

Secrets Of An Irresistible Wife

CONTENTS

- The Purpose Of Sex In Marriage
- What Love Making Means to Your Husband
- Facts You Should Know about Your Man's Sex Life
- How to Say "No" Without Hurting Your Husband
- How to Enjoy Sex Continually With Your Husband
- Tips for super sex in marriage
- How to Encourage Your Man to Go For a Longer Foreplay
- How to Encourage Yourself to Have More Sex with Your Husband
- Wives' Roles in the Bedroom
- Mistakes women make about sex in marriage
- Advanced Romance in Marriage
- Understanding Sexual Pressures on Your Husband
- Banquet of Love
- Balancing Sex, Career and Motherhood
- 16 Things Your Husband Wants In the Bedroom
- Turn On and Turn Off Of Your Husband
- How to Become A Skillful Wife
- Letter from a Husband to His Wife
- How to Make Love to Your Husband
- Four Cardinal Points of Your Husband's Sexual Fulfilment

- Be His Wife and His Mistress

- Reasons for Infidelity

An irresistible wife is a woman whose husband cannot ignore; an authentic woman of influence, who has a grip on the mind of her husband, captivating him day and night. She is in charge of her husband's heart.

“The heart of her husband doth safely trust in her, so that he shall have no need of spoil.” Proverbs 31:11(KJV) “Her husband has full confidence in her and lacks nothing of value.” Proverbs 31:11 (NIV)

Being a virtuous woman demands a lot of things like character, homeliness, humility, generosity, prayerfulness and so on. However, there is one salient ingredient that must not be missing if she must become irresistible to her husband; she must be very good in the bedroom. She must not be a traditional woman or a religious bigot who considers sex with her husband as a “sin unto death”. Rather, she knows that creative sex is mandatory if the home must come alive. She knows that the bedroom is the power house of any marriage.

She is not oblivious of the fact that men are generally crazy about sex and it is one thing that can cause serious problems at home. Sex can set the home ablaze if used wrongly and can set it aglow if rightly used.

Apparently, the secret of any irresistible woman, whose husband can never be snatched by strange women is good, terrific and creative sex. If you are a “Berlin woman; a proud queen of your life, or a high-minded woman who thinks she owns her body and can use sex as she likes, you may not go far in marriage.

If you do not mind if a “sweet sixteen” or a pair of “hot legs” snatches your husband, you have no business reading this book. Alternatively, if you desire to win your husband by becoming the number one influence in his life, this book is meant for you. If you wish to win your husband's spirit, soul and body coupled with a readiness to use anything “womanly possible” to reach your goal, then relax and read this book. Don't just read; allow it to affect your actions in the bedroom. As you take your proper position in your home, remember: “Every wise woman buildeth her house: but the foolish plucketh it down with her hands.” Proverbs14:1. What you are about to get here is divine wisdom to build your home starting from the bedroom.

TESTIMONIES FROM SECRETS OF AN IRRESISTIBLE WIFE

1. I read one of your books- Secrets of an irresistible wife. I really enjoyed reading the book and it has changed my marital life. I learnt a lot from the book but I want to inquire if there is a book like Secrets of an Irresistible

Husband so that my husband can also read to balance up the equation. Now it seems, I have known the tips of how to be an irresistible wife to him, but I would also love if I can get a series of such a book so that he also can get some tips of how he can be an Irresistible Husband. Am also interested in getting some marriage tips on my mail. I am a lady who has been married for 16 years.

Look forward to getting nice marriage tips to spice up my marriage. -Ulemu

ESCOM HOUSE, Blantyre, Malawi

2. I GOT MY HUSBAND BACK

Hey, your book- Secrets of an irresistible wife is a wow! It has got me my husband back, smiling all the way home, he has really turn around to me, it is honey moon all over again, thank you for this book' Mrs. Ajayi

3. BROKEN MARRIAGE, RESTORED

I have been married for over ten years before the devil struck in my marriage and my husband sent me packing from America.

When I got to Nigeria, a friend introduced: SECRETS OF AN IRRESISTIBLE WIFE & FIGHT FOR THAT MARRIAGE to me, after which I attended his marriage school (College of Marital Success). By the time I finished the school; my husband called me, apologized and sent a ticket for me to come back to USA.

Now, my marriage is restored and I am enjoying my husband like never before. Mrs. B, U.S.A

4. I GOT MY HUSBAND BACK

I have suffered for so many years in marriage until I read Secrets of an irresistible wife. My husband abandoned me and the children to the extent that he doesn't sleep at home nor cater for our needs and we often quarrels whenever he comes home. But when I read the book- Secrets of an irresistible wife and I put everything written in it into practice prayerfully, my husband suddenly moved his things back home and cut off from the strange woman. Now, I am experiencing new honeymoon in my marriage. Mrs. V, Ilaro.

I READ THIS BOOK FROM A PASTOR'S WIFE.

"After reading your book- Secrets of an irresistible wife and use it to turn my marriage around, getting my husband to love me like the way he did before our wedding. I introduced the book to wives in our Church and force all of them to buy and read it, wow! It was amazing, many husbands came to my office to thank

me, and they were very happy and excited. I then noticed that the rate of women that comes to me for marital counseling fell drastically as they are now enjoying their marriages. What I do now is to introduce the book to every woman I meet , I also talk about it in every conference I minister”. Pastor Mrs. Mercy Aina.

CHAPTER 1

THE PURPOSE OF SEX IN MARRIAGE

"Sex is beautiful, delightful and necessary. God made it so; it is an expression of oneness, a total commitment, a complete self-giving and a sacred obligation. Sex is not a right to claim selfishly, not a favour to withhold childishly, not a weapon to dominate one another, not a reward for good behavior." Dr J. Allan Petersen. In marriage, sex is important for the following reasons:

1. PURITY

'Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband. Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband.' 1 Cor. 7:2,

3. The primary reason for sex is to preserve your purity. It is the only thing that you are not allowed to get from any other person except your husband. In order for you and your husband to remain pure before God, get the best of sex from each other.

2. PLEASURE

Sex is also the gift of pleasure from God to married people. It will be totally wrong for you to say you will only do it when you need a baby. It is meant for pleasure, satisfaction and fulfillment. Get it at home and don't look outside for it.

'Let her be as the loving hind and pleasant roe; let her breasts satisfy thee at all times; and be thou ravished always with her love. “And why wilt thou, my son, be ravished with a strange woman, and embrace the bosom of a stranger? ' Prov. 5:19, 20.

3. PASSION

It is also for sexual love called passion. This helps to strengthen marriage and make the home stronger and better. Passion is what differentiate the marriage relationship from any other human relationship. 'A fountain of gardens, a well of living waters, and streams from Lebanon. Awake, O north wind; and come, thou south; blow upon my garden, that the spices thereof may flow out. Let my beloved come into his garden, and eat his pleasant fruits'. Song of Solomon 4:15,16.

4. PRESERVATION OF YOUR MARRIAGE

If you are both happy there will not be the need to open your bed to a third party; this will guarantee the security of your marriage. Once your home is secured, your marriage will be preserved. One of the reasons why you need to take sex serious is to preserve your marriage.

5. PEACE

Good sex in marriage brings up passion, satisfaction, fulfillment and purity which all combine together to generate peace in marriage. One of the major causes of misunderstanding in marriage is sexual denials. When couple get to the level of mutual sexual satisfaction they hardly fight and easily settle their differences.

When you seek to give your husband sexual satisfaction in your marriage, you have secured peace. There is nothing else that can either make a a man so happy or angry in marriage. When there is constant good performance in the bedroom the home experiences a deep peace.

6. PROCREATION

God wants us to be fruitful and multiply and replenish the earth. The only way we can fulfill this is through matrimonial sex. 'And God blessed them, and God said unto them, Be fruitful, and multiply, and replenish the earth, and subdue it: and have dominion over the fish of the sea, and over the fowl of the air, and over every living thing that moveth upon the earth'. Gen. 1:28.

7. PARTNERSHIP

Good sex in marriage helps our partnership in marriage. It aids agreement. It enhances communion. It leads to bonding and deep intimacy. It leads to togetherness, fondness and oneness at home.

8. PROTECTION

When sexual fulfillment is gotten at home, it leads to protection of couples from sexually transmitted diseases and bind them together. A marriage void of sex will easily open the man to sexual immorality and many deadly diseases. I agree perfectly with a marriage counsellor that said 'a married man with an unfulfilled libido is a danger going somewhere to happen.' In order to protect yourself and your husband in your marriage, you must ensure your husband is sexually satisfied.

9. PROGRESS

When couples agree, walk in purity and peace as a result of sexual fulfillment in

marriage, progress is assured. It guarantees prosperity for that family.

When couples open the room for sexual temptation and open the door widely for infidelity, it will affect every other part of their lives including their progress. When you allow your husband to sleep with you, in a satisfying manner, you are only calling for progress and prosperity in your home.

Now that you have known the purpose of sex in marriage, you will do well to be a generous giver to your husband. Start a fulfilling romantic journey by inviting him to have a nice time with you in the bedroom, just the way you normally invite him to the dining table to come and eat. Your husband will appreciate the gesture. He will be happy to have you as his lover girl.

For the rest of this book I will be opening your eyes to all these, I will make you to know the right thing to do to become an irresistible wife. If you put just 50% of the things you are going to learn in this book into practice, I can assure you of extraordinary love from your husband and you will be able to beat your chest to declare that nobody can snatch your husband.

CHAPTER 2

FOUR CARDINAL POINTS OF YOUR HUSBAND'S SEXUAL FULFILLMENT

To conclude this book, let me tell you four major things that can make a man sexually fulfilled. I call them "four cardinal points of sexual fulfillment".

(1) Frequency. Increase in sexual frequency is one thing every man desires.

They seem to have enough energy to have sex any time, any day. Frequent sex can make the day of your man and turn him to the lover boy you've always dreamt of. Your man is in need of frequent sex, just the way you are in need of more love, care, attention and affection.

If you really desire his love and support, then go ahead this week, surprise him, give him sex this week Sunday to Sunday. You are just a lover girl who wants a better marriage, try it and see what will happen to your marriage.

He will give you peace, no anger, no fighting. Do this once in three months, call for "quarterly bash". This will turn you to the number one person in the life of your man. Don't forget, your man needs frequent sex.

(2) Involvement. Another thing from our men's sexual fulfillment square is involvement. Your man wants an "involved wife", a woman who participates during sex, not a dry, drab and indifferent woman, a do-

whatever-you-want-to-do-and-let-let-me-sleep woman, a bedroom “write off”.

You should not be:

- a. An obligatory lady. Sees sex just as an obligation, “to give peace a chance” and for baby making
- b. Bedroom write-off woman. Not performing, ignorant and a bedroom failure.
- c. An on and off lady. Can be good exciting in the bedroom today, thrill the man and touch him to the bone marrow, but in the next three months she will be “off duty” nothing moves her, nothing arouses her until the next two or three months when her “on day” comes.
- d. You should become an exciting wife. A woman who has learnt not just how to give her husband sex but also how to love sex and look forward to it, gives her best, gives room for varieties and invitations to her husband.

Which one are you? Be frank with yourself, if you are not yet an “involved” and exciting wife, please change and become better in the bedroom. Be involved from foreplay to afterglow; learn to be a “giver” not just a receiver. Give him “a treat” always, never allow him go elsewhere. Prove to him that you are more than enough for him. I know that if your husband complains about your food and dressing, you will quickly adjust, but why have you not adjusted to his complaints about your poor sexual performance. To make your husband fulfilled, get involved. Put sex on your priority list, it is a very important “issue”. Give it your attention, improve and become better.

3. Excitement. Nothing satisfies a man like a “bedroom excited wife”. Your man doesn't just want you to be involved in bed; he wants you to be happy, joyful and excited as he makes love to you. Some women are known to look sad and moody, as their husbands make love to them. Get excited, you are at the center of the will of God if you are doing it with your husband. If you allow other men to sleep with you, that is when you should feel sad and sorry for yourself.

Your level of excitement will determine the level of enjoyment both of you will experience.

There are three types of enjoyment a man derives from making love:

Visual enjoyment. They enjoy seeing their wives naked, in underwear, in sexy mood, reacting to their thrusting etc. Your man will be happy to see your naked breast, buttocks, vulva etc. That is why you must not insist on having sex only in

darkness or cover yourself from head to the toe when you are with him. Be “careless” with your dressing in his presence. Be generous with your nakedness when he is with you, never allow other ladies to show him what you are hiding from him bearing in mind that men are moved by what they see.

Reactionary enjoyment. This is based on your reaction, his touch, kissing, fondling, stroking, massaging, penetration of his penis into your vagina, thrusting and ejaculation. When you react excitedly to all these, you will boost the ego of your man, making him feel like a real man and ultimately make his day.

Final enjoyment. This is when he ejaculates into your vagina, please note that when a man ejaculates, it does not mean that he has reached orgasm. He can ejaculate without really enjoying himself, what will make him reach orgasm with his ejaculation is your performance in bed. During foreplay and thrusting, your “generosity” with your nakedness and your excitement in bed will do him good.

Get excited, love making is not war, it is a gift from God in marriage. Let there be joy in the house, do it with happiness, deal with moodiness, stop having sex in anger or sadness. Be willing, be available, be a total wife, a terrific one.

I will advise you to attend our terrific wives seminar and take our terrific wives courses (it is a weekend course). Always remember that if you are not a terrific wife, you will be a terrible one.

5. Variety. Another thing that will greatly satisfy your husband and make him fulfilled sexually is varieties. Some ungodly men sleep around trying to know how it feels to sleep with a variety of women. You can become seven- wives-in-one for your husband. How can you achieve that? Give room for varieties, don't insist on one style. Decide to be on top once in a while. Change venue, re-decorate your bedroom, let him be the passive sex partner a times while you become the active partner whether in foreplay, thrusting and everything.

CHAPTER 3

THE REASONS FOR INFIDELITY

It is the dream of every woman to have her husband makes love to her alone.

Not only for a week, a month or even a year but for a lifetime. It is however sad that many Christian women are not enjoying this. Some men are unfaithful to their spouses and engage in sexual immorality. These men are to be blamed for their moral laxity, but it should also be noted that many wives also have a lot to do in order to have their husbands to themselves for life.

A question was raised during a program; Men Convention. In that survey, men were asked to give reasons while some men sleep around while their wives are still available to them. The following reasons were given:

- Sexual denial
- Lack of sexual creativity
- Dirtiness
- Hatred of sex by their wives
- Temptation from house girls, THEIR wives' friends and other women
- Wrong notions about sex by their wives
- Lack of sexual fulfillment.
- Pornography
- Dead spiritual life.

These and many more are the reasons men gave for infidelity. Adultery is a killer. It destroys not only the souls of men and women, but their bodies as well. Anybody involved in adultery is carrying hot coals on his chest.

'Can a man take fire in his bosom and his clothes not be burned? Can one go on hot coals, and his feet not be burned? So he that goeth in to his neighbour's wife: whosoever toucheth her shall not be innocent. But whoso comitteth adultery with a woman lacketh understanding; he that doeth it destroyeth his own soul. ' Prov.6:27-29,32.

'Drink waters out of thine own cistern, and running waters out of thine own well. Let thy fountains be dispersed abroad, and rivers of waters in the streets. Let them be only thine own, and not strangers' with thee. Let thy fountain be blessed: and rejoice with the wife of thy youth. Let her be as the loving hind and pleasant roe: let her breasts satisfy thee at all at all times; and be thou ravished always with her love.' Prov.5:16-15-19.

This book will not address the faults of men. Its essence is for women to learn what they can do, in order to shield their husbands from sexual temptations.

Also, this book will open your eyes to what you can do to transform your marriage and make your husband stick to you in a satisfying sexual relationship for life.

* In order to bless your husband and help him to discover how to transform your marriage with you, I will strongly advise you to get my books:

THE SECRETS OF AN IRRESISTIBLE HUSBAND and HOW TO WIN YOUR HUSBAND'S LOVE AND ATTENTION.

CHAPTER 4

WHAT LOVE MAKING MEANS TO YOUR HUSBAND

“Let my beloved come into his garden, and eat his pleasant fruits.” SOS 4:16b. The way your man sees sex, is quite different from your perception of sex. It means much more to your husband than to you. He is passionate about it and might even be “crazy” about it. Sex affects the way every man reasons. Once you understand the importance of sex to your man, I am sure you will be able to go all out to satisfy him.

1. It Brings Him to a State of Rest. Have you ever noticed your man's countenance after you might have given him a good dose of ingenuity and generosity of your body in the bedroom? Have you ever observed that he usually feels fulfilled and at rest after a good performance in bed? Great sex is good for your husband; it takes his body to its state of rest.

2. It Boosts His Self-Confidence. Many men who find it difficult to have or sustain an erection think they are not “men enough” in their own eyes; hence, they have a bad self-image. On the other hand, a sexually satisfied man develops self-confidence. Sex fulfils his manhood, makes him feel good about himself and makes him appreciate himself as a man.

A group of young men were presented with two options to choose from. To be amputated in one hand and leg or to die? They all answered that they preferred to be amputated than to die. Then they were asked if they'd rather die than become impotent. Almost 90% of them preferred to die than become impotent. That is the level of importance men attach to their sexuality. This elucidates the reason your man is “unnecessarily” angry when you deny him sex.

3. It Brings the Best Out of Him. Do you want to see the best in your man? If yes, give him good sex regularly and see how he will respond to you with love, care and admiration. On the other hand, if you want the worst of him, deny him sex and see the animal in your man.

4. It Culminates in a Better Marriage. A sexually satisfied man is likely going to be a loving husband, which results in an intimate marriage full of love and peace. Some unexplainable behaviours of your man can be traced to the bedroom. Likewise, unusual care and display of great affection can also be traced to sexual fulfillment.

5. Creates a Bond Between a Man and his Wife. The outcome of a vibrant sex life is a good married life. It brings a man closer to his wife, enhances good communication and culminates in togetherness, oneness, fondness and unity among couples.

6. Provides Life's Most Exciting Experience. Words are insufficient to describe how your husband feels when he encounters you in a fulfilling way. Sex arouses great commitment and physical explosion.

His body system is renewed; his focus is shifted from his business or career to you. Every gland and organ in his body seems to approach a climax, as he holds you tightly, speaks in esoteric languages, shouts, praises you and moans.

This precipitates a great transfer of himself into you. He feels like he is enveloped in your body as he releases a powerful dose of semen into your "honey pot". He can hardly describe his experience, all he can say is "I enjoyed it". He is only permitted to share this experience with you, and you must be ready to give him your all. Never allow him to look elsewhere for it because such an action can be disastrous.

7. Helps Him in His Career and Business. A sexually fulfilled man at home will be bold enough to face the challenges of the world. He believes in himself, sees himself as a victorious man, and conjectures that if he can "conquer" his wife, he can surmount any obstacle. A sexually satisfied man is focused; he looks forward to returning home, to get the most of his wife. A sexually dissatisfied man may find it difficult to concentrate at work.

Some may foolishly search for fulfillment from other women, ultimately jeopardizing their marriages, businesses and lives. According to Tim and Beverly Lahaye in their book "The Aims of Marriage", "A sexually frustrated man has a hard time concentrating.

He is prone to being edgy and finds it difficult to retain lasting goals. In contrast, the truly satisfied husband refuses to waste his business day on trivial things. He wants each moment to count so he can get home to his wife and family who will give his life real purpose and meaning".

8. Helps Him to be Faithful to His Marriage Vow. A sexually satisfied husband hardly looks outside for sex. If a woman is ingenious enough to give her best to her man and "milk" the best out of him, the man will be too satisfied to think of any other woman. More than 80% of men caught in infidelity claimed they experienced "sexual dryness" at home. A man once said, "It is difficult for a man to look outside when his sexual dreams are fulfilled at home as no man will steal pop corn outside after a sumptuous meal of fried rice at home".

9. It Satisfies His Sex Drive. The male species of animals are generally sexually

more active than their female counterparts. Men are more active and stronger than women. This does not mean that women do not have a strong sex drive, far from it, but the sex drive of a woman tends to be periodic, while that of a man is almost continuous.

10. It Gives Him Absolute Joy. Through the excitement derived from sex, your man gets joy and happiness. There is no man, who does not enjoy sex or who is not passionate about it, except he is an eunuch.

With the knowledge of what good sex does to you as a wife, it is pertinent you learn how to loosen your panties and unlock your skirt for your husband a little. Let him enjoy you and have a feel of his love for you.

Never allow him to think of any other woman, tell him you are enough for him. Show him you are more than capable to satisfy all his bedroom desires.

CHAPTER 5

MISTAKES WOMEN MAKE ABOUT SEX IN MARRIAGE

This chapter takes a look at the mistakes that many women make about sex in their marriage. They include but are not limited to the following:

1. UNDERSTAND WHAT THE BIBLE SAYS ABOUT SEX IN MARRIAGE

'Now concerning the things whereof ye wrote unto me: It is good for a man not to touch a woman. Nevertheless, to avoid fornication, let every man have his own wife, and let every woman have her own husband. Let the husband render unto the wife due benevolence: and likewise also the wife unto the husband. The wife hath not power of her own body, but the husband: and likewise also the husband hath not power of his own body, but the wife. Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency.' 1 Corinthians 7:1-5. You must note the following points in this scripture:

* The bible made it clear that your body belongs to your husband. You must not deprive your husband of your body. The only time you can refrain from a sexual relationship is when you are fasting. Before the fast you are to inform your husband, he is to be aware of your proposed fasting before you go ahead.

* You are to come together again after your fasting so that you will not give advantage to the flesh over your marriage. Please note that 70 days of fasting is not 70 days without sex except if it is a "marathon" fasting.

Fasting is usually From 12 midnight to 6pm, so when you break your fast between the hour of 6:01 to 11:59 satisfy your husband, don't ever engage in long fasting just because you want to avoid sex with your husband, you may end up hurting yourself so deeply.

2. DON'T FAIL TO SATISFY YOUR HUSBAND

One of the roles of a woman in marriage is to satisfy her husband sexually.

You need to be bold and wise enough to ask your husband whether he is satisfied. Ask him what you can do to satisfy him, then go ahead to do them. 'Let her be as the loving hind and pleasant roe; let her breasts satisfy thee at all times; and be thou ravished always with her love.' Prov. 5:19.

3. A SEXUALLY UNFULFILED MAN IS PRONE TO DANGER.

It is easier to pull down a sexually unfulfilled man. A man who is sexually fulfilled by his darling wife will be more difficult to pull down. A man that is not getting the best of sex at home is a danger going somewhere to happen. Protect your husband from falling. Meet his needs at home and make it impossible for him to fall into error.

4. DON'T GO FOR A DARK COLOUR IN YOUR MARRIAGE. "Behold, thou art fair, my beloved, yea, pleasant: also our bed is green. The beams of our house are cedar, and our rafters of fir". Song of Solomon 1:16, 17. Make sex lively by making your bed GREEN. Ensure your bed is always green.

Your bed must not be RED. A red bed is a sexless marriage. A YELLOW bed is a marriage where the husband have to struggle, plead, beg and even fight before having sex with his wife. It is a marriage where the wife had made calendar for sex at home.

Finally, your bed must not be BROWN. This is a marriage that is full of sexual immorality. You must never allow any other man to sleep with you. It is an unrighteous act. It is unholy and unacceptable to God to allow any other man apart from your darling husband to sleep with you.

5. NEVER DARE YOUR HUSBAND TO GO OUT TO LOOK FOR SEX

No matter what happens, never dare your husband to look for sex elsewhere.

Somebody else may cook for him, somebody else may take care of his clothes but you are the only one that is authorized by God to sleep with him. Don't ever allow household chores to sap you of your energy to do what only you can do for him.

6. NEVER COMMIT YOUR HUSBAND INTO THE HANDS OF YOUR HOUSE GIRL

If you allow your maid to be the one that cook your husband meal, wash his cloth, serve his food and generally care for him, you will be opening your husband to temptations in his own house. It may be very hard for him to escape. Your maid should be your assistant, you should not be the one assisting her. Be like the Proverbs 31 woman: 'She riseth also while it is yet night, and giveth meat to her household, and a portion to her maidens' . Prov. 31:15.

7. NEVER EMPLOY A HOUSE GIRL THAT IS MORE BEAUTIFUL THAN YOU

Don't make the mistake of employing a house maid that is more beautiful than you. She may subtly take over your home. Don't employ somebody that will engage you in beauty contest. It may look funny but that is one sexual mistake that a whole lot of women are making, please fall for it.

8. NEVER HATE SEX IN MARRIAGE

If your husband is like any other man out there you will find it difficult to enjoy him if you hate sex. As a married woman please bear it in your mind that sex is part of the package of marriage, you can't be expecting peace in your marriage and be a hater of sex. Your husband likes it, it is his need and right. You can't afford not to create room in your heart for it with your darling husband.

9. DON'T COMMIT YOUR HUSBAND INTO THE HANDS OF YOUR FRIENDS

If you are travelling don't tell your friends to come to your house to take care of your children on your behalf. It could be the worst decision you ever made, please don't do it.

10. DON'T DISCUSS YOUR SEX LIFE WITH YOUR FRIENDS

A woman told her friends 'my husband is too troublesome, he will not allow me to rest, he is too sexually active. He wants every night, he is never tired. 'That was the information the friend who was sexually starved in her marriage needs to go after her friend's husband. She eventually snatched the man from her friend. Your sex life is a private life, discuss it only with your husband.

11. DON'T ABANDON IMPROVEMENT OF YOUR BEDROOM LIFE

Read good and clean books about sex in marriage and know how to give your

husband the best. It will be totally bad not to improve your bedroom life. Don't have a lackadaisical attitude towards sex.

12. NEVER THINK YOUR HUSBAND IS SEXUALLY WIRED LIKE YOU

One big mistake most women make is to think their husband is sexually wired like them. A lot of women wonder why their husbands are always making a never-ending-demand of sex. Some women refer to their husbands as sex addicts. A woman said 'my husband doesn't think about any other thing apart from sex.' Another one said 'the life of my husband is zeroed down to the bedroom'.

These women failed to understand that their husbands is not different from any other married man. In every animal group, the male is generally stronger than their female counterpart. Your husband is just being normal by demanding for sex.

13. NEVER FORGET THAT MEN ARE WEEKLY PEOPLE, WOMEN ARE MONTHLY PEOPLE

Most women want sex twice or thrice a month, both most men want sex two or three time a week. So, it is not strange if your husband's sexual desire is stronger than yours. That is how God made men, that is how it is in most bedrooms, apply wisdom and satisfy your husband.

14. NEVER FORGET THAT MEN ARE VISUAL, WOMEN ARE HEARERS

Men are moved by what they see, women are moved by what they hear and what touches them. Dress your best so that your husband can see the good in you. Catch his eyes so that he will be moved towards you alone.

15. NEVER REJOICE BECAUSE HE DID NOT CALL FOR SEX IN TWO WEEKS

If your husband does not ask for sex in months, how will you feel? A lot of married women will feel happy or indifferent to it. Many married women even wish God will remove the sexual aspect of their marriage.

Sex is what makes marriage different from other relationships. Sex is what makes you different from the other women in his life. So, if he does not ask you out in bed for two weeks you should ask questions. If he does not ask you out in the bed for three weeks you should be worried, maybe he has another solution outside. It is not a testimony if your husband does not bother you for sex for weeks, it may have great consequences.

16. DON'T USE PREGNANCY AS AN EXCUSE

Don't ever use pregnancy as an excuse to deprive him of your body. Pregnancy is not a reason for sexual denial, you are the one that is pregnant, your husband is not pregnant. Look for different ways of having sex as the pregnancy advances.

17. NEVER USE BREAST FEEDING AS AN EXCUSE

Breast feeding a baby is not a good reason to neglect your husband. Having sex while breast feeding a baby does not pose any health risk to your baby. Feel free to enjoy sex with your husband and nurture your baby.

18. DON'T USE FASTING AS AN EXCUSE

Forty days of fasting does not mean forty days without sex for your husband. See what the Bible says: 'Defraud ye not one the other, except it be with consent for a time, that ye may give yourselves to fasting and prayer; and come together again, that Satan tempt you not for your incontinency. 1 Cor. 7:5.

What this scripture says is that you must inform your husband ahead of time when you want to fast. Your fasting must be with his consent. You should make sex part of your fasting plan. You must ensure you have sex after breaking your fast or before you start. If you use fast to deprive of your body for forty days, four hundred days of fasting may not win him back later.

19. NEVER USE SEX AS A PUNISHMENT

Sex is not one way to punish him for his offense. Your body is not yours, it belongs to him according to the Bible. You cannot deny him what is rightly his because you are angry. It is not right.

20. NEVER USE SEX AS A MEANS OF EXCHANGE

You are also not permitted to use sex as a tool for bargaining. It is very wrong to use sex in order to get something from your husband. You are not a prostitute, don't insist on being paid or do something for you before sex. If you do that, he may not see the reason why he can't also pay for it outside.

21. NEVER FAIL TO INVOLVE SEX IN YOUR MARRIAGE

Sex is not just about your husband, don't fail to be involved in it, initiate it often. Be involved during the foreplay and be very active during the actual sexual performance, don't be dry and drab at home. Be his lover girl.

22. NEVER SAY: IS IT FOOD?

Avoid asking your husband 'is it food.' It will make him look like a sex maniac.

As a man, his demand will naturally be stronger than your own. Your husband's demand is not strange. Plan to fit into his physiological make up.

23: DON'T MAKE CALENDAR FOR SEX IN YOUR MARRIAGE

Don't be a calendar wife, don't make calendar for sex in your marriage. Some calendar wives will say it can only take place on Friday or other days fixed by them. Let sex happen spontaneously in your marriage.

24. DON'T FORGET SEX IS PARAMOUNT TO YOUR HUSBAND'S WELL BEING

Sex is paramount to your husband's needs. The first thing he needs is respect, the second thing is sex. Give him your best and make him happy. To a man, sex is not just part of marriage it is the real show. Be wise and handle this wisely.

25. NEVER FAIL TO BE A GENEROUS WIFE

For a man to say his wife is a very, very good wife, she must have been generous in the bedroom. Go the extra mile in satisfying your husband.

26. NEVER BE AN ANALOG WIFE TO A DIGITAL HUSBAND

Study your husband and give him what he wants; the way he wants it. Don't be an analog wife to a digital husband. Study when his desire for sex is high and stand up to the task.

27. NEVER BECOME UNROMANTIC AND UNINTERESTING

Don't lose your flavour. Don't become uninteresting. It is very dangerous for your marriage.

28. NEVER FAIL TO REMEMBER THAT YOUR HUSBAND IS BORN AGAIN BUT HE IS NOT BLIND AGAIN.

Dress very well, be fashionable but not immoral. Don't take your husband for granted with your dressing because he is born again. Every man desires a very tantalizing lady around him. If your husband is born again he is not blind again; dress very well.

29. NEVER FAIL TO PURSUE YOUR HUSBAND

Don't just wait for him to pursue you, be inviting, be interesting, excite him at times by being seductive to him. Invite him to sleep with you or better still, seduce him. He is your husband and you are doing the right thing, no sin committed.

30. NEVER FAIL TO UNDERSTAND YOUR HUSBAND'S SEXUAL NEEDS AND MEET THEM.

Study your husband as if you will write a book on him. Carefully observe him and meet his needs.

31. NEVER FORGET THAT OUTING WEARS ARE DIFFERENT FROM BEDROOM WEARS

Outing wears are not the same as bedroom wears. Dress up when you are going out; dress down when you come to bed. Don't take that jeans knicker to bed, it is not bedroom compliant. Get a good night wear, the one they call 'open heaven'; 'the more you look the more you see.' Put on this one when you are alone with your darling husband and turn your marriage around.

CHAPTER 6

FACTS YOU SHOULD KNOW ABOUT YOUR MAN'S SEX LIFE

Most of the time, you complain that your husband's demand for sex is too frequent. You feel his crave for sex is similar to his need for food and you can't help but wonder if sex is the only thing he thinks about. To be frank with you, your complaints are similar to that of Mrs. James, Mrs. Bada, Mrs.

Thomas, Mrs. Adetoro, Mrs. Ajala and all other wives. This therefore shows that men and women in the areas of sex are wired differently. With these variations in mind, all you need to do is to know how men see sex and understand how to relate with your own man.

- Sex is one thing husbands would ask more of. Almost all husbands wish their wives can step up their sexual abilities and give them more at "bed time". Your husband's case is not different. Ask him and you will be surprised he is likely to be among the 92% of men who say they want more of sex.

- Sex of yesterday is for yesterday. While you are still enjoying the fulfillment of yesterday's sex, your "lover boy" is already thinking of how to get another one. Remember, every man has a sex drive that is stronger than the average woman.

- A man's sex drive is one of his strongest drives. You need to know that only a few things matter to a man than his sex life and the sex drive is stronger than any other “drive” in his body. This is the reason nothing really matters to most men whenever they want sex.

- Every man wants his wife to be romantic and involved in bed. No man will love to have a “bedroom failure” as a wife. No matter how religious they are, they want romantic, exciting and tantalizing wives.

- He needs routine sexual gratification the same way his wife needs routine acts of love, care and kindness. Just as you want him to be kind to you; he also wants you to be available in bed at least 2 or 3 times a week. Crises arise when the wife wants the act of kindness before sex and the man wants sexual gratification before an act of kindness. My word for you wife is; break the cycle. Give him sex, and see if he won't show you more love and care.

- Virtually every man experiences arousal, attraction and temptation seven times a day. Let him fall into your hands, not into the hands of a strange woman. Help him manage his sexuality.

- Men are moved by what they see. Let your husband be attracted to you. Never allow his secretary to take your position; dress nicely. If you are alone in the house put on skimpy dresses, sexy underwears; let him be moved towards you. Dress up in front of him. Make it “The-more-you-look- the-more-you-see” affair. Dress slowly to the extent that he will notice you. You are in your palace, “you own your husband”.

- Wants the wife to be actively involved in sex. Almost 90% of men said they will be more motivated if their wives can get involved in the bedroom. They said unanimously that they hate “dry and drab”

women in their bedrooms.

- Your man wants you to be involved during foreplay and love making.

He wants you to roll your body, turn, raise your laps, roll your buttocks, hold him, put your breast in his mouth, moan, talk, gibber and show that you are really enjoying him. Make him feel like a real man.

- Men are more aroused when their wives seduce them. Most men enjoy sexual invitations. Surprise your man by inviting him; become the “seducer” and see how happy he will be. Don't be ashamed to flirt with your husband; be his mistress, his concubine.

- More than 70% of men want sex at least 2 or 3 times a week, while more

than 60% of women want sex 2 or 3 times a month. This is where wisdom comes in for you as a woman. If you must keep your man, protect your home and send strange women far from your husband, then you must learn how to improve your bedroom performance. Be among the 40 % of women who are enjoying better relationships with their husbands.

CHAPTER 7

UNDERSTANDING SEXUAL PRESSURES ON YOUR HUSBAND

Most times women ask, “Why do men really love sex? Don't they think about any other thing? It seems men can't ever get fed up with sex. They are crazy about it”. Women are perfectly right to say men love sex; I know your husband does too.

However, what most women don't understand is the reason men are more sexually aggressive than they are. We need to examine this here.

1. Male species of all animals were created to be more sexually active than their female counterparts. I think only the Creator can tell us the reason He made it so.
2. Sexual pressures on men are two folds- Due to the makeup of women by the Almighty, women majorly experience internal and occasional sexual pressures while men experience a greater intensity of both internal and external sexual pressures.

Women's sexual pressure

Figure 1 shows the internal sexual pressure of a woman, the dotted lines show that it is not a continuous thing. Women experience sexual pressure generally during their ovulation period, the time is called heat period in animals and amorous period by marriage counselors, which comes only once in a month. Women desire sex generally at this period and this lasts for few days which is not as strong as that of a man.

Body of a man: Figure 2 above shows sexual pressure of men. Arrows outside the circle represent external pressures which come from outside the body of the man. From the television, he watches almost nude ladies and his friends can't stop talking about sex. Pressure also comes on men from scantily dressed ladies, suggestive moves of seductive ladies who wives call strange women, romantic music from radio, newspaper, magazines, advert on billboards and sexual activities around them. All these combine to bring real pressure on your husband and make him desire sex more than you do.

Apart from external pressures, men also need to contend with internal pressure which is divided into two:

- (a) Natural internal sexual pressure
- (b) Self-created internal sexual pressure

1. Natural internal sexual pressure: The man's body is known to produce sperm almost immediately after an ejaculation; this makes men ready for sex almost every day. This natural reaction causes them to have what can be referred to as a continuous sex drive unlike women who have occasional sex drive.

2. Self-created sexual pressure: This has to do with sexual thoughts that cross the mind of a man during the day. If these sexual thoughts are not directed towards his wife, then it is lust, which is the mother of all sexual immoralities. If this is directed towards his wife, it is known as passion or “godly fantasy”, which is right and acceptable.

All these pressures combine to make your man who he is sexually and that explains why he behaves the way he does in the bedroom. It makes him want more sex and is aggressive about it. All you need to do as a wise woman is to learn how to satisfy him and make him yours forever.

Most men want sex two or three times a week, while women want it two or three times a month, if you want to wait till the time you feel like before satisfying him sexually, you will destroy your marriage and allow another woman to take over. That is why you must apply wisdom. The Bible says: “Every wise woman buildeth her house, but the foolish plucketh it down with her hands.” Proverbs 14:1

CHAPTER 8

DO IT BECAUSE YOU SAID "I DO"

On the day of your wedding the priest asked you, you. (Your name)
“Will you take (your husband) As your wedded husband.

In which you answered. "I DO" One of the things YOU say I do to on your wedding day is SEX. May be you have not been told sex is part of the package of marriage. In fact, it is the completion and consummation of marriage, you can't say you don't like sex; it is too late. YOU MUST LIKE SEX IN MARRIAGE.

I don't know how else you can satisfy the man you married if you allow bedroom to collapse; because men (or males of most animals) are known to be more aggressive about sex than their female counterpart.

In our book titled: SECRETS OF AN IRRESISTIBLE HUSBAND, we share some things with men, permit me to share some with you here, just the way it is in the book. "I have attended to countless number of men in counseling rooms whose major grouse with their wives is hatred of sex, many of them wonder why women hate sex so much in marriage.

I can't forget the case of a man who came to tell me that his wife is so wicked.

Wicked? I asked, yes, she is so wicked. He replied. I asked him, "What has she done wrong? He said "Everything, she is very wicked". I asked, is she fighting you he said "No, but she is wicked" I asked if she's stealing your money, he said no "but she is very wicked" I asked so many questions to know what the wife is doing wrong his answer was, "No, she is only wicked" I became confused, until I remember I had not ask him about their sex life.

Then I ask him and his wife, whether I am permitted to ask intimate questions, in which he quickly, gave his permission.

I then asked, "When last have you slept together in your marriage, the man quickly got up and said, "Thank you pastor, you are a genuine man of God"

he then face his wife and said "Mama Ngor can you answer pastor right now the reason you have been running away to sleep in the children's room and refuse to give me sex in the last two weeks? "Pastor that is why I said she is wicked." Is she not wicked?" he asked me.

After teaching the wife what to do and gave her a copy of our book SEXUAL

FULFILMENT IN MARRIAGE AND HOW TO WIN YOUR HUSBAND LOVE AND ATTENTION, they left my office.

Few weeks later, I saw the man again; I asked him, hope your wife is no more wicked? He laughed and said "thank you pastor, she is cooperating, she is no more wicked"

In a Men Convection where I minister recently, men were asked to tell us their Major Challenges in Marriage it is interesting to note that more than 80% Men present in the meeting pointed to the bedroom.

A man was given a form to filled, the form contain the following columns: Name, Date of birth, Place of birth, Age, Profession, Religion and Sex. He filled the other columns correctly but when filling SEX column, He wrote: Not satisfied at all, my wife is disappointing me" All these are to tell you that men are passionate and may be crazy about sex.

You can't afford to be a bedroom failure, you must become an expert, you must learn about it.

I use to know a woman as our neighbor when I was a very small boy, she was a very troublesome woman, a fighter, a nag, she was not only fighting her husband, but her husband's family and everybody in the neighborhood.

She was so bad that she does fight using broken bottle to attack her perceived enemy, she was that bad.

Several times her husband's family gathered in meetings to persuade her husband to divorce her to no avail, despite the fact she has wounded the man several times. One day the husband was discussing with her friend who want to know the reasons he refused to divorce the woman. Into which he answer," I know that she is a very bad woman but I know the area which she is very good and better than any other woman I had ever met that is in the area of bedroom, she is excellent. Friend, I will never divorce her" They are still together till today, that was more than forty years ago.

PROVERB 31 IS NOT ENOUGH ENTER SONG OF SOLOMON

Can you now imagine virtuous and bedroom careless sisters who are too born again to sleep with their husbands? who are losing their husbands today to strange women. These wives are too holy to sleep with their husband they are holier than God that put sex in marriage.

You can have all the wisdom of proverbs 31 woman and still lose your husband to strange women, that is why God made the book of Song of Solomon to come immediately after Proverbs 31. The Bible mention more than 25 qualities of the Proverbs 31 woman which includes: diligence, trustworthiness, generosity, good dress sense, thoughtfulness, goodness, friendliness, good motherhood, wisdom, communication expertise, industry, good cooking ability, fear of God etc.

The only thing that was not mention about her is her bedroom ability and romance. That is what you must add to your own life after fulfilling all the qualities mention in the proverbs 31. So, don't just be a 'proverb 31 woman'; also be a 'Song of Solomon babe'. Be romantic, be touchable to your husband, make sex interesting for him. Make your bed green.

"Behold, thou art fair, my love; behold, thou art fair; thou hast doves' eyes. Behold, thou art fair, my beloved, yea, pleasant: also our bed is green. The beams of our house are cedar, and our rafters of fir". (Song of Solomon 1:15-17 KJV) Go and do it because you promised on your wedding day, sex in marriage is not a sin. It is holy righteous and acceptable to God.

ON YOUR WEDDING DAY, YOU SAID "I DO" so girl BE A PROMISE KEEPER; GO AND 'DO' and keep your "I Do"

CHAPTER 9

HOW TO SAY “NO” WITHOUT HURTING YOUR HUSBAND

It was discovered lately that one of the main reasons men become annoyed when their wives turn them down, is not about the rejection per se but about the way they were rejected.

As a wife, if you must turn down his advances, do it wisely and with genuine reasons.

GENUINE REASONS TO SAY “NO”

(1) **Sickness:** If you are sick, let him know even before bed-time so that he can prepare his mind that there will be “no show” that night. As soon as you are healed, resume your duty.

(2) **New baby:** If you have just been delivered of a baby, sex should be avoided to allow your body to heal. Once you are okay and birth fluid stops coming from your vagina, resume your duty. Never allow motherhood hinder your marriage.

(3) **Menstruation:** If both of you are not comfortable with making love during menstruation, this is another genuine reason. Immediately your period starts, inform him, maybe jokingly by saying, “Oh boy! Your visitor has come down here”. He will understand and switch his mind off sex. Note that sex during menstruation is not bad if you both agree on it.

(4) **Tiredness:** If you are really tired, notify him. However, **EXCUSES**

THAT YOU ARE TIRED EVERY NIGHT CAN MAKE HIM TIRED OF YOU.

(5) **Prayer and fasting:** The period of fasting should also be separated and you should avoid sex during this period. This is not because it is sinful to have sex while fasting, rather, it gives you time to focus on your prayers.

Note that if you break your fast in the evening, you can still have sex, despite the fact that you have intentions to fast the next day.

(6) **Last week of pregnancy.** In the last week of pregnancy, most doctors advise couples to stay off sex, so as not to induce pre-mature labour. This could be

another reason to say no but note that sex can come from day one of the pregnancy to few weeks to your expected date of delivery (EDD).

INVALID REASONS TO SAY “NO”

- a. “I am breastfeeding”- Breast feed the baby, love feed the father.
- b. “I want to sleep”- Sex is a sleeping tablet.
- c. “Midnight headache”.
- d. “Tomorrow is Sunday”- Sex is not an anointing sapper.
- e. “I will be fasting tomorrow”- You are not fasting today, so go ahead.
- f. “You've not given me the money I asked for” - You are not a prostitute.
- g. “The bed is noisy”- Put the mattress on the floor.
- h. “The children are yet to sleep”- They won't hear, the door is locked.
- i. “This is afternoon”- Then make it an afternoon show.
- j. “I have a new hair-do”- Who owns the hair? Who owns you?
- k. “It will dirty or roughen my clothes” Then remove them!
- l. “The baby is sick” - You are not the doctor.
- m. “I am traveling tomorrow” That is why you must do it today.
- n. “There is work tomorrow”- Then play tonight
- o. “You did one last week” That was last week.
- p. “My baby will wake up”- If he wakes up, he will sleep again.
- q. “I am not in the mood”- If you are not in the mood, let him take you into the mood.

WRONG WAYS TO REJECT SEXUAL ADVANCES

- Shouting at the man.
- Giving the man something he must do before sex.

- Placing the baby on your chest and pinching the baby to wake up when your husband touches you.
- Putting on jeans knickers, tights or a pair of trousers to bed.
- Pretending you are sleeping.
- Pretending you are praying.
- Watching television and refusing to go to bed till the man sleeps off.
- Sleeping in the sitting room with your children.
- Sleeping in the children's room or guest room.
- Turning your back on him.
- Midnight headache.
- Removing his hands angrily from your body or breast.

WRONG PHRASES TO USE IN THE BEDROOM

- “Are you a dog? You like sex too much.”
- “Son of a bitch! Hope a dog has not eaten your foreskin.”
- “I am not a horse. You cannot ride me anytime you please”.
- “Do you want to kill me?”- No, he does not intend to kill you. He just wants to have a feel of your love.
- “Is it food?”- This is a common phrase many women use.

No! It is not food, it is more than food. It is what the Bible calls,

“WATER” “Drink water out of your cistern, and running waters out of thine own well.....” Proverbs 5:15-20

- “All you know is sex, sex, and sex! Don't you ever get tired?” As long as it involves having sex with his wife, he won't be tired. He knows more than sex, he knows you, his job and his children.
- “Is it everyday you get an erection?”-You are right! Every man gets an

erection daily; if he doesn't have it daily, you won't be with him. Try your best to satisfy him.

- “I am not a prostitute”- You are your husband's “prostitute”. Practice your trade at home. Never allow him to go after commercial prostitutes; be his marital “prostitute”.

DO YOU NEED A HELPER?

In a women's conference, a woman said her husband was too demanding. “It is sex at night, sex during the day, sex at daytime, sex all the time. When will there be time for other things? I'm tired and I believe something should be done about it”, she argued. After a while, an elderly woman who has been married for more than forty years rose up and said, “I know the solution. If you feel something is too big for you to carry alone, the best thing to do is to look for a helper to assist you. The women present asked the elderly woman what she meant by “helper”.

What kind of helper was she referring to? The old woman said the helper could be your house girl, a girl in the neighbourhood, or his secretary. When the young women understood what she meant, they exclaimed “We don't need helpers, we can do it ourselves; we are capable!” The old woman then told the gathering, “If you fail to satisfy your man, you may be inviting a helper to assist you”. The hall was dead silent while the woman continued talking. She said, “When you deny a man, remember there are some ladies

out there who are using their bodies to beg your husband. If you fail him in the bedroom, other ladies may not fail him at the office. As for me, I am in my seventies but I still satisfy my lover boy of forty years sexually. That is why he looks young despite the fact that he celebrated his seventy-eight birthday few months ago.” She then went ahead to tell them how she nearly lost her husband to strange women through carelessness in the early part of her marriage. She got information of her husbands’ escapades through his colleague at work. She painted a picture of the “battles” fought to win her husband back and keep him forever by becoming a good wife and an exciting sexual partner.

My question to you is; do you need a helper? If you don't, then swing into action. Become a “high performer” in the bedroom, sparking your sex life. It has been discovered that most wives improve in every other area of their lives except their sex lives. This is very dangerous. Let nobody help you love-feed your husband.

WHY MEN GET HURT WHEN THEY ARE TURNED DOWN

When you turn a man down rudely, he will think beyond sex. He will see it as insubordination, denial of his right and a slap on his manhood. He will also see it as a bruise on his ego, and wickedness on your part. Can you see how men reason?

Then you must be wise.

Let your NO be said in a positive way. Treat him with love and kindness, handle him with care and prepare his mind for another day. To avoid constant conflicts, train yourself to love sex. If you hate sex, you have no business getting married. No married woman is permitted to hate sex, except you are tired of your marriage.

POSITIVE WAYS TO SAY “NO”

- Be polite: Don't be rude; don't say it in such a way that will make him feel you are the owner of your body. No! Your body belongs to him and his body belongs to you. If you must deny him, then be polite. (1 Corin.7:4)
- Face him. Do not turn your back on him. Never ignore him. Face him and discuss with him.
- Speak in love. Do not shout; never abuse. Just let him see reasons you may not be available. Give a genuine reason not a frivolous one.
- Promise to make it up to him another time and make sure you always fulfill your promise, lest he begins to doubt whenever you make promises.

Don't make it a habit to always deny him. Learn to switch on your mind in anticipation for sex. Unlock your heart, remove all the road blocks in your mind, and learn to enjoy sex. Stop seeing it as a task, see it as a gift and appreciate God for it. He is not wicked to have given us sex. Create good sex in your mind, make your man happy.

CHAPTER 10

WIVES' ROLES IN THE BEDROOM

“The wife hath not power of her own body, but the husband”. 1 Corinthians 7:4a
As a wife, you have diverse roles to play in the bedroom to make your sex life exciting and your marriage a pleasant one. Most wives think that their role is to look after their husbands, take good care of the children, keep the house clean and give their bodies to their husbands occasionally when they feel like. This is far from the truth! No matter how good you are in the kitchen, if you are a bedroom failure, you may mess up your marriage. A man even said,

“I can tolerate a bad cook, but a bedroom failure, I can't tolerate as a wife”. It is that serious.

The following are your roles in the bedroom:

1. Make the place a pleasant haven to behold. A well laid bed, clean room, perfumed mattress, and loving bed sheet would do the trick.
2. Willingly and pleasantly take off your dress and lie down.
3. Crack jokes with your man as he enters the room.
4. Smile and be happy.
5. Look forward to an exciting night.
6. Don't forget our principle "shut down" and "light on". Shut down your mind to motherhood, dirty kitchen, career, office challenges, etc. Light on to wifhood, be in the bedroom, spirit, soul and body; be ready for sex.
7. Activate your mind to enjoy sex, tantalize your husband, imagine him inside of you.
8. Be active. Get involved in kissing, moving, massaging, fondling etc.
9. Be creative in the way you undress, don't make it a "one way traffic".

Try the following:

- Walk around naked
- Put on only a transparent night dress.
- Wear a transparent night dress with under wears.
- Put on a transparent night wear with bra.
- Transparent nightie with pant only.
- Underwears only.
- Bra alone.
- Just a skirt; no blouse, no bra and no pant.
- Blouse and skirt on, without bra or pant. Sit in such a way that he will know you are not wearing anything under.
- No bra, no pant but small and colourful towel tied round the body (it barely covers your breasts and pubic area).

- No bra, no pant but a colourful shower cap or a beautiful cap.
- No bra, no pant but body wrapped in a cover cloth (wrapper) without blouse.
- No blouse, no skirt but sexy bra and panties.
- Just be creative. Always remember that men are moved by what they see, never allow him to see any other lady. Prove to him that you are enough for him.

10. Avoid a “dead sea” sex (or what some marriage counselors call “cadaveric” sex) with your partner. Be involved, raise your leg willingly, open your lap, roll, turn, hold your man, give 101% performance, make his day and be his dream girl.

11. If he wants a quick one, maybe, you want to go out and he says let's make love, then give him a “quicke”, without long foreplay. You could use lubrication to make it easier and faster. Apply it on him as he applies it on your vagina.

12. If he is still dressed up, go ahead and undress him.

13. Make it a habit to sleep without panties except during menstruation.

14. Appreciate him as you make love, never keep quiet.

15. Invite him for a sex-filled night, never be ashamed of this. You are doing the right thing, he is your husband.

16. Learn the right way to say “No”. If you must, go over chapter three again.

17. After intercourse, there is no need to rush into the bathroom to “clean up”. Hold your man and sleep-off.

18. If your husband is to use condom, it is your duty to put it on his penis as part of foreplay, but don't do this until it is time for him to enter you.

19. Never insist on a style, agree to variety in sex, no sin is committed.

20. Make it a habit to communicate with him about your sex life. This will make both of you understand your needs.

21. Make your sex life a prayer point between you if there is a problem with it. Don't you think it needs prayer? The Bible says: “In all your ways acknowledge Him.”

THINGS NOT TO DO IN THE BEDROOM

“Do all things without murmuring and disputings” Philippians 2:14

- Do not struggle with him. If you are not prepared for sex, tell him with wisdom.
- Do not become a commander by ordering your husband around; it is not right at all. You should not take advantage of him just because he wants to have sex with you. Making commands like “Close the window”, “Switch off the light”, “Shut the door” etc is very wrong.
- Avoid negative statements, complaints, murmuring, sharp or cutting remarks, etc.
- Avoid the attitude of “let-him-do-whatever-he-wants-to-do-and-let-me sleep”.
- Avoid a dirty lifestyle and body odour. Make sure your mouth, body, armpit and the vagina smell well.

CHAPTER 11

HOW TO ENJOY SEX CONTINUALLY WITH YOUR HUSBAND

“Don't just recapture the man, recapture the romance”.

The major problem facing many wives is that they don't enjoy sex regularly with their husbands. Many claim that they've never experienced orgasm in

their lives, while some are even ignorant of what an orgasm is all about. This is why many women are frustrated and have also developed a deep hatred for sex. Some see sex as punishment for women and enjoyment for men, because they see how the men enjoy themselves, and they wonder if they would ever enjoy sex. Sometimes, they feel they are being used; hence, they use all tactics available to prevent this “punishment”. If they succeed, they make the men angry, totally unfulfilled and vulnerable to strange women, thereby destroying their marriages.

Sex need not be like that; it is to be enjoyed, but to achieve it, you must be skillful. Sexual enjoyment is 50% in your hands, and 50% in the hands of your husband. All you need to do is to learn how to get the best from this great gift of the Most High.

WHAT TO DO TO YOURSELF

1. Think positively about your body, your husband and sex.
2. Look forward to bed time. To enjoy yourself, develop a thirst for sex with your husband; don't always allow sex to meet you unprepared.
3. As you come from the office, make a decision to have sex with your husband and enjoy it. He is your husband, you own his body.
4. Make a decision to use your breast and vagina to enjoy sex. Say to yourself, "I will enjoy his touch, his sucking of my breast, his entrance into my "honey pot", his thrust and ultimately his ejaculation".
5. As foreplay is taking place, "shut down" and "light on". Shut down your brain to the outside world, forget about the children, kitchen, the dishes, the diapers, etc. Then "light on" your mind to enjoy your husband. Look forward to having his penis inside of you, relax totally to enjoy his touch. Soak in the feeling of his sucking of your breast; totally immerse yourself in his ocean of love.
6. As you hold his penis during foreplay, think within you, "this penis belongs to me and me only, I will enjoy it to the fullest". Tell your husband and watch him smile.
7. Ask your husband for a new style; tell him to change the venue. You are likely to touch his heart in a new way.
8. Discuss with him about how you want to be touched, kissed, the type of thrusting you want etc.
9. Coach him about your body system; let him know what parts are more sensitive than others.
10. Open your lap wide, hold your man tightly, roll with him.
11. Instead of waiting to receive his penis, raise your buttocks to intercept it.
12. Welcome his penis into your vagina with a moan, a smile, a joke etc.
13. Decide that "my vagina will not allow this penis go until it blesses me and releases its honey into my pot".
14. Use your vagina to meet his penis at intervals, as the penis is made for you.

15. Learn how to roll your buttocks, to thrust up and down, by moving your leg, opening and closing your laps and by bending to the left or to the right.

16. Your thrusting and that of your husband must be complementary. As the man goes into you, you should come up, as he goes up, you press down.

So raise your hips to meet the penis as the man thrusts inward.

17. Encourage your husband to thrust vigorously by talking to him as he thrusts, sing his praises by saying, “you are strong”, “more, more, deeper, yes deeper”, “you are a real man”, “powerful!, “pound, pound, that is my man”, “thank God I married you”, “you are great, your penis is nice, hush, hush, goooooood!”

All these will do two things to you; they will make you reach orgasm every time you make love and it will greatly satisfy your husband. This is one of the secrets of strange women that make men to run after them.

Please don't forget that you must not just be your husband's wife; be his mistress, his concubine. Swallow your pride and give your marriage a new lease of life.

YOU CAN'T WIN YOUR HUSBAND WITH A CLOSED PANT AND A HOOKED BRA.

CHAPTER 12

HOW TO ENCOURAGE YOURSELF TO HAVE MORE SEX WITH YOUR HUSBAND

Since your husband's demand for sex is naturally higher than yours and this could result in an argument, you need to learn the rudiments of improving your sexual ability so as to bring peace into your marriage.

Please note that your mind is the strongest sex organ in your body. Learn to use your mind to desire sex with your husband. It may be difficult at the beginning but with constant practice, you will know how to switch your mind “to the mood”. You can do this by following these instructions:

- (1) Read this book over and over again. Consult it everytime. Never give it out. Make it your hand book; it is not a book you can digest fully even when you read it ten times.
- (2) Never see sex as a task, see it as something to be enjoyed.
- (3) Enjoy the period of foreplay with your man, get involved, never be a

passive partner in bed.

- (4) Never think you are doing your man any favour by giving him your body.
- (5) See sex as a gift from God, the maker of marriage.
- (6) Remove all inhibitions, remove wrong conceptions, relax to enjoy sex, knowing fully well that you are not offending God.
- (7) Know that sex is one of your rights in marriage, to be enjoyed, accepted, and celebrated.
- (8) Pray to God for the grace to love having sex with your loving husband.

THINGS THAT AFFECT YOUR SEX LIFE

As a woman, there are many things that may affect your sex life either positively or negatively:

1. Your perception of yourself. What you think about your face, weight, breast, buttocks, stomach etc. will definitely affect your performance in the bedroom. If you think you are beautiful, you are. If you think your breasts are too small or too big you are correct. Your assessment of yourself is very important to your sex life and marriage.

2. What you think about your man. If you are fond of thinking negatively about your man, you will find it difficult to respond positively to him. If you see him as a monster, you will never be moved by his touch. If you see him as being bossy and difficult, you will unconsciously build a thick skin against him. If you see him as a friend, a companion and a lover, it will affect your response to him because as he touches you, your body will quickly respond to his “call” and give a total surrender of spirit, soul and body.

Cultivate a good habit of thinking positively about your man, you will be doing yourself a lot of favour.

3. Your thinking about marriage. If you see marriage as a difficult relationship, a punishment and a task, such thoughts will make you hate your partner. You must realize that marriage is to be enjoyed not to be endured.

4. Your opinions on sex: Except you deal with your inhibitions about sex, it will surely affect your response to your husband. If you think sex is dirty

and sinful, there is no way you can really enjoy it. If you think it is a gift from God to married couples to be taken with thanksgiving, you will surely enjoy it.

5. Your past experience with sex: Failure to deal with past guilt and hurts stemming from pre-marital sex can haunt you for the rest of your life.

If it is guilt concerning pre-marital sex, confess your sins to God if you have not done that. Receive His forgiveness and forgive yourself. If it is the hurt of rape, or sexual abuse as a child, please see a professional who will help you out.

6. Your knowledge about sex: If you have a shallow knowledge about sex, you are likely going to give a shallow performance. That is why you need to read this book over and over and attend our TERRIFIC WIVES'

7. Your health: Take good care of your health; see your doctor if there is a problem. Eat right, exercise your body, and take enough rest. A healthy wife is the one who can be a good sexual partner.

9. Your job: Learn how to balance your job with your duties as a wife. A job that pays lesser but gives you room to take good care of your husband and children is by far better than a job that gives you millions of dollars monthly but makes you a failure as a wife and mother.

10. Your temperament: Get to know how your temperament affects your sex life, then work at improving it.

11. Your fears: Fear of pregnancy and sexually transmitted diseases can also affect your response to your man. Go for good family planning to put the fear of pregnancy to rest. Move closer to your husband, don't give him room to even remember any other lady. He will become faithful and there will be no fear of STDs.

12. Evaluation of your last sexual intercourse: If you think he needs you or consider it an act of favour by giving him sex, you may not be able to give your best regularly. Always see sex as your duty to your husband, glorify God for giving you the opportunity to satisfy him.

HOW TO ENCOURAGE YOUR MAN TO GO FOR A LONGER FOREPLAY

Foreplay or love play is what women enjoy greatly. In fact, most women prefer it to intercourse. But you need to understand that while you would opt for love play, your husband prefers to “play love”. He prefers sex and is not likely to be satisfied except he has intercourse with you.

The problem is that most men in their haste to make love create little or no time for foreplay. You need between 20 to 30 minutes of foreplay before you can enjoy intercourse and reach orgasm. Since your man wants sex and you want foreplay, then you need to learn how to encourage him to go for a longer foreplay, without

which you cannot enjoy sex continually.

1. When you relax at home, not in the sex mood, take time to talk to him about your need for foreplay, how you want it and where you want to be touched.
2. Talk to him as you have foreplay, tell him what to do; don't just keep quiet.
3. Praise him for what he is doing; thank and appreciate him.
4. Take his hands to where you want to be touched and where you want to be fondled.
5. Continue to touch him in a special way, don't stay idle.
6. Talk romantically to him, call everything by its name.
7. After a good foreplay, perform like a tiger in bed. This will encourage him to go for a longer foreplay the next time.
8. Thank him after a good foreplay and love making.
9. Invite him for love making, this will encourage him to have a good foreplay with you and satisfy you.
10. Make sure your man reads this book. It will greatly enhance his performance in the bedroom.
11. You can also encourage him to see a marriage counselor together with you.

CHAPTER 13

BANQUET OF LOVE

“Her husband can trust her and she will richly satisfy his need.” (NIV) Proverbs 31:11

To get the favour of your man, to have his 100% attention, to be the greatest influence on him, give him what I call a banquet of love; “Richly satisfy his needs”. What are his needs? You may think sex is all he needs, which is not true. Give him the following if you really want to win him:

- a. Honour him: Men are full of ego, if you want to win your husband, respect him, honour him, massage his ego. If you really want to become his best friend, honour him.

b. Love him: Express your love to him in all ways. Immerse yourself in his love, embrace his weakness and his strong points, be drunk with his love.

c. Good sex: Sex is another way to get his attention, your man is not likely to have enough of this, just be wise to give him your all, and continue to improve as you grow together in your marriage.

d. Good food: Have you ever heard that “a hungry man is an angry man”, this adage is true of all men. To get the full attention of your man, you must be a good cook; you must be great in the kitchen. A man you feed well is a man who cannot get fed up with you.

e. Good dress sense: To crown everything; you must learn to be well dressed. You must understand that men are always proud of themselves and their wives if their wives are well dressed. Never create room for your husband to look “outside” by being a disaster in dressing.

Take note of the following:

1. Have good house wears: Don't just put on anything because you are at home. Dress nice to make your husband crave to be at home. Be smart, neat, inviting and pleasant.

2. Outing dress. Know how to complement colours, be fashionable, look nice. Dress in such a way that your man will be proud to say to his friends, “meet my wife”.

3. Bedroom wears. Get good nighties, sexy towels (meant for only bedroom, toilet and bathroom), skimpy skirt and blouse (for the bedroom), transparent dresses for your husband's eyes only. Avoid tying wrappers like old women or going to bed

“fully kitted” like a soldier. Let go of those knickers, tight, pair of trousers etc. Never create a road block in your bedroom. Be available, be “edible”, be exciting and inviting. Go for a three-piece night-wear which consist of a pair of shorts, a small camisole and overlay. Always wear eat night wears. Get a night gown that looks like swim suit with design or baby doll night wear.

f. Underwear: Most women are careless about what they wear under since they know that, nobody will check what they are wearing there. They have forgotten that, the hidden place is an exclusive reserve for their husbands and their men will have to see them everyday.

* Avoid dirty, torn, old or worn out panties, stained and out of fashion pants and bra.

* Get sexy underwears; g-strings, thongs, girdle,

underskirts, cotton pants, net pants, satin pants, etc. Look nice, put on a good show under your skirts.

- Get good bras, don't just wear anything. Discard old ones, buy romantic ones. Always wear pant and bra of same colour. It will look fetish to wear a black bra on top of a red pant, or green bra on top of yellow pant.

* Your husband will feel happy to see you in white pant and white bra, yellow bra and yellow pant etc. Get a padded bra, water bra, normal cup-sized bra, they can rejuvenate your breast.

g. Maternity wears: Don't dress anyhow because you are pregnant, you can still look sexy despite the fact that you are pregnant. Get good, smart maternity gowns and pregnancy wears. Get a new set of underwears especially bras because of the enlargement of your breasts. When you are closer to delivery, buy nursing mother bras when breastfeeding, buy fashionable ones, look nice even as you breast feed.

h. Smell nice: Avoid odour. Use roll-on for your armpits, change your pants everyday, use perfume, use good powder for your face and on the base of the breast to keep it dry and rash free. Also use powder on the inner sides and curves of the thighs; this will prevent bad odour and unpleasant moisture and infection. Encourage your husband to help you shave. Clean your vagina very well when bathing; let your husband be satisfied with the way you smell.

CHAPTER 14

BALANCING A SEX, CAREER AND MOTHERHOOD

As a woman, you are expected to balance your wifeness, motherhood and career because a failure to do this will definitely cause problems in one or two areas of life or even in all.

Most women allow their duties as mothers to destroy their bedroom lives, eventually destroying their marriages. This explains why most of our

professional women, actresses, busy executives, women politicians do not have good homes.

No matter how busy you are, always remember the owner of your body is still waiting at home for you to satisfy him.

As a professional woman (A chartered accountant), mother of three, mentor, teacher and a pastor's wife, I have come to realize that no matter how successful

I am in other areas of life, if I do not satisfy my husband, then I am a failure. Hence, I have devised a means of being the best at home while not allowing other areas of life to suffer. This is what I want to share with you:

- Never allow motherhood to murder your sex life. Breastfeeding, baby sitting and being careless can destroy a woman's sex life if she is not careful. That is why you must learn to plan your day. Let your husband know that you need his support with the children if he must get the best of you in the bedroom. Don't just grumble, discuss with him in love.
- Never allow your career to drain your marriage.
- No matter how hard you work at the office, a day is coming when you will have to resign, you will be asked to go or retire. If you have made a mess of your marriage before then, where will you return to?

Creatively work out a way to satisfy your man.

- Surprise him once in a while with romantic sex during the week. Give him your total self during the weekend. If he doesn't call you, call him.

If you are too tired for intercourse during the week, suggest partner inter- situation system or “back pedal” system. Always remember that a married man with an unfulfilled libido can masturbate anytime, do not give room for that.

- If need be, get a maid who will relieve you of some of your duties at home, but not to take over your wifeness. The duty of taking care of your husband's food belongs to you even if you have a hundred maids.
- Talk freely with him and let there be open communication. Let him know how you feel. If you are tired say it as you eat together or in the living room. Most women allow their husbands to build up sexual desires before they tell him they are tired. Telling him that you are tired every night can make him tired of you.

Constant night “tiredness” can turn your man to your headache.

- Always know that your husband comes first (Ecclesiastes 9:9), your children, then your career. Learn to balance the different aspects of your life.
- Carry your man along about happenings in your office, so he can adjust himself to suit your schedule.
- Be a wife, that is the best you can be not MD, CEO etc.
- Never allow the desire to attain the highest post in your career destroy your

family life.

- Any time you are having sex with your husband, give him your best. Be involved, never be a bedroom dropout. Be excellent, be edible, be inviting, be available; let your husband be proud of you.
- As much as possible, avoid any transfer that will take you away from your husband and children.
- Reject a “better job” that will take much of your time, especially if it demands you work on weekends and public holidays.
- Don't be too busy working and neglect your outlook; dress to capture your husband.
- Don't be too busy to be romantic. No matter how busy you are, romance your husband, call him often from the office, send romantic text messages to him, date him for sex, give him a pre-planned sex, you cannot go wrong.
- Never carry the office stress to the house. When you get home,

lighten up, brighten up. You are the heartbeat of the house, put on a smile, be the salt of your family.

CHAPTER 15

TURN ON AND TURN OFF OF YOUR HUSBAND

Your husband has things that can easily turn him on and things that can turn him off. You may ask him about them but let me lead you to some of the

“TURN OFFs”

The following can turn your man off:

1. Dirtiness: No man will appreciate a woman who does not take her bath, or wears dirty pants, clothes and is generally dirty at home.
2. Domineering wife: Women who order men around before they give in to sex can easily put them off. Men prefer a “lover-face” or “friend-face-wife”, to a “mother-face“. A woman who orders a man around like his mother is not likely going to enjoy the man sexually.
3. Demanding wife: A woman who makes demands for things like money, cloth etc before giving in to sex, can also kill the libido of her man.

4. Overweight wife: A woman who does not take good care of her weight thereby becoming obese can also put off her husband.

5. Exposed breasts: Some married women are fond of exposing their breasts carelessly as they breastfeed their babies. They believe there is nothing wrong if the breast of a nursing mother is seen. They don't care if people watch as they breast feed their baby. Since the breast is one of the women's strongest sex organs, exposing it carelessly put men who are the true owners of the breast off.

6. Breast milk stain: Some women are so careless to the extent that while breastfeeding, they allow breast milk to stain their bra and even their blouse.

7. Hunger: A hungry man is not likely to be positively disposed to sex.

8. High bill, red account: One of the strongest things that can kill a man's libido is a "dry pocket". A man is not likely going to have an erection if the electricity bill is due, school fees, house rent, water bill and other bills are due but the account is red.

9. Tiredness: When a man is very tired, he will not likely be interested in sex.

10. Emotional problems: Sadness, depression, anger, hurt and fear can affect a man's libido.

11. Body odour: Body or mouth odour can also put off any man.

"TURN ON"

Men have lots of "turn on" and women should make use of these "turn on's" to get the attention of their husbands.

12. Good dress sense. A woman with a good dress sense can easily turn her husband on.

13. Dangling breasts. Dressing without wearing a bra in the house and putting on the oversized shirt of your husband or a large T-shirt can turn your husband on. Breasts without bra is called "dangling breast"

because of its shaking effect.

14. Lubricated buttocks. A buttock is said to be lubricated if it is not in the bondage of pants, underskirt or "tight". Its shaking effect can really turn on a man especially if the man knows that you are doing it for him.

15. Dress effect. A woman can also turn her man on by taking her time to dress-

up, or undress as he looks on.

16. Sit effect. Sitting position that allows your man to see your laps, panties, buttocks etc, can easily turn him on.

17. Bedroom effect. Romantic bed sheets, candle light, cool music, re- setting of your bedroom and perfume of your bed sheet can easily turn on your man.

18

Alluring smell. A good perfume, roll on, deodorant and powder can be used so that when you rest your breast on him he can have a great deal of you.

19. Seasonal hugging and kissing can also turn a man on.

20. Sweet talk. Telling a man you love him, how good he is, or how wonderful he is can also turn him on.

21. Cuddling in bed by turning your face to your man can turn him on and prepare him for sex.

22. Back pass effect. Reflecting on your past sexual relationship together can easily turn a man on.

23. Sexual touching. Placing your hands on his lap, massaging his back, touching his leg, head, buttocks or genital can easily turn him on.

24. Sex date. Sex date or what is known as pre-planned sex can make your man think of you all day.

25. Seductive effect. Using your night dress creatively can turn on your man. You can put it on without any underwear or with a coloured pant.

26. Pant and bra in the house if you are alone can be of good effect.

27. Garden of Eden effect Sleeping stark naked or walking around the house naked if you are alone can easily turn him on.

CHAPTER 16

TIPS FOR SUPER SEX IN MARRIAGE

This chapter provides useful tips on how you can enjoy fabulous sex in your marriage.

1. CONTINUOUS REBRANDING

In the corporate world, a product is rebranded to give it a new look. Before rebranding takes place, a market survey would have been carried out to know what the end users want. Also, they will take into consideration their competitor's cutting edge and improve on it.

Your marriage too has an audience. Your number one end user is your husband. After God, he is the one that you should constantly strive to make happy. He doesn't have the opportunity of using another 'product.' If he is not satisfied, he may be lured by others.

From time to time you need to ask him questions and find out whether you are satisfying him or not. You need to get feedback on dressing, communication and cooking.

You must rebrand and market yourself to your own husband until he forgets the name of any other woman. What does your dressing looks like?

Carefully consider the way you dress. Will your husband be proud to introduce you in public as his wife? Are you still girlish in your dressing? Are you still fashionable by reason of extra weight?

What is your outlook like? If your husband is not proud to take you out, he may not be proud to take you 'in' when you are in the bedroom. Could it be that you are losing him already because you have failed to improve?

2. ADDRESS HIS COMPLAINTS

When you get feedback from your husband, make conscious effort to work on what he wants. Don't get angry at him. Don't tell him that God made you that way. Try and see things from his perspective. Is he complaining about your tummy, hip or unkempt hair? See how you can improve on all these.

3. UNDERSTAND THE PURPOSE OF SEX IN MARRIAGE

Many women do not understand the purpose of sex in marriage. Sex goes beyond the means of conception. It is meant for warmth and intimacy before conception comes in. It is the means of becoming one in flesh with your husband. You must understand the reasons why God put sex in marriage.

This will enable you to give your best to your husband. '.if two lie together, then they have heat; but how can one be warm alone?' Ecc.4:11.

God designed marriage and sex is God's idea. You must destroy your hatred for

sex. There is no way you can hate sex as a woman and have a blissful home; it is practically impossible. Sex is central to the success or failure of your marriage. You must love it and enjoy it with your husband.

4. FLIRT WITH HIM ALWAYS

Flirt with your husband from time to time. Send him sexy messages, call him in the office to tell him you are available. When you are together, touch him suggestively. Give him unusual peck and be generous with unexpected kisses. Give him a romantic hug and touch his buttocks. Towards the evening, dress seductively for him. He will always reach home on time if he knows a very hot lady is waiting for him.

5. DON'T ASSUME, ASK YOUR HUSBAND QUESTIONS

Most women do assume that they know what their husbands want in the bedroom. Assumption could be fatal. Don't assume, ask him frank questions.

Ask him to tell you what he wants and how he will love to be satisfied.

Knowing what he wants will go a long way in having a mutually satisfying sexual relationship. Make it a habit to ask him regularly and tell him to teach you new things.

6. DON'T MAKE HIM THINK HIS DEMAND FOR SEX IS TOO MUCH

Stop making your husband think his demand for sex is too much. Stop reminding him that sex is not food. Don't tell him he doesn't know anything apart from sex. Don't tell him to hurry up so that you can sleep. These things will put him off and push him into the hands of the other women.

7. LEARN OF GODLY WAYS TO MAKE SEX HOT IN YOUR MARRIAGE

Learn of godly ways to satisfy your husband sexually and make sex hot in your marriage. You must know the non-sexual things that trigger hot sex.

Beyond knowing, you must apply these things to your marriage.

8. MAKE GIVING YOUR HUSBAND A GREAT SEX A PRIORITY

Sex is not a priority for most women. That explains why marriage is very difficult for most of them. It is the strongest tool in the hands of a woman.

Plan for sex and make it top priority. Put it into your schedule. Three times a

week is a good start. Try it for three months and see how your husband will turn into a lover boy.

9. GO ON YEARLY HONEYMOON

Create time to go on honeymoon with your husband. Plan for at least twice a year. In order to make your marriage fresh, the honeymoon should last for at least two days. Arrange for somebody to be with your children. Don't

ever go with them; three is a crowd. Honeymoon is meant for just the two of you.

10. DON'T ALLOW BOREDOM IN YOUR BEDROOM

Make your bedroom lively. Spice it up with sweet fragrance. Experiment with new things. Be creative and give your husband options. Be thoughtful to 135 | P a g e

do things well. Give your husband something to look forward to when he travels.

11. KNOW THE SECRETS OF STRANGE WOMEN AND BEAT THEM IN THEIR GAMES

There are mistakes that are pitfalls in marriage. In order to outwit the other woman, you must avoid these pitfalls. You need to know the games the other women play and beat them at it. You are the covenant owner and God is on your side, so don't be foolish, know the mistakes that most wives make that push out their husbands. It is when women make these mistakes that they give room for the strange women to take advantage of them.

12. USE MARRIAGE FULFILMENT SECRET ONE: RESPECT

Give your husband total respect at home and honor him as the president of your home. Many men sleep with their secretaries without planning for it.

Their secretaries are more respectful than their wives. Unknown to them, these ladies are just doing their jobs. They unconsciously become too close to them and fall. The truth is that, respect is the number one need of men and most women are failing in this regard. Please respect your husband.

13. USE MARRIAGE FULFILMENT SECRET TWO: TANTALIZING SEX

Apart for respect, sex is another major need for a man. Let him know that he owns your body and he is free to have sex whenever he wants.

14. USE MARRIAGE FULFILMENT SECRET THREE: GOOD FOOD

You have heard it said that an hungry man is an angry man. Be a good cook, men are moved towards the hands that feed them regularly. Don't commit the preparation of his food to another hand. Cook good and great food that will not only feed the tummy of your husband but also touch his heart.

15. USE MARRIAGE FULFILMENT SECRET FOUR: CARE

Yes, every man wants that special mother touch. They all want wives who are caring and loving. They want women who can make them feel at home and nurture them. Most wives do care only for their children. If you want to keep your husband to yourself you must be extremely caring.

16. PRAY ABOUT IT - ASK GOD FOR A FAITHFUL MAN

Above all, pray for your husband. Pray to God to fill him with the Holy Spirit.

Ask God to take control of his heart and strenghten him to overcome temptations. Ask that God will shield him from the fiery darts of the enemy.

Strange women are deadly. They are bitter than death itself. It is only a man who is pleasing to God that can escape from their traps. Pray that God will give your husband the grace to please Him always. 'And I find more bitter than death the woman, whose heart is snares and nets, and her hands as bands: whoso pleaseth God shall escape from her; but the sinner shall be taken by her.' Ecc.7:26.

* READ OUR BOOK 'TEN COMMANDMENTS FOR WIVES'

There are ten things you must never do as a woman, you must know them and avoid them if you want to be the woman in your husband's heart. You can get them in our book 'TEN COMMANDMENTS FOR WIVES.'

* READ THIS BOOK OVER AND OVER AGAIN AND PUT IT INTO PRACTICE

Turn this book to a handbook. Read it over and over again until what is written in it becomes your lifestyle. By doing this you will forever captivate your husband's heart.

CHAPTER 17

16 THINGS YOUR HUSBAND WANTS IN THE BEDROOM

“If a wife doesn't know what it takes to satisfy her husband, it is essential that she finds out”- Gary Rosberg.

In this chapter, I will open your eyes to what men generally desire their wives do to them in the bedroom. I will then narrow it down to specific needs of your own husband. You need to know all these, so you can give him the best and satisfy all his bedroom desires.

Men want:

1. Excitement: They want their wives to be excited about sex. No husband will like to beg, cajole or force his wife to bed. Moreover, men want wives who show enthusiasm about sex, love sex and make sex a thrilling experience for both of them.

Men hate women who do not smile or are not happy during love making.

2. Involvement: Men appreciate women who are involved in the sexual activities. They want a woman who is involved during foreplay, intercourse and the afterglow, not the kind of woman who will sleep like a log as her husband makes love to her.

3. Aggressiveness: Wives who are aggressive in bed make their husbands desire more of them. They want wives that will take them to the “next cloud”, as they make love, bringing out new tricks from her

'trick book', giving the best in the best way.

4. Variety: Variety is the spice of life. Men want wives who give room for variety, not old time wives of the Victorian era that only want men on top. (Missionary style).

They appreciate women who allow sex to take place in another venue apart from their bedroom, though in privacy.

5. Total surrender: Women should willingly surrender themselves to their husbands, no need for a cat and mouse battle, no Third World War before the lady will allow herself to be taken. By willingly surrendering yourself to your man, doing whatever he says, rolling willingly, opening your laps and tightly holding your man without being told, you will be doing your marriage a lot of good.

6. Neat bed: A neat bedsheet, well dressed bed, perfumed mattress will make a lover out of a man anyday. Do not joke with this, take good care of your bedroom most especially the bed.

7. Strip naked: The wife that willingly strips herself naked will make her husband

happy not the type that still hides her nakedness from her husband.

8. Surprise package: No man can withstand a surprise package. That particular thing you think will shock him, go ahead and do it. Do not waste time, do it quickly, you will touch his heart if you do.

9. Seductive wives: Men appreciate wives who seduce them to bed and willingly turn them on. Although, no man will want his wife to do it to another man.

10. Communication expert: Men also prefer a woman who communicates her needs in the bedroom with them willingly and are ready to discuss their sex life.

11. Manhood woman: Men want women who boost their ego, celebrate their manhood, appreciate their genitals, and tell them how strong they are in bed.

12. Invitation: Men want wives who willingly invite them to have sex. You can do this by simply telling him, "Darling, come let me give you a treat of our honey moon time", "big boss come and have a taste of your apple". You could simply start the foreplay without saying anything.

You can also do this by touching his genital, buttocks. Send text messages to him in the office. Your message could read, "Honey, I crave your body. Come home quickly, your lover girl is waiting for you, fresh and hot".

13. Feedback: A man wants his wife to give him a feedback of what she is doing verbally. They expect their wives to talk and appreciate them as they make love.

14. More frequent sex: One thing any man will want more from his wife is sex. Your man will be very glad if you will agree to more frequent sex. Remember an average man wants sex two or three times a week.

15. Good sense of dressing: They also want their wives to dress well, look nice and acceptable. Have good night wears, romantic and sexy ones for your husband's eyes only.

16. Faithful wife: Though men want their wives to love sex and desire it, no man wants his wife to love sex to the extent that she will look for it outside. Your husband wants you to be faithful to him. He wants you to be a creative sex partner just for him.

GREAT QUESTIONS THAT MAY TURN YOUR MARRIAGE AROUND

Avoiding sex-related discussions will deprive you of total sexual satisfaction.

Gary Rosberg suggests you ask your husband the following:

1. What can I do to show you that I care about your bedroom desires?
2. How often do you need sexual intercourse? How many times a week will he like to sleep with you? Ask him what he wants you to do if you cannot meet that need or how you can improve.
3. What satisfies you most about our sexual relationship? Get to know what you are really doing right and how to improve on it.
4. What do you need me to do more often? Tell him to show your areas of strength and how to improve on them.
5. What do you need me to do less often? Areas of weakness and how to correct them and become better.
6. What does it mean to you if I initiate sex? How will he feel if you initiate or seduce him to bed.
7. If I am not ready for sex at the same time you are, how can I show that in a way that doesn't make you feel rejected? You need to get to know the way he wants you to say "No" that will not lead to misunderstandings or quarrels.

CHAPTER 18

HOW TO BECOME A SKILLFUL WIFE

To be a skillful woman in the bedroom, you must be a woman who satisfies her husband continually throughout your marriage, no matter your age or situation.

One major thing that affects sex and determines if the woman will reach orgasm is the situation of the vagina, whether it is loose or firm. Is the vagina firm enough to grip the penis as couples make love or is it loose to the extent that the man doesn't feel its touch on his penis?

After child birth, a woman's vagina can be so loose that it will not be able to give satisfying sex to the man and help the woman to reach orgasm. This is dangerous as it affects the marital life of the couples negatively because the man does not find fulfillment in the woman. He may seek the fulfillment outside the home, thereby affecting his relationship with God and his wife.

Instead of giving room for your man to go to younger ladies for sexual enjoyment, work on yourself and get better.

You can do this by undergoing a vagina exercise, generally known as Kegel exercise or p.c. exercise (p.c. Of pubococcygeus). The Kegel exercise was discovered by Dr. Arnold H. Kegel in 1940 and it is generally acceptable worldwide for its simplicity and effectiveness.

Advantages

- (a) It improves a woman's body for child birth.
- (b) It prevents a woman from losing control of urination as she grows older.
- (c) Helps in reduction of back aches.
- (d) It tightens the vagina and prevents the penis from being loose and penetrating freely in the vagina.
- (e) Helps the woman to experience a better sensation when the penis is inside her vagina.
- (f) The exercise prevents the womb from prolapsing (that is gradually coming lower and out of the vagina which is known in older women and women with many children)
- (g) It will enable you to enjoy sex much more, thereby affecting your response to your man positively which will ultimately affect your marriage positively.
- (h) It will help you reach orgasm more regularly. (i)
It can also be practiced as your husband makes love to you thereby introducing variety to your sex life.
- (j) Turns you into a skilled woman as you give your man the best in bed.
- (k) Helps to give sexual fulfillment to your husband and guarantees you have marital rest.

HOW TO PERFORM THE KEGEL EXERCISE

The simplest way to perform the Kegel exercise is known as “Urine action”.

This is done while urinating. By interrupting urination, the p.c can be contracted. Note that other muscles apart from the p.c muscles can also stop urine hence when

you want to do the p.c exercise, the knees and legs must be widely separated . Urinate as you sit or stand in this position. Start to urinate, make an effort to stop the urine, release it, then stop it. Do it before you empty your bladder of urine for nothing less than 4 times a day for six to eight weeks. Note that by the time you do it for a whole week you must have mastered it in such a way that you can do it anytime, anywhere.

Moreover, you can also do it as you make love with your husband for more enjoyable and creative sex.

Dear wives, do not allow your vagina, to become so wide and loose that your husband will not have any excitement having sex with you. This could cause him to go after someone who is much younger and has a tighter vagina. With this exercise, your vagina can return to almost the same level it was when you were a virgin and before you started having children.

Make it a point of duty to start the exercise as soon as you finish reading this chapter that may be what will save your marriage. Tell your husband that he need not go after younger girls, tell him and show him you are still young and even experienced. Then he will make you a better sex partner than one useless girl outside who may even have sexually transmitted diseases.

Ensuring you retain your youth does not stop at kegel exercise, it also includes dressing very well and celebrating youthfulness. It is not good to put on gowns that make you look 30 years older than your age. Looking younger also involves taking good care of your breasts and packing it well to make it look firmer, sexier, inviting, and touchable. Don't wear loose bra that will make the breasts to come down and look like an over-bloated balloon, thereby putting off your husband. Always remember that your breast is one of your strongest sex organs. Use the right size of bra, not too tight, not too loose, pack the breasts very well as you are dressing up, well packed breasts can turn the man on.

CHAPTER 19

LETTER FROM A HUSBAND TO WIFE

A sexually frustrated man, who found it difficult to get the ears of his wife to listen to all his complaints about their sex life, decided to write a letter to her expressing his anger about their sex life. He also proffered suggestions on how to make it better. Read the letter and see whether the letter is similar to the one your husband could have written to you if he was to write about your sex life.

My dear wife, I want to let you know how I feel about our sex life, and how it affects me negatively.

Most times, when you complain I easily get angry, what you don't know is that my anger is not connected with what got me angry, but about the way you handle our sex life. You always think you are doing me a favour by allowing me to sleep with you. The way you reject me, affects me; my ego, my manhood, my leadership and this is, because you reject me in an annoying way.

Before I got married to you, I had the dream of having an unfettered access to sex after wedding that is why I kept myself for you till our wedding night.

I enjoyed the best of you during our honey moon and few months after, things fell apart and the center could not hold.

Now our bedroom life has become dry, drab and uninteresting. This is putting more pressure on me, with tension of lust, passion and immorality staring me in the face. I must confess to you, I now struggle daily to overcome sexual sins, something I never experienced while I was single.

During the last 3 years, I have attempted to make love to you 600 times and I succeeded only 62 times, this is an average of once in 10 attempts. These are the complaints you make that have been a road block on my way to a romantic living:

- (a) We will wake our neighbours. (64 times).
- (b) The children will hear. (35 times).
- (c) The bed is making noise. (29 times).
- (d) Placing the baby on your chest. (25 times)
- (e) It is too hot. (30 times) (f)
I don't want to get pregnant (22 times)
- (g) Pretending to be asleep (43 times)
- (h) Your mother will hear us (11 times) (i)
New hair-do. (37 times) (j)
It is too late in the night (32 times)
- (k) I am too tired. (85 times) (l)
Wrong time of the month.
- (k) Not in the mood. (39 times)
- (m) Tomorrow is Sunday, I will be on duty in the church (12 times).

- (n) Sore tooth. (5 times)
- (o) You are too heavy. (23 times)
- (p) Have to go to the bathroom. (15 times)
- (q) It is not food, at least you did one last week. (10 times)
- (r) General overseer (G.O) said we must fast next week.
- (s) Pastor said there will be Holy communion tomorrow. (5 times)
- (t) Today is Sunday, the day of the Lord (5 times)
- (u) People are coming for house fellowship in our house. (5 times)

The 62 times I did succeed, the results were not always satisfying because of your behaviour. You will first start by ordering me around, “switch off the light”, “close the window”, “the door is not properly locked, close it”, “put the fan in number five”, “lay the bed very well”, “take your bath and use a perfume”, are the orders you normally give, like a commander in the army.

Poor me, I have to obey you, else, no show for me, that night. Even when you agree, I don't always enjoy myself because of the way you normally react.

(a) You said to me; do what you want to do and let me sleep.- (15 times) (b) You just lay there as if you are not on bed with me.- (12 times) (c) Your face looks sad and gloomy like someone who is mourning.- (11 times)

(d) I had to wake you up to tell you I had finished.- (9 times) (e) You quickly got up from the bed and rushed to the bathroom.- (10 times)

(f) I thought I hurt you because you were just shouting and complaining throughout.- (7 times)

For our marriage to be better, I think you need to improve and make me happy. Remember that sex is one of your major duties as a wife, without which it may be difficult for peace to reign in the home.

Thank you in advance for improving your bedroom skills.

Yours in love,

Your hungry and neglected husband.

Does this man sound like your husband? Are these complaints not in your home too? Though this sex starved man might have exaggerated some things in the letter, most especially the number of demands and details of denial, the truth is he has made his point which his wife must consider as you also 149 | P a g e

have to do. Deal with all your alibis, let the music of love be heard again in your bedroom.

CHAPTER 20

HOW TO MAKE LOVE TO YOUR HUSBAND

Do you really want sexual fulfillment for your husband? Do you want the best for him? Do you really want his love, attention and care 24/7? Then humble yourself, start to make love to him, stop waiting to be made love to; he has done that for a long time, now it is your turn to satisfy him.

Note that this chapter is not for the “high-on-the-heel” woman, it is for the submissive, loving, humble and caring woman. It is for women who want to win, keep, monopolise and influence their husbands.

Things to avoid

- Avoid inhibitions. Everything you will be asked to do in this chapter is right, holy and righteous if they are done with your legally married husband.

If you do them to any other man you are committing adultery.

- Don't feel your husband will not like it. I have never met a married man who hates a romantic wife.

- Never think he will make jest of you, instead, he will love you, appreciate you and thank God he married you.

- Don't limit yourself to what is written here, go beyond that, be creative, be thoughtful, be adventurous.

- I am a woman like you, a professional for that matter. Though I am a Chartered Accountant, I realized that I will be a total failure if I am not a

“Chartered wife”, a bedroom expert, and a romantic champion. I have been able to win my husband with the wisdom of God. Don't be foolish, improve your husband and make love to him.

Do the following:

Romantic exit

- Make the exit of your husband to his office a romantic one every morning.

Don't be too busy to do this.

- Hug him warmly as he departs in the morning.
- Tell him you love him.
- Tell him you are for him and available.
- Give him a deep kiss before he goes out.
- As he is going out in the morning, hug him and say, “handsome guy, will you allow my big boy (point to his penis) to pay me a visit tonight?” Ask him to tell you the time he will arrive home.

Glorious home coming

The first 10 minutes of your husband's arrival at home should be a grand reception for him, like the arrival of a king.

- Prepare for his arrival by cooking a good meal for him.
- Take your bath, wear a perfume and look nice.
- Put on an inviting dress, just for him. A transparent dress is not bad at all (within the four walls of your home).
- Be creative.
- Welcome him home with a kiss and romantic embrace.
- Be excited to see him.
- Get a copy of Total woman by Marabel Morgan, read it and make use of her ideas.
- Invite him to the dining table and tell him, “Honey, come and eat your food, before I take you to bed to eat you raw”.

BECOMING HIS DREAM GIRL

What you will be asked to do here will make your husband see you as his dream girl and an exciting wife once you put them into practice. No lady, I repeat, no lady will be able to snatch your husband from you, because you would have become a careful and thrilling lover.

- 1) While he is at work, send a text or mail to him saying “Honey, do not exhaust all your energy in the office today, you have work to do at home tonight in bed. I will take you to cloud 9”.
- 2) If he made love to you the previous night, text him and say, “honey, thank God I married you. I enjoyed yester night's journey. Is my rod still available for tonight? I'm ready for it”.
- 3) You can also send a text that reads, “You behaved like a tiger in bed last night, you nearly killed me. You are a strong man, a real man. I am still available this night, hot for you”.
- 4) As he wakes up on Saturday morning or a public holiday, hold him and tell him not to get up. You could say, “Your girl is dying of your body, please give me your intoxicating fluid. You are the only one who can bail me out”.
- 5) Dress scantily when you are alone at home with him or when you are both in the bedroom.
- 6) Walk around the house with only pant and bra if you are alone with him.
- 7) You can also be bare breasted (no bra) but with a net pant.
- 8) Wear a sexy bra without a pant.
- 9) Put on your shower cap without pant or bra.
- 10) Wear transparent dresses, skirts without pant.
- 11) Put on a transparent nightie.
- 12) Try serving your husband's food dressed in a scanty top or short nightie, open the blouse and make sure there is no bra under the blouse.
- 13) Tie a very small towel round your waist as you walk around the house (with him only around) serve his food this way. You can also allow the towel to drop from your waste “mistakenly” as you carry the tray in your two hands.
- 14) Always tell him to zip or unzip your blouse for you.
- 15) Ask him to hook or unhook your bra for you.
- 16) Undress completely but put on his cap and his oversized shirt (no skirt, no bra, no pant) walk round the house like that.

- 17) As you return from the office, stylishly touch his penis, "by mistake". Do it several times as you walk round the house.
- 18) You can also touch his penis and say, "Hello big baby, will you visit me today and give me a heavy downpour?"
- 19) Never stay in different rooms, stay in the same room, on the same bed.
- 20) Sit on a chair reading a book with your blouse and bra off and spread your leg to show your private part.
- 21) You can also sit down opposite your husband with your legs open showing your breast and your velvet panties.
- 22) Budget and spend a certain amount of money each month on your sex life. Buy good and sexy pants, bra, panties etc.
- 23) Plan a sexual surprise at least once in a month, in which you are going to give him a real thrilling sex.
- 24) Regardless of your schedule, make it your habit to initiate sex at least once in a week.
- 25) Invest in good romantic underwears. Avoid using one for a long time.
- 26) Buy pants that have sexy straps by their sides. Encourage him to help you tie the rope (straps).
- 27) Suggest you help him to shave his pubic hair, get a small scissors ready for that, do it as slow as possible, holding his penis throughout the duration of the "LOVE SHAVING".
- 28) Ask him to please help you shave your pubic hair also, lie down, open your laps as he does justice on the hair, close your eyes, savour the moment as you appreciate him.
- 29) As he sits down, turn your back to him, drop tooth picks accidentally on the floor, make sure you are naked or in sexy panties, as you bend down to pick them one after the other, continue to trek to him as you pick the tooth picks one after the other, pick slowly.
- 30) Tell him to help you massage your legs, remove your skirt, then your back, remove your blouse, tell him to help you remove the bra, then the buttocks tell him to help you remove the pants as he gives you a good massage.
- 31) Tell him to lie down, remove his trousers, his pants and give him a good

massage.

32) Let the massage end with the massaging of his penis. Put lotion or oil in your hands to do all the massaging.

33) Tell him the place under the strap of the bra is itching (you know it always does), tell him to remove the bra and help you scratch your back. As he is doing it, thank him.

34) Moan, hold him, touch him, place your hand on his penis and stroke it.

35) As he is lying down, tell him his back is too dry (men's backs are often dry, majority of them don't apply lotion on their back), get a cream and tell him to lie down, apply the lotion on his back generously, then massage and stroke his back, prolong this unnecessarily, do this not only on the back but also on the buttocks.

36) Appreciate his back and buttocks as you massage them.

37) Tell him to help you do the same as you remove your blouse, bra, panties and lie down.

38) If your hair is plaited; place your head on his lap, directly on his penis, tell him to help you count the number of the plaited hair.

39) Put lotion in your hands as he sleeps, remove or open his pants, apply the lotion on his penis and start to rub it gently as he wakes up.

40) Talk while he makes love to you.

41) Help him shave the hair in his armpit; let him to do the same for you.

42) As you lie down together on the bed, move closer to him, remove your bra and say, "My big baby (talking to your husband) come and suck, do not cry. Then put the breast in his mouth.

43) As he sleeps, remove your dress and lie down on him.

44) As he takes his bath, enter the bathroom help him to scrub his back.

45) Help him to dry his body with a towel.

46) You can also enter the bathroom naked or with your pants and bra on, hug him from the back and hold onto him.

47) Take your bath (when you are alone with him) without closing the

bathroom, keep or discuss as you take your bath. He too can do the same.

48) Go behind him unexpectedly and grab his genitals gently and fondle them.

49) If he is not wearing pants but he ties towel before taking his bath, remove the towel from the back and say “general inspection”, let's inspect your “bum, bum”.

50) Tell him to help you scrub your back as you take your bath or to help you apply lotion to your back.

51) Pretend as if something is scratching you in the pubic region and tell your husband to help you check the place and apply lotion or oil on it.

52) After having your bath, sit on the bed naked and apply lotion to your body.

53) Lie in bed completely naked with your thighs parted to show your pubic hair and your buttocks.

54) After having a bath, make up, do your hair and stand in front of the mirror naked when your husband is in the room. Pretend as if you are just dressing up but prolong it, he will surely notice you.

55) Lie down on your face naked and spread your legs so that he can see your buttocks and vulva.

56) Sleep stark naked when your husband is not in the room. Sleep off, he will notice you when he enters the room and you are sure to have his

“rod” as your “guest” that night.

57) Sit on his lap as he is seated in the living room stroking his leg.

58) Read this book together.

59) Discuss your sex life together.

60) Instead of dressing up after taking your bath, remove the towel, pick the broom and start to clean the room. While he is seated, bend down to sweep and do it so slowly for him to enjoy the sight. Let him look at your buttocks and vulva from the back.

61) You could undress completely and while your husband is watching television go and sit down next to him and put your head on his lap.

62) Sit him on your lap and stroke his penis.

63) Enjoy the sight of your love making by having sex near a mirror and look at each other as you make love.

CHAPTER 21

BE HIS WIFE AND HIS MISTRESS

If you really want to become an irresistible wife, you need to learn the secrets most women are oblivious of; you have to become your husband's mistress, not just his wife.

Become the woman inside out. Don't just be virtuous like the Proverbs 31

woman; use the wisdom of the Proverbs 7 woman who made a lot of success in husband snatching.

Don't allow your husband experience something better outside. Let me expose you to the strengths of a mistress, “concubine”, “strange woman” and the flaws of most wives. The mistress always proves to be wiser than the wife, always has the attention of the man despite the fact that some mistresses are not even as beautiful as the wife at home. They may not have the ring but most of them have the man. They do this to win other people's husband because of the carelessness of most wives.

“The children of this world (mistresses) are in their generation wiser than the children of light (wives).”

(Luke 16:86)

DIFFERENCES BETWEEN A WIFE AND A MISTRESS WIFE MISTRESS

Our aim of writing this book is to teach you how to send strange women away from your husband by employing their wisdom so that you can RETAIN

your man and make him to fall continuously in love with you.

There is nothing the strange woman has that you don't have; rise up and defend your home.

Recently, some scientists did a research and they discovered that all male species appreciate variety as far as sex is concerned. They made a cock mate with one hen four times and by the time they brought that same hen the fifth time, the cock refused to mate with the hen. Some days later, they brought fifteen hens to the

cock and the cock mated with all of them in a row.

This led to the conclusion that the male species enjoy their sex life better, once there is variety.

What lesson have you learnt from this? Your husband loves variety; make yourself the variety he desires by becoming both his wife and his mistress.

By all means; improve, become better, and available; become a lover girl. Don't ever be dry and drab.

If anybody snatches your husband; it is your fault.

Don't ever allow him to give you a hot chase again before he sleeps with you.

What about inviting him? You may find it difficult in the beginning, but with time, you will get used to it and your husband will love it. NEVER PERMIT

YOUR HUSBAND TO SLEEP AROUND; HE IS ONLY PERMITTED TO SLEEP AROUND YOU AND WITH YOU.

I place a curse on any woman who wants to snatch your husband in the name of the Lord. God will not permit them and please don't permit them too.

Fight for your marriage, win your husband.

Remember, if ANYBODY SNATCHES YOUR HUSBAND, IT IS YOUR FAULT.

CHAPTER 22

ADVANCED ROMANCE IN MARRIAGE

Advanced romance is the type of special treatment you give to your spouse that is beyond the normal marital relationship. It goes a long way to enhance your marriage. It keeps the flame of love alive in your home. Most couples do fail to have the normal romance in their marriage talk less of the advanced one. In this chapter you will get tips on how to 'make' love to your husband in different ways.

1. TREAT HIM LIKE YOUR HERO

By now you have known that the number one need of your husband is respect. If you truly want to romance him, don't just respect him but treat him as your hero, your Prince Charming. Treat him with great honor as you would the president, yes he is the president of your home.

Honor your husband. Don't just tell him you love him. Tell him you VALUE

HIM. Say it often, 'I value you', 'you are the best thing that has ever happened to me', 'you are a gift to my life and I am privileged to be your wife.' What do you think will be the reaction of your husband if you say all these regularly?

Just try it and see.

2. TREAT HIM LIKE YOUR LOVER BOY

Don't just treat him with honor, greet him with honor, treat him as a lover boy. Toast him, play with him, date him, text him, pursue him, invite him, celebrate him, dress him and dress for him. Be totally opened to him, fall in love with him over and over again, let go of pride, enter into his life with your arms totally open.

3. HOME-BLUE DINNER NIGHT

Before he arrives from the office, send all the children to bed, cook good food and dress in your most nasty nightie. Put off all the light in the house and place the candle in a safe place. Perfume the house, perfume yourself and await his arrival. You can call to warn him that a surprise is waiting for him at home. Be very sure he is the only one by the door before you open it. Then go ahead and entertain him with great generosity from the kitchen to the bedroom. Do this at least once a month and see a great turn around in your marriage.

4. DANCE TOGETHER

Form the habit of dancing together in your house. When you are alone with him, slot in his favorite song and make it a blue party for two.

5. WEEK OF GIFT

Make a week of gift for him. Buy a gift for him every day of that week coupled with good sex every day of that week. You can get him shirts, trousers pants, belt, iPad, shorts, shoes, brief case, suits, phone, etc.

6. DATE OUT

Go out often with him on a date for the two of you only, spend enough time talking. Avoid misunderstanding in this kind of outing, just focus on loving each other.

7. LOVE RETREAT

Book an hotel, lodge him in there for about three days. Eat rest and make love generously; it is a love retreat.

8. SEVEN DAYS OF EXPLOSION

Declare seven days of explosion. Tell him in the next seven days he has you all to himself. It is not likely going to last for all the seven days but you must have succeeded in removing sexual tension from your marriage.

Do this often, may be every quarter or when you know he will be travelling and he will be spending weeks there. Finish him before he goes and make him remember you every day of being there. You can also do it when he just arrived from a journey, it his days of explosion. Your husband will definitely love this.

9. OFFICE LUNCH

Surprise him with his lunch in the office, stay with him till closing hour and take him to a hotel to be together.

10. SPECIAL DAYS BASH

Make his birthday, your wedding anniversary, Christmas, Easter etc special days for him. Don't just cook a special meal, make yourself a special meal for him.

11. SHOWER SHOW

Step into the shower with him regularly. Let him bathe you while you do the same for him. After the bath tell him to carry you to the bedroom for a nice time with him.

12. GO FOR 'HIS'AND 'HE' DAY

Send a text to him in the office; tell him it is 'HE and 'SHE' DAY. When he comes back home take charge of your sex life that night. Don't seek to enjoy it, just do everything to make it a day he will never forget in an hurry. Do this often. The truth is you will end up enjoying it too, that will be a bonus for you.

13: LET YOUR BREAT SATISFY HIM AT ALL TIMES

What the Bible commanded is that your breast must satisfy your husband; please fulfil that scripture often with him. Your breast must perform three duties: the ministry of looking, touching and sucking. Make them do these three things for him. In fact, do it generously for him, he is the owner of that breast and God commanded him to get his fulfillment for them not from any other woman. Prov. 5:15-19.

14. WEEK OF MASSAGE

Buy massage oil and at least once a week give him very good body massage.

Start from the toes, move on to the legs, the laps and his buttocks. Jump to the tummy, back, neck, face and head. His penis should be the last point of call. You don't have to be a professional massager to do this; he is not looking for a perfect job. He will appreciate the gesture and you will improve with time.

(To really understand 'Advanced Romance' and know more about body massage as a wife, please get a copy of our book titled **HOT AND SIZZLING MARRIAGE**)