increase desire.

The basic values of Tantra include cultivating connection (**emotional as well as physical**), meditative qualities, and enhanced **sensual** pleasure, through a deep immersion in your experience of **sexuality**. Cultivate presence rather than performance intimacy **sensuality** love-making techniques whole body eroticism energy and flow rather than genital friction pleasure rather than rushing for your goal **sexual** communication confidence care and consideration shared experiences better orgasms. I propose to send you a fortnightly email taking you through 12 steps to **sexual** mastery. I plan to develop a women's digital course ready to start for Valentine's Day - which may be a perfect gift for the woman in your life.

I'm a writer and couple **sex** therapist, with experience in running Tantric workshops and creating tailor made days for couples. I offer couples support as a Tantric **sex** therapist. Each module will offer an exploration of the topic and suggest exercises, video recordings and some audio-files to support your practice.

I've been wanting to develop this for some time, but I need a group of participants so that I have deadlines and the opportunity for feedback to make the course better over time - it will take you through about 6 months. I'll suggest readings - some of which you'll find helpful, some of which you **won't**. We can add things like google hangouts if that seems necessary, or I can put together more video clips to support your exploration. Topics will include; Mindful **sex** Meditative approaches to **sex**; incorporating breathing and awareness Connecting; Creating a pelvic / heart connection, Awakening the senses; Intensify **sensual** pleasure through savouring. Giving, and receiving **Sexual** communication **Sexual** potency.

What do women want?

How to give a whole body massage Giving a genital massage. Pleasuring a woman Creating more desire and arousal Masculine **sexuality**, feminine **sexuality**, Slow **sex**. Give your woman an orgasm, multiple orgasms, expanded orgasms. Expanding your own Orgasm Ejaculation. After play. Sounds enticing, **doesn't** it? I hope you're interested in helping me support you in exploring these topics over the next 6 - months.

I have a huge amount of information which I am pulling together into a program me.... ready for use this for the coming Christmas or Valentine's Day.

<https://www.youtube.com/watch?v=IZfyBiB9B4I> 3 min

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Michele Weiner-Davis's TEDx talk "[The Sex-Starved Marriage](#)" on YouTube.

Michele Weiner-Davis, MSW is an internationally renowned relationship expert, best-selling author, marriage therapist, and professional speaker. Among the first in her field to courageously speak out about the pitfalls of unnecessary **divorce**, Michele has been active in spearheading the now popular movement urging couples to make their marriages work and keep their families together.

Michele is the Director of The **Divorce Busting**® Center and the founder of www.divorcebusting.com She has been a frequent guest on shows such as Oprah, 20/20, 48 Hours, The TODAY show, Good Morning America, CBS Evening News, and so on. Her work as been featured in most major newspapers and magazines.

<https://www.youtube.com/watch?v=Ep2MAx95m20&feature=youtu.be> 17 ½ min

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[4 Incredibly Easy Ways to Be an Awesome Husband](#)

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Related: [6 Tricks for Hotter Monogamy](#)

16 Tricks for Hotter Monogamy

Every couple reaches a point when the wild lust of exploration becomes a distant, exotic memory. Some of us, when the frisson fizzles, turn elsewhere for passion. Others remain faithful and figure boredom is the price we pay for love. Or you could reclaim the wildness of your first months.

The road to **hotter** monogamy is simply a matter of mind over monotony. It begins with a pledge to resist the cliché that familiarity breeds lower temperatures, a decision that you will **not** be doomed to a bleak future of ho - hum, twice – a - month slap 'n' tickle, and the determination to bring the same appetite for excellence to exalting your partner's body that you bring to every other arena of your life. Ready to bust your rut and rekindle your **sex** life? Here are 16 ways to keep the home **fires** burning **hot**.

Love Less, Want More

Energy often fades with time because we grow to love each other too much. Yes, too much. Forget all that treacle about how **sex** is enriched by attachment.

If it were, why are you still flashing back to that tall chick from Dayton who slipped into your dorm room freshman week at Yale and Eli-ed your bulldog?

No, lust can actually be doused by caring. Once we become fully human to each other, the selfishness that arousal requires is often gentled by affection. Now, make **no** mistake, full-spectrum love is the grand prize of life.

So, the secret is to build an attachment that is both sacred — as in the sappy hearts - 'n' - flowers stuff — and profane — as in the missus welcoming you home by reenacting the Phoebe Cates — emerging-from-the-pool scene from Fast Times at Ridgemont High.

That requires two strong-hearted and self-defined people.

That requires the vigorous, independent, self-reliant love of two self-actualized individuals, **not** the needy codependent love of one mouse for another. There has to be space between you across which a spark of hunger can arc.

In Fact, Feel Free to **Hate** Your Beloved

What person in a long-term monogamous relationship **isn't** driven nuts by something about his or her partner? Shrinks say this is because we resent our attachment to our partners, and the anger is a way of declaring our autonomy. A couple who stay **hot** for each other neither deny this anger nor give in to it. They acknowledge it and move forward, trying to soften it with kindness and consideration but without shame for the feeling.

Cherish Your Arguments

No single marriage myth is more depleting to **sexual** energy than the idea that Adam and Eve should always see eye to eye. Arguments, especially old reliable ones, keep us alert. Now, be careful. You want gender - inspired dustups about unimportant things, like the best way to load a dishwasher, not operatic exchanges about who has wasted his life by

hooking up with whom. Sure, you want common ground on big bedrock issues, but **don't** race to it on the small stuff. Verbal thrust and parry keeps the game interesting.

Fondle Feet

Every 2 weeks or so, when you're watching television together, take her feet in your lap and go to work, massaging away the worries of the world.

Note: This is **not** foreplay; it's caretaking. If she feels cherished, she'll get bountiful with her body — maybe **not** tonight, maybe **not** tomorrow, maybe **not** even this weekend, but much more over the course of a life together than she would if her feet went forgotten.

Make Memories

In the same way that nations and teams are united by events in their history, so too are monogamous couples inspired by great sexual moments in theirs. Just as the Fourth of July is an occasion of American pride, and Game 6 will forever thrill Mets fans, so will your memories of that weekend in Santa Fe or that artful quickie at Cousin Julie's wedding give your **sex** life the feel of a great unfolding story.

A **sex** life needs an album of greatest hits, sessions that stand out from the hundreds of garden - variety get - togethers. How these landmark hookups achieve their vividness **isn't** important.

It can be their intensity, their location, the props involved, the food, or the music that was the score. If you **don't** have such epochal events in your past — or they're all too far in the past — get to work.

Root, Root, Root for the Home Team

One of the benefits of longevity in a partnership is the chance to enjoy **sexual** traditions. But be sure to think outside the narrow Valentine's Day — wedding anniversary — Father's Day box. Consider annual sporting events as occasions. Have your own post parade on Kentucky Derby afternoon, complete with his-and-her mint juleps by the bedside in case anybody gets thirsty in the back stretch.

Surely, Game 1 of the World Series deserves a **sexual** salute. (**There is a position in which both partners can see the tube.**) On Election Day, celebrate democracy and America by shedding your grace on each other.

Say "I Understand, Baby" and "Is There Anything I Can Do for You, Doll?"

If hundreds of leading universities ever did such studies, they would show that a woman who feels respected and supported is far more likely to reenact the Jessica Lange — Jack Nicholson fandango from *The Postman Always Rings Twice* than is a woman who feels her man is an insensitive, self-absorbed jerk. Never argue about the validity of her feelings, even when they're totally bogus; just acknowledge them.

Of course, you can disagree with her ([see above](#)), but be careful to either actually honor her feelings or, if that's impossible, do a damn good job of acting as though you do. Moreover, though to ears deafened by political correctness, words like baby and doll sound condescending and **sexist**, to most women in relationships, they sound like love.

Rely on Your Bodies

One of the misconceptions about passionate **sex** is that it derives from the rest of a strong relationship.

A couple who listen to each other, respect each other, and share feelings are, according to conventional wisdom, better able to send each other soaring. But this is another of those chicken-and-egg deals.

Good **sex** can help create intimacy as surely as it can spring from it. Our culture tends to disrespect the wisdom of our bodies and defer to the far less dependable wisdom of our minds. But our bodies and hungers can connect two people in elemental ways, making them susceptible to each other's **spirits**. Submitted for your consideration: As surely as a vigorous **sexual** life is a result of a good relationship, it's also a prerequisite for one.

Let **Sex** Heal

Sometimes when you get **mad** — **no**, make that when she gets **mad** — **sex** is deliberately withheld, as a punishment for perceived slights. **Bad** plan. This weaponizes **lust**. Your **sexual** loyalty to your partner has to be stronger than some small oversight, like neglecting to call when you were going to be late.

Moreover or make-up, **sex** can be just the medicine you need. Touch helps you work your way back to each other. Our hips and hands are sometimes smarter than our brains.

Remember Pitcher Greg Maddux at His Best

Okay, maybe the future Hall of Famer **isn't** the **sexiest** image of all time. But this will help: Change speeds and change locations.

Use Your Tongue

Though we're uninhibited about things we'll do to each other, we're often sheepish about talking about the things we just did. Happy monogamy requires that we get over our shyness and speak freely about what we like and **don't**. Sure, we have to put things gently, but we have an obligation to be our own advocates, to tell the **truth**. **Death** to prissiness! Be a role model for her. Ask her what she likes and, ahem, likes less.

Now, you have to be prepared to learn that she actually **hates** the Nigerian Swirl that you have been deploying with such smugness for all these years. But that's a small price to pay if suddenly everybody's being candid and **sexual** yeas and nays are flying all over the room. Two people can love each other very much, but if there's **no** frankness about what they dig and what they **don't**, there's little chance that **sex** will grow richer and deeper and **hotter**.

Speak of Her Glories

Make sure she knows how beautiful she is and how **sexually** skilled she is, especially if she **isn't** — **sexually** skilled, that is. All women are beautiful, and people often grow into expectations.

Set Sex Free

In the early days of a partnership, the word **sex** usually means that some body part is inserted somewhere, and it most often includes at least partial nakedness. But as time goes by, the couple who would keep things exciting takes **sex** out of the bedroom and broadens its definition to include all kinds of touching. Now, this is **no** call for just cuddling; a man is entitled to want everything he wants.

But expand your physical life together to include all the ways a man and woman might touch / endorse each other: a quick make - out session in the laundry room, a supportive shoulder squeeze on the way out the door, a fondling here, a grope there, a caress, a head in a lap, a pinch of an ear, a tender tap. When touch is set free from the ghetto of orgasm, the purposefulness of intercourse drifts through every cove of our connection. This validation turns kittens into tigers, once the kids go outside to play.

Use the Whole Field

If you're Joe Suburb, that's **not** a deck behind your house; it's an arena. One redwood chair, one lap, maybe a leaf tarp if modesty requires, and — presto!

You've got yourself an autumnal invigoration, complete with crickets and intimations of first frost. And your car is more than transportation; it's a time machine back to the thrill of high-school hallelujahs.

Get Over This Mood Thing

Monogamous relationships often founder because one partner feels free to demur because she's **not** "in the mood," leaving Mr. Faithful, who has, alas, "forsaken all others," with nowhere to turn with his need. "The mood" is greatly overrated, and if a couple is going to stay happily monogamous, there will have to be some **sex** had by people who are **not** exactly "in the mood." This **doesn't** mean that a partner can never demur. A throbbing headache gets you a pass. So too does violent nausea. Or if you've received news of a loved one's **death** within the last half hour or so or been treated disrespectfully by the petitioner within the last 3 or 4 hours, take a pass all you want.

But **not** being "in the mood" is **death** if you expect to keep a relationship warm and energetic. Just like the Highlander, your physical relationship needs some routine maintenance. You go to work when you're **not** "in the mood."

You go to the gym when you're **not** "in the mood." When we accept a person's promise of monogamy, we take on a duty. Come on, take one for the team.

Be a Beast

The hectic pace of life is centrifugal, urging a man and a woman away from each other into separate orbits of less important obligation.

But in couples who remain durably warm, Tristan and Isolde always find their way back to each other, if only for a refresher moment every now and then. Make a habit of breaking out of the routine interactions of coming and going by every so often focusing powerfully on her and telling her you love her. Hold her strongly by the arms and command the rest of the world to recede.

There's a bubble around the two of you, and all that matters in this instant is your fierce love for her. **Don't** just say it; add a whisper of growl. You love her like a wolf. Yeah, yeah, sure, your love is deepened by her character and kindness and wit, but its origin had nothing to do with her traits. And yeah, yeah, sure, she's a good mother, a great cook, a loyal friend, but guess what? Passion **doesn't** need a reason. It just is — like the wind in west Texas. **Don't** actually say any of this stuff about wolves or west Texas; you'll frighten her. But if your attitude asserts the wildness of your taste for her, she'll feel safe.

In the end, the most powerful **sex** secrets **aren't** in technique, in learning to use your fingers like a French flutist or your tongue like an Asian lizard. The secret to keeping the pepper in your pas de deux is to stand up for the primacy of physicality in your life together, resisting the cultural conspiracy that dis-respects your taste for each other and tries to make it a bit player in your passion. Your longing for each other can enrich all of your feelings.

If we lived in a less cynical age, a fellow might argue that monogamy is your best chance at a fevered **sex** life.

A fellow might argue that though it is deprivation of a kind, it's also an invitation to develop expertise, a chance to take pride in knowing that a certain whimper means "just right," and that she prefers feathery in the morning but fortissimo at night. A fellow might feel lucky to recognize a certain cadence of hips and offering of lips. A fellow might be glad that she knows his secrets.

Monogamy **isn't** bean bag. It takes discipline and love and energy and is best **not** tried by non-serious men. But done right, the conspiracy of just two is sanctified by its focus, made big and bold and daring by the sheer size of the bet.

All the chips on one number. How's that for exciting? Spin the wheel.

Web Site <https://www.menshealth.com/sex-women/a19535555/hot-monogamy/>

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If you still have lingering issues to work out after an especially difficult dispute, the perfect time to do it is right after **sex**. According to a recent study in Communication Monographs, orgasm may facilitate intimate conversation, because oxytocin — a hormone related to trust and low stress — rises.

5 **Sex** Positions to Stimulate Her G - Spot

The **bad** news: we're **not** sure if the G - spot actually exists. The good news: if it does, here's how you can hit it.

You've probably heard about the G - spot, a part of the female anatomy that is said to produce orgasm after orgasm. Named after the German gynecologist who discovered it, Ernest Grafenberg, the G - spot is said to be a walnut - sized patch of tissue located at an upward, curved angle inside the vagina, near the back of a woman's pubic bone. You can find it by inserting two fingers into a vagina about two inches in and making a beckoning, "come here" motion.

Throughout history, G - spot orgasms have been widely considered the holy grail of orgasm. But it's a complex area that has spawned a great deal of misinformation. In fact, the G - spot might **not** even exist in the first place — or at least, it might **not** exist in the way we've traditionally thought of it.

Most people think of the G - spot as an individual organ. But recent research suggests that it actually may be a part of the clitoris. Basically, the clitoris is a lot larger than you think it is: the clitoral glans (the part you can see) is about two centimeters long, while the entire internal structure of the clitoris (including the wings and the bulbs) can extend up to five whole inches inside the vagina. The actual location of this area differs from woman to woman, which is why it may be so difficult to find.

It's also worth noting that most women can get off from penetration alone. According to some studies, anywhere between 75 and 80 percent of women cannot have orgasms from **sexual** intercourse alone, and require some form of clitoral stimulation to get off.

That said, most women do find vaginal penetration combined with clitoral stimulation incredibly pleasurable — and when it comes to helping her have an orgasm during **sex**, you'll want to pull out all the **stops** to up your partner's chances. Here are a few dynamite **sex** positions that are great for stimulating both the clitoris and the elusive G - spot (whatever it may actually be).

1 Lifted missionary.

Missionary is a good position for many women because it takes off the pressure to perform, giving her the chance to focus on her own pleasure. The problem? In missionary, there **isn't** a lot of space to reach the clitoris, so you can up your game by upping your partner. Place one or two pillows underneath your partner's butt. You can also use a pillow designed specifically for **sex** like the Liberator wedge (\$79.99, buy it here).

Known as the coital alignment technique, this move does two magical things: It allows your partner to grind her external clitoris against your pubic bone, and it gives you an upward angle to better provide internal stimulation. Talk about a game changer.

2 Flat doggy - style.

Doggy style is super-**hot**. To improve the chances of giving your partner an orgasm, have her lie flat on her stomach. This gives you even deeper penetration, allowing the head of your penis to more easily curve toward the inside of her vagina.

To amplify the position further, have her use her favorite wand vibrator for a double ride. Opt for something larger, such as a Le Wand (\$170, buy it here).

Underneath her for a double ride. She'll get the clitoral stimulation she needs, as well as intense internal pleasure. You can add a pillow under her hips if she has any lower back pain.

3 Sit to stand.

Have your partner lie at the edge of the bed with her butt as close to the end as possible. Stand next to the bed and enter her. You can either put her legs around your waist or over your shoulders, whichever is more comfortable. In this position, you'll be able to thrust deeply while also stimulating her clitoris. This is a great position to bring in a small vibrator like the Fin finger vibe (\$79.95, [buy it here](#)). You can also try putting a pillow underneath her to tilt her pelvis upward for optimum internal stimulation.

4 Oral sex at an angle.

The real issue with internal stimulation is that the G - spot is located at an upward angle, behind the pubic bone region. This makes reaching it with your penis difficult.

To optimize her pleasure while simultaneously providing clitoral stimulation, try using a G - spot wand during oral sex. We love this stainless steel wand from NJoy (\$129.99, [buy it here](#)), which is specifically designed to reach that nerve-rich area in her vagina. Combine this internal stimulation while drawing circles around her clitoris with your tongue. You will **not** be disappointed.

5 Open - legged spoon.

This take on the classic spoon position gives you that Sunday morning feel of lazy sex while simultaneously giving her the opportunity to lie back and focus on her pleasure.

Have your partner lie on her back. Lie under her on your side. Enter her at a perpendicular angle. She should be able to drape her knees over your side. Have her spread her knees so she has access to her clitoris. This is a fantastic position for both deep penetration and external clitoral stimulation. The combination will have her begging for more.

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Passionate Marriage

The Unbelievably Easy Way to Make Her 14 Percent Hornier

Discover why more time in the sack could lead to, well, more time in the sack.

A well - rested wife equals a hotter **sex** life. **Sleep may boost a woman's libido**, suggests new research from the University of Michigan.

Female study participants kept track of their sleep and **sex** life for 2 weeks. When the subjects logged more hours of shuteye, they reported feeling more aroused the next day.

For the women who were in a relationship, an extra hour of dozing increased their odds of getting busy the next day by 14 percent.

It's **no** surprise that she's more interested in a romp when she's **not** exhausted. But there's more to it than that, says study author David Kalmbach, Ph.D.

“The driving force could be biological,” Kalmbach says. “Some prior research has shown that sleep increases **sex** hormones, which can influence feelings of **sexual** desire.”

[\(Learn more about the science of her arousal with **How to Pleasure a Woman, the complete guide to becoming a master lover!**\)](#)

Rest may be crucial for you, too: Studies have shown that men with sleep disorders are more likely to experience **sexual** dysfunction, Kalmbach says.

Keep to a consistent, generous sleep schedule and encourage her to do the same.

Establish a bedtime, suggests Andrew Varga, M.D., Ph.D., a clinical instructor at NYU Langone Medical Center. Set an alarm for a half hour beforehand as a reminder to turn off electronics, dim the lights, and wind down — or maybe get frisky.

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Join up with a local volunteer non-profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a **positive** project that can lift your **spirit**. It also comes without a cost (**or very little**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

I've come to spend more and more of my time **volunteering**, serving on various committees and people helping groups in the community.

I am on a few local area towns ECO Development, Nursing Home Ambassadors, two area towns Church committees, and etc. It is hands - down the best thing I have ever done. Be a volunteer with your local **Lions Club** or other Non - Profit Org. and you will feel much better about yourself. Be only a volunteer – for a time - if later you wish, you may later to

join this local **Lions Club** it is later and it is up to you. You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation. Meet many new people and also maybe meet the next Him or next Her for YOUR life. This Web Site is sponsored by a **Lions Club**.

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