

Keys to improve your sex life. Go crazy now!



There are times when everything seems to be perfect, do you think you do not need to know the keys to improve your sex life? Imagine this scenario: the half-light atmosphere.

The fireplace is still lit, a couple of almost empty glasses of red wine are on the table. Your clothes and his are on the floor. Their eyes meet, they merge in an embrace and throw themselves in bed ... but, to your surprise, there is no spark, there is no passion, no exclamations of desire.

It is then when you ask yourself "how is it that everyone in movies and romantic novels enjoy a thrilling and [passionate sex](#) when between you and your partner there is no trace of desire?"

Then we share with you the keys to improve your sex life.

The Sexologist Logan Levkoff, author of the book "How to make your husband have sex with you" says "In cinema and television they give us an unreal, very unreal perception of what sex should ideally be. It seems that all the protagonists have more orgasms all the time, then watching them eat or sleep.

When you grow exposed to that vision and your real life does not stick to these stereotypes, you begin to believe that there is something wrong with you or your partner. "

Sex in real life rarely resembles the unbridled passion you see on the screen. "People do not talk about the fact that the love of your life has bad breath."

Sex is not really perfect and does not always end with an orgasm as a couple, but it does not have to be that way. "Good sex does not necessarily include an orgasm," says Dr. Levkoff. It can be a very pleasant and rewarding experience as a couple.

Get what you want in bed

Even when everything in the relationship is working, sexual styles are not always compatible. You like long stroking sessions. Your partner does not stop and ends quickly. You like long, wet kisses and he prefers less contact with your mouth. "Sex is imperfect by nature," says Levkoff. "There is the energy of a new relationship that is positive, the emotion, the desire and the passion. And the refusal when they just cannot even dance together. "

But even couples who have been together for a long time may have difficulties in their sex lives. We can suggest what shirt to wear, or what you would like them to cook together for dinner, but when it comes to sex we tend to have prejudices and we just do not know how to express our wishes.

"People tend to be hypersensitive when it comes to talking about sex." They fear hurting each other's feelings so they do not talk about what they like or dislike. However, you must be aware that you will not receive what you want unless you say it.

The question then is, how do you tell your partner that you do not like something without hurting his ego? I think it's really a matter of how you touch the subject. "I'd love it if ..." or something like "Can we try this?" Obviously you do not want to make him feel bad for something he did and did not like.

You can have the conversation whenever and wherever you want, but before talking about it, you need to know exactly what it is that bothers you about your sex life. Is it a matter of sexual technique? Is it about your personal hygiene? The duration of the relationship? Once you know what in your case is not working, then you can speak with full certainty and clarity on the subject.

For example, if the smell of your partner displeases you, you can suggest that they take a bath together before making love. If you want more caresses before, ask him to go slower.

Remember, before asking your partner what you want and would like to experience, you need to know. "Especially in the case of women, I think they should know their own body." "Masturbation is a way of doing it, get a [vibrator](#), read some books about sex, learn about orgasm."

When it just does not work, sex works in the couple

What to do if, after having spoken, the sexual relationship continues to fail? "Experiment together," "Learn and know your body."

Look for a sexual therapist if you feel that sex does not work in the couple, read a good book (The Delight of Sex for example). Avoid pornography, it's about acquiring knowledge and practicing together.

Sometimes, the problem is physical, as is the case with premature ejaculation. Or maybe the stress of work prevents them from giving way to intimate contact. In those cases, the ideal is to seek help with an expert.

Is it okay to pretend in bed?

"If you pretend, you're really fooling yourself because you're not learning what really turns you on." "I think eventually your partner will notice your disconnection."

Can you get to the point where sex is too bad to think about ending the relationship?

Possibly. "You may love someone and the sex between you will not really go away from being" right ". You have to decide what you want. "

Whether you're considering ending the relationship or divorcing, you need to weigh every aspect of the relationship, not just sex. "You cannot have everything in life." "If you have an excellent relationship and love each other, they have children but sex is not great, maybe you can live like that."

Each couple has the potential to experience a great sex if they are willing to invest time and energy in it. "If they are two emotionally and physically healthy people, they should be able to improve their sex life." "They can improve, but they have to practice and be open to talking about it as well as asking for help if necessary."