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## FOREWORD

According to statistics in the United States and other Western nations, divorce has become an increasing reality. It is not surprising that sex problems, or sexual incompatibility in marriage rank among the top three causes of divorce, since these often lead to frustration and infidelity<sup>1</sup>. Some couples are stuck in a sexless partnership for years, showing that not even a long-term relationship guarantees that a couple learn how to enjoy sex with each other. When speaking about sexual incompatibility, one of the biggest problems is that of frequency: men usually complain about the low regularity of sex, whereas women are said to miss intimacy or closeness, especially during sex.

Building a healthy, long-lasting partnership filled with fulfilling sex isn't easy. The belief that men need more sex than women fuels the sex industry. Research shows that the clients of prostitutes are often married men with children, who feel the need to pay for sexual, and where possible, unprotected, services from a stranger, in order to avoid dealing with the sex problems they encounter in their relationships.

Since around 75% of women today still fake orgasms on a regular basis<sup>2</sup> this book should be written for women. But on the other hand, this means that 75% of men are oblivious to what is going on between the sheets. Shocking, isn't it? It should be forbidden for a woman to fake orgasms, as an orgasm during sex or sexual intercourse is as much her right and need as a man's.

Especially since women exclusively have an organ, the clitoris, destined solely to produce sexual pleasure, there is no reason why a woman should not be able to enjoy an orgasm as often as a man. If men practically always orgasm in any sexual encounter, why not women?

This book is written with the intention of helping men, especially those who are stuck in long-term sexless relationships, to better understand female sexuality. It includes a six-step exercise meant to guide a man whose companion seems uninterested in engaging in regular sex or any sex at all. This is not a book on how to solve relationship problems, but rather a book that will help to resolve sex problems that couples encounter in their relationships, so that more mutually fulfilling sex can be enjoyed.

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<sup>1</sup> The divorce experience: a study of divorce at midlife and beyond. AARP. 2004.  
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<sup>2</sup> FOXSexpert: Are you faking it? Here's why you shouldn't. 2008. Retrieved from [www.foxnews.com/story](http://www.foxnews.com/story)  
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## INTRODUCTION

The World Health Organisation website has a definition of sexual health that is a perfect summary of what we as humans should ultimately desire to achieve during our sexual encounters:

***Sexual health** is a state of physical, emotional, mental and social\* well-being in relation to sexuality; it is **not merely the absence of disease, dysfunction or infirmity**. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of **having pleasurable and safe sexual experiences, free of coercion, discrimination and violence**. For sexual health to be attained and maintained, the **sexual rights of all persons must be respected, protected and fulfilled**.<sup>3</sup>*

*\* I would like to add spiritual well-being to the list, since I believe this is the ultimate sexual experience we wish to achieve as humans. A spiritual sexual achievement is described in Taoism, for example.*

This book is intended to help heterosexual couples develop healthy, long-lasting sexual relationships. My goal is to educate men especially. I wish to broaden their definition, views and perceptions of what sex is, by primarily focusing on female sexual satisfaction in order to develop a healthier attitude to sex.

The objective, of the first part of this book, is to examine our current sexual education. Included, is a short study on human sexuality, explaining how couples end up in sexless relationships. The first section further describes how sex has been restricted to intercourse and to something that only men truly need, given that male ejaculation is the only thing necessary to keep the human race going. We shall see why it is important to understand that sex, even if just for fun, goes far beyond intercourse. And we will learn that a wide range of non-sexual activities, like non-sexual touch, are needed to awaken sexual desire. We will also find out how sexual activities, excluding intercourse, but all the while including the clitoris, are needed to sexually arouse a woman to orgasm.

The six-step 'sexercise' plan in part two of this book focuses on reconditioning a man, his brain and his penis, towards becoming a gentleman with a more female-friendly approach during sex. The first phase of these sexercises are intended to guide and teach a man how, step by step, to awaken in a woman her desire for sex, on top of how to keep this sexual energy aroused. The last phase of the plan shows how a man can achieve female sexual gratification and orgasm, with and without intercourse.

For a man to change his views, motivation and behaviour towards and during sex, we are going to try out steps that are not obviously beneficial in any way to male sexuality at first. The reader will be taken on a voyage during which, not only will he experience more sex, but also his woman will be amazed at his increasing skill as a passionate lover. It is said, that having a good sexual relationship is 10 per cent of a relationship. Sex problems consume around 90 per cent of a relationship, as at least one party is likely to be feeling rejected, hurt and frustrated. If sex doesn't work between a couple, the relationship isn't going to work well either.

This book also tackles the impact of capitalism on our human sexual behaviour and on how we experience our sexuality. The idea of capitalism (economy) is sold with notions of democracy and freedom (politics). Unlike socialism and communism that are regularly defined as oppressive systems where governments are equated to fascist dictatorships that regulate the production of resources; we are taught that socialist and communist regimes defend censorship in opposition to freedom of speech or 'being free individuals'. However, when we break down the words socialism/communism, they would be political and economic systems where production, distribution and exchange is owned and regulated, not by the government, state or individuals, but by the society/community as a whole. Socialism and communism promote equality, and are, therefore, by definition true democratic constructs without social classes.

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<sup>3</sup> Sexual and reproductive health - Defining sexual health. WHO. 2006. Retrieved from [www.who.int](http://www.who.int)

Capitalism is defined as an economic and political system in which a country's trade and industry are controlled by private owners (private individuals or corporations) for profit, rather than by the state. While capitalism may be a new word, in actuality this system, better known as feudalism, was already practised during times of slavery. Slaves were, in actual fact, the first capital that made capitalism for the few possible<sup>4</sup>. To function in a capitalist state you need to own enough capital to be able to compete against huge corporations. In reality, that is impossible since for centuries monarchs and elite families, institutions like the Vatican and other types of corporations have accumulated, built, and continue to build their wealth on the enslavement and exploitation of people, their land and resources. How, then, can capitalism be equated to democracy, when it promotes exploitation, enslaves the masses to enrich the few, and endures only with a class system where huge inequalities between the rich and poor persist? Everyone wants to get rich or make money, inevitably at the expense of someone else. In actuality, the words capitalism and democracy couldn't be more contradictory.

Industrialisation takes place when a country's economy is restructured for the purpose of manufacturing instead of producing for its own community. Industries facilitate mass consumption that is needed to feed a capitalist market. Let us also remember that for industrialisation to exist, slavery is needed. Capitalism is focused on consumption, versus ancient primal civilisations that are at the base socialist communities practising a system that encourages a harmonious life with mother earth. Later on, I shall highlight how capitalism has caused a gender inequality and a war between the two sexes.

*Marissa Daruwalla  
Luxembourg,  
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<sup>4</sup> Slaves: The Capital that Made Capitalism. Julia Ott. 2014. Retrieved from [www.publicseminar.org](http://www.publicseminar.org)