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EPIC SEX II

All you need to know about men and **having**
the best sex of your life.

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Dear reader,

What do you want to achieve in your sex life?

- To become the best lover you can be?
- To give your partner the best sex of his life?
- To please every man who has sex with you?
- The security of always doing the right thing in bed?
- Experience exciting, thrilling or even epic sex yourself?

In this book, you will find all the information you need. You will learn all the necessary basics and get a lot of tips from 40 years of practical experience in sex with women.

This book is about sex, love, techniques, self-confidence and the pleasure of the most beautiful thing in the world, so that you will have an exciting, thrilling and satisfying sex life.

In this book, you will get a thorough and proven guide on how to treat men right, how to make them happy, how to become a great lover and experience epic sex.

Thank you to all the women who have accompanied me a piece of my way and who have gladly shared their sensual and erotic passion with me.

Without you, this book would never have come about.

1. The Basics

What does sex mean?

The term “sex” is generally understood to mean all forms of actions on oneself or others that have the goal of achieving sexual arousal and/or sexual satisfaction. Most people use the term “sex” just for intercourse.

In this book, for simplicity's sake, I call all sexual acts between two people who have the goal of creating arousal, increasing arousal, and ultimately leading to climax, sex. I distinguish between bad sex, boring sex, good sex, exceptionally good sex, and epic sex.

In fact, there are no appropriate words to describe the beauty, intensity and depth of the feelings we can experience during epic sex. Epic sex is something we will never forget in our lives and will always remember fondly. Epic sex creates strong emotional connections between two people, can change our lives, enrich us again and again and make us happy.

For many people, good and – above all – satisfying sex is a cornerstone of their quality of life and is accordingly important and indispensable. Epic sex is not just what we see in millions of porn movies. It is, by far, not only the sexual act, the intercourse or the insertion of a penis into a vagina, but rather touch, physical, mental, and spiritual closeness. It is the visible sign of affection, desire, and connection, feeling desired, being attractive. Really good

sex can also be the tangible sign of being wanted, loved, and accepted.

You can give your boyfriend or husband the most amazing sensations he can have. But you must know how men work, what they want and how they are.

Epic sex is also intimacy, a state of intimate connection and familiarity, the strongest bond between two people. Epic sex is the communication of the souls with and through our bodies.

When we experience an orgasm, this feeling cannot be compared to any other feeling. In these seconds, we are godlike, because then we are creating new life. At least, in theory, because for your sexual control center in the brain, it is less important what happens before or after your orgasm and more important whether you become pregnant or not. Although the female orgasm is not necessary for reproduction, nature has arranged it so that women can also enjoy this unique feeling. And for that, men and women are rewarded with lots of “happiness hormones.” But more about that later.

Why does sex exist?

The basic principle of reproduction in mammals, a class to which we also belong, is that the male part penetrates the vagina of the female part with his penis and ejects his sperm cells there. These sperm cells meander through the womb into the fallopian tubes where they can fertilize the female egg. This fertilized egg then migrates into the womb and nests there. A new life is created and grows. We do not know why there is amphigony. We could assume that there is an advantage for evolution in it if the genes get mixed up in new ways consistently.

What do we get out of it?

Survival and reproduction are the biological purpose of all life. To make sure we do everything we can to reproduce, nature has equipped us with “happiness hormones” which are released every time we experience intense and satisfying sex. The most important happiness hormones are dopamine and endorphin, and after sex, oxytocin, the “cuddle hormone.”

According to the strict Catholic faith, sex is only for procreation, therefore contraception and sex for fun is forbidden by this side.

What religion forbids is no longer important to most people nowadays. We have sex because it allows us to experience incredibly beautiful, intense, unique, and very deep feelings. Epic sex is so intense that it can change your whole life. The more intense and deep the feelings experienced during sex, the higher the satisfaction.

Epic sex promotes pairing and pair bonding. A couple that has exceptionally good sex becomes immune to the charms of other people. Thus, epic sex can also create an extraordinarily strong bond between two people and bind them closely together. Epic sex is indispensable for many people and is part of a fulfilled and happy life.

So why do we do it?

There are endless reasons to have sex, such as emotional intimacy, physical pleasure, and love, but also boredom or the desire for an adventure and, of course, the desire to have children.

The motives to want sex can be divided into approach motives and avoidance motives. Some focus on something

positive, e.g., experiencing pleasure, intimacy, and satisfaction.

Avoidance motives, on the other hand, are characterized by the desire to stop or prevent something, e.g., preventing the partner from seeking sexual satisfaction elsewhere or even leaving the relationship, but also out of fear of no longer being loved.

The benefits of really good sex for women:

- Sex is a booster for the immune system, they are fitter and less sick
- Good sex relieves stress and leads to more sexual desire
- Good sex makes for a regular menstrual cycle
- Good sex makes her glow from the inside out
- Good sex provides an emotional connection
- Epic sex makes her extremely happy
- Good sex works as a work-out
- Good sex makes her sleep well
- Sex is a migraine remedy

The benefits of exceptionally good sex for men:

- Men are relaxed, satisfied, and happy
- The risk of prostate cancer decreases
- Sex provides emotional connection
- Sex works as a work-out

Sex is fun, so it is ideal if you do not forget your sense of humor during sex. Things do not always go smoothly, and it is not uncommon for things to go wrong, especially if you do not know each other that well or are trying something new.

Humor relaxes almost every situation and connects you in bed. Therefore, do not take the subject too seriously. After all, it is all about fun.

How does a man function sexually?

At birth

When a little boy is born, he is already complete. However, everything about him is smaller and does not function properly yet, but he has plenty of time to grow and develop. The testicles grow in the abdomen and make their way to the scrotum before birth. Shortly after birth, both testicles should have left the abdominal cavity. If this is not the case, we speak of undescended testicles, which must be treated medically.

During puberty

Puberty refers to the transition from a child to a sexually mature person. It is a unique time that each person experiences individually, just as life is unique for everyone. As a rule, puberty in boys begins around the age of 9 and ends at age 15. Body growth may not be completed until the age of 21. Every puberty experience is unique. There is no set "timetable."

Different areas in the brain and several organs in the body regulate and control sexuality through hormone releases. Before puberty, various hormones are produced that initiate puberty. Increased testosterone, one of the most important male sex hormones, is secreted. As a reaction, the testicles and the penis begin to grow, pubic hair begins to sprout, breaking of the voice occurs, and facial hair usually begins with fuzz on the upper lip. Hair on the body starts to sprout, muscles grow, and the testicles start producing sperm.

During this process, involuntary ejaculations may occur, during which sperm is discharged. This can also happen

during sleep. Many boys know the feeling when they find a sticky liquid in their underpants in the morning.

Many also discover their first form of sex during this phase: sex with themselves. It often begins with the discovery that they find it pleasurable to touch their genitals. At some point, they find the touches that increase the pleasure until climax. Of course, masturbation is neither dangerous nor unnatural or morally reprehensible. But more about that later.

During puberty, the interest in the opposite sex usually awakens. One feels magically attracted to girls or women and wants something more, though one may not yet know exactly what it is. Unless they had access to porn, then it becomes clear what the desire consists of.

It may happen that they are attracted to their own sex or they feel no sexual attraction at all. All this is normal. Every human being is different.

Many people have their first sexual experiences with their own sex during puberty and try things out to find out what they like and who they want to be with.

It can also be that even before puberty, they do not feel comfortable in their own body with their own gender. It can be that they feel like they were born in the wrong body. This can become especially clear during puberty when one's own sexual identity is being formed.

After puberty

After puberty, the young men are capable of reproduction and remain so until the end of their lives. For some men, the desire for sex eventually fades and fizzles out. The same is true for potency. As an older man, it can be that the desire for sex and the potency will decrease. Thanks to Viagra,

Cialis and other drugs that increases blood flow to the penis, a man can still delay the age of impotence for a certain time. Other men are still potent enough to father a child even when they are over 80 years of age. Sexuality in old age varies greatly from man to man.

The fun parts - the genitals

The prostate gland

The prostate gland is also called the G-spot for the man and is extremely important for male sexuality. Located behind the urinary bladder, it is about 1 inch long and 1.5 inch (3 cm long and 4 cm) wide and produces part of the ejaculate that it expels through the urethra during orgasm along with the secretions of the seminal vesicle.

This fluid does not contain sperm originally and also serves as a natural lubricant. But sperm are ejected in this fluid and can survive in it for a few days. This is important because the natural bacterial defense in the vagina also kills sperm. So please be aware that this fluid can contain sperm even before the ejaculation.

The prostate has a walnut-like surface and is located around the urethra. It swells during arousal and thus also closes the urethra. Therefore, most men cannot empty their bladder at the same time when they have an erection.

There are men who can climax via a mere massage of the prostate; hence it is also called the man's G-spot. Others find stimulation via the anus to be uncomfortable or even painful.

The testicles

The scrotum contains the sperm factories. The reason the testicles are outside the body is because the body temperature inside is too high for the sperm.

The penis

Probably no other human organ has such a distinct life of its own as our penis. Most of the time, he wakes up when he wants to and claims our attention. He wants to be the center of attention and often wants to deliver his semen as quickly as possible.

What a nice guy who can give so many incredibly beautiful feelings. He should be a man's best friend, no matter how big or small, thick or thin his penis is. Every man has only the one for the rest of his life, so he should cherish it, take care of it, and look after it.

From a purely biological point of view, the penis is an invention of nature to transport the semen as deep as possible into the vagina, close to the womb to make fertilization possible. By the way, almost all mammals have a penis.

Sometimes he takes control of his owner and steers him straight to the next attractive female. If he is in control, the man's brain is only able to function to a limited extent. This can be quite uncomfortable for some man, but when it comes to sex, the males can concentrate very quickly and use their active remaining brain to take care of reproduction.

Most of the men have an average penis. In Europe and America, it is on average about 5-6 inches (14 cm) long.

Tip:

The penis is the center of male sexuality. Even if a normal man has some other erogenous zones, often the most important thing for your partner is how skillfully you can handle him and how much you appreciate, like and worship his penis. The more skillfully you use your possibilities to

give him the most intense feelings, the more he will appreciate you, at least as a lover.

Men really like it when they get the feeling that their partner loves and desires their penis as much as they do, or even more.

How does a woman function sexually?

At birth

When a baby girl is born, she is already complete except for the breasts. The only difference is that everything is much smaller and does not yet look, function, and develop as it does after puberty, when the breasts develop first. In contrast to boys, girls are born with all the eggs already in their ovaries, while in boys, the sperm cells do not mature in the testicles until puberty. Girls have between 400,000 and 6 million immature eggs in their ovaries at birth. In a woman's entire life, beginning with puberty, only about 400 to 500 eggs will mature and be able to be fertilized.

Puberty

Puberty refers to the transition from a child to a sexually mature person. It is a unique time that each person experiences individually. Normally, puberty for girls begins at about the age of 8 and ends at the age of 17.

Every girl is unique, so puberty is also a unique time for her.

Puberty is controlled by genes and hormones and causes pubic hair to grow first, followed by a growth spurt of the vagina and womb as well. The breasts also begin to grow, and the first menstrual period occurs. This usually occurs between the ages of 10 and 16. In women, the most important sex hormone is estrogen.

With puberty, one's own sexuality and interest in the opposite sex awakens. However, it can also be the case that only one's own sex is perceived as sexually attractive, or

both at the same time. Many girls discover masturbation during this time.

The female cycle

In principle, it is quite simple: every 28 days, an egg matures, "ovulates" from the ovaries into the fallopian tube and travels further into the womb. If the egg is not fertilized by sperm during this time, it dies and is later flushed out with some blood. This is the monthly bleeding - menstruation.

Every woman is unique in this respect as well and has her own unique cycle. So, cycles of 21 to 35 days are also normal in adult women. Generally, we start counting the cycle with the first day of bleeding (menstruation). Some women do not notice that menstruation is coming; others suffer from PMS (premenstrual syndrome). But more about that later.

For many women, menstruation is particularly heavy on the first few days before it subsides and ends again between day 3 and 7. If the cycle lasts exactly 28 days, ovulation occurs on the 14th day after the first day of bleeding. The egg is then ready for fertilization for about 12-24 hours. If fertilization does not occur, the egg dies and is flushed out on the 1st day of the new cycle along with some blood.

The amount of menstrual fluid excreted varies from woman to woman and also changes from day to day of her menstruation. In the early days, bleeding may be so heavy that it is reasonable for them to change tampons or pads every 2 hours. Of course, menstrual blood is not dangerous. However, there may be viruses or bacteria in the blood that could lead to infection with a disease during unprotected sex. See later in the chapter for sex and diseases.

There are many factors that affect menstruation. For example, it may change in women who are severely underweight or overweight. Since sperm can survive in the womb/fallopian tube for up to 5 days, it is easy to calculate when the probability of pregnancy is highest. On the Internet, you can find many ovulation calculators and some free apps that do a calculation of ovulation very easily and quickly.

The accompanying symptoms of menstruation:

PMS -> premenstrual syndrome

1.) Pain

You may experience discomfort in the form of back pain, abdominal pain or even cramps. Often rest and a hot water bottle on the lower abdomen helps. Some women also get migraines.

2.) Mild depression

Life suddenly seems not worth living, seemingly unimportant things may become important or the other way around.

3.) Mood swings

From happy to sad or aggressive in seconds. Sometimes it is useful if you know exactly why you are suddenly reacting differently than usual.

4.) Changed mouth or body odor.

Some women have a different mouth or body odor during their bleeding.

Tip:

If you are suffering from PMS, please inform your partner when the time has come and what pains you are experiencing. Also, please do not leave him in the dark about what is important for you during this time. Men can only rarely guess.

Pregnancy

Reproduction is, besides the instinct of self-preservation, another biological meaning of life and for many, also much more. Many people find that having children and a family is part of a normal and happy life.

You can get pregnant when a mature egg is on its way to the womb or has already arrived there and you have unprotected sexual intercourse, during which your partner ejaculates his sperm into your vagina. This is probably the most common and natural form of fertilization.

However, it is also possible that the man ejaculates outside your vagina and brings sperm to his fingers. If he then inserts them into your vagina, pregnancy can also occur.

The fertilized egg nests in the womb and begins to grow. By the way, this can cause a little bleeding, because the egg can injure some blood vessels when it implants. Nine months (40 weeks) later, you will be giving birth.

How does desire for sex arise?

Lust that comes from within

The physical level:

The higher the hormone level, the more likely is the desire for sex. Thus, on average, women have the most desire for sex on the days around their ovulation. Makes sense, right?

First and foremost, it is hormones that control our desire. Both men and women have testosterone and estrogen in their blood in quite different amounts. Men with high testosterone levels tend to have more desire for sex, while women have the highest estrogen levels before they ovulate and often have more desire for sex then. In men, testosterone levels are usually highest at 8 a.m., while in women, estrogen levels are highest at 10 a.m. This is the reason why many couples have sex in the morning.

Why is this so?

I suppose that nature arranged it hundreds of thousands of years ago so that men would quickly reproduce before venturing out into the dangerous day. Every morning, they did not know for certain whether they would return home again safely in the evening. So, they did it better in the morning.

The mental level:

Women usually think a lot about everyday problems and what solutions there might be for them. Of course, the challenges in working life and/or raising children take up a lot of mental power. But also, sex needs mental and emotional space, which is often not available in the stressful

life. Thus, it would be helpful if your partner relieves you as often as possible, so that you also have time to think about other things than the everyday worries and problems. That will help you to relax and get in the mood for intimacy.

Men who help with the housework have been proven to have more sex than lazy men. You could tell your partner about this on the side, and maybe he will take on more household tasks.

Sex is a "safe adventure" to go on when there are no other major issues blocking your mind. Provide the mental and emotional space you need to want and enjoy sex by consciously taking time to get in the mood.

The emotional level:

What is the most important emotional component for women when it comes to sex? For most women, it is trust and love/affection and the sense of security and connection that comes with it. Your subconscious mind is constantly on guard, asking: am I safe? Can I afford to procreate? Is this the right man for me? Only when you feel safe can you relax, let go and open yourself up to get laid.

Desire stimulated from the outside

This can be anything that stimulates your senses. A beautiful sight, a sex scene on TV, a book with a hot scene, a certain scent, a few whispered words in the ear, a hot text message or even a memory. Every woman is unique, and so is what turns you on. Embark on the exciting journey of discovery, find out and enjoy your pleasure.

What spoils the desire for women and men?

- When we feel guilty about our sexual needs
- When we are envious of what others have
- When we feel ashamed about our bodies
- When we are jealous of others
- When we feel undesirable
- When we feel unloved
- When we have stress

If you have found points that apply to you, then it is time to take a close look at them and try to remove the disturbing feelings.

What is libido?

Why should we know this term very well?

Libido is the sexual energy that we all have. Libido is the term for our appetite for sex, our desire for sexual activity. After our sexual awakening during puberty, we have high levels of sex hormones as adults. In men, it is mainly testosterone, and in women, it is estrogen.

How much of these hormones we contain can control our appetite for sex. Of course, many other factors play a role in controlling how often we want to have sex.

Men, it seems, have a higher libido (sex drive) on average than women. In other words, they want to have sex more often. Women have a fluctuating hormone balance due to their monthly cycle and usually have more desire for sex during fertile days, whereas during menstruation, there is often no desire for sex at all. But this is also individual. There are women who always have the same amount of desire for sex, no matter what stage of their cycle they are in.

It is optimal for a partnership if both partners have the same amount of desire for sex. This ensures that neither feels sexually deprived or frustrated if he or she gets less sex than desired.

What stirs your libido?

And almost more importantly, what boosts your partner's libido? Explore it, find out what makes him hot. This is a big