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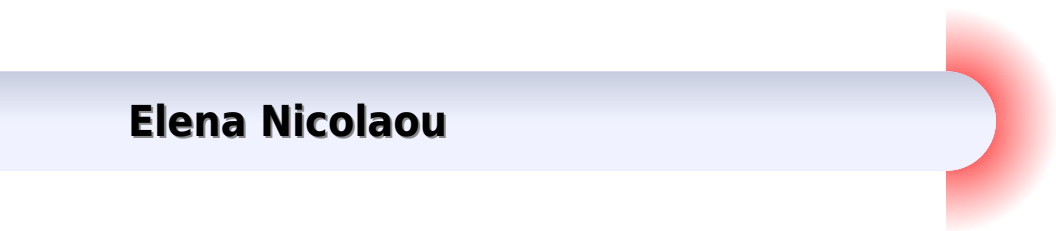
# She Comes First

*The Thinking Man's Guide  
to Pleasuring a Woman*

Ian Kerner

# She Comes First The Thinking Mans Guide To Pleasuring A Woman

**Elena Nicolaou**



## **She Comes First The Thinking Mans Guide To Pleasuring A Woman:**

**She Comes First** Ian Kerner, 2010-01-05 As women everywhere will attest men are ill cliterate Most guys know more about what s under the hood of a car than under the hood of a clitoris But in the world of *She Comes First* the mystery of female satisfaction is solved and the tongue is proven mightier than the sword According to sex therapist and evangelist of the female orgasm Ian Kerner oral sex isn t just foreplay it s coreplay simply the best way to lead a woman through the entire process of arousal time and time again Can you say viva la vulva Fun and informative *She Comes First* is a virtual encyclopedia of female pleasure detailing dozens of tried and true techniques for consistently satisfying a woman and ensuring that sexual fulfillment is mutual

**Summary of *She Comes First*** SellWave Audio, 2025-10-30 *She Comes First* is a groundbreaking guide that redefines the approach to sexual intimacy focusing on the often overlooked art of pleasuring women Ian Kerner a renowned sex therapist presents a bold philosophy that positions oral sex not as mere foreplay but as the central element of arousal and satisfaction The book addresses the widespread challenge many men face in understanding female pleasure and provides clear practical guidance for navigating it successfully Kerner combines humor insight and expertise to demystify female sexuality offering a detailed step by step exploration of techniques that maximize arousal and satisfaction Beyond mechanics he emphasizes the importance of attentiveness patience and responsiveness making sexual experiences more connected and mutually rewarding Accessible and engaging the book empowers men to prioritize their partner s pleasure while fostering communication trust and intimacy It is both an educational resource and a manifesto for a more mindful enjoyable and satisfying approach to sexual relationships Ultimately *She Comes First* champions a shift in perspective encouraging readers to embrace the power of focus skill and empathy in cultivating deeper more fulfilling sexual connections

**Summary of Ian Kerner's *She Comes First* by Milkyway Media** Milkyway Media, 2018-08-30 *She Comes First The Thinking Man s Guide to Pleasuring a Woman* 2004 is a complete and detailed guidebook for performing cunnilingus Author and sex counselor Ian Kerner argues that women require prolonged and consistent clitoral stimulation to achieve orgasm which can best be provided through oral sex Purchase this in depth summary to learn more

**He Comes Next** Ian Kerner, 2009-10-13 Transform Yourself from Passion Victim to Passionista In the smash hit *She Comes First* Ian Kerner singlehandedly waged battle against male sexual ill cliteracy and women everywhere benefited from his viva la vulva philosophy of female pleasure Now in *Passionista* it s time to learn all about what turns men on and makes them stay on In this point by point blow by blow guide Kerner makes giving as much fun as receiving as he covers every angle of male sexuality unlocks the secrets of satisfaction and offers knowledgeable answers to the questions every woman wonders about His advice is the closest you ll ever come to waking up in a guy s skin and knowing what truly makes him sexually tick Written in the same witty insightful and utterly readable voice that has made *She Comes First* and *Be Honest* so popular *Passionista* is the empowered woman s guide to enjoying sex to the fullest

**The Sexual**

**Health Guide | Men's Health and Women's Health | With Sex Positions** Elena Nicolaou, 2019-07-15 This book is well written for both male female and has nice pictures and drawings I want to Say If you re looking for some magic formula to enhance your sex life there is having If you re looking for some magic formula to enhance your sex life there is having

*Formula One Noel* Christina Braver, 2022-11-23 Two overachievers One incredible night Can they add up to forever Dr Nora Reynolds saves lives It s what she does It s all that matters Walker Hewitt wins Formula One races It s what he does It s all that matters She s on the verge of leaving the ER to do research despite her parents objections He s on the verge of leaving the flashy career his billionaire family is so proud of They both need a break A snowstorm trapping the two strangers in the city is the perfect opportunity to be someone else for a while It s one blissful night against a backdrop of holiday lights Until Walker invites Nora to spend a few more days with him on his family s snowy private island off the Washington coast They ll be alone She can work on her grant proposal by day and he can worship her body by night It s perfect But a glimpse of life with Walker threatens Nora s resolve to keep it casual It was just supposed to be one night Now he wants them all She could never abandon her life s work to follow her heart could she A steamy forced proximity secret identity he falls first billionaire love story containing a driven heroine a racy hero and a touch of holiday magic With 5 spicy scenes and enough heat to melt the snow outside no cliffhangers and a guaranteed Happily Ever After it s about performance family and the lies we believe until love makes the truth impossible to ignore

*What Every Mental Health Professional Needs to Know About Sex* Stephanie Buehler, 2013-07-29 Although sexual issues frequently arise in therapeutic practice mental health professionals are often uncomfortable and poorly equipped to address them Written by an author who is both a psychologist and sex therapist this practical guide provides information tools and exercises to increase the confidence and comfort of the mental health professional called upon to treat sexual issues during the course of therapy The book is based on the premise that the therapist must be comfortable with his or her own sexuality in order to offer appropriate treatment This guide discusses the characteristics of healthy sexuality for both client and therapist and explores the reasons that may underlie a therapist s discomfort with addressing sexual issues Using case studies and sample dialogues it covers a multitude of common and unusual sexual problems couple s issues questions that parents may have about sex working with LGBT clients sex for survivors of trauma sexuality and aging sexual pain disorders and how to assess whether more extensive sexual therapy is needed The guide demonstrates how therapists in different modalities can incorporate treatment of sexual problems into their practice and covers relevant ethical issues Included is a downloadable set of practitioner s resources that includes worksheets and client handouts that can be immediately put to use Additionally the book provides resources for more in depth information and discusses collaboration with other health professionals

**Key Features** Discusses how to comfortably and effectively discuss assess and treat clients sexual concerns Supported by case studies and therapist clinician dialogues Includes Step Into My Office sidebars taken from the author s own experience Provides downloadable resources

including assessments worksheets and client handouts

*What Men Want in Bed* Bettina Arndt, 2012-01-01 Across the world the story is the same Sex scandal Media frenzy Another prominent man caught with his pants down So why do men take such risks for sex Sex therapist Bettina Arndt's new book is all about why sex matters so much to men More than 150 men kept diaries for her talking about what it is like to live with that constant sparking sexual energy and relentless uncontrollable all consuming Their painfully honest confronting often hilarious stories explain their quest for sexual adventure their secret delights the thrill of giving pleasure why some men turn to pornography and men's delight in the Viagra revolution With every second man over fifty dealing with erection problems Bettina offers advice on the wondrous new treatments giving men a new lease of sexual life Her diarists reveal what it is like to pop little blue pills or inject their best friend or face impotence after prostate cancer treatments or use treatments with a reluctant partner *What Men Want In Bed* lifts the lid on men's longings frustrations their fears and their intense joy in making love **Dear Bi Men** J.R. Yussuf, 2024-04-16 An unapologetic guide for readers who are Black masc and bi unlearning biphobia coming out combatting erasure and embodying your whole self Through cutting social analysis personal stories and need to know advice *Dear Bi Men* reclaims bi visibility in a culture of erasure and unapologetically centers Blackness in a practical and deeply researched guide to navigating life work and relationships as a Black bi man Popular representation of bi and pansexual men is growing but we're not there yet It's mostly white It collapses bisexual identity into tired hypersexualized tropes And it fails to interrogate the deeply entrenched stereotypes that insist You're confused You just don't know you're gay You're greedy You must be great in bed Author peer counselor and creator of bisexualmenspeak J R Yussuf pushes back against these stigmas and misconceptions exploring how white supremacy reinforces biphobia and dictates what society thinks it means to be a man He contextualizes discourse around queerness and bisexuality within a larger framework that honors readers intersecting identities And he offers deeply practical advice sharing how to Unlearn internalized biphobia and homophobia Navigate an increasingly hostile digital landscape Think about coming out who to tell why to tell them and how to do it Fight back against erasure and stigma Navigate sex dating partnerships marriage friendship and work Understand your bi sexuality through a political lens Process Black bi representation Rich with personal narratives insightful analysis and practical advice this book is a powerful resource for Black bi men to reclaim their identity counter biphobia and get empowered and an offering to all readers looking to fight back against the erasure and dehumanization wrought by patriarchy **Our Bodies, Ourselves** Boston Women's Health Book Collective, Judy Norsigian, 2011-10-04 THE BESTSELLING WOMEN'S HEALTH CLASSIC INFORMING AND INSPIRING WOMEN ACROSS GENERATIONS Hailed by The New York Times as a feminist classic this comprehensive guide to all aspects of women's sexuality and reproductive health including menopause birth control childbirth sexual health sexual orientation gender identity mental health and overall wellbeing changed the women's health movement around the world and remains as important and relevant as ever

Providing detailed and empowering information on women's reproductive health and sexuality this latest edition of *Our Bodies Ourselves* shows how to find and access health information and offers additional resources and stories to educate women about health care injustices and inspires them to work collectively to address them. Including the latest vital information on Changes in the health care system especially how health care reform affects women and how to get the care you need Safer sex how to engage in pleasurable satisfying sexual experiences while protecting your health and the health of your partner Environmental health risks including minimizing exposure to everyday pollutants that endanger reproductive health Body image resisting negative media stereotypes and embracing healthier approaches to looking and feeling good Local and global activism using social media and organizing tactics to build community and advocate for policies that improve women's lives As well as crucial information about gender identity sexual orientation birth control abortion pregnancy and birth perimenopause and sexuality and sexual health as we age Together with its companion website [OurBodiesOurselves.org](http://OurBodiesOurselves.org) *Our Bodies Ourselves* is a one stop resource that belongs on the bookshelves of women of all ages

## **She Comes First The Thinking Mans Guide To Pleasuring A Woman** Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has be evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **She Comes First The Thinking Mans Guide To Pleasuring A Woman**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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