

she comes first the thinking mans guide

She Comes First: The Thinking Man's Guide is a groundbreaking book that has gained significant attention in the realm of sexual education and relationships. Written by Ian Kerner, a psychotherapist and sexuality counselor, this guide aims to empower men to become better lovers by emphasizing the importance of female pleasure. In a world where traditional narratives often overlook women's sexual satisfaction, Kerner's approach is refreshingly candid and educational.

Understanding the Book's Premise

The Importance of Female Pleasure

At the core of "She Comes First" is the idea that men's sexual satisfaction is deeply intertwined with their partner's pleasure. Kerner argues that when men prioritize female orgasms, it not only enhances the sexual experience for women but also enriches their own enjoyment. By shifting the focus from a male-centric perspective to one that values mutual satisfaction, the book aims to foster healthier and more fulfilling sexual relationships.

The Cultural Context

Historically, male pleasure has dominated sexual discourse, often sidelining women's needs and desires. This skewed perspective has led to misunderstandings and dissatisfaction in many relationships. Kerner's book seeks to challenge this norm by advocating for an equal partnership in the bedroom, where both partners' needs are acknowledged and addressed.

Key Concepts in "She Comes First"

The 'Pleasure Principle'

Kerner introduces the concept of the "Pleasure Principle," which encourages men to take an active role in understanding and facilitating their partner's pleasure. This principle includes:

1. **Listening to Your Partner:** Open communication is essential. Men are encouraged to listen to their partner's desires and preferences.
2. **Exploring Anatomy:** Understanding female anatomy is crucial. Knowledge about the clitoris, G-spot, and other erogenous zones can enhance sexual experiences.
3. **Experimentation:** Kerner emphasizes the importance of trying new techniques and being open to feedback from partners.

Techniques for Enhancing Female Pleasure

Kerner provides a detailed exploration of various techniques that can help men become more attuned to their partner's pleasure. These include:

Oral Sex Mastery

Kerner dedicates considerable attention to the art of oral sex, which he argues is one of the most effective ways to ensure female pleasure.

- **Communication:** Discussing likes and dislikes openly can lead to more fulfilling experiences.
- **Techniques:** The book outlines specific techniques, such as varying pressure and speed, to optimize pleasure.
- **Positioning:** Finding the right positioning can enhance comfort and stimulation, making the experience more enjoyable for both partners.

The Importance of Foreplay

Kerner stresses that foreplay is not just a prelude to intercourse but an essential component of sexual intimacy. He suggests:

- **Extended Foreplay:** Taking the time to engage in kissing, touching, and other forms of intimate interaction can heighten arousal.
- **Building Anticipation:** Engaging in playful teasing and building anticipation can lead to stronger orgasms.

The Role of Emotional Connection

Kerner also delves into the emotional aspects of sexual relationships. He posits that emotional intimacy can greatly enhance physical pleasure. Key points include:

- **Trust and Safety:** Creating an environment where both partners feel safe and trusted leads to a more open exploration of desires.
- **Vulnerability:** Being vulnerable with each other can deepen the emotional bond, making sexual experiences more fulfilling.

Practical Steps to Implementing the Teachings

While the concepts in "She Comes First" are enlightening, the book also emphasizes actionable steps for men to implement these teachings in their own relationships.

Open Communication

1. **Ask Questions:** Start conversations about pleasure and what feels good.
2. **Share Experiences:** Discuss previous intimate experiences, both positive

and negative, to foster understanding.

3. Set Aside Time: Dedicate time specifically for intimate conversations, free from distractions.

Education and Awareness

- Read and Research: Men are encouraged to read other literature on female sexuality to broaden their understanding.
- Workshops and Classes: Attending workshops that focus on sexual health and pleasure can provide valuable insights.

Practice and Patience

- Experiment: Try new techniques, but be patient and understanding if things don't go perfectly the first time.
- Feedback Loop: Ask for feedback during intimate moments to better understand what works and what doesn't.

The Impact of "She Comes First" on Relationships

A Shift in Perspective

Many readers have reported that "She Comes First" has fundamentally changed the way they approach intimacy. By prioritizing female pleasure, men often find themselves more engaged and invested in their relationships.

Increased Satisfaction

As men become more attuned to their partner's needs, many couples experience increased satisfaction in their sexual lives. This shift not only promotes better sexual experiences but can also lead to stronger emotional connections.

Fostering Equality

Kerner's guide encourages a move towards equality in sexual relationships. By advocating for mutual pleasure, the book promotes a partnership model where both individuals feel valued and respected.

Conclusion

In a society where male pleasure has often overshadowed female satisfaction, "She Comes First: The Thinking Man's Guide" stands out as a transformative resource. Ian Kerner's insights encourage men to take an active role in their partner's pleasure, fostering deeper emotional connections and more fulfilling sexual experiences. By prioritizing open communication, education, and experimentation, men can fundamentally enhance their relationships, creating a healthier and more satisfying sexual dynamic. As more individuals

embrace these teachings, the potential for more equitable and pleasurable relationships becomes a tangible reality.

Frequently Asked Questions

What is the main premise of 'She Comes First: The Thinking Man's Guide to Pleasuring a Woman'?

'She Comes First' focuses on the importance of prioritizing a woman's sexual pleasure and satisfaction in order to enhance intimacy and connection in relationships.

Who is the author of 'She Comes First'?

The book is authored by Ian Kerner, a certified sex therapist and relationship counselor.

How does 'She Comes First' approach the topic of female pleasure?

The book emphasizes that understanding female anatomy and sexual response is crucial for men to effectively please their partners and foster better sexual relationships.

What are some key techniques discussed in 'She Comes First'?

Key techniques include focusing on oral sex, understanding the clitoris, and various methods of stimulation to enhance a woman's pleasure.

Is 'She Comes First' suitable for all audiences?

While the book is primarily aimed at men seeking to improve their sexual relationships, its insights can be beneficial for anyone interested in understanding female pleasure better.

What kind of feedback has 'She Comes First' received from readers?

The book has received positive feedback for its candid approach and practical advice, making it a popular choice among readers looking to improve their sexual relationships.

Does 'She Comes First' cover emotional aspects of sexual relationships?

Yes, the book also addresses the emotional connection between partners and how enhancing physical pleasure can lead to deeper intimacy.

Are there any controversial aspects of 'She Comes First'?

Some critics argue that the book may oversimplify relationships or place too much emphasis on male responsibility for female pleasure, leading to unrealistic expectations.

How has 'She Comes First' influenced contemporary discussions about sexual relationships?

The book has contributed to a greater awareness of the importance of female pleasure in sexual relationships, encouraging more open discussions and education around the topic.

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