



Her *Open* Book

A MANUAL FOR YOU

The woman who shared this book with you is giving you something most people never get: an open book to her sexual preferences and desires.



What she wants.

What works for her.

What she's learned about herself over the years.

It's all here, as an invitation.

Take your time with it. Some of it may already be familiar. Some of it might surprise you.

What might you notice on a second read that you missed on the first?

If a line stings a little, that's normal. Nothing here is a verdict on you. It's more like a map, and she's handing it to you because she wants to be found.

She isn't a formula, either.

What she wants one night might not be what she wants the next. This is a place to start, not a script.

And when you've finished, maybe the best response is the simplest one: *thank you*.



Setting the Mood

Desire doesn't start in the bedroom. It starts with how she feels in her day, in her body, and with you.



When is she usually most in the mood?

There's no schedule. Her desire shows up when it shows up, at seven in the morning or halfway through a Wednesday afternoon. That's good news for you. You won't be waiting for a time slot. You'll be watching for a moment instead: the look that lingers, the hand that stays on your leg a beat longer than it needs to. Pay attention and you'll start catching it.

What kills the mood for her?

When she's with someone she's attracted to and things are good between you, she's going to be in the mood.

What shuts it down lives in her head more than in the room. Feeling self-conscious does it. So does feeling disconnected from you. Desire runs on an accelerator and a brake, and easing off the brake often does more than pressing harder on the gas. For her, the brake looks like this: you haven't given her a compliment lately, or you're with her but not fully present. Neither one is dramatic. Both add up.

Presence is the one you control in real time. Sitting next to her while half your brain is in your phone isn't being with her. When she's talking, look up. When you're touching her, be there for it, instead of drifting into tomorrow's to-do list.

And if things have felt a little distant between you, close the gap with conversation before you try to close it with your body.

What helps her feel confident and desirable?

She's a confident person. That confidence still runs on something, and a lot of it runs on you complimenting her and telling her you want her, that you find her sexy. When that goes quiet, she feels less confident and less desirable, which is not the frame of mind anyone has great sex in.

So say it. Out loud, often, and not only when you're hoping it leads somewhere. Make it specific. The way her

neck looks when she pins her hair up, the way she moves when she's not thinking about it. General praise is pleasant. Specific praise proves you were actually looking, and that's the kind she believes.

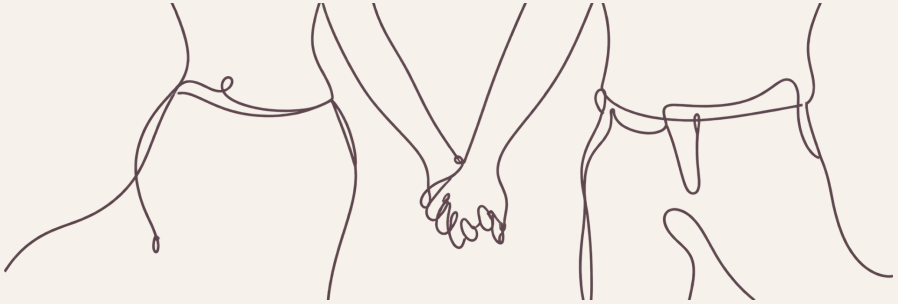
In bed, the same message comes through your hands. Reach for her without hesitating, because confident touch tells her you want her before you say a word. Then slow way down and take your time with her body like you have nowhere else to be. Softer lighting helps her settle into all of it: a lamp, a candle, anything but the overhead light that makes every bedroom feel like a dentist's office.

Under everything, she wants to feel that you're really into her. Eye contact does a lot of that work. So does letting her hear you.

Try this: Switch off the big light and turn on a lamp.. And once a day, tell her one specific thing you find sexy about her, outside the bedroom, when there's nothing in it for you.

Before Anything Starts

For a lot of women, sex starts long before anyone touches. It starts with how she's treated all day.



How does she feel about affection outside of sex?

She wants to be touched. All the time. Touch is her love language, and she's been in relationships that didn't fulfill her need for touch and affection. Now she couldn't be with someone who isn't touchy feely. If that comes easily to you, wonderful. If it's a muscle you haven't used much, it builds fast.

Think small and constant. A hand on her lower back as you pass behind her in the kitchen. Fingers laced on the walk to the car. Her feet in your lap on the couch. A kiss hello that lasts long enough to actually count. None of it needs to lead anywhere, and most of it shouldn't.

It does pay off later, though. Affection during the day makes her more likely to be in the mood that night. That isn't a reason to treat every hug as a down payment. It's just how she works: the touch keeps the line between you warm, and desire travels along it.

How much build-up does she like before things get physical?

Women are ovens and men are blow torches. The more build-up the better, and her ideal stretches it across hours.

On days you're apart, she doesn't need the long warm-up. It's when you're around each other that the hours count, so a lazy Saturday together is an open invitation. Kiss her in the hallway and walk away. Say something over lunch that sits with her all afternoon. Brush past her closer than the doorway requires. By evening, she's already halfway there.

Try this: On a day you're home together, start early and refuse to follow through. A long kiss at ten, a hand on her hip at two, a whisper about later around five. Then when later finally arrives, let it take its time too.

When she's not in the mood yet, what helps her get there?

She's almost always in the mood.

For the times she isn't, the way in is slow kissing and touching with no pressure on it. And then there's the express lane. If she's not in the mood and you start making out, and you suck on her tits, it's game over. She'll definitely want to have sex.

That's desire doing what it often does for women: arriving after things begin instead of before. Responsive desire is common, and it isn't a sign she doesn't want you. It just tends to show up a few minutes in, once her body has something to respond to.

The no-pressure part is what makes the rest work. Start kissing her because kissing her is good on its own, and be genuinely fine if that's all it turns out to be.

Watch out for: treating the express lane like a guarantee. It works because she's relaxed and nothing's being demanded of her, and a make-out that's obviously a means to an end stops being either. If she's not into it on a given night, that's an answer about that night, nothing more.

How often would she ideally like to be intimate?

Every day. More than once, on a good day. The more sex the better, and there's no asterisk on that.

The one thing to hold onto is that her number describes her appetite, not a quota for either of you to hit. Protect the time together that makes it easy, keep the affection flowing in between, and enjoy being with someone who wants it this much.

Kissing and Touch

How you kiss her and how you touch her tell her how present you are. The invitation here is to slow down.



How important is kissing to her during intimacy?

Essential. Kissing is how she feels connected to you, and without it, sex can feel like it's happening near her instead of with her.

And it isn't a warm-up she's talking about. She loves kissing and being mouth to mouth during sex, start to finish. Deep tongue kissing, breathing into each other, faces so close you're sharing air. That's what's hot to her.

Plenty of men kiss on the way in and then get busy elsewhere. With her, keep coming back to her mouth.

When you change positions, find it again. When things slow down, that's where you go. When things get intense, a deep kiss is part of the intensity.

Try this: Choose positions where your faces can stay together, and stay there longer than feels efficient. Slow your breathing until it matches hers, and let the kiss set the rhythm for a while.

What kind of touch does she like most at the start?

Start with all of her. She loves being touched all over her body, with her genitals saved for last. She wants to feel that you love every part of her, not just the sexual parts. Her shoulders count. So do her calves, the backs of her knees, the dip of her waist, her hands.

How you touch matters as much as where, and she likes range. Sometimes barely there, fingertips trailing so lightly she's waiting for the next one. Sometimes slow and firm, a full warm hand that means it. Sometimes you just hold her, pulled in close before anything else happens. Moving between them keeps her guessing in the best way.

Watch out for: the beeline. A hand that heads straight south tells her the rest of her body was a hallway. Take the long way, then find a longer one.

Where does she most love being touched?

Two places, and they live in completely different worlds.

Her hair and scalp aren't sexual for her. That's touch for the couch, when you're cuddling or watching a movie: fingers moving slowly through her hair, nails light against her scalp, the kind of thing you can do for twenty minutes without it going anywhere. It isn't supposed to go anywhere.

Her breasts are the other world. They're super sensitive and they get her really turned on, so she loves to have them massaged, stimulated and sucked. Give them real time. Start with your whole hand, firm and slow, then bring your mouth in. When something makes her breathing change, stay with it instead of moving on the moment it works. Rushing past her breasts to get somewhere else means skipping one of the best parts.

Try this: Your mouth on one breast while your hand works the other, then switch, then back again. And ask her what she wants more of. On a spot this sensitive, a quick harder or softer saves a lot of guessing.

What Works for Her

This is where it gets specific. Read it with curiosity rather than pressure.



How much foreplay does she usually need to feel ready?

Ten to fifteen minutes is her sweet spot, and more is better. That's longer than a few kisses and a hopeful hand, and shorter than most men fear when they hear the word foreplay.

There's flexibility built in. She can be faster when it's occasional, a quick one now and then, as long as quick isn't the norm. What she can't do is feel like you're rushing to intercourse. That's a big turn off, and it's the kind that lingers.

The fix is mostly a mindset. Foreplay with her isn't a lobby you pass through on the way to sex. It's sex. Kissing her, touching her everywhere, letting her get worked up: all of that is the main event too, and treating it that way changes how your hands move.

Watch out for: the clock in your head. If you catch yourself thinking about when you get to move on, that's usually right when she can feel it. Slow down, go back to her mouth, and let her be the one who decides it's time.

What gets her most turned on?

Making out and grinding. Fully clothed or close to it, bodies pressed together, moving against each other with nowhere to be. For her that's anticipation and teasing at its best, and it gets her going in a way that skipping straight to undressing never will.

Underneath it is a whole cluster of things that light her up. Feeling wanted does it. Physical touch does it. Words and compliments do it, especially in the moment, when she can hear how much you want her while you're still kissing her. Grinding happens to deliver all of them at once, which may be why it works so well.

Try this: Next time things start heating up, keep the clothes on longer than you normally would. Pin her against a wall or pull her into your lap and just grind,

kissing her the whole time. Let the wanting build until neither of you can stand it.

How does she feel about receiving oral sex?

She loves it. It's the best way to make her cum, so it really needs to happen every time you have sex. Not some nights. Every time.

That's about as clear as a woman can make it, and it's worth knowing why oral matters this much. In a survey of more than 52,000 US adults, 95% of straight men said they usually or always came during sex, compared with 65% of straight women. The same study found that women were more likely to orgasm when they got oral. Going down on her is how you close that gap in your own bed.

So give it time and give it enthusiasm. She should be able to tell you want to be there, that it isn't a quick stop or a favor. Settle in like you've got all night.

Watch out for: switching things up the moment she starts responding. When something's working, the most useful thing you can do is keep doing exactly that, at the same pressure and the same pace, until she tells you otherwise.

What kind of stimulation helps her orgasm?

The best way is oral. Second is your hands. A toy works too, and she uses a vibrator to get herself to orgasm.

Then there's the detail that changes everything: it takes a lot less time if you also play with both her nipples. Picture it. Your mouth on her clit, your hands reaching up to her breasts, both nipples at once. Or your fingers on her clit while your mouth takes one nipple and your other hand the other.

Notice what's not on the list: penetration. That's very much in good company. In a national survey of 1,055 US women, only about 18% said intercourse alone was enough to get them there. Around 37% said clitoral stimulation was necessary, and another 36% said it wasn't required but made their orgasms better. Her clit is where her orgasm lives, and oral and hands are the roads in.

Try this: Make her orgasm part of the plan before intercourse, through oral with your hands on her nipples.

How often does she want to orgasm?

Every time. And she's learned that when a man doesn't take the time to make that happen, she reads it as lazy or selfish. Done right, it only takes about ten minutes to get her there.

Ten minutes. That's the whole ask, and the methods are already in your hands: oral, fingers, her nipples. What it really comes down to is that sex isn't over until she's had hers. If you finish first, you're not finished.

How does she feel about using toys together?

Open to it. She doesn't have a lot of experience with toys as a couple, but she's down to try anything. That's an enthusiastic yes with a blank page attached, which is a fun place to start.

She already uses a vibrator on her own, so one idea is to start there. Bring it into bed together and let her show you how she uses it, or hold it for her while you kiss her. From there, browsing a shop together can be its own kind of foreplay. A toy never replaces you. It's one more thing you two get to play with.

Try this: Pick something out together, online or in person, and make the choosing part of the fun. Then use it the first time with no goal attached, just to see what it does.

Does she wish there was more variety in her sex life?

Yes, a lot more. She likes things to be novel and fun, and she's found she's usually the one coming up with ideas. She doesn't want to be the only one.

So the role here is co-conspirator. She isn't looking for you to roll out a fully planned production. She wants someone who brings ideas too, so the two of you are building it together. Suggest a new room, a new time of day, a new order of things. Text her something you've been wondering about. Some ideas will be hits and some will be funny, and both count as contributing.

Try this: Keep a running list of things you'd like to try with her, and bring one to the table every so often before she has a chance to. Then ask her for one of hers.

Pace and Communication

Good sex is a conversation, even when nobody's talking.



What pace does she usually like?

Fast and intense, but the real magic for her is the contrast between fast and slow. Going fast for a long time stops being exciting. It becomes rhythmic and gets boring.

Think of pace as something you play with rather than set. Go hard, then drop to almost nothing, slow and deep and close, then build again. The shift is what wakes her up. A long stretch of the same speed, even a fast one, is what lets her drift.

Try this: When you notice you've found a groove and stayed in it, change it. Slow down until she's pulling you closer, then give her the intensity she's been waiting for.

Ask her once in a while whether she wants more or less, faster or slower.

How much talking does she want during sex?

A little. A few good words, well placed.

What she'd like to hear: compliments, how things feel, loving words. She'd like to hear you tell her what to do, too, which is a different flavor and a good one. A low voice telling her to turn over, to come here, to keep going. And laughing is fun. Sex with her doesn't need to be solemn, and a laugh in the middle of it can make things closer, not break the moment.

Is there anything she doesn't love?

She's learned that she wants a man who's present. Not just there physically, going through the motions, but actually with her. Sex should be adventurous and fun.

A few other things she's learned don't work for her. Too rough is one. Firm and intense are good; rough is a different thing, so let her be the one who turns it up. Going too fast is another, which sounds funny next to her love of fast and intense, but it's about timing. Fast belongs later, once she's there. Rushing to the main event and the same routine every time are both off the table, and so is

sex with no spontaneity in it. She wants to be surprised. She wants to feel taken by the moment, not scheduled.

Try this: Grab her when she isn't expecting it. A kiss against the counter in the middle of a Sunday, an idea at a strange time of day.

How does she want to hear what you like?

Afterward. She'd rather stay inside the moment while it's happening, and talk about it once things have settled.

That works nicely, because the minutes after sex are already a natural time to talk. Lying there, still close, you can tell her what you loved and what you'd like more of. Pair the request with something that worked, so it reads as wanting more of her instead of correcting her.

She's put everything on the table for you. The best way to answer that is to match it, and tell her, plainly and generously, what you want too.

The Rest of the Story

What's left is the part that rarely comes up on its own. Which is exactly why it's here.



How does she feel about giving oral sex?

She loves it. When she's with someone she adores and feels safe with, she loves doing it a lot. This is something she enjoys for herself, not a favor she's doing.

Her one ask is simple: be clean and trimmed. That's it. Shower, keep things tidy, and you've cleared the only hurdle.

The rest takes care of itself through the things that make her feel adored and safe in the first place. Enjoy it out loud. Let her hear what she's doing to you. Tell her afterward what you loved. She'll set the pace and the

length, and appreciation without expectation is what keeps her wanting to.

What does she want most after sex?

Talking. She'd love a moment to honor the beautiful occasion that just occurred, and perhaps to talk about what you both liked and how it was.

This is where she feels most cared for. Not rolling over, not reaching for your phone, but staying in it together a little longer. Lie there tangled up. Tell her what you loved. Ask what she loved. This is also the moment she'd most like to hear what works for you, so the conversation goes both ways.

Try this: Make it a small ritual. Before anyone gets up, one thing each that you loved about that time. It honors what just happened, and over time it becomes the best feedback loop you'll ever have.

Does she ever feel pain or discomfort during sex?

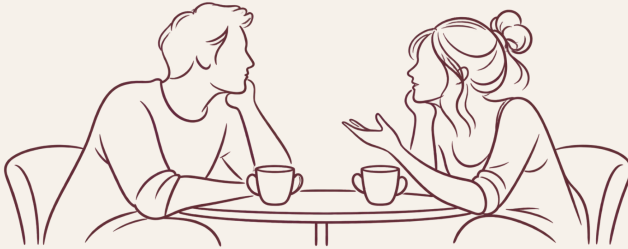
Sometimes, when she isn't ready or aroused enough. If you go too deep too soon, she feels pain in her cervix. What prevents it is going very slow and shallow at the start.

There's a physical reason this works. When a woman is fully aroused, the vagina lengthens and lifts the cervix out of the way, sometimes called tenting. In Masters and Johnson's research, depth went from roughly 7 to 8 centimeters unaroused to roughly 11 to 12 when aroused, about an inch and a half of extra room. The exact numbers vary, but the principle holds: before she's fully turned on, that room may not be there yet, and depth can hurt.

So arousal comes first, and depth comes later. Enter slowly. Stay shallow for a while. Let her take you deeper when she's ready, at her pace, rather than you deciding when. Positions where she controls depth, like her on top, can help too.

Pain during sex is common, and plenty of women never mention it. In one national study, around 30% of women reported pain the last time they had intercourse, and only 57% of them told their partner. If it ever hurts, stop. Make it easy for her to say so, every time.

Talking About This



This manual isn't the end of the conversation. It's the beginning.

At some point, you'll probably want to bring it up. A relaxed moment tends to work best. Not right before sex, and not in the middle of a disagreement. It can be as simple as, "I read it. Thank you. Can I ask you about a couple of things?"

Questions that come from curiosity land very differently than ones that come from worry. "What does slow feel like to you?" opens a door. Anything that's really asking her to reassure you tends to close one.

During sex, a check-in doesn't have to stop the moment. A quiet "like this?" or "more?" is often enough. And her face and her breathing are saying plenty too, if you're listening.

If she tells you something in the moment, it's not a critique. It's her letting you in. What would it look like to simply adjust and keep going?

And somewhere along the way, share yourself too. What do you love? What would you like? She went first.

What's one thing you'd like to ask her?



One Last Thing

She wants to be wanted, out loud and all the way through. She wants a man who reaches for her on an ordinary Tuesday, who stays at her mouth, who's actually there when he's there. She wants it often, she wants it playful, and she wants someone who shows up with ideas of his own. None of that asks for perfection. It asks for presence and a little appetite to match hers. Bring both, and you'll find someone who meets you more than halfway.



Pay attention. Be with her. Look again.