

Keep the fires burning in the bedroom.

1. Adjective
2. Number
3. Adverb
4. Adverb
5. Part Of The Body
6. Animal
7. Excamation
8. Excamation
9. Adjective
10. Noun
11. Plural Noun
12. Plural Noun
13. Adjective
14. Adjective
15. Adjective
16. Adjective
17. Noun
18. Band
19. Band
20. Band
21. Band
22. Adjective
23. Adjective

24. Adjective
25. Adjective
26. Adverb
27. Adjective
28. Adjective
29. Adverb
30. Adjective
31. Adjective
32. Verb Ending In Ing
33. Junk Food
34. Adjective
35. Verb
36. Part Of The Body
37. Adverb
38. Verb Ending In Ing
39. Part Of The Body
40. Part Of The Body
41. Part Of The Body
42. Part Of The Body
43. Liquid
44. Past Tense Verb
45. Excamation
46. Adjective
47. Adjective
48. Past Tense Verb

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If you are in a long term relationship and sex has lost its thrill, or if you are a _____ Adjective _____ slut and feel like you have seen it all before.

I have a _____ Number _____ small steps that can increase your sexual enjoyment _____ Adverb _____.

This one should be _____ Adverb _____ obvious, but in case it hasn't already crossed your _____ Part of the body _____ goes...

Step 1. TRY SOMETHING NEW

examples:

if you are used to doing it missionary style, try doing it _____Animal_____style, if you are used to being quiet, try expressing yourself with a _____Excamation_____; or _____Excamation_____. If you are used to being _____Adjective_____ and all over the place, try being really still and as quiet as a _____Noun_____. You can also consider introducing toys into action, like _____Plural noun_____ vibrators, handcuffs, _____Plural noun_____ whatever.....

At the minimum you get the thrill of trying something new, and you might actually discover you enjoy things you never imagined.

Step 2. SET A MOOD

Your not home alone jacking off after all, put a little effort in to it, and make it _____Adjective_____and _____Adjective_____.

Example : wear something that makes you feel _____Adjective_____ spray yourself with some _____Adjective_____ perfume or cologne , try burning some incense or _____Noun_____scented candles, play some sexy music, like _____Band_____ _____Band_____ _____Band_____

Or r _____ Band _____.

Whatever it is that gets you in the zone, figure it out and make it happen.

Step 3. Keep things spontaneous and _____ Adjective _____. Its ok to plan something special, but make sure to leave room for things to go in _____ Adjective _____ and unexpected directions.

Step 4. Have a Sexy presentation. Before you go and grab those sweat pants and slip into those crocks, think about your appearance and if that really gets YOU or anyone else in the mood for wild _____ Adjective _____ and _____ Adjective _____ love making. If the answer is NO, then go back to your closet and make a new selection with your _____ Adverb _____ Adjective _____ sex goal in mind.

Step 5. Stay fit. Eat a _____ Adjective _____ diet, get plenty of rest, and exercise _____ Adverb _____.

This makes you look _____ Adjective _____ and feel good. Plus if you want to have _____ Adjective _____ all night love making and mind _____ Verb ending in ing _____ orgasms , you gotta have stamina, and you can't get that staying home watching episodes of dexter eating _____ Junk food _____ chips. Plus excersize releases endorphones and its harder to be in a bad mood when your body is active. You gotta fix your head before you get in bed.

Step 6. Communication. Some people have a hard time expressing what they need. If this is YOU, let me tell you it is ALOT harder to go through life with a _____ Adjective _____ sex life then it is to tell your partner what you like and what you don't.

Plus some people find it a REAL turn on to hear things like "i love it when you _____ Verb _____ my _____ Part _____ of the body _____ . There are lots of ways to communicate non verbally, like _____ Adverb _____ Verb ending in ing _____ there _____ Part of the body _____ to your _____ Part of the body _____ or moving your _____ Part of the body _____ to thier _____ Part of the body _____ . But if that doesnt work SPEAK UP. I know it can be scary , but believe me, no matter how freaky you are or how normal you are, weather you like _____ Liquid _____ Past tense verb _____ on top of you while screaming _____ Excamation _____ ho or just want simple _____ Adjective _____ intimate love making, whatever you are into, I can GURANTEE there are millions of people out there wanting the same thing.

Not

that you are not unique, you probably are, all I am saying is that sometimes the biggest risk is not taking one, and that you can't hit a target you don't have. So I urge you to take control of your sex life today. Apply these steps and have the Adjective sex life you have always Past tense verb of.

Thank me later.

Good luck.

xo Cindy Wonderful