



SHE WANTS MORE

Although our survey shows that satisfied women have sex several times a week, two out of five are left craving more. "Women have a broad definition of sex, so this doesn't necessarily mean she wants intercourse," says Dr Scott Haltzman, author of *The Secrets of Happily Married Men*. "A woman might just want to feel more sexual in general, so let her know you're thinking about her throughout the day and tinge it with sexuality." One way is to text her about dinner plans and ask her to wear her hot black mini.

Listen in "He's afraid of seeming too eager, but I have just as large a sex drive as he does." – Marissa, 19

SHE KNOWS SHE'S HOT

Satisfied women don't suffer from low self-esteem – four in five think their partners find them extremely sexy.

Want a confident girlfriend? Never criticise other women's bodies. "She'll worry about how you feel about hers," says Dr Debby Herbenick, sexual-health educator at Indiana University's Kinsey Institute. "She won't feel comfortable showing you her body if she's worried you'll think she's fat, ugly or full of cellulite."

Listen in "When he compliments me in bed, it can send me over the edge." – Jane, 28

SHE'LL SPEAK UP

Satisfied women know what they want and 87 per cent will express it. "A woman comfortable asking for what she wants is going to be orgasmic more of the time," says Dr Lonnie Barbach, author of *For Each Other: Sharing Sexual Intimacy*.

Encourage her openness by increasing sex talk in nonsexual situations. But be sure to look out for nonverbal cues as well. "Some people do to their partners what they would like done to themselves," adds Barbach. If she keeps touching you gently, for example, do that to her.

Listen in "I tell him everything. That's why we have great sex." – Kathleen, 32

PLEASURE'S THE GOAL

Sounds crazy, but it's true: orgasm isn't essential to a woman's sexual satisfaction. Three out of four women say the pleasure from sex makes orgasm less necessary.

So relax – your laid-back approach can put her more at ease, making her more likely to climax. "The more you try to focus on orgasm, the more you scare it away," says Barbach. Instead, attend to her without that Big-O-or-Big-Zero attitude.

Listen in "I don't love sex for the orgasms, I love it because it brings us closer together." – Sara, 22

PASSION TRUMPS SIZE

The cliché is true: it is how you use it. Only seven per cent of sexually satisfied women say penis size is critical to their pleasure. The other 93 per cent say they can be satisfied in other ways.

"Passion is what keeps women coming back for more," reckons Dr Yvonne Fulbright, author of *Touch Me There!*

Our survey participants agreed: they were 10 times as likely to rank both passion and generosity as more important than penis size.

Listen in "Our sexual chemistry and his passion are what makes the sex incredible!" – Louise, 22



THE SEX COACH
Jacqueline Hellyer boosts your bedroom know-how

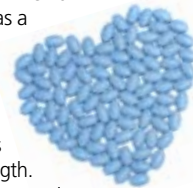
Q I have been on antidepressants for 18 months and I'm having trouble maintaining an erection. Is it the drugs or my age? I'm 51. – IB

A Okay, very important point here: any erectile dysfunction can be a sign of something serious, such as heart disease or diabetes. Get your health checked! (The doctor doesn't have to look at your privates to do this.)

If you're clear on that front, it could be the medication, so discuss varying your script with your doctor to see if this alleviates the problem.

It could be psychological, such as stress at work or home. Even a positive change, such as a new relationship, can lead to performance anxiety. Manage the stress and you might find your John Thomas bobbing up to full strength.

Erectile strength does tend to wane with age. You could talk to your doctor about Viagra-type drugs, which are helpful in about 40 per cent of cases. Or you could subscribe to the school of thought that says it's not until a man's erections diminish that he can become a truly great lover.



Q My girlfriend doesn't like doggy-style because she's self-conscious about her bum. How can I boost her confidence? – TH

A When you're grasping her hips to your loins, her back stretched out before you, you're thinking: "Fan-bloody-tastic!". Meanwhile, there's a good chance she's thinking, "Is my bum wobbling too much?"

So, tell her that her bum looks great, in and out of bed – genuinely – and she'll realise that you do think her arse is gorgeous.

During sex, you can ease her discomfort by keeping the lighting low and maybe leaving her negligee on (sex while half-dressed adds extra zest and can make her feel less self-conscious).

And guys, you're going to hear me repeat this over and over – make sure she's really aroused before you attempt anything you know she's uneasy about, because the higher her arousal, the lower her inhibitions.



Jacqueline Hellyer is the author of *Sex Secrets for Busy People*. Got a question for her? Log onto yahoo7.com.au/menshealth.