



# 101 Ways To Spice Up Your Love Life: S + E = X

*David Woodcock, Jennifer Woodcock*

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Sex is an essential part of adult life and we'd like it to be exciting, dynamic and satisfying. Sadly, we all know that in long term relationships our intimate life can get a little dull.

This book is the solution, and is aimed at couples who want to add real long-lasting spice and variety to their bedroom activities. The authors have developed a foolproof formula for mind-blowing sex that works out simply as; S + E = X (Stimulation in the right Environment equals eXplosive sex). Each chapter takes you through the simple logical steps necessary to achieve sensual bliss and to re-kindle deep love and affection between you and your partner. Once you've begun to use these tips and techniques, your sex life will quickly move to a level of joyous intensity that most people can only dream of.

Contents;

### 1. Creating the Right Environment

The first section tells you how to create the right environment for intimate love play. As well as the obvious factors, such as relaxing music and mood lighting, this chapter also explains some of the deeper, more personal, preparation that is easily missed and yet essential to great sex.

### 2. Being Sensual

The second chapter focuses on being sensual. Here the authors introduce a wide range of powerful, yet simple, techniques that will bring your senses to life and connect you to your partner on a whole new level.

### 3. Erotic Positions

Chapter three covers sexual positions. This is not an overwhelming list of bizarre gymnastics, but a dozen or so carefully-selected positions that are guaranteed to create amazing new sensations and bring much needed variety to your love play.

### 4. Red Hot Toys

Chapter four is a comprehensive overview of sexual toys. The authors have carefully selected their top ten recommendations and guide you through the wonderful uses of these intriguing bedroom accessories.

### 5. Saucy Role Play and Dressing Up

The sixth chapter covers role play and dressing up. There are tips on how to overcome your initial 'shyness' and then a comprehensive list of scenarios that are certain to get the pulse racing and generate hours of intense excitement.

### 6. Getting Kinky

Chapter six is entitled getting Getting Kinky and here the book gives an overview of the top ten most common fetishes and the best way to explore them, should either of you express an interest.

101 Ways to Spice up Your Love Life contains all you need to re-connect with your partner and enjoy a lifetime of mind-blowingly explosive sex and long-lasting intimacy.

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