



Table of Contents

Chapter One: A Sexy New You in G-Spot Heaven.....	1
Your Sexy Mission	6
Sensational Celebration	7
Chapter Two: Getting the Most from this PlayGuide	11
Chapter Three: G-Spot History and Anatomy: Where the Heck Is It?	15
Your Sexy Mission	24
Sensational Celebration	25
Chapter Four: The Anatomy of Your Orgasms	27
Your Sexy Mission	34
Sensational Celebration	35
Chapter Five: Stimulate Your G-Spot Yourself: A Hands-On Approach	37
Your Sexy Mission	46
Sensational Celebration	47

Chapter Six: Sexy Toys to Stimulate the G-Spot.	49
Your Sexy Mission	52
Sensational Celebration	53
Chapter Seven: The Male G-Spot: Prostate Pleasure.	55
Your Sexy Mission	58
Sensational Celebration	59
Chapter Eight: Advanced Sexual Techniques for Blended Orgasms, Oral Sex Tips, and More!	61
Your Sexy Mission	64
Sensational Celebration	65
Chapter Nine: Bonus Material – Sacred Sexy Circle Experience.	67
Your Sexy Mission	70
Sensational Celebration	71
Chapter Ten: G-Spot Communication With Your Partner.	73
Your Sexy Mission	78
Sensational Celebration	79
Chapter Eleven: Advanced Techniques for Communication.	81
Your Sexy Mission	84
Sensational Celebration	85
Chapter Twelve: Sexy Positions for G-Spot Stimulation	87
Your Sexy Mission	98
Sensational Celebration	99

Chapter Thirteen: Follow Through and Support	101
Your Sexy Mission	108
Sensational Celebration	109
Chapter Fourteen: About the Authors	111
Kim Switnicki, ACC	111
Barry Switnicki, PCC	113
Resources on Our Website	114



A Sexy New You in G-Spot Heaven

*"I think the quality of sexiness comes from within ...
and it really doesn't have much to do with
breasts or thighs or the pout of your lips."*

Sophia Loren, Actress

Powerful and fulfilled, composed and secure. Have you ever seen those women who absolutely ooze sexuality regardless of how their bodies look? They dress to suit their body shape and have lovely posture and grace. They look great while waiting for a bus or stepping into a limousine. They dance like no-one or everyone is watching. Isn't that the type of woman you want to be? What is that woman's secret?

I'll tell you. **It's self-confidence!** These women **know who they are inside**. They know in their soul that they are sensual, sexual creatures. They virtually marinate in their self-assurance. Their poise and elegance is evident and they know and love it!

Do you remember any time in your life when you wanted to try something new? Perhaps it was riding a bicycle, doing the breast stroke or learning how to play Frisbee. Once you mastered the skill, or at least got pretty good at it, how did you feel about yourself? Didn't

you have a sense of freedom, a new confidence in yourself, and maybe some excitement and desire to share it with anyone who would watch you?

Now I don't suggest that you show off your new G-Spot skills to just anyone, but hopefully you get the point.

So why venture into G-Spot heaven? What are the deeper, more personal reasons for expanding your sexual horizon with the 'mysterious' G-Spot? I invite you to take a few moments for yourself, be still and quiet and play along a little with me...

Sit back, take a few DEEP breaths, look up and softly close your eyes. Think of a time when you felt your most sensual, most sexually fulfilled. Experience that feeling again. If you can't recall a time like that, think of someone who embodies all of that for you. Imagine a movie screen is up in front of you and you SEE a wonderful movie starring the incredible **You!**

In this movie you are *feeling* and *being* that sensual and sexual woman. You're experiencing the bliss of complete and total sexual satisfaction. What do you see yourself doing, how are you feeling, what sounds do you hear, what aromas do you smell? Increase the intensity... Then step up into the movie and experience all of the sights, scents, sounds and feelings. Enjoy the intensity...

When you're ready, gently step down out of your movie. Remember all that you felt being that sensual, sexually satisfied woman in your movie. Take your time and answer the following questions as thoughtfully as you can:

Who **will you be** as a lover, partner or wife when you discover the secrets of your G-Spot (examples: more fun, vibrant, playful, increased confidence, more desirable, less stressed)?

How will your relationship with your partner be changed as a result of your new found sexual mastery?

Who else benefits from your increased sexual awareness and deeper satisfaction? When satisfied, you will act differently everywhere you go.

What drives or propels you to seek out your G-Spot and why is it so important to you?

What will you model for the younger women in your life?

How will you be different with your partner, family and your co-workers?

Over 90% of women I speak with tell me they can have incredibly satisfying sexual encounters **without an orgasm!**

Our society is very goal driven and that's really not what lovemaking should be all about. Just like life, your sexual happiness should be a *journey* of peaks and valleys taking you through the soaring heights of pleasure, riveting moments of bliss and hours of languishing, mellow arousal and NOT a destination of orgasms notched on your bedpost.

While every woman has a G-Spot, you may not have a G-Spot orgasm and that's perfectly okay. You can still enjoy G-Spot Heaven!

For my "Top 10 Ways to be Sexier and more Confident," go to www.lionessforlovers.com and sign-up for my free special report.

YOUR SEXY MISSION

- ❑ Write down your answers to the questions in Chapter One.
- ❑ Commit to acknowledging all of your achievements from this point forward. The key to your success is the celebration step! Remember winning a ribbon in Track and Field at school, getting an “A” on a test or even a gold star from the teacher? Marking your goals and acknowledging when you meet them sets up the dynamic for feeling successful. It is critical that you not only ARE successful but that you stop and actually FEEL your success and celebrate it!

SENSATIONAL CELEBRATION

- How will you celebrate your completed Sexy Missions?

- When will you celebrate? (Record the specific date and time and schedule it into your planner or calendar! Being detailed increases your likelihood of success.)

We, as women, are notorious for not celebrating our accomplishments. We tend to focus on what we haven't done. Take another step towards success and practice the art of celebration! It may be something very simple that only takes a few minutes. Couldn't you use a little more celebration in your life?

SOME CELEBRATION IDEAS TO GET YOU STARTED:

- ☞* have a quiet cup of tea
- ☞* pat yourself on the back
- ☞* take a half hour walk
- ☞* go for a test drive in the car of your dreams
- ☞* play with your kids for 20 minutes
- ☞* take yourself to your favourite coffee shop
- ☞* treat yourself to a new pair of shoes
- ☞* buy a new lipstick (hmm, perhaps a sexy red)
- ☞* reach out by letter, text, email or phone to a friend that you haven't spoken to in a long time

- CD* paint your toenails a delicious colour you normally wouldn't wear – just for fun
- CD* eat mangoes naked
- CD* plan a Potluck Girls Night
- CD* buy yourself an ice cream cone and practice sexy tongue techniques
- CD* kiss someone you love – like you really mean it!
- CD* make time for a long, hot bubble bath
- CD* buy yourself flowers
- CD* write a love letter to yourself
- CD* mail a love letter to yourself, open it, read it and frame it!
- CD* secretly say to yourself “I love you” over and over and over and notice how you feel
- CD* create a special room (or corner or closet) that is JUST for you to meditate, read or relax in

Please drop an email to kim@lionessforlovers.com to share some of your celebrations. I love hearing them!