

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

Keep the fires burning in the bedroom.

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 incase it hasn't already crossed your _____ Part of the body goes...

Step 1. TRY SOMETHING NEW

examples:

if you are used to doing it missonary 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

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 _____ orgasams , you gotta have stamina, and you can't get that staying home watching episodes of dexter eating _____ Junk food _____ chips. Plus exctersize 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