

Self-Help/Sex

## BE THE MAN SHE BRAGS ABOUT!

- Learn how to tease your partner during the day with phone calls, e-mails, or text messages. Studies show that women who are warmed up throughout the day are red hot by evening!
- Don't be in competition with your partner's favorite sex toys. Use them on her and double her pleasure.
- Learn how to give a woman an orgasm without going near her panties.
- Develop a private word with your partner that, when heard or spoken, requires you to kiss—no matter when or where.
- And much more!

**XAVIERA HOLLANDER** may not have invented sex, but she is certainly one of its most outspoken proponents. Her first book, *The Happy Hooker*, has sold more than 16 million copies, and she wrote the *Penthouse* column "Call Me Madam" from 1973 to 2005. She splits her time between the Netherlands and Spain.



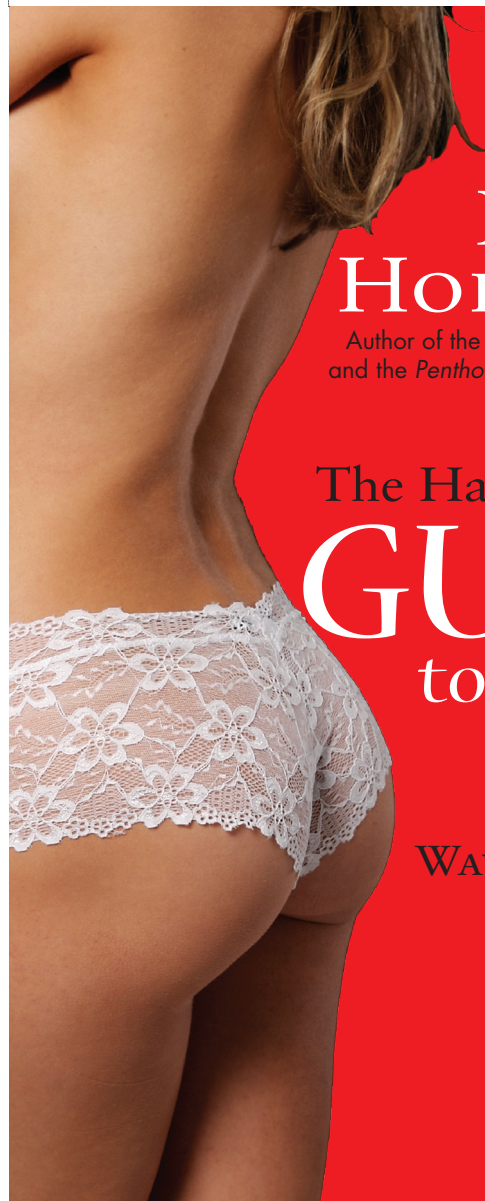
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HOLLANDER

The Happy Hooker's  
GUIDE TO SEX



XAVIERA  
HOLLANDER

Author of the bestselling *The Happy Hooker*  
and the *Penthouse* column "Call Me Madam"

The Happy Hooker's  
**GUIDE**  
to **SEX**

69 ORGASMIC  
WAYS TO PLEASURE  
A WOMAN

# **The Happy Hooker's Guide to Mind-Blowing Sex**

[www.xavierahollander.com](http://www.xavierahollander.com)

# **The Happy Hooker's Guide to Mind-Blowing Sex: 69 Orgasmic Ways to Pleasure a Woman**

**By Xaviera Hollander  
with Katje van Dijk**



Skyhorse Publishing

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# CONTENTS

<i>Acknowledgments</i>	<i>vii</i>
<i>Introduction</i>	<i>ix</i>
THE BASICS	1
CASANOVA'S DOS & DON'TS	53
POSITIONS & TRICKS	117
GETTING KINKY	177
<i>Epilogue</i>	<i>245</i>

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# INTRODUCTION

*“In my opinion there are really very few frigid women and lots of lousy lovers.”*

*—Xaviera Hollander,  
Penthouse Letters, August 1978*

What I have put together in these pages are the best tips for pleasuring a woman, and in the process, have mind-blowing sex. And if you follow the advice herein, you will have that kind of sex over and over again. I tried hard to avoid doing what others have done—and that is: stating the obvious. You will not find advice in here about how to attract and seduce a mate; you won't hear me telling you to brush your teeth before a kissing session. You should know that already. These sixty-nine tips are devoted to getting you to mind-blowing sex, time and time again. If you want the basics, buy one of those other books. This book is for the man who is serious about getting the most out of his sex life.

I do start by assuming you have a sex partner in your life, because, for most women, the casual dalliance or “one night fling” is not usually where she has had her best sex. It happens, but it is rare. For most women, to get to good sex they have to abandon themselves

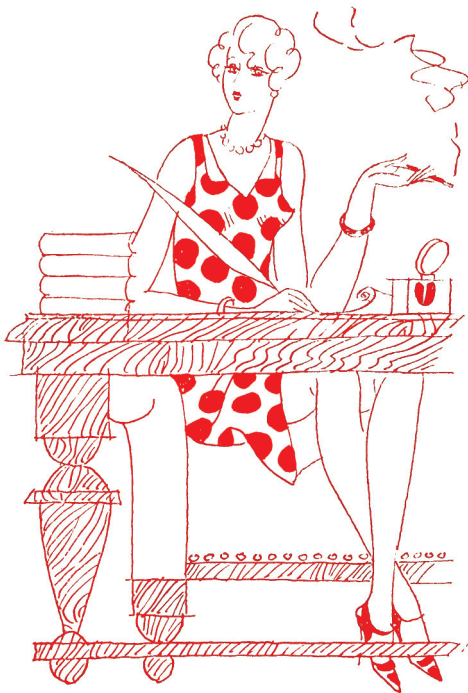
to the animal act, and getting to that point requires a lot of trust. You can't build the kind of trust you need, generally, in the first date.

Yes, there are couples who report having mind-blowing sex the first time, but I would say that this happened either because they had gotten to know each other very well ahead of time, or because the man had a lot of experience and was very good at reading her, or else they were just both horny as hell and it scratched an itch and seemed mind-blowing, even though it was rather ordinary.

If you want consistently great sex, you must please your partner. If you want her purring at your feet and willing to play any game or do anything your vivid imagination comes up with, you have to keep yourself focused on her satisfaction first and foremost. Great lovers know that. Great sex is unforgettable sex, and great lovers are known for making an unforgettable memory, a memory that remains with her for years or decades to come. That's what you want, and that's what this book will coach you to do.



# THE BASICS



# 1

## UNDERSTAND THE HOLY TRILOGY OF THE CLITORII



For more than thirty years, I have been advising men that when it comes to women, more than 90% of sex is between the ears. Recently, I had an opportunity to interview a modern day “dating and mating anthropologist” Robert Sherwood. He lamented that the problem with men is that they don’t look past the one clit—they don’t see that women have three clits. Mr. Sherwood expounded on his theory of the Trinity of the Clitorii. “All three are erogenous zones,” he said. “And they are all intricately connected. If you feed only one of the three, or even two of the three, she will starve. You must tend to all of her clits, as if they are one.” I was delighted with his metaphor because it put an exclamation point on my theory—you can’t just tease the body, you have to tease her mind and heart as well.

Women have much more complex needs than men and a man needs to understand that complexity to be a great lover. You can take all the sex tips in the world, but unless you can read her needs properly, and unless you can apply the actions to her moods properly, you are going to miss the mark and mind-blowing sex will elude you. One woman wants it hard and rough and another wants it soft and cuddly. The same woman will want both at different times. She may need to be taken one night and another time she wants a very easy friend to cuddle with. You have to learn all you can learn about her and then apply it to cradling her heart clit and tickling her brain clit. And, of course, if you

don't feed her vivid imagination and need for fantasy, she will likely find someone who can.

Generally, men are much more simple beings. As a group, you have your complexities and issues, but when it comes to matters of the heart, the simpler the better for most men. Here's your tip: Dump that mode of thinking and learn to be more complex yourself.

**Learn to present both the good boyfriend and the bad.** "Women are seeking the perfect combination of gentleman and arse," said Mr. Sherwood, and he's right. Get in touch with the warrior and the wimp in you. Seek out the good guy and bad guy in you. And learn how to present each at just the right moments.

*"Sex is one of the nine reasons for incarnation. The other eight are unimportant."*

*—George Burns*

To get her heart clit stimulated, you just have to be a decent person. Have high integrity. Do what you say you are going to do. Say what you mean. Make her feel safe. A woman's heart craves safety.

To stimulate her brain clit, abandon the good boy and bring out the bad boy. Women are genetically programmed to seek out the alpha male (the bad boy) and he is the one who stands out from the pack. It's the same reason why a beautiful woman can have four men fawning all over her and the one she is rubbernecking

is the one who just insulted her as he passed by. Well, sort of insulted her. What he was really doing was tickling her brain clit when he leaned down close and said, "You'd be mighty pretty if you didn't wear so much make-up." He made himself stand out from the pack, he stimulated her brain clit by challenging her, and he did it discreetly, privately, which was another signal—this one to her heart clit, a signal that said "this man would be safe to engage with." That's why I said it is complicated. The heart wants safety—the brain wants thrill.

To be a great lover, to provide mind-blowing sex time and time again, you must first understand and come to grips with the Holy Trinity of the Clitorii. You must understand the varying needs of the various clits. You must learn to engage the brain clit, soothe the heart clit, and if you do that, the body clit will follow you in any flavor of sex, any game, any position, any time, any place, and anywhere.