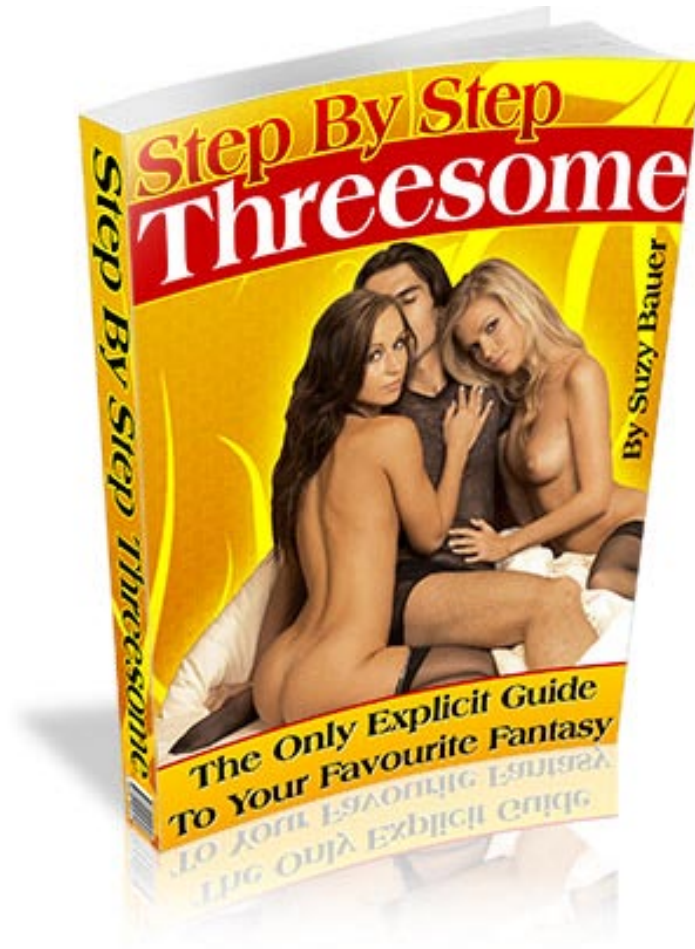


Step By Step Threesome by Suzy Bauer

Step by Step Threesome



**The Only Explicit Guide
To Your Favorite Fantasy**

By Suzy Bauer

Step By Step Threesome by Suzy Bauer

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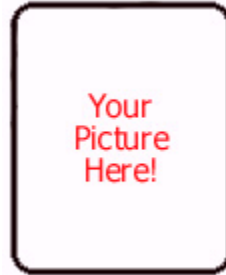
<http://www.stepbystepthreesome.com/affiliates.htm>

Simply send 3 friends my "Where to Find Women Open For A Threesome Report" and I will give you for **FREE** a copy of Gabrielle Moore's: "Secrets To The Greatest SEX Ever" Simply go to this page: <http://www.suzybauer.com/friends.html> and follow the Instructions :-)



Step By Step Threesome by Suzy Bauer

**One More Thing... I would love you to be part of
What I call: The "Threesome Hall of Fame"**



Inside this book, I have included a list of people who have enjoyed the amazing experience of having a threesome. I have a HUGE file in my office with testimonials of people thanking me for helping them fulfil their fantasy. And I would really love to get your testimonial! I've put a testimonial writing page for you to write your "Success Story". (Because most people prefer to remain anonymous, I keep the story but change the names so you don't need to worry about privacy" I've also included the possibility of leaving me a Voice Testimonial! These Testimonials I really Value and as a "bribe" to encourage you to leave a voice testimonial, I will give you 12 months **FREE** access to my Secret Society and Video of the Threesome Pickup Video of the Month Sites! That itself is worth over \$100.00!

Click the link below to leave a testimonial:

<http://members.audiogenerator.com/st1.asp?c=105233&P=Step by Step Threesome>

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Acknowledgements

Although my husband and I have a vast experience in threesomes we knew from the beginning that our work would be incomplete without thorough research of related publications and consulting with other experienced people.

I'd like to acknowledge everyone who has disclosed their secrets for me to share with you. I understand that you prefer to remain anonymous, but you'll know who you are! Thank you for helping me, help others achieve their ultimate fantasy.

I would also like to thank my husband for his love, contribution and support in writing this e-book. Most importantly, I would like to thank **you**, dear readers and congratulate you for your courage of taking your first step into exploring the greatest sexual experience ever!



Suzy Bauer

Berlin, Germany Summer 2003

(1st Update Sep 2004)

(2nd Update Apr 2005)

(3rd Update Feb 2006)

(4th Update Sep 2006)

(5th Update Sep 2007)

Step By Step Threesome by Suzy Bauer

Disclaimer

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How to Use this Multimedia Guide



"I have often reflected upon the new vistas that reading opened to me. I knew right there in prison that reading had changed forever the course of my life. As I see it today, the ability to read awoke in me some long dormant craving to be mentally alive."

-Malcolm X

Step-by-Step Threesome

Contemplating to write a book about a success formula on how to make a threesome happen is like contemplating to write a book on how to reach the South Pole. You get excited about the challenge, but overwhelmed by the difficulties.

In 1911 *Roald Amundsen*, a Norwegian explorer was the first person to ever set foot on the South Pole. After him, others followed in his footsteps, however till this date the South Pole continues to be a land vastly unexplored. The idea of a book with a success formula on how to make a threesome happen is similarly vastly unexplored. My husband and I wondered how it was possible that there are so many people out there who's biggest fantasy is having a threesome, yet there's hardly any kind of practical information available on how to really make that fantasy become reality?!

We started researching and discovered that there was plenty of information out there; however most of it was hidden in people's minds. Not much had ever been put on paper, because those lucky ones that fulfill their threesome fantasies know that once they openly express their sexual practices they'll be seen with complete different eyes by the rest of the "normal" society. So, in order to avoid conflict they simply abstain from sharing their experiences and carry on enjoying their sex lives in a discrete way.

In this e-book you'll find many of those never disclosed before secrets. Several people who've experienced threesomes have shared their secrets with me and obviously I've included my personal tips and experiences too. Most of the people who've helped me put this book together prefer to remain anonymous. Some of them were a bit more open about it, however, the result of this research is *Step-by-Step Threesome*; a book that will literally transform your sex life.

How Can I Benefit the Most of the Content in this Manual?

I don't know how experienced you are with e-books; the great thing is that they are very practical. In a regular book, an author mentions his sources for further information about the book's subject, usually in the final pages of the book. You might mark those that are of interest to and then later on when you sit behind your computer you might access them and do further research. With e-books you're actually reading the book off your computer screen, so if you have access to the internet, you can simply click on the link and bam! The hyperlink (blue underlined letters) takes you immediately to the reference the author refers to. In this book you'll find several hyperlinks that direct you to sites which contain more valuable information that will make your job of arranging your threesome even easier. These sites contain information, books and other useful products; so whenever you see a hyperlink, I encourage you to click on it and find out more about the topic covered. However, be aware that websites change from time to time, and I cannot be responsible for the content on other sites. If you click on a hyperlink and the link does not work, please send me an email and let me know, in what page this link is not working. My email address is: suzy@stepbystepthreesome.com.

If you haven't already, make sure to download your digital bonuses before you get started with the erotic content in this book.

(Click the link below to download your digital bonuses)

<http://www.stepbystepthreesome.com/freebonuses.htm>

Also make sure to sign up to access my intimate boudoir. To do that, please go to the following page: <http://www.stepbystepthreesome.com/blog.htm>

And last but not least make sure to create a profile for you on our Web 2.0 Site (Like Myspace) <http://www.bloglicious.net> (Mind you this site is intended for couples and bisexual women only, If you're a single guy feel free to browse but do not add your profile as it will soon be deleted)

How is the Threesome Information Arranged?

Although the name of this book is *Step-by-step Threesome* and my intention is to really take you STEP BY STEP, I discovered that teaching people how to make a threesome happen is not possible in a linear fashion. Teaching people How to Have a Threesome is more a multi-dimensional teaching experience. I want to tell you *E-V-E-R-Y-T-H-I-N-G* I know about threesome sex. And for me to do that I cannot work under the assumption that every single person reading this book is a beginner, so I prefer to group topics as much as possible and distribute my gems of wisdom through every chapter. If you decide to read the book not from start to end, make sure to at least browse through every chapter as information gems are hidden on every chapter.

Stories

I believe stories demonstrate the many variations possible when men and women open themselves to the pleasures that are possible when they add one or more new people to their sex life. These stories can be useful to demonstrate "how-to" stuff to people new to threesomes. They allow folks who are new to threesome pleasures to try those things which the reader finds will fit into their "comfort zone." Some readers will consider portions of these stories excessively "raw." While other readers will find those same passages erotic and stimulating.

Videos

Inside this manual, there are several streamed videos and links containing video. That's why this guide is a "Multimedia" guide. Most of these links will require either Macromedia Player or other "plug-ins". I will mention what "plug-in" is required for every video, so you'll be able to all the videos. **Remember:** To see these videos you'll need to be connected to the internet!

How is This Book Written?

Normally when you write a book you always try to talk to one reader at a time, however in this book I found that a bit difficult to do. Why? Because it is addressed to different individuals. For practical purposes I chose fluency rather than correctness. I didn't want this book to become a "theoretical" academic essay that's boring and tedious, so the book is written as if I'm having a conversation with you. Some of the things I mention are applicable to females; others are more applicable to males. The important thing is that you learn from both sides; it's always beneficial to know more about the other sex!

Seriousness and Fun *Do Go Together*

A threesome is supposed to be fun; however there are also some repercussions that need to be addressed seriously before you decide to venture on a threesome. I tried to make this book as light as possible, however there are some sections that are also handled in a more "serious" way. You'll find all the "hot" and horny stuff you might be expecting from a threesome throughout the book mixed with some of the serious stuff. I recommend you to read the entire book to get the most out of it!



*"The more that you read, the more things
you will know. The more that you learn,
the more places you'll go."*

-Dr. Seuss

Foreplay



The Mystery Unfolded To Having a Threesome

Congratulations! By buying this manual you've made a great investment in your sex life! I guess you decided to read this manual because you want the mystery revealed right? Well, the great mystery IS that there is no mystery. That's it!

The easiest way to organize a threesome is to hire two prostitutes and *voila!* It's a total no-brainer! It might be expensive but hey, fantasies have a price, don't they? You're probably thinking; why on earth did I waste my money on this manual? If *that's* the answer... I could've come up with it myself! By all means; don't stop reading just yet. *Do* continue because from now on you're about to discover many of the mysteries disclosed to arrange your own delicious threesome!

There's a strong downside to the threesome example just described above. The downside is "the morning after". I've heard that for guys when the little head is awake, the big head goes to sleep. I know many guys have experienced their first and only threesome as described above (with 2 prostitutes). They were suddenly very ready and horny, took action and spend their hard earned money on two call girls, to later sadly realize that their fantasy was better than the reality. This discouraged them, and the "special fantasy" disappeared from their mind, never again to resurface, and even created feelings of shame. Most of these guys now believe that threesomes are highly overrated...

Three Is Not a Crowd

I certainly wouldn't like this example to be your reality, because threesomes are by no means overrated! **A threesome is one of the most wonderful experiences human beings can share.**

From all sexual variations, none so fascinates the average man and woman as much as the threesome. Just close your eyes and imagine in a blur the firm flesh, warm tongues, caressing fingers and moist orifices. The very idea is both deviant enough to be exotic but acceptable enough to be within the limits most of us draw for ourselves (1). In fact you will notice that threesomes are by far more accepted than foursomes in any conversation! From personal experience I can tell you three is the optimum number. However, three can also be a tricky number when sex is involved. In a threesome, it's easy for the energy between two people to take off; with the third person feeling isolated and left behind. It takes a good deal of sensitivity and awareness to deal with underlying feelings of competition and jealousy in this sexually charged situation.

In fantasy, of course, everything proceeds blissfully without any problems whatsoever. But in reality a threesome is usually much more difficult to manage. Don't worry though; once you've finished reading the book you'll be a sex expert at making sure all three of you feel comfortable and intimate, both emotionally and physically. In my opinion three is the best, because when you are four, it usually breaks down into two separate couples. Beyond five persons it usually gets too crowded to maintain intimate contact for a longer period of time; everyone tries to score as many points as possible and it gets pretty tiring. In fact; the word *orgy* comes from the Sanskrit verb *to work*. An orgy is a lot of work to be truly enjoyable. Besides, three is much more practical; you don't need to move around any furniture, you don't need to do lots of extra shopping at the supermarket for food and beverages, you don't need to make any special arrangements at all; you'll fit three in a queen size bed without any problems. Three is just right! After several conversations with many of our thirty and forty something friends, I realized that my husband and I were amongst the privileged few individuals that have experienced various threesomes. All of our friends have played with the idea, many of them wanted it to happen, but didn't know how to do it. So I turned to the internet and searched for information about threesomes and there was hardly any valuable stuff out there. All I found were either swinger sites or porno sites. I never found a "how-to" manual for threesomes.

Step By Step Threesome by Suzy Bauer

It was then that I realized that it was my civil duty to provide all of you searching souls with the solution that you were looking for to make your fantasy come true! And this is how Step by Step Threesome was born. By the time of the 5th update (Sep 2007) Step by Step Threesome has sold nearly 23,000 copies and is on the process of being translated to French, German and Spanish.(If You're interested in translating it to another language, contact me at suzy@stepbystepthreesome.com) Search no more... All you need to know about threesome sex is contained in this manual. I'm sure you'll value the information contained inside to be worth its weight in gold! You'll find a step-by-step guide in how to *really* make it happen for real!

Thank you for investing in this manual, I look forward to hearing about your success stories. In the very near future

Suzy Bauer

Chapter 1

Are you ready for it?



"...A ménage à trois... an innocent and beneficial arrangement"

- *George Bernard Shaw*

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NOTE: You're going to find PLENTY of HOT STUFF inside this digital product. However I need to cover the "basics" first! There's much more than HOT STUFF behind threesome sex. So, no matter how "ready" you feel you are, it's a good idea to at least **scan** this chapter before jumping into the "*know-how*" sections.

First Things First

The fact that you're reading this book tells me that you're ready to pursue your threesome fantasy. I'd like to warn you; the advice and tips you'll find here, will drastically improve your chances of successfully arranging a threesome! A threesome is considered by many the "holy grail" of sexual fantasies. Most people consider it almost impossible to attain. By experience I can tell you, **all these people are wrong**. Having a threesome is relatively easy, as long as you know what you're doing! However, having said that I have to "*tell-it-as-it-is*" from the beginning: **Having a threesome will be easier if you already have a committed partner!** Now, I'm not saying that if you're single you'll not be able to enjoy this heavenly pleasure! It will take a bit more effort, that's all! Even if you're single, the advice you'll find in this manual will help you understand how to have a threesome. However, you'll need to use the strategies in different ways. For practical purposes, I will assume that you have a partner, but I will be referring to single people regularly. Okay? Before getting started with the "*know-how*" let me handle the "*housekeeping*" items first: There are 3 elements that will play a big role on your quest of having a threesome:

1) Stability

Most couples I know who enjoy threesome sex are in a stable relationship. Meaning, both partners are happy with one another, trust one another and respect one another. If deep down you're not happy in your relationship, a threesome is not going to fix it. If anything, it could end the relationship altogether! If you're not happy, you need to fix your troubles first. Don't ever get involved in a threesome to win back your lover! Do it only because it's something that you really want to do. Realize that for some couples, this is a big step and once you take it, there's no going back, which is why you should do it for yourself. There's no placing blame and getting upset about your partner going through with it later. In other words make sure EVERYTHING in your relationship is in order before bringing a second woman into your bedroom.

Step By Step Threesome by Suzy Bauer

2) Good Communication

Communication is a MUST when including another person into your sexual play. Of course the communication is important when revealing this fantasy or idea with your lover, but it's also important in planning and preparing for the big event. Now, I'm not just talking boundaries, we'll discuss that more later. I'm talking about honest open, emotional communication with your lover. If you have any fears, let him/her know.

For example, In my case, even after being with my husband for several years both of us feel afraid sometimes of what might happen. At the moment we're involved with a wonderful and absolutely gorgeous woman. And that involvement is a result of MY doing. I told my hubby I was attracted to her. I was the one who spoke to her and coordinated our first encounter, but that didn't mean that I didn't have fears.

Yes, I was totally excited, I had been with many women in the past, but this was the first time I felt she was more attractive than me. Deep down, I am secure in my relationship. I know that my husband and I have a love that's deeper than words can describe and a threesome could never damage our relationship. But, I was still having feelings of insecurity, thinking such thoughts as: What if he thinks she's cuter than me? Will he think the two of them are a better couple? You bet, those thoughts were jumping around in the back of my mind. But instead of letting these issues eat me up inside, I communicated these thoughts to him and together we put the fire out! That's the kind of communication I'm talking about. You must be able to honestly discuss your fears and concerns, because trust me **you WILL have fears and concerns** and it's important that those fears be put to rest before any threesome. If not, the impact could be of monstrous proportions.

Karl (my hubby) is really understanding and loving and assured me that in his eyes there was nobody better looking and that I had nothing to worry about. During the first threesome with "our girlfriend", he was always making sure I felt loved and cared and showed me how important I was for him! That behavior made the "fear" turn into excitement and now the three of us often get together for hot steamy nights. So, no matter how experienced or open minded you think you are. Once in a while feelings of uncertainty or awkwardness will arise and you'll need to be able to communicate them to your partner without any fear.

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3) Self Respect

Most of us have negative issues about ourselves, be it body issues, income issues, social issues, etc. We all have them and we all have to deal with them, but make sure that those issues don't affect your self respect! I put self respect in its own category because YOU and only YOU are responsible for how you see yourself in this situation. Yes, it's important that your partner respects you, but if you don't respect yourself, I think your perception that night may be a little skewed.

For example, what will happen if you decide to invite another guy instead of a woman for a threesome? How would you feel if this guy has a bigger dick than you? Will you be concerned that your wife/girlfriend is receiving more pleasure from him or is more aroused by this man's larger penis? And this is a question for the woman in the relationship: Let's say you have small breasts and the woman you include in your sexual play has rather large breasts, How are you going to feel about it? Would you feel uncomfortable because your hubby is having more fun with her massive jugs than with your tiny boobies?

Please remember; even though your partner may be enjoying the difference, it may only be the novelty of it, but **deep down your partner loves you** and/or cares about you. Be happy that he or she can enjoy something else than the usual. A little variety is always good! At the end of the day, the size of your dick or the size of your tits doesn't define who you are as a person or partner. Remember: Paying too much attention to those body issues will affect your performance and the pleasure of your experience and unfortunately for you, that's not your partner's problem. They're problems you created on your own. So take care of your own issues, so you can be confident and enjoy the ride! O.k. Let's recap; before you even consider pursuing a threesome with your wife or "significant other" you need to do the following:

- You and your partner must have a long heart-to-heart talk about jealousy.
- You need to reaffirm your love and commitment to each other.
- You need to make sure you're okay with the fact that **you're going to get sexually engaged with another person.**

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- Confirm this is what you both want and make sure that you both agree that you're taking this step in order to fulfill a fantasy that you both share, and desire!
- Agree that what's about to happen, WILL NOT interfere with your relationship at all!
- Promise each other that; you'll work together to put on the best front possible for your guest.



Are You Ready To...

- Avoid displaying jealousy under all circumstances, even if it's your first time and you might feel nervous?
- Suppress the natural possessiveness and lay aside any resentment for the attention your partner will pay to the third person?
- Realize that, if your seduction is successful, you will, probably watch your partner have sex with someone else for the first time?

If any of these thoughts make you uncomfortable, you might not be emotionally prepared for group sex. I suggest you talk this over until you both feel comfortable enough to proceed!

By the way, you're not alone!

Recently, I sent an email to almost 5000 of my subscribers, asking them, what information they would like me to talk about in my newsletter... And boy, was I in for a surprise??? I was literally flooded with emails telling me that although they would love to have a threesome they needed to overcome the biggest challenge...

JEALOUSY!

What an eye opener... I got 1317 emails from people asking me how to deal with the GREEN EYED MONSTER! Let me share some of the cries for help I received:

From: (Name withheld for privacy)
To: "Suzy Bauer" <suzy@stepbystepthreesome.com>
Subject: Re: Jealousy Issues

Dear Suzy,

I am married to a wonderful man who would love to have a threesome and primarily see me with another woman. I have to admit that I have fantasized about that but I'm a jealous person and I don't think I could handle seeing him with her.

What do you recommend?

From: (Name withheld for privacy)
To: "Suzy Bauer" <suzy@stepbystepthreesome.com>
Subject: Re: HELP!

Dear Suzy,

I would love to have a threesome but I'm quite insecure. I don't look at all like a porn star! I am afraid my hubby would like the other girl more than he likes me...

What can I do?

Step By Step Threesome by Suzy Bauer

From: (Name withheld for privacy)
To: "Suzy Bauer" <suzy@stepbystepthreesome.com>
Subject: Re: The green eyed monster!

Dear Suzy,

HOW TO DEAL WITH JEALOUSY???

The green-eyed monster is the worst culprit! Jealousy has destroyed most of our opportunities to have a threesome!!! If you could explain how to overcome this, you will win a NOBEL Prize!

Mastering Your Jealous Self:

Jealousy may be an issue you need to deal with when you decide to make your threesome a reality. Interesting dynamics can sometimes develop in couples new to threesome sex... Please allow me to shift subjects for a minute to explain what jealousy really is. Let me relate jealousy to economics, this way the concept will be easier for you to grasp!

If you look up the word "economy" in a dictionary, the definition will be something like this: "Economy is the science that studies the administration of scarce resources." Now, just think about this definition for a second, what's the presupposition on this definition? That the resources are scarce right? Well that's exactly what happens to us in life too; most people operate from scarcity, instead of abundance, and this simply translates into fears and insecurities. Now, you must be asking yourself: How on earth did I learn to be jealous? The answer is simple: Subconsciously you've learned jealousy from all the people around you, including your parents.

Most people have 3 core beliefs about relationships that are guaranteed to create jealousy even in the most sexually liberated people! The sad thing is, most of us have absorbed these beliefs without even realizing it. Identifying and dismantling these beliefs in our mind and heart is **the single most effective way to short-circuit jealousy**. The reason why the idea of a threesome is unthinkable to many people is because they've been "programmed" this way.

Negative Subconscious Belief #1

If my partner really loved me, he/she wouldn't have sexual desires for anyone but me. This belief sees any interest your partner has in anyone else as a direct reflection of how much he or she loves you. It's a quantitative view of love which equates the amount of love with the ability to be interested in having another partner. This is nuts? We are sexual beings and it is normal to fantasize about being with other people. Denying these feelings goes against our nature!

Negative Subconscious Belief #2

My partner can only be interested in someone else if I'm not good enough in bed. This belief is even more sinister. With the previous belief you could at least blame it on your partner for not loving you enough. This belief says that if your partner is interested in someone else, it's your fault for not being the perfect lover or spouse, therefore your relationship must be a failure. If you truly believe that your lover could ONLY be interested in another partner because you're inadequate, you can see how that will generate jealousy big time!

Negative Subconscious Belief #3

It's impossible to share love with more than one person at the same time.

This belief is built on a 'scarcity mentality'; the belief that love is a scarce resource, that only so much goes around and that there's never enough for all. If my partner gives away love (time, love, affection, sex, support) to anyone else, that means that there is less for me...This belief creates fear and uncertainty!

If this belief were true, a mother wouldn't be able love her first child as much after she gives birth to the second child, because she would have to divide her love between two. In my eyes love is infinite, and the more you give the more you'll receive. I hope I'm not sounding too wooei, wooei NEW AGE, but honestly, understanding these beliefs is CRITICAL, if you want to enjoy threesome or group sex regularly!

Setting Comfortable Boundaries Will Save The Day!

Please note that I do not practice polyamory. Not because I don't believe in it, but because it requires a degree of maturity that I don't think I have yet. Even though my hubby and I have several girlfriends/*fuck buddies* or as he calls them: "*Breast friends*". we are not involved emotionally with them. He does not get jealous when I have sex with any of my girlfriends without him being there and I don't get jealous when he is sweet and caring with any of them either.

Long time ago we set our own boundaries and that helped us put things into perspective... I don't know if you've noticed, but I refer to "having sex" not "lovemaking." I believe they are two totally different experiences. For example, when my hubby and I "make love" it is a loving act between the two of us and during the process we express those emotions. When we're including our girlfriends, those emotions and feelings do not get expressed. When we're with them, it's just sex. Of course, we care about them and they care about us, but he doesn't "love them" the way we love each other. In my experience, I think it's been best to keep the two separate and if you're secure enough in your relationship and you've planned well ahead of time, then you should have no trouble making the distinction. I can tell you, having friends with "concessions" is phenomenal! But you'll need to seriously think about amending your current beliefs.

Amending Your Beliefs

Let me explain to you how to amend your beliefs... Here are the 3 jealousy beliefs I mentioned earlier on:

Negative Subconscious Belief #1

**If my partner really loved me, he/she wouldn't
have sexual desires for anyone but me.**

Negative Subconscious Belief #2

**My partner can only be interested in
someone else if I'm not good enough in bed.**

Step By Step Threesome by Suzy Bauer

Negative Subconscious Belief #3

It's impossible to share love with more than one person at the same time.

The beliefs mentioned above are connected to 3 primal fears all human being have and you'll need to work on eliminating these fears. It might take a bit of time and effort to but it's worthwhile the effort.

The first belief expresses a deep fear that you're not loved and will be abandoned. The second belief taps into insecurities and the fear of not being adequate or deserving of love. The third belief is a fear of deprivation and being starved for love and attention. Think for a moment how much influence these beliefs have had in your life so far. Have compassion for yourself as you work with these beliefs and gradually replace them with beliefs that support your desire to embrace an open relationship.

Opting for a Better Set of Beliefs

Beliefs can be empowering and disempowering. **You are who you are and you are where you are in your life because of your beliefs.** If you want to start successfully exploring your sexuality you'll have to opt for a new set of beliefs. PERIOD! If not you're going to end up messing up your relationship BIG TIME!

Enlightened Belief #1

My partner loves me so much that he/she trusts our relationship to expand and be enriched by experiencing even more love from others.

Enlightened Belief #2

Our relationship is so solid and trusting that we can experience with other people freely. My partner is so satisfied with me and our relationship that having other partners will not threaten the deep bond we enjoy.

Enlightened Belief #3

There's an abundance of love in the world and there is plenty for everyone. Choosing to have sex with more than one person is a choice that can exponentially expand our possibilities for giving and receiving love.

Imagine how different your life would be if you actually had this set of beliefs instead of the previous ones. A person with this set of beliefs is not only ready to enjoy a threesome, but also ready to take their relationship to new levels of love and understanding.

Unlearning Jealousy

If jealousy becomes an issue for you and your partner, you might try working on some or all of these issues:

- Solid commitment
- Good communication
- Sticking to agreements
- Reassuring each other as to your love and commitment before and after playing with someone new
- Listen to each other's concerns and take them seriously when they pop up!

Working on these points will reduce jealousy a great deal, however they won't banish jealousy altogether. Being jealous is simply the way you experience certain feelings.

Most people will say things like: "Oh, he makes me so jealous..."

The truth is, jealousy is an internal emotion. No person or behavior can "make you jealous". Whether you like it or not, the only person who can really banish jealousy is yourself. So, if you want to unlearn jealousy, you'll need to stop blaming and start acknowledging your feelings! Next time you feel jealous, ask yourself; what does this jealousy I'm feeling right now really mean?

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Suddenly you'll realize that a new set of answers will come to you and you'll be able to deal with jealousy in a more intelligent way! Remind yourself that you can enjoy your hubby's/wife's undivided attention any night you wish. However the night of your threesome is about sharing and enjoying. Any hint of perceived competition, or "I'm not getting my share" or "you're paying too much attention to him/her," and the evening will be ruined faster than the speed of light.

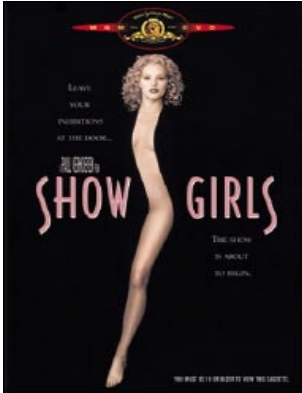
WARNING: Not paying attention to this issue may lead to developing a sense of awkwardness afterwards with the third person, and a possible quarrel with your partner! If you make sure you and your partner are both emotionally ready before you actually get involved in a threesome, I can assure YOU success in taking the first step into fulfilling this beautiful fantasy!



It's Easy For You To Say...

Look, I promised you my threesome manual was going to be practical not theoretical. What good is it to know all of the above the above if still you're uncertain how you will feel during a threesome, right? What if there'll be a way to "simulate" a threesome so you can explore the idea on a very safe environment. Would you find that interesting?

Step By Step Threesome by Suzy Bauer



I've been recommending this technique ever since I saw the film showgirls with Elizabeth Berkley, Gina Gershon and Kyle Mac Lachlan in 1995. Even my hubby and I have enjoyed it . ;-)! In the film Elizabeth performs a "to kill for" lap dance for Kyle Mac Lachlan and then together with Gina they perform one of the most erotic scenes in the entire film. If you've not seen this film, I surely suggest you to see it, it was the inspiration to what I call:

Click the link below to get the DVD

<http://www.suzybauer.com/recommends/showgirls/>

The Threesome Simulator

Let me elaborate on this HOT alternative! I suggest you plan this evening as a HOT date. Both of you should dress nicely for the occasion. Select a nice restaurant and have a very romantic evening with each other. At the end of the evening both of you should proceed to a strip bar. (I suggest you do a little bit of research to find a classy joint.) I don't know where you live, but I can provide you with some help. Here's my favorite resources for finding Strip Joints:

<http://www.stripclublist.com> or www.tuscl.com another independent strip club directory. I hope they could be of help. If not you'll need to find a nice place on your own.

Sorry :-(In the strip bar, select a nice and cozy table and ask your waitress for a drink. Watch the girls for a while. I'll suggest being naughty and playful. Perhaps you can give a few dollars to a girl or two and your wife should do the same.

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When you find a girl you like, call her over and have a little chat. Ask her to dance a song for your wife. Normally a lap dance will go between \$25.00 to \$50.00 (Most girls will do other girls, if not ask her to find you a girl that does.) After the dance it'll be a good chance for you to talk and explore your feelings with your partner. Find out how you both felt. Enjoy the evening a bit longer and now ask for another girl (or the same one if you want) and let her do a lap dance for you. After that happens repeat the process. Explore your feelings, discover how you both felt. After both of you had a lap dance, (budget allowing) ask for a private booth and let a girl dance for you both. The evening might cost you \$150.00 but the experience is worth the price!

You've basically simulated a threesome without getting involved in it. If all went fine, you're more than ready to go for the real thing! If there were some feelings of jealousy you might want to explore them with your partner. I suggest you both go home and have some serious sex. By the end of the evening you'll be as sexually starved as a teen-ager, trust me! Next day, talk about it again and hopefully this experience will help you not only bond with each other but also become "partners in crime". This will be very good for your relationship!

Disclaimer: Please understand that this recommendation might not work for everyone. I'm just sharing with you the possibility, period. At the end of the day you need to take responsibility for your actions. Remember this is a very safe way to explore your feelings; however I will not recommend you to go further... there is a 10 letter word you should never use on your first threesome and that word is **P-R-O-S-T-I-T-U-T-E**. Using a call girl for your first threesome is a recipe for disaster! (I'll tell you why a bit later) After your night of discovery is over, rush home **JUST THE TWO OF YOU** and make love passionately to each other! FYI: Most girls working on strip bars are not prostitutes, they are mainly students making some money to pay their education or something of the sort. Exotic dancers are really cool girls, and many of them are bisexual. Karl and I have dated a few of them through the years and we've had a great time! Most of them moved to other places but we're still in touch with them once in a while. Making friends with exotic dancers is relatively easy for a couple. And let me tell you something you'll find very exciting: If you do your homework correctly, it's not a stretch for you and your partner to eventually enjoy delicious threesome sex with one of these extraordinarily beautiful women!

Click the link below to find out about a resource that'll be very handy if you would like to date an exotic dancer. <http://suzybauer.com/recommends/eroticdancer>

Threesome in a Can

In case your significant other needs some convincing to do, you can also simulate a threesome using sex toys... Recently I got an email from a couple where she was not really open for a "real" threesome but was open to explore the fantasy... I prefer you to read the email and discover how this creative couple simulated an FFM threesome using a toy!

From: xxx@hotmail.com
To: suzy@stepbystepthreesome.com
Subject: Threesome in a Can

When I received the [fleshlight](#), I showed it to my wife and told her that it would be a nice way to "practice" to see how it would be if one day another woman will join us in bed and then I winked. :-)! We also took a dildo (to spice things up even further) and we started playing! WOW! What an experience. We simulated each and every threesome possibility you can think of! I loved it! I thoroughly recommend that you include this technique in the next update of your threesome manual, because it opens up women to be more experimental. We have not yet "taken the plunge" and actually pursuing a real threesome, but our sex life has improved dramatically and I know we are not far from the moment we will go for it! My wife now KNOWS and understands that my willingness to have a threesome is based in sex only, and pleasure therefore is more open to further explore sexual scenarios! Thanks for showing me the right path to sexual bliss.

(Name withheld for privacy)



<http://www.suzybauer.com/recommends/fleshlight>

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That is yet another option for you and your partner to simulate a threesome and further explore the possibilities of going for the real deal!

Conclusion

Robert A. Heinlein once mentioned in one of his novels that a competent and self-confident person is incapable of jealousy in anything. Jealousy is invariably a symptom of neurotic insecurity. I partially agree with his statement however, I would like to add that insecurity is based on obsolete beliefs. If you change your beliefs you can change your life!

*"My wife's jealousy is getting ridiculous....
The other day she looked at my calendar
and wanted to know who "May" was."*

- Rodney Dangerfield

Chapter 2

The Trio!



***“Sex defies the laws of mathematics...
Going from one to two is a 100% increase
BUT The jump from two to three
is 1000% better.”***

-Bill Strong

Why Call It A Trio?

Before I get started with all the “*know-how*” stuff, I suggest you get yourself familiar with the terminology I use in this guide. In other words; I’d like you to understand EXACTLY what I mean with threesomes: The most famous term to describe a threesome is the French way: *ménage a trois*. Literally, *ménage à trois* means “household of three.” In my lexicon I’d like it to mean three lovers in one bed, although the former probably includes the latter. You don’t need a structured relationship in order to have a threesome (2). Friends (or even strangers) can enjoy a night of fun without setting up a complete household.

In other countries a threesome it is known as a Trio, or *almohada para tres...* Due to my German roots, I’ve always called it by its German name TRIO, (pronunciation Tree-oh) which besides sounding sweet has the best anchors for me and my hubby. So if you don’t mind, instead of calling it *threesome*, I’ll call it a Trio from time to time. I’m sure that once you’re used to pronouncing it, you’ll probably start calling it Trio too. Besides, it’s practical because you can also use it like a code word; that way you won’t need to whisper it softly when there are others around. :-)

Trio Combinations

There are four major combinations for a Trio:

1. **The Homo Trio:** **Three men**
2. **The Lesbos Trio:** **Three women**
3. **The Adonis Trio:** **One men, two women**
4. **The Aphrodite Trio:** **One woman, two men**

As mentioned, the Adonis Trio consists of two women and one man. On the internet people who are advertising or looking for an Adonis Trio use the initials “FFM” which means: Female, Female, Male. To describe the Aphrodite Trio and they use “MMF”; meaning Male, Male, Female to describe the Aphrodite Trio. In this book, the only Trio that I will not cover is the Homo Trio as it’s the only one I have NO experience. So, before putting the Adonis & Aphrodite Trio’s into perspective, let’s indulge ourselves in a little bit of Greek mythology to refresh our memories of who these characters were.

Aphrodite



In Greek mythology, Aphrodite (Pronunciation: af-roh-dy'-tee) is the goddess of love, beauty and sexual rapture. Aphrodite's charms came from her magic cestus, an embroidered girdle that, in both gods and men, aroused passion. When she wore her magic girdle no one could resist her, and she was all too irresistible already. She was sexually liberated and was one of the most unique of the Greek deities in the freedom of her sexual life. So great were Aphrodite's seductive abilities that every god desired her as his wife. Aphrodite's power over love was very influential; with a domain that included the innermost feelings of the heart and the source of human passion, Aphrodite had power unlike any other god. Clearly, Aphrodite's abilities were in fact a real instrument of power which could affect all beings. She loved gaiety and glamour and Aphrodite loved and was loved by many gods and mortals. Among her mortal lovers, the most famous was Adonis.

Source: <http://www.pantheon.org/articles/a/aphrodite.html>

Adonis



The Awakening of Adonis by *John Waterhouse*, 1849-1917

Adonis is the central figure of a widespread fertility cult, god of vegetation and rebirth. Adonis was a very handsome young man, a beauty incomparable. Once Adonis was born, Aphrodite took him under her wing, seducing him with the help of a friend. She was mesmerized by his unearthly beauty. She gave him to Persephone to watch over, but Persephone was also amazed at his beauty and refused to give him back.

(Click the link to see Persephone) <http://en.wikipedia.org/wiki/Persephone>

The argument between the two goddesses was settled by Zeus and the solution was that Adonis would spend four months with Aphrodite, four months with Persephone and four months of the years with whomever he chose. He always chose Aphrodite...

(Click the link to see Zeus) <http://en.wikipedia.org/wiki/Zeus>

He died at the tusks of a wild boar, sent by either Artemis or Artemis' lover, Ares who was jealous of Adonis' beauty. (Click the link to see Artemis and Ares)

<http://en.wikipedia.org/wiki/Artemis> <http://en.wikipedia.org/wiki/Ares>

Each drop of Adonis' blood turned into a rose. Adonis was often worshipped in mystery religions. His name is frequently used as an allusion in reference to an extremely attractive, youthful male, often with a connotation of immature vanity.

(Click the link to see mystery religions) http://en.wikipedia.org/wiki/Mystery_religion

Source: <http://www.pantheon.org/areas/mythology/europe/greek/articles.html>

Aphrodisiac Aphrodite

*“Women need a reason to have sex,
men just need a place. ”*

- *Billy Crystal (City Slickers, 1991)*

According to Marc Connolly the best Aphrodisiac is **variety**! I tend to agree with his suggestion. Since this e-guide shows you how to spice up your sex life, I couldn't possibly exclude aphrodisiacs. The dictionary definition of an aphrodisiac is “arousing or intensifying sexual desire.” Aphrodisiacs could also be something such as a drug or food, having such an effect. In other words, aphrodisiacs are those things that cause us - males and females - to feel sexually aroused, to desire, to become romantically excited. Aphrodisiac stems from the Greek word - *aphrodisiakos*, from aphrodisia - sexual pleasures; and especially from the Greek mythology, in which Aphrodite was the Goddess of love and sex. Sexual variety is also an aphrodisiac. A threesome therefore will undoubtedly be an aphrodisiac.

As a friend of ours says “**A Trio can be an infusion of sexual juice for any relationship.**” However, a threesome will hardly ever make a bad relationship good, but it can make a good relationship better. This means that in order for you to benefit from the aphrodisiac of variety that a threesome provides, you need to be either single or in a solid relationship. You'll also need to let go of MANY of the prejudices that you grew up with and you'll need to understand that what your mother, minister, aunt, or other well intended person taught you about sex, might need to be re-written in your belief system.

For your information, the Latin root of the word moral: *moralis* merely means “manner, custom, or habit” and, true to its own origin, moral is concerned with establishing principles of right and wrong in human behavior. We've been taught what's "moral" and what's "immoral". The sad thing is, most of us never question it.

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Religious and state leaders tell us how to behave but then again we often see that some of these "rule-makers" and "rule-enforcers" are in fact the very people who most indulge in the behavior they seek to prevent of others??? We obediently obey what other people say, and we substitute it for the truth. If all these "moral" laws were right, we might have different results in our society don't you think? In the western world, four out of every ten marriages end in divorce. And two out of those four divorces happen because of cheating!!! We're talking about a large number of so called "cheaters" here. So what's wrong with this picture? The reason why people "cheat" is often because they CAN obtain something with another person that they CAN'T obtain from their partner; and that something is called VARIETY!

Often we hear the cliché; "men are afraid of commitment."

Gals wake up!

Men are not afraid of commitment! They're afraid of their lives being totally taken over. In other words, **they're afraid of being "trapped."** The moral issues I just addressed are good part of the "trap" that men are so afraid of falling into. Men are horny by nature and it's not because they got married that they're 'suddenly' going to stop looking at other women!!! It's simply how guys are wired; and you won't be able to change that. PERIOD! Don't even try, it's a lost battle! Unfortunately most women have think that the moment they get married and their husband wears a wedding band he's going to stop desiring other women. (As if his wedding band would hold a special effect over his willy). **That's not going to happen!** I've seen guys turn their heads almost 180 degrees, following a beautiful woman passing by and then tell their partners: "Darling, being on a diet, doesn't mean that I can't look at the menu." Obviously their partner wasn't really amused with his behavior or comment.

Why struggle? It's as if they'll suddenly tell you as a woman that from the moment you marry, you're not allowed to go shopping ever again! Imagine, how much this goes against our feminine nature? Again VARIETY is a great aphrodisiac! That's why regardless if you're single or in a solid relationship, a threesome can help you spice your sex life! I simply don't care if Dr. Phil agrees with me or not!

What's a Solid Relationship?

In a solid relationship there's **security**. The woman feels secure of his mate. He shows her his unconditional commitment. Partners trust each other blindly, and they know that there's nothing in this world that can break them apart. The type of bond they share is more than a ring. They have absolutely no secrets from each other. **HE** reinforces how much he loves **HER** often by:

- **Telling her how much he loves her!**
- **Making her *feel* loved!**
- **Showing her that SHE is the most important person in the world!**

Guys, I know that you were happy to read what I was writing previously, but now it's your turn to be bashed! In order for your partner to allow you to have a threesome, **she needs to feel safe and secure in your relationship**. Only then she **MIGHT** or **MIGHT NOT** allows it. It's in your hands, and only you as a man are responsible for this.



"If your wife is not very comfortable with the idea of having a threesome, it's not because she's not interested!

It's because she doesn't feel 100% secure on the relationship!"

So, don't send me emails telling me: "I want a refund because I read your manual, and she still doesn't want to have a threesome!" Before you do that, try to figure out **WHY** she might feel uncertain in the relationship!

But I'm Single!

Great, being single is wonderful too! All options are open! If you fancy a threesome and you're a single guy, don't worry, there are great tips for you throughout the guide. If you're a single woman, let me share a secret: Threesomes can be fantastic opportunities for unproblematic sex. They can also provide an opportunity for you to satisfy your curiosity of being with another woman without feeling awkward! Single women wanting to experiment for threesomes are in huge demand and low supply, so your desirability almost doubles when you are open for it!

Now if you are a single guy, I have to be straight forward with you. **It's more complicated to arrange a threesome being single than when in a relationship!** Because you'll need to recruit two women instead of one! However, although it's going to be a bit more difficult, it's certainly possible! You'll find a wealth of information and great examples of single guys arranging for threesomes for them later on in the manual. So please do not lose faith just yet... as long as you can understand the psychology of a threesome you will be MILES ahead of the crowd in arranging a threesome as single guy.

The Aphrodite Trio (MMF)

Some people believe one woman and two men is the ultimate arrangement and, indeed, to many women it can be heaven! A woman has the ability to sustain her arousal much longer and some women even enjoy multiple orgasms which can be really thrilling! The natural competition between men can lead to marathon sessions as the males attempt to prove their superiority technique, ingenuity and endurance.

In addition to multiple single penetrations, Aphrodite's can afford the unique opportunity for simultaneous doubles that one man, no matter how skilled, will be incapable of providing. Perhaps the main attraction for some women is that being the centre of male attention is what defines the consummate state. During an Aphrodite Trio (MMF) the three people can enjoy what is called in the porn world a 'DP' or double penetration which is one of the most exciting and intimate acts you can share with somebody, due to the closeness of the three people. All of us who have enjoyed this incredible pleasure can testify of its uniqueness!

The Adonis Trio (FFM)

As you can imagine an Adonis Trio makes a man feel like, well, of course, Adonis! With two women to pleasure him, his libido is more than doubled and is raised to extraordinary new levels. To a true hedonist, nothing on this earth compares with an Adonis Trio. It's very important that you understand the meaning of the word *hedonism*. According to Webster's Hedonism comes from the Greek word *hedone* (*pleasure*); akin to Greek *hedys* (*sweet*); in other words "sweet pleasure." Hedonism is a doctrine that states that pleasure or happiness is the sole or chief good in life.) By now I guess you can imagine that my husband and I are both TRUE HEDONISTS, and we'd like to invite you to become a hedonist too.

What's the difference Between an Adonis and an Aphrodite Trio?

There's something very important you need to understand between the Adonis and the Aphrodite Trio: As mentioned earlier, an Aphrodite Trio (MMF) is a very pleasurable and unique experience; however, there **is rarely any interaction amongst the three persons**.

What usually happens is that the two guys mainly concentrate in pleasuring the girl and are not involved with each other at all. (UNLESS of course both guys are bisexual!)

Note: Some months ago, I got a nasty email from a guy telling me that the statement above was incorrect! Of course he was a bi-guy! That's why I added the UNLESS remark between brackets. My experience in MMF threesomes is limited to hetero guys, not bi-guys! So, if you allow me; I will stick to what I know... Ask any hetero guy and most will all agree... they will consider having an MMF but they will not do anything with the other guy! I always enjoy listening to heterosexual men and women describing the possibilities of "what might happen" on their first threesome... On the scenario of being with another woman for the first time; most heterosexual women will say: It'll be weird! (Meaning: We'll, I might try...you never know!). Yet most heterosexual men, at the thought of interacting with another guy while having a threesome they'll say: "NO WAY!" That's disgusting" making a face like if somebody farted! In fact, it's also quite funny to see guys for the first time on an MMF threesome... they're REALLY careful of not touching each other! The best example of what I'm talking about can be found in the hilarious film *American Pie II*!

Step By Step Threesome by Suzy Bauer

If you've seen any of these films you'll remember *Stiffler* and his friends! In the scene I'm referring to, these 3 guys end up inside the room of two "lesbians" who tease them saying: Do you want us to kiss and touch each other? As you can imagine the guys get an immediate hard-on and say YESSSSSSS! Then the girls say: Ok, we'll kiss, but first you'll have to kiss the guy in the middle! Both guys on the side look at Stiffler and with a disgusted face, both say; NO WAY! Then the girls say, you don't kiss, we don't kiss! To make a long story short, they end up kissing and so the scene continues into touching and caressing! Simply looking at the guy's faces is absolutely worth watching that film! Watch and listen to the lyrics in the song of the clip below and you'll see what I mean:

Remember: You need to be online to see this video and you'll need the [flash plug in](#):

(Click the link below to get the flash plug in)

http://www.macromedia.com/shockwave/download/download.cgi?P1_Prod_Version=ShockwaveFlash



To Watch this video: click the link below
http://www.youtube.com/v/p_tWeFFPKGs

Although Stephen Lynch's lyrics are funny and ingenious, they reflect a great truth: No matter what people say; straight men feel very uncomfortable with the thought of looking "gay"! In the other hand women don't feel that uncomfortable with the thought of "exchanging affection" with other women...

Step By Step Threesome by Suzy Bauer

That's why, in the Adonis Trio (FFM), the strong tendency is, that the three of you will be interacting with each other (Even if both girls have never been with a woman before!). This is the main reason why an Adonis Trio raises the excitement even higher than the Aphrodite Trio (MMF). I've spoken with hundreds of women who've had a threesome for the first time and they ALL agree... Although the original idea was to "pamper" their husband or boyfriend, they ended up also interacting with the other girl! **Some even licking pussy on their first threesome!** It's a natural and beautiful tendency and it's not worth fighting it!

"It takes three to make love"

- Bishop Fulton J. Sheen

(Way Out of Context)

Sex Symbols

Sex Symbols are common astrological signs handed down from ancient Roman times. The pointed Mars symbol represents the male and the Venus symbol with the cross represents the female. Double interlocking male symbols have been used by gay men since the 1970s. Double interlocking female symbols have often been used to denote lesbianism. Triple interlocking symbols denote threesomes. An Adonis threesome (FFM) is represented by two crosses on top and one arrow below and an Aphrodite trio (MMF) is represented by two arrows below and one cross on top.



Sexual symbol Aphrodite Trio MMF



Sexual symbol Adonis Trio FFM

The Threesome Hall of Fame

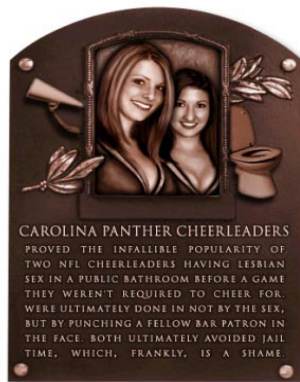
Although a threesome is the most popular fantasy for both sexes, people are still afraid of venturing into it because they know little about it and don't know how to make it happen for themselves. A question frequently in their minds is "who else has done it?" Unfortunately, the answer to that question is not as readily available as we'd like. As mentioned earlier, people who've experienced this wonderful pleasure prefer to keep it quiet for many reasons, however there are also people who feel very confident about their sexuality and have no problems sharing it with the world.

In my search for information on "who else has done it" I found a very interesting book: *Three in Love: Ménages à Trois from Ancient to Modern Times* by Barbara Foster, Michael Foster, and Letha Hadady. <http://suzybauer.com/recommends/threeinlove>

In their book you can find a display of prominent figures that had consensual relationships and threesomes. Their research is fascinating and I thoroughly recommend you to read it. I thought it would be pertinent to display a "*Threesome Hall of Fame*" that will show you that this fantasy has been enjoyed by many famous people too!

Suzy's Comment:

Recently I found this picture on the internet and thought it was an interesting fit for this section of the book. It has absolutely zero relevance to the threesome theme but I'm sure you'll "connect the dots" why I included this picture here :-). Inductees to the "threesome" hall of fame!



Source: <http://deadspin.com/sports/deadspin-hall-of-fame/hall-of-fame-inductee-renee-thomas-and-angela-keathley-198741.php>

***“ When authorities warn you of the sinfulness of sex,
there is an important lesson to be learned :
Do not have sex with the authorities!”***

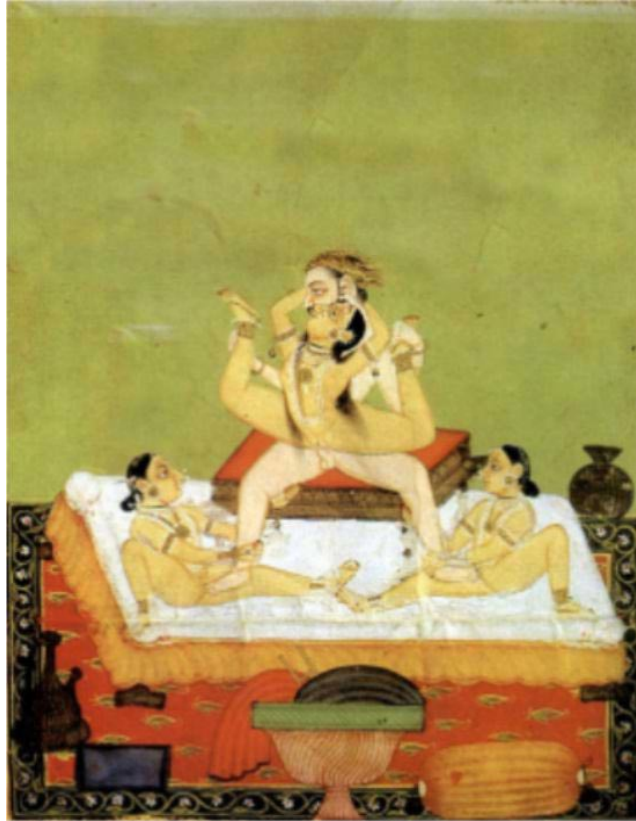
- Matt Groening

Threesome Hall of Fame

Admiral Horatio Nelson	Salvador Dali
Giacomo Casanova	Voltaire
Jean Baptiste Poquelin (Moliere)	Pablo Picasso
Emma Goldman	President Francois Mitterrand
Jean-Jacques Rousseau	George Bernard Shaw
Alexandre Dumas	Aldoux Huxley
Admiral Lord Louis Mountbatten	D.H. Lawrence
Oskar Schindler	Bertrand Russell
Jean Paul Sartre	Marlene Dietrich
Simone de Beauvoir	Greta Garbo
Henry Miller	Cary Grant
Lawrence Olivier	H.G. Wells
Virginia Wolf	John Maynard Keynes
Denise Richards	Ernest Hemingway
Angelina Jolie	Neve Campbell
Matt Dillon	YOU Very Very SOON!

Chapter 3

The Psychology Of Threesome Sex



*“Sexuality is the great field of battle
between biology and society.”*

- Nancy Friday

Is There Psychology Involved?

More than you think! The fact that you're reading this book means you understand the wonderful possibilities of a Trio. It probably also means you haven't been as successful as you'd like to be in making the ultimate arrangement happen. One is forced to wonder why, when there is so much demand, there is so little supply? The sad answer is that a multitude of forces are determined to prevent you from having sexual fun. Anyone who has ventured far beyond the narrowly defined bounds of "socially acceptable behavior" realizes society applies considerable pressure for everybody to stay in line.

In Australia this phenomenon is known as the "*tall poppy syndrome*"; any blade of grass that grows more than the others will likely be chopped off first. In Japan they have a saying that says; "The tallest nail will be the first one to be hammered down". In The Netherlands there is a similar saying: "Tall trees catch a lot of wind." You can probably think of similar sayings wherever you live. What it all boils down to is that; we should avoid standing out and keep our behavior in line with everyone else's so we will be accepted by society!

Richard Bach, captures this concept beautifully his book *Johnathan Livingston Seagull*

Jonathan Livingston discovers that he can fly higher than any other seagull has ever flown before. Excited by his discovery, he returns to the flock to tell them about his accomplishment. However the flock isn't thrilled about his discovery at all.

They are actually upset with him because he broke the established rules set for the flock; so, the "leaders of the flock" decide to outcast him. Disappointed and lonely, Jonathan decides to continue his search of joy and perfection ALONE. Until one day he finds a new flock of like minded seagulls who take him to a new understanding of the world and teach him to fly at altitudes he has never dreamt of! You and I know that the content of this e-guide will certainly be disapproved by the "flock". I know as a matter of fact that many of my customers will be tremendously embarrassed if someone found out that they purchased this manual!

Step By Step Threesome by Suzy Bauer

I'm assuming that you're reading this guide because you're open minded enough to know that there's much more to life than meets the eye. In other words you want to experiment, and your curiosity attracted you to this publication. So I will be straight to the point with you: Fuck the flock! Let's face it; group sex, whether is 3, 4 or 500 will be disapproved by many if not most! In this manual I'll tell you things as-they-are, not better or worse, but as-they-are! And trust me, possibly in many cases you'll disagree with me... that's fine... I don't think my role is to tell you what to do but to show you the possibilities of what can be done!

Social Conditioning and Hypocrisy

Because of the way we've been conditioned by society, religion and obsolete traditions, it's not uncommon to see eyebrows rise when the subject of sex is raised. We've been conditioned and indoctrinated to think in one way or another, according to tradition and ancient beliefs. Certainly a threesome lies outside society's sanctioned borders; therefore, biology, psychology, society and religion all fly in formation to spoil your quest for the ultimate sexual experience. As a hedonist myself, I'm sometimes bewildered by how hypocrite and twisted society is.

I remember as a youngster in the early eighties, going to the cinema to see the film *The Blue Lagoon*... as I wasn't yet sixteen, I wasn't allowed to go in??? However years earlier, being only twelve, I was allowed with a couple of friends to watch *The Deer Hunter*, which together with *Full Metal Jacket* and *Born the 4th of July* are three of the most violent movies I've ever watched. I don't know about you, but I'd rather have my children watch *The Blue Lagoon* where they learn about love, romance and see a bit of nudity, than a movie with lot's of gore and explicit footage... What message are we giving to our children? It seems that in today's society it's perfectly okay for children to grow up watching violence, murders and massacres; however nudity and people making love are "dirty" things to watch!

What a bunch of nonsense... or let's call it by it's name:

"BULLSHIT!"

ATTENTION: The following section will be critical in your understanding on how to enjoy threesome sex regularly so read it carefully!

The Biological Differences Between Guys & Gals

Before you can fully understand the psychology of a threesome, I must take you back to biology class, (I promise to make it as interesting as possible so you will not get bored okay?)

Human biology is the basis of what drives the sex urges in humans and it determines how those urges differ in men and women. Our primary lesson is that males and females of all species are genetically instructed to replenish their population. This is programmed in a part of the brain that is commonly known as the *reptilian brain*. It's called like that because its existence is recorded already in the primitive, reptile ages. The reptilian brain is our “fight & fly” brain, our instinctive brain, in other words; the part of the brain responsible for survival. One of our survival instincts is reproduction; therefore sex is also programmed there.

Primitive Times

While both sexes are striving for the same goal they employ entirely different strategies. Therein lays the clue. Let's look at how it was in primitive times...

The male strategy was to attempt to inseminate every female in sight. His physical investment was small, a little bit of sperm, a precious few minutes in the act itself and off went the man to his new pursuit of the next available female. The male indiscriminately and promiscuously mated and procreated hundreds of infants without any biological punishment. However the female strategy was a lot different. In addition to the physical burden and the dangers of pregnancy and birth, the few infants a female reproduces in her lifetime came at a great cost and risk to her own survival. She couldn't afford indiscriminate mating with everyone who would have her. A female had to maximize her pregnancies by being selective. As you can see our genetic codes already restrict us from being the same sexually.

Luckily things have changed dramatically since the arrival of birth control, but those ancient survival instincts still creep around deep within the human psyche, influencing the way men and woman interact.

Modern Times

In the modern world, when a guy meets a desirable gal, he still feels this ancient biological need to spread his genes into future generations, his genetic code instructs him that he needs a female in order for him to establish their genetic perpetuity, therefore a man accepts to commit to her so she can provide the off spring from his genes. For a woman things are a bit different: Regardless of with whom she mates, all her pregnancies ensure her genes will survive into the future. **If given the choice men will choose exclusivity rather than permanency**, because they genetically know that if the woman doesn't stay with him his genes will not survive into the future! The woman on the other hand is aware that she'll require a lot of help to raise the child so if given the choice **women will choose permanency rather than exclusivity**. What does this mean? Simple, our genetically code is set in such a way, that **we women will gladly share our man as long as we feel secure he'll be there afterwards**! It's not that we women are heartless bitches only interested in money... it's our primitive instincts making sure we will be provided!

In Latin American countries it's not uncommon to see a married man having a relationship on the side. In most cases the wife is aware of it, but keeps it silent to keep the husband. In the Arabic world for instance, it is not uncommon to find a wealthy man having two or even three wives. (This is allowed as long as the three of them are provided for equally.) So bound by their inbred biological roots, modern men and women are still driven to approach sex and relationships much as our ancestors did. In today's society, a woman will share her man with another woman more readily than a man will share his woman with another man. (Later on you'll learn how this can work to your advantage).

Fear of STD's & AIDS

To top it all off, we live in a world where the threat of STD's (Sexually Transmitted Diseases) is on the mind of almost everyone; specifically the fear of AIDS. As I'd like to avoid this guide becoming too clinical, I won't continue telling you more on these topics; however I recommend that you read the book: *Inventing the AIDS virus* by Peter H. Duesberg.

<http://www.suzybauer.com/recommends/aids/>

Step By Step Threesome by Suzy Bauer

His book will help you understand **how mistaken the masses are about AIDS!!!** I don't want to go further into this topic but remember that as a good rule of thumb, we can pay attention to what a wise man once said; "Fear, only springs of ignorance." However, this doesn't mean that you should not be careful... Exercise good judgment and use your brain to make sure you have safe sex. Apart from AIDS there are around 20 different diseases that can be transmitted sexually.

The good thing is that all STDs can be prevented, and many STDs can be cured by accurate diagnosis and early effective treatment, however if you don't know what they are, how they can affect you, and how you can prevent them you are indeed at risk. Unfortunately society has associated STD's with guilt, shame and sin. Infected people often avoid seeking treatment because of social or parental disapproval.

"Nice people especially nice girls are not supposed to get STDs"; they say. Unfortunately they do get it, and usually from nice guys. Anyone who is sexually active or likely to become sexually active should have a good understanding of STD's. It's the only way to a healthier sexual life. I suggest that if you want to join a new "flock" of individuals who've already expanded their sex lives to new heights, you need to become a responsible individual and learn about STD's or venereal diseases as they're also called. Here are two recommended books on the topic of STD's:

1. *Sexually Transmitted Diseases* by Lisa Marr

<http://www.suzybauer.com/recommends/stds>

2. What You Always Wanted to Know About Safe Sex by Ronald A. Hagen

<http://suzybauer.com/recommends/safesex>

Note: I was requested by my readers to expand on the topic of STD's. In fact two people requested a refund because previously I did not cover the topic thoroughly in this guide. I don't think here's the right place to talk about STD's however for respect to the people who requested a refund because I was not being elaborate on this topic, I added a section on chapter 18 about STD's when having sex with multiple partners!

The "R" Factor

Before I move on, I need to deal with the last psychological obstacle in order for you to make your threesome a reality and that is something I call the big "R". In other words: **Religion**. In many cases, consciously or subconsciously this obstacle tends to be a big "but" in people's minds before venturing in a threesome! According to many religions, the only valid reason for sex is to procreate! So, just imagine what really religious people will say if they would even suspect that you are planning a threesome... You'd probably be accused of having no morals, being corrupt or having no shame. Remember; "*Fuck the flock*"! Please understand that these people have a specific model of the world, determined by the beliefs that were indoctrinated in them since they were little. A threesome is FAR beyond their boundaries; however there's no reason for you to disclose your sexual desires with anyone, right? Perhaps you were raised with a strict religious upbringing too and you're debating in your own head if this "sin" can be erased by penitence??? Believe me; there's nothing shameful about fantasizing a threesome! You're not doing anything wrong!

If you would have been brought up in an environment where nudity and polyamory was the norm, you'd not be even debating the issue. The fact is you weren't, however this doesn't mean it's wrong! I remember once seeing a bumper sticker that read: *Nothing is true, everything is allowed*! Honestly, I believe this philosophy more than the bullshit philosophy of *nothing is allowed*. I believe very strongly that as long as you don't hurt anyone else, you should be able to do whatever you want and enjoy life at its fullest. It's not that I'm against religion; however I have a tendency to question its purpose... So, once and for all; if you have any fear of "wrong doing" or "what people would think if they'd find out," **now is the right time to let go**, because it'll just be an obstacle in your quest to fulfill your ultimate fantasy. Most of our friends know that my husband and I enjoy threesome sex regularly and obviously after writing this guide more and more people will know about it... so what?

Remember, a threesome is a fantasy shared amongst a large amount of the population, so people look at us in a brighter light of respect and positive envy because my husband and I have accomplished to pull off many threesomes during our time as a couple.

Step By Step Threesome by Suzy Bauer

That's why both of us encourage you to let go of that fear! (On the side line: because people know we're into threesomes lots of cute candidates make it clear for us that they will gladly have a threesome with us) Remember, sex is supposed to be fun; it's not supposed to be a duty as many religions would like you to believe!

***"We shall never be able to experience sex as play,
until we stop taking it so seriously."***

***-Frederick Kirschenmann Sex as Play,
"The Christian Century", July 31, 1968, p. 967***

Matrix Reloaded

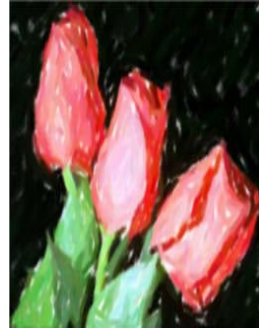
I remember my husband and I being anxiously awaiting the premier of the film *Matrix Reloaded* early in 2003. We were strongly captivated by the first *Matrix* film and its message. If you saw the film, you'll remember that the *Matrix* is basically a simulation that creates the "reality" that has been put over our eyes to blind us from the truth. What truth? The truth that we are slaves of our own mind and traditions. It was interesting for us to see in *Matrix Reloaded*, that what in the film is called *Zion*, a city where everyone is already "*awakened*", group sex and multiple partner interaction seems to be normal! I honestly hope that you'll let go all your prejudices and worries about the "*right or wrong*" issues of a threesome. In other words; you'll let go of the conditioned way of thinking and you'll once and for all be open to the real pleasure of being a true hedonist!

In Ancient Times Sex was not Complicated

For generations many of us have been conditioned to think that sex and love cannot be separated! The truth is, that although they could be interwoven, doesn't necessarily mean that they can't be separated. **It is possible to have recreational sex and there's nothing wrong with it.** Throughout history erotic rites like spouse exchange, threesomes, foursomes, whole cities pouring into the streets in libidinous revelry, naked dances and orgies have been used for means like celebrations of fertility or as an annual blowing of steam.

Step By Step Threesome by Suzy Bauer

An example of these erotic rites can be found in most ancient cultures. One of the most beautifully preserved examples is the temples of *Khajuraho* in India.



To find more information about these sculptures and temple go to:

<http://www.ekhajurahotourism.com>



Each year thousands of people come to the temples to celebrate *Mahashivratri*. For them *Khajuraho* is not a tourist destination, it is a place to see erotic sculptures. This shows the gentle spirit of their pilgrimage. The erotic sculptures are a metaphor of the union of *Shiva* and *Parvati*, the marriage of two cosmic forces, of light and darkness, sky and earth, spirit and matter.

Terry Goud ALSO writes in his book The Lifestyle:

<http://suzybauer.com/recommends/lifestyle>

"Erotic rites were common in Canaan when God made His covenant with Abraham."

As late as the 1940's "extra-mate ship liaison" was an approved custom in 39% of cultures studied throughout the world-from the Himalayas to the South Seas and from the Arctic to the Amazon. Today we know that there is a deeper, unconscious motivation behind the rituals.

They combine the two biological drives of us humans; the drive to seek long-term partners for raising children, and the equally powerful drive for genetic and sexual variety."

Step By Step Threesome by Suzy Bauer

Over the years shared erotism has gone from a pleasurable experience without any emotional complications or regrets, to a shameful act! My question is: how did that happen?

The history of sexuality over the past three hundred years has been a history of repression forced upon us using shame as a tool of manipulation. Sex, except for the purpose of reproduction is still taboo, and unless we liberate ourselves from those thought **we will never fully experience newer heights on sexuality**. The only way to liberate ourselves from this repression, according to this hypothesis, is to be more open about our sexuality, to talk about sex, and to enjoy it!

“Being sexually liberated has nothing to do with overthrowing society, although that’s not such a bad idea.” -Robert Maginly

How can I let go of my negative beliefs about sex and start enjoying myself?

In most cases your success or failure in having a threesome is directly proportional to your ability to let go of that feeling of guilt that you’ve so strongly been conditioned to have. Perhaps you have the desire and you fantasize about it, but you also have your “conscience” or your “morals” to deal with. If this is the case, let me tell you something: The “conscience” theory we’ve been taught has been wrongly interpreted by most people! **Your conscience is simply an awareness mechanism**. PERIOD! Obviously you’ve been strongly conditioned to think that a threesome or group sex is wrong, and this is why you might feel that what you fantasize about is wrong.

My question here is; who has indoctrinated those beliefs in you? Think of all those people who might think that your fantasies are wrong? You’ll quickly begin to realize that these individuals are not exactly examples of open-mindedness. In other words, they’re basically the guardians, the “Agent Smith’s” of the sexual matrix. If you’ve got a lot of mixed feelings and think you’d like to read more about this topic in order to avoid feelings of guilt... I highly recommend you read *Conversations with God Book 2* written by Neale Donald Walsch.

<http://suzybauer.com/recommends/conversationswithgod>

Step By Step Threesome by Suzy Bauer

All his books are great, but especially *Book 2*, in that book he describes the subject of sex in a wonderful way. In his "Conversations with God" books, *Neale* has a talk with God and asks him all sorts of questions; also sex related ones. I recall a segment in the book where God mentions to Neale, that the human race has got it all wrong. They use **the same four letter word to describe the height of their passion and the very same word is also the biggest insult**. Once again, if you'd really like to make your threesome happen, you need to let go of your "conservative beliefs", you've got to accept the FACT that group sex is not "immoral" and start really believing that **sex is a gift** that humans have and there's nothing to be ashamed of! My intention with this e-book is to give you all the tips and information you need be able to make your threesome happen, enjoy it tremendously *and* feel emotionally good about it afterwards!

Conclusion

All our tendencies, instincts, impulses, requirements, hopes, thoughts, cravings, desires, burdens, traditions, morals, ethics, decrees, principles, laws and superstitions comprise the secret ingredients for today's sexual salad. So dip a serving spoon and fork into the bowl and, depending upon where you scoop, you may come up with any combination of bits and pieces, chopped, diced, ragged and unevenly distributed. The good news is that this volatile mix contains virtually something and someone for everyone. The bad news is these same factors will hinder your search for a Trio. As much as the idea may appeal to you, sexual hedonism is not the accepted norm.

Your attempts to arrange your threesome must be planned with all the above obstacles recognized and prepared for. No matter how free society may appear to have become, the vestiges of our past work against our attempts at nirvana. Nevertheless, the evidence clearly shows that some of us are finding the norms and conventions of polite society too restricting.

Step By Step Threesome by Suzy Bauer

After understanding all the barriers just outlined, there remains just one question to be answered: **How do you really make it happen?** So get ready, sit down comfortably and pay attention... **One final warning:** if you're a guy, you might get a "boner" once in a while so we suggest that you wear comfortable pants while reading; as a girl, hopefully your vivid imagination will make you moist. ;-)

***"Never let your sense of morals
keep you from doing what is right."***

- Isaac Asimov

Chapter 4

How Can I Persuade My Partner?



“We are all faced with a series of great opportunities, brilliantly disguised as impossible situations.”

- Charles Swindoll

Persuading Your Partner

You might be thinking: Sure, you mentioned earlier that it was easier to have a threesome if you already had a partner... Now the problem is; I DO have a partner BUT I need to convince her/him! Not to worry, I will be solving this dilemma on this chapter... Let's face it, most threesome initiatives are started by men. There are exceptions of course, however in most cases it's the guys that come up with the idea...

If the female is the one with the initiative or if both of you are convinced about pursuing the threesome fantasy, you're one step ahead! As I mentioned it earlier, **women are more ready to share sexually their partner with another woman, than men are ready to share their partner with another man!** So, persuading your wife to have an FFM threesome is not as hard as it may seem. But, you'll need to understand a few issues...The first thing that you've got to take into consideration is that **women place high values on the pair-bond**. Women are very apprehensive of anyone and anything threatening the health and longevity of the relationship between her and her partner. For most women, a threesome carries risks she's not eager to accept. **The first giant obstacle you'll face will be to overcome her insecurity.**

Female Insecurity

Besides the social conditioning she was raised with, there are some psychological obstacles that need to be cleared before she can be enthusiastic about inviting someone else into an intimate session... **This is one of the MOST important points on this manual, so pay attention!** At least once a week I get guys asking me: Suzy, how can I make my wife want to have a threesome? My answer is invariably: **You cannot MAKE your wife want a threesome period!** However, you can easily enroll her into the fantasy! However, the real clue in making your female partner open to inviting another woman into your bedroom is to find out **how secure she feels about your love for her** and your relationship!! (Before I continue with this topic allow me to sideline for a moment.)

Step By Step Threesome by Suzy Bauer

On March 2005, I decided to do an upgrade on this chapter after receiving the following explanation from a customer who cancelled his order:

"Dear Suzy, I am canceling because I bought the book hoping you'll tell me how to 'convince' my partner to have a threesome and chapter 4 in your book doesn't contain the information I was looking for..."

When I read this feedback, I was shocked! I went back, read and re-read this chapter and thought to myself: How can this man say the information is not there??? Of course the information is there... however possibly the information is not what this guy wanted to read! So, before I continue telling you how to persuade your wife... I want to make something clear to you, just in case you're also looking for information how to "convince" your wife or significant other to have a threesome.

YES the information IS contained in this chapter!!! However, I warn you... it might not be EXACTLY what you'll expect to hear! **There is NO magic formula to make your partner want a threesome**, so if you were looking for that formula, I'm sorry to disappoint you, but you'll not find it here nor anywhere else! **The only way to persuade your wife, is by using psychology and understanding! The key of it all is TRUST and communication!**

Women's brains are differently wired than men's brains. We love exploring sexual fantasies but we need to feel SURE that a sexual fantasy will not threaten the relationship we have with our husband! Please bear in mind that ANY woman who truly cares about you, worries about the relationship, with all the classic fears and uncertainty about your love.

You have to understand that women often ask themselves;

- **"Does he love me fully?"**
- **" Does he love only me?"**
- **" Does he really like me the way I am?"**
- **" Am I woman enough to keep him satisfied?"**
- **" Will he leave me for a younger/firmer/prettier woman?"**

Step By Step Threesome by Suzy Bauer

Filled with uncertainty and jealousy she will defend her turf against all possible threats!

Please engrave this inside your skull:

"The only person responsible to ease her fears is YOU!

Happy, secure, confident women aren't jealous!

So, here's your answer:

Your wife will NOT grant you a threesome UNLESS... She feels secure in your relationship!!! PERIOD!

In my website I promised you to tell you 12 words you needed to tell your spouse or "significant other to instantly vanish ALL her fears and insecurities about having a threesome.

Here they are:

**"I assure you that having a threesome
will not affect our relationship"**

If she believes this statement, I can guarantee you that she will consider having a threesome with you very soon!

What Behavior Triggers Her Insecurity?

If your partner is jealous, the root might stem from **your own behavior**. If you recognize yourself in the statements below, your partner has E-V-E-R-Y right to feel insecure about your relationship:

- **You've frequently expressed your dissatisfaction about her**
- **You constantly criticize her and never compliment her**
- **You flirt with every cute woman you see**
- **You stay out all night from time to time**
- **You've habitually expressed your discontent with the relationship**
- **You only touch her while having sex**
- **You don't express your love for her often**
- **You've threatened to leave her**

Step By Step Threesome by Suzy Bauer

Any of these behavioral patterns will rapidly turn into insecurity, resentment and a constant jealousy. Engrave this in your mind: " **The insecure woman's worst nightmare is another female in her life and the last thing she'll do is invite another woman into your bed.**"

Remember: your partner has to feel VERY SECURE of your relationship before she grants you a threesome !!! So, make sure you never threaten your relationship. It doesn't matter how angry or upset you become. She needs to know that you guys are an item and nothing will ever break your bond !

"My husband and I have never considered divorce... Murder sometimes, but never divorce."

- Dr. Joyce Brothers

Female Security MUST be your #1 Priority

If you want her to be sexually confident, you must work very hard to make her secure in your love! If you're serious about taking your sex life to a level where a threesome can occur you'll need to make your partner so happy, so positive, so confident and so secure in your love that she's unafraid to share you with another woman!

What Can I Do To Make Her Feel Secure?

- ♂ **C ompliment her and show her how much you love her on a regular base.** Write her a loving card, buy her flowers, cuddle up with her on the sofa, whisper in her ear how beautiful she is. Feeling loved, accepted and secure are powerful female aphrodisiacs. She'll be much more loving and open to experiment if she feels you're happy with her.
- ♂ **A void silly remarks about her looks at all costs, especially if they're things that she cannot change.** Avoid telling her that she's fat. Instead of making negative remarks, try to compliment her as often as possible!

Step By Step Threesome by Suzy Bauer

- ♂ **Don't flirt with her friends unless you've got her approval.** If she believes your threesome is just a devious plot to bonk her best friend, you've got no chance of ever pulling it off.
- ♂ Before you tell her about your intentions of having a threesome, **you must be sure she's certain that a threesome isn't threatening her relationship with you.**
- ♂ **Work on the steps as outlined in chapter 1**

Site Note: Chris Rock has a very funny (but very true) way to put across a lot of what I was saying. I'm sure you will enjoy this 5 minute clip (sorry clip, oops! That was a Freudian slip!) <http://www.youtube.com/watch?v=R6OaRcsfnY4>

Step-by- Step Persuasion

It may very well be that your lover fantasizes about a threesome too, but has been afraid or embarrassed to admit it. Contrary to men, women seldom speak to the point and often beat around the bush before telling you what they actually want. If you want her to talk about her fantasies, you can encourage her by:

1. Listening to her. Magic words for women are "Interesting, please tell me more." Then all you need to do is shut up, listen and learn!
2. Being supportive of her opinions and ideas. If you criticize or invalidate her, she'll not reveal her private thoughts. PERIOD!
3. Affirming that you consider all her desires to be perfectly normal. Acknowledge her fantasies!
4. Making her more receptive to your fantasy by assuring her that bisexual desires don't depreciate her value as a lifelong partner. Tell her that diverse fantasies make her more interesting, alluring and captivating as a sexual partner.
5. No pushing her into something that scares her. Allow her to become used to the idea. Let her explore the thoughts with you. **Women work out their problems by discussing them;** encourage her to talk to you.

Using the Right Words

Females are much more finely tuned when it comes to using the right words. A common mistake guys do when attempting to persuade their partners is to use the wrong words or to use the right words at the wrong time!

For example, if she fantasizes about having a threesome with a male friend, insensitive guys ask things like: "Would you like to suck his cock?" Or "Would you like to feel his dick up your ass?" This is a normal thing to say for a guy, but I can assure you that this type of vocabulary is not appreciated by women. If she mentions that she fancies a threesome with a female friend, an insensitive guy might be silly enough to ask: "Would you like to taste her pussy?" or "Would you like her to suck yours?" These kinds of comments go too far, too fast, too soon. In some cases, I know of guys disclosing their fantasies saying things like this: "I'd like to have sex with two women at once."

As you can imagine this won't go down so well with her. It's always better to say: "I'd like to share you with another woman." This confirms you're not replacing her and she's still the center of your world. One very important point: when she asks you who that woman would be, your best bet is not to mention any name. Tell her the choice would be hers. This removes any suspicion that you have already done "research" on your project and eases her fear that you want someone she doesn't like. Besides, this'll also get her involved in the process.

A great technique to get her involved in the process is to do a "**Prospect List**" What you need to do is the following... ask her this question: Imagine that one day we decide to have a threesome. Who in your eyes would be a good prospect to join us? Then let her activate her mental rolodex and see what she comes up with! When she comes up with some names you've reached a great milestone! Now she is in the right frame of mind and will be more open to the idea. Ask her to tell you more about him/her ask her why he/she came to her mind and whatever her choice is support her fully on her ideas.

Clarify her Objections (Fears)

If you go to any sales training, one of the most important subjects they'll cover is "**How to Overcome Objections**". Enrolling your significant other into having a threesome is very much like selling anyone into buying something. They might be interested but they'll have objections. Remember, objections are "buying signals". All the customer needs to do is make sure that what she's getting into will be o.k. for her also. That's it! If your relationship is in good shape, your partner is only going to "object", however if your relationship is NOT in good shape she will "refuse" to even talk about the subject!

If this is the case, you'll need to work on your relationship first. See an "objection" as peeling an onion, there will be a few thin layers before you get into the important part. Ask her questions, find out about her concerns, her fears and her emotions. Follow this careful procedure and you'll have her enrolled in having a threesome in no time!

Please notice that I always use the word "persuade" instead of the word "convince".

If you're trying to "convince" her, then that means that there's resistance. If there's resistance then that means that there's something deeper that bothers her. The best thing to do is LISTEN carefully to her concerns. You don't need to be a psychologist to figure out how to convince your lady. Let me prove it to you. Here are some examples from real people asking me for advice:

To: suzy@stepbystepthreesome.com

From: (name removed for privacy)

Subject: What Shall I do?

Dear Suzy.

My hubby has for a long time fantasized about having a threesome. Although intrigued by the fantasy, recently I have become concerned that if we ever did try this, we might **regret it**, and it seems like a definite one-way threshold to cross- there's **no going back** and pretending you didn't do it.

How would this affect our relationship?

Can you help me out?

Step By Step Threesome by Suzy Bauer

Questions:

What would you answer her if you'd be me?

Is she opposed to the idea of having a threesome?

What is her main concern?

If you'll be this woman's husband what would you say to her?

To: suzy@stepbystepthreesome.com

From: (name removed for privacy)

Subject: I need your help!

Dear Suzy,

At first, my girlfriend was content to play along with my fantasy as long as that was all it was! She said she didn't think she could actually carry it out. As time went by though, I gradually persuaded her to become more and more receptive to the idea. Finally she agreed to do it - but only if we could find the right woman and circumstances. For about a year we would occasionally go out to clubs and she'd dance and even kiss some of the girls she met but she was always afraid that **somebody in our community would find out and ruin us both socially**. Not that we're socialites or anything but doing something like that isn't accepted by a whole lot of people around here. Now she's seems not open anymore to my fantasy. What can I do?

Questions:

What would you answer him?

Is she opposed to the idea of having a threesome?

What is her main concern?

If you'll be this guy what would you do?

Step By Step Threesome by Suzy Bauer

To: suzy@stepbystepthreesome.com

From: (name removed for privacy)

Subject: Threesome

Dear Suzy,

My husband has long wanted to engage in a threesome (typical for a guy?) and although the idea has my interest, I have always given him a vague "I'm not sure about it" type of answer. After having 2 children, I am not as firm as I used to be and I think I will feel self conscious having a naked woman around.

What would you recommend in my case?

Questions:

What would you answer her?

Is she opposed to the idea of having a threesome?

What is her main concern?

If you'll be this gal what would you do?

If you "listened" carefully to the emails above you'll most likely come up to the same conclusions than me...

The lady on email number # 1 Is concerned how a threesome will affect her relationship, she's afraid she might regret it. All she needs is reassurance that whatever happens the bond that she has with her partner will remain untouched. This is not hard to accomplish, is it?

The gentleman on email # 2 has the answer at his fingertips and doesn't even realize it. If she's concerned about what people in her community will think, all he needs to do is take her out of the community! How about Clothes Optional Holiday? I can guarantee this couple will have the time of their lives!

Step By Step Threesome by Suzy Bauer

The lady on email # 3 is concerned about her looks. If the hubby is an intelligent guy, he'll be complimenting her and making her feel special, before, during and after the threesome. You see, persuading your wife is not as hard as you think as long as your relationship is in good shape!

Sexual Negotiation

Another great way to discover each other's fantasies, is to do what I call a Negotiation list. One day after making love pull out two pieces of paper and begin by making a list with 2 columns:

- Sexual Fantasies I might be willing to try.
- Sexual Fantasies I might be scared to try.

Each of you should write down as many fantasies as possible in the first column and then compare the lists to see what areas of play you have in common. Giggle, laugh, share your fantasies, be embarrassed if that's how you feel (it may arouse your partner), use this strategy to explore possibilities. This is a great tool to explore fantasies and fears.

Popping the Question

As you might know by now, the Adonis Trio (FFM) will very likely involve some bisexual activity. **If you don't know how your partner feels about bisexual activity you need to do some proper groundwork before popping the question.**

Unlike men, women hardly ever feel uncomfortable about sharing what they find attractive in other females. Females are voyeurs by nature. Just look around and you'll see that there are more females inside women's magazines than in men's magazines. This is something that can work to your advantage! Probing questions will always let you know how your partner feels or what she finds attractive. For example, when she's looking at a magazine or a movie, you can ask "Do you find her attractive?" or "What do you think of that girl?" One of the things you can do before popping the question is to expose her to some female bisexual activity. Start off slowly by watching low erotic (not XXX!) videos that contains a bi-theme or bi scenes.

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For example: http://www.metacafe.com/fplayer/78977/girls_kissing.swf

Watch her reaction but keep your mouth shut. Just let her get used to women making out with each other. Afterwards, ask her what she thought of the movie. The Playboy channel is a great resource, as it has some really nice "soft-core" programs that will help you get in the mood. One of my favorite programs is Sexcetera.

You can learn more about this program on the link below:

http://www.playboy.com/playboytv/original_series/sexcetera/

I'm including a few videos here that are great "innocent ways" to start a conversation. And of course, my favorite resource is female friendly porn! Below you can find a list of directors and production studios that will do classy, erotic, female friendly porn.

Click on any of the links to order their videos.

Andrew Blake's tylish films for couples

<http://www.stepbystepthreesome.com/blakefilms.htm>

Candida Royale Films Emphasis on women's experiences

<http://www.stepbystepthreesome.com/candidafilms.htm>

Paul Thomas superior film making

<http://www.stepbystepthreesome.com/thomasfilms.htm>

Warning: BE aware women have a significant block if they don't want to eat pussy.

In my experience most women are comfortable touching each other and enjoying their soft smooth skin, however don't even try to get them down there on your first threesome nor even mention it in your fantasy conversations.

Conclusion

Being both convinced that you would like to pursue a threesome is critical. The rest of the book will be "*off the wall*" to you if you are uncertain about this issue. From the moment you've cleared this issue, arranging a threesome will be a piece of cake.

Step By Step Threesome by Suzy Bauer



Sexpert's Point of View:

In my experience, threesomes work when the objective is clear... If the woman says, "I want two men so that the fucking can keep going and going and going," that's a good plan! Everyone knows what they're there for.

If the woman says, "I want two men so I can get filled at both ends," that's a good plan! If the man says, "I want two women so I can be overwhelmed with pussy," that's a good plan! If he says, "I want to watch you do it with another man," that's a damn fine plan, too! Only when one partner has a clear idea of why he or she wants *two* people in bed, and the other partner has an unfettered willingness to fulfill that fantasy, a threesome will work!

In any case; **COMMUNICATION** is the key issue before, during & after every threesome!

JOSS Linden.

San Francisco, California

"Don't wait. The time will never be just right."

- Napoleon Hill

-Why is it that whatever we touch we turn into a problem?

-We have made God a problem, we have made...living a problem, and we have made sex a problem. Why?

-Why is everything we do a problem, a horror?

-Why are we suffering?

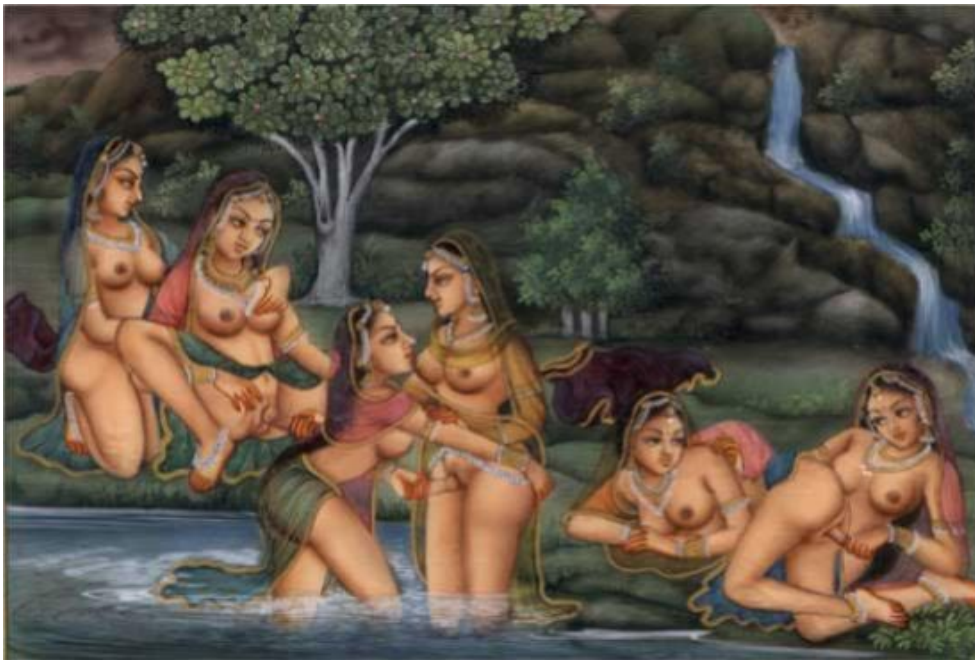
-Why has sex become a problem?

-J. Krishnamurthy

The First and Last Freedom

Chapter 5

Finding Candidates!



"Only he who attempts the absurd is capable of achieving the impossible."

- Miguel De Unamuno

The Mechanics of a Threesome

Although there's only three people involved in the sexual act itself, the mechanics of a threesome can have many variations. The most common are:

- 1) The couple seducing a woman or a guy! (I will cover thoroughly this scenarios in the following chapters!)
- 2) A single woman seducing a couple: You will learn throughout the manual, that having a threesome has more to do with boldness than with anything else! In my experience bisexual women are the true threesome PUA's (Pick Up Artists) that's why learning from "yours truly" represents a great advantage for you!

Experienced bisexual women a.k.a as "the unicorns" (because everyone talks about them but NOBODY has ever seen them) are skilled in doing this, however take into consideration that they will first seduce the female and then they will proceed to bed both.

Tip: If you would like to get a bisexual woman to seduce you as a couple, the best thing you can do is use your cutie as "bait"! If you're open minded enough, let them experiment on their own and then they will invite you to join the fun!

Here's an email I received recently. for you to see what I mean:

To: suzy@stepbystepthreesome.com

From: (name removed for privacy)

Subject: Single bi lady

Dear Suzy, my question is: I am a pretty single bi woman and I posted an ad, for WOMEN only.... A couple responded, she is very pretty and I want to meet her. I am not interested in him at all. Why did they even respond, when I stated women only???

I have met other bi women that are married, and their husbands had NOTHING to do with it (at least on the first dates). I love threesomes but I will only include their men after I get to know her well enough to know having sex with him will not create any problems for me later.

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I rest my case...

3) A single guy seducing a couple: This variation happens less frequently because 9 out of 10 times, men are very respectful of flirting with attached women! However, if the male in the couple presents an open invitation the single guy may take the lead!

4) Two girls seducing a guy: This threesome possibility is every guy's dream! Does it actually happen? I'm sure it does, do I know anyone that has enjoyed this heavenly rape? YES, my hubby he was actually 'gang banged' by 6 girls!

But sorry to break your heart honey, no matter how attractive you are or how good you are with women, this is the least likely threesome possibility. :(UNLESS of course your wife/girlfriend arranges it for you! As I did for my hubby! lol! (I will also talk a bit more about this possibility later on in the manual) (On little side note, here's a link to a site that actually shows the ultimate fantasy: [hisfirstthreesome](http://www.hisfirstthreesome.com/))

(Click the link below to see [hisfirstthreesome](http://www.hisfirstthreesome.com/))

<http://www.hisfirstthreesome.com/?revid=230038&pid=51&tour=3>

5) Two guys seducing a woman: This is an interesting (and easier than you think) possibility, in fact I will cover this topic a little bit later in the manual.

6) And YES the most challenging of them all: 1 guy seducing 2 women!

"The best definition of ménage à trois can't be found in a dictionary, because it is a charged way of looking at love that demands sharing and imagination."

- Foster, Foster, and Hadady, Three In Love

The 12 Success Options to Find Candidates for A Threesome

The eleven success options that yield the maximum possibilities are:

- 1) Internet**
- 2) Seminars & Conventions**
- 3) Clothes Optional Holidays**
- 4) Advertising**
- 5) Seducing Friends**
- 6) Swinger Clubs**
- 7) Single Bars**
- 8) Gay Bars**
- 9) Male Strip Clubs**
- 10) "Hunting" & Holiday Places**
- 11) Hair & Beauty Salons**
- 12) Suzy's Erotic Calendar**

"The greatest pleasure in life is doing what people say you cannot do."

- Walter Bagehot

1. Internet (FFM) (MMF)

The internet is a great tool to find candidates for a threesome. There are plenty of sites where you can either place ads or answer ads... My hubby and I have tried many, but BY FAR there's one that has yielded the best results in our quest for "fuck buddies" and threesome candidates! Inside this site you'll find plenty of HORNY Women ready and EAGER to have a threesome!

I'm serious... A few months ago, I was watching T.V. when I saw a commercial about a website geared towards women who had an unsatisfied sex life! I could not believe it! Inside I've found thousands (I'm not exaggerating) of women advertising for one **night stands and uncomplicated sex!** Whoever thought of this concept surely found a HUGE starving market!

Just think about all the women who are neglected by their "busy" husbands. They are cute, horny and ready to have discreet uncomplicated affairs! I'm talking about desperate housewives who want to have an affair and are open for virtually anything! What an amazing find! This is where you come in... if you're open minded enough (as I think you are) and discreet enough, I can honestly tell you: This site is a **GOLD MINE** of threesome possibilities! Again my idea is not to instigate extramarital affairs; but hey, you wanted to meet women open for a threesome and have uncomplicated sex right?

Well here's your chance! As mentioned, I've tried many adult dating sites but this website IS BY FAR the best I've ever found. And trust me; this website is not a "fly by night" site. It has been reviewed and mentioned on plenty of magazines and TV shows; even good old Dr. Phil had a whole program on this topic. (Sure, his view point and mine are opposite but hey publicity is publicity) By now you must be dying to know the name of this "Threesome Goldmine" right? The name of this unique website is: <http://www.AshleyMadisonBlog.com> I really recommend you to check it out! Make sure to sign up for a FREE account and browse the site, BUT I thoroughly recommend you to buy some "Pay-as-you-go" credits and you'll see I'm not exaggerating! Again the site is: <http://www.ashleymadisonblog.com> I'm including an interesting article about this site and a video clip from a television program.

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Article: Click the link below to read article

<http://www.newswire.ca/en/releases/archive/November2004/30/c8905.html>

Video: Click the link below to see video

http://easylink.playstream.com/enertia/am/commercial_2_64.wmv

Now, if helping desperate housewives is not your “cuppa tea” here are 4 other sites my hubby and I have tried and been successful recruiting threesome candidates.

<http://www.suzybauer.com/recommends/alt>

<http://www.suzybauer.com/recommends/adultfriendfinder/>

<http://www.suzybauer.com/recommends/BiCupid/>

<http://www.suzybauer.com/recommends/fling/>

Extra Tip: Don't limit your options... Karl and I got profiles in these 5 sites, their monthly fees are affordable enough and they provide us with plenty of ‘possibilities to meet ‘fuck buddies’ to enjoy sexcapades regularly. Why don't you do the same? By the way, if you're a bi-curious babe and you're interested in enjoying a night of ecstasy with an attractive blonde and a hunk... send me an email at suzy@stepbystepthreesome.com :-)

FYI: I've been working diligently in building a dating site with a “threesome focus”. Make sure to check it out. The database of women is already quite big and will only grow in the years to come so make sure to check it out. The name of the site is www.bifling.com, trust me... soon this site will be the #1 source for threesome candidates on the internet. :-)

Another great recommendation is to hit a WEB 2.0 social networking site. I'm not sure if you've already got a page on any of these sites yet, but these social networking communities are GREAT places to meet women. The biggest and most famous of these sites is www.myspace.com, this site is the 6th most visited site on the internet and is not that hard to connect with like minded people. I honestly prefer www.hi5.com This is the 11th most visited site online and is also a great source to meet likeminded people.

A ‘new comer’ on the Social Networking World is www.ourchart.com; this site was developed after the SHOWTIME television hit The “L” Word. This is a great site (geared for lesbians), but you'll be surprised the number of bi women “cruising”. This site is ONLY intended for WOMEN so don't even try to add your profile if you're a single guy! Instead, let your “honey pie” do the online recruiting and you'll find many women interested in sharing the bed with the two of you.

Step By Step Threesome by Suzy Bauer

I'm working on a free report on how to use "Social Networks" to meet women for threesome sex, so keep an eye for it in your inbox. (<http://www.stepbystepthreesome.com/blog.htm>) In the meantime do the following: Create a profile page for yourself on each of these three sites (it's free) and start "cruising", making friends, and joining like minded communities! On that note, make sure to add ME as a friend on each and every one of these sites. You can see my profile on the links below:

Myspace: <http://www.myspace.com/threesomepua>

hi5: <http://suzybauer.hi5.com>

OurChart: <http://www.ourchart.com/userblog/47429>

I've just started a WEB 2.0 Community that I hope will be the HOTTEST community on the internet! The name of this community is Bloglicious! You can find it at: <http://bloglicious.net>. Exactly as in Myspace, hi5 and OurChart, you can open an account for free; Create a profile get a blog and upload your pictures and videos. <http://bloglicious.net> is geared for bisexual women and open minded couples so you'll definitely meet likeminded people there! PLUS I am the moderator, so I'll make sure to keep "narrow minded" people and advertisers out of it. Keeping it as exclusive and as interesting as possible. (This community is intended for bi-women and couples. Profiles of single guys might be deleted with no warning.)

The True Internet P.U.A

Recently I met Dave M, the true Internet P.U.A, this guy's advice on picking women up on the internet is the best I know. You can read more about him on a posting I did on my blog <http://stepbystepthreesome.blog.com/531494/> or go to the following page to download his 60 FREE interview about internet dating: (Click the link below to download the FREE interview) <http://tinyurl.com/d3ka9> Another recommendation is to find groups of people who have interests similar to your. The keywords to search are "bisexual rings or groups." For example you'll find a few groups on the following ring: <http://k.webring.com/hub?ring=tala> Go to www.msn.com, www.yahoo.com, www.icq.com or www.google.com and look for other groups.

Step By Step Threesome by Suzy Bauer

An internet group is a community of people who want to share their same interests and meet like minded people. In my experience, people who are open enough to talk about sexuality are also interested in other forms of openness, or at least able to listen and respect your desires. So groups, clubs, chat rooms and internet websites related to sexuality, sexual minorities, group sex and sex education might be good places to find kindred spirits.

Recently I found a very interesting source of candidates. For a yearly fee, you can connect with people who have a web cam. This is a great advantage over a chat room. Chat rooms offer the anonymity of not being able to see the other person so you'll frequently bump into individuals who pretend to be something they're not. Specifically men like to portray themselves as women for some reason.

When I'm not sure if I'm really chatting with a woman I ask female types of questions that normally a male wouldn't be able to answer. On this website that won't happen because you'll actually meet the person through the web cam. Check it out for yourself: www.icu2.com ; it's one of the reliable video chat sites I know of. The only down side is that it's heavily populated by gay men. So I suggest that if you search as a couple for a candidate, search in the gay women channel. This is where secretly most bisexual females communicate. The other one is Pal Talk <http://www.paltalk.com>. Another great internet resource is blogs...

There are hundreds of sexual blogs on the internet; I suggest you experiment searching on your favorite engine for different types of blogs. For example type on Google: Threesome blog or swinger's blog or bisexual blog and see what comes out. Now, before I tell you about my favorite blogs let me tell you what blogs are: A blog is short for 'web-log.' In other words, it is like an online journal were people can express freely about what they think and feel!

A blog gives you your own voice on the web. It's a place to collect and share things that you find interesting—whether it's your political commentary, a personal diary, or links to web sites you want to remember. Many people use a blog just to organize their own thoughts, while others command influential, worldwide audiences of thousands. Professional and amateur journalists use blogs to publish breaking news, while personal journalists reveal inner thoughts.

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Whatever you have to say, blogs can help you say it. Here are some examples:

<http://www.nakedloftparty.com/>

<http://www.erosblog.com/>

<http://www.fleshbot.com/>

<http://www.herdesires.net/>

<http://www.indecentblogging.com/red>

You'll be surprised what you can find inside these really interesting web pages. I consider them a "source of sources", so I truly recommend that you take advantage of this "little known" resource for threesome ideas. (Click the link below to access my blog)

<http://www.stepbystepthreesome.blog.com>

2. Seminars / Conventions (FFM) (MMF)

Other places to find candidates are workshops, seminar and gatherings that have to do with human sexuality or intimacy.

<http://www.adventurouscouples.com/>

<http://www.eroticuniversity.com/>

<http://www.openheartopenmind.net/>

<http://www.darkodyssey.com>

Besides, here's a list of my favorite sexy gatherings, Perhaps we'll meet each other in any of these great events ;-)

<http://www.neworleansinnovember.com/>

<http://www.chicoadventure.org/>

<http://www.couplesfest.com/>

<http://www.swingstock.com/photos.html>

<http://www.orlandointerlude.com/>

<http://www.lifestyles-convention.com/>

3. Clothes Optional Holidays (FFM) (MMF)

In this 3rd option, I'll swing open a door to a world of amazing erotic possibilities... however, before I get started, let me ask you a question: Have you ever heard the term 'Textile Intolerant'? How about 'Textile Tolerant'? 'Clothes Optional'? 'Topless'? "Blind Eye"?

FYI: These are the 5 different 'categories' of nudism around the world. 'Textile Intolerant' means you MUST be naked at all times! 'Textile tolerant' means you should be naked. Being dressed is o.k. but not encouraged. 'Topless' is self explanatory. "Blind Eye" means you can be 'topless' if you want.

For example: Most beaches in Europe and many in the Caribbean are 'Topless'.

Miami Beach and Cancun are "Blind Eye" and so are some beaches in Australia, Brazil and other places in the South Pacific. Besides those, try being 'topless' elsewhere and if you're lucky you'll only be told off. PLUS you'll be extremely uncomfortable as everyone will be looking at you as if you'll be an alien from another galaxy. The idea of taking a holiday in your "birthday suit" may take some getting used to. But trust me, 'nudists' aren't 'dirty old men' and their resorts aren't sleazy hideaways. The truth is, nudists are often the people next door, and if nothing else, a nude vacation can lead to many new discoveries.

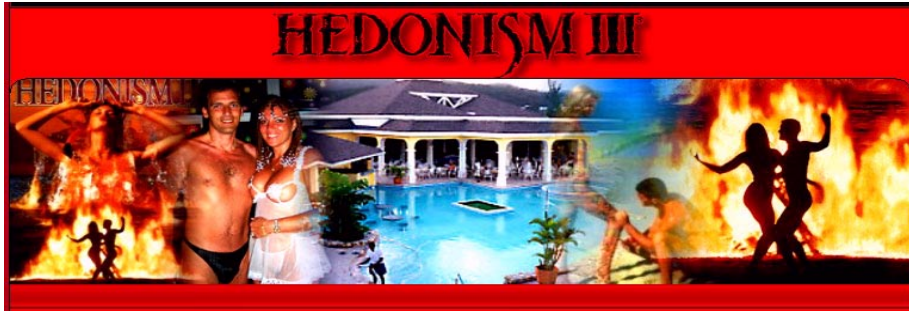
Unsurprisingly, 'taking it off is taking off' with the travel industry. The Florida based American Association for Nude Recreation estimates that nude travel is a \$400 million global industry--up from \$300 million in 2001!

Why am I telling you this??? Simple: One of the easiest (and fastest) ways to find a candidate for a night (or more) of threesome ecstasy is by visiting 'Clothes Optional' resorts, spas, hot springs, beaches, retreats, campgrounds, luxury ocean cruises and even cities! These places around the world cater for open minded adults. Days are WILD and nights are WILDER. In these places you'll find usually open minded individuals, sometimes involved in the swinger's lifestyle. During the day you'll find steamy action '*an public*': Body painting, naked 'conga line' dancing group nude massages and naughty games in the pool, naked sailing and all sorts of FUN activities that your mother will not approve of.

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During the night amazing TOGA parties, striptease contests and ‘Masquerade Balls’ will start the evening that will end up in a complete debauchery. If you’ve never been to any of these places YOU HAVE NO CLUE what you’re missing!!! (My hubby and I normally enjoy 2 or 3 ‘erotic mini-holidays’ per year. FYI: I reveal all my favourite holiday places inside Step by Step Threesome and I post trip reviews’ inside my Erotic Blog: <http://www.stepbystepthreesome.com/blog.htm>)

The most famous (but BY FAR not my favourite) “Clothes Optional” resorts are Hedonism I, II & III in Jamaica. Hedo can provide you with an amazing vacation full of erotic discoveries and adventures...



In this short You Tube Video you can get a ‘feel’ for what goes on in HEDO:

<http://www.youtube.com/watch?v=F9kbf1G-rAQ>

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Here's a link to a site where you can find out more or even book yourself a 'fantasy holiday'. I use this company to book all my "Clothes Optional" travel, they're the biggest, the most reliable and the most effective "Adult Travel" Agency and I thoroughly recommend it!

Extra Tip: Make sure to look for the 'Trip Reports' link and the 'Au Naturel Directory' link as they are particularly useful to get ideas of what to do and where to go:

<http://www.suzybauer.com/recommends/nudetravel>

BONUS TIP: If you think a trip to HEDO might be a good option for you, let me share with you an excellent tip: There is an organization called "Wild Women Vacations" that is geared towards Bisexual and bi-curious women that organizes trips for these amazing ladies. At least once per year they go to Hedonism, but they also go to other resorts! Plan your trip accordingly and you'll be on a place where bisexual women will outnumber males 10 to 1!

<http://www.wildwomenvacations.com/hedonism.htm>

Just to make you salivate, let me share with you that a few years back on one of these 'outings' my hubby was "gang rapped" by 6 women (including me) lol!:-)

Mind you: As a couple you WILL NOT be able to book a trip through this organization, (only women allowed) but you can try to book a room at the same resort they are travelling to and you'll be inside "the eye of the hurricane"! As an additional tip let me share a resource that's absolutely AMAZING! This place falls into the 'Clothes Optional' Resort but in reality is BY FAR more than that.

Viking's Resort is the most amazing erotic adult holiday destination I know of! A fantasy vacation resort located on a tropical island in the Caribbean with a full staff of the world's most beautiful women. Viking's presents an unparalleled adult vacation experience! A retreat that allows you to have an unforgettable time with beautiful exotic girls tending to your every need!



Find out more about Vikings here:

<http://www.suzybauer.com/recommends/vikings>

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You are now familiar with most of the nudist ‘categories’ around the world. Now it’s time to cover the remaining 2: ‘Textile Tolerant’ and ‘Textile Intolerant’. What I’m about to reveal now is an amazing ‘hush-hush’ secret so please keep it to yourself and please don’t mention to A-N-Y-O-N-E that you’ve heard it from me. Being naked is becoming a very popular thing to do. Poll after poll shows a very positive acceptance of nudism and naturism around the world. The truth is, being naked it’s simply fun and it really is quite normal and natural! But don’t confuse ‘Nudists’ and ‘Naturists’. Naturists are people who love being naked. Normally in Naturist resorts you’ll see lots of families with children and people of all ages and YES they are all naked!

I love going to Naturist places, in fact Karl and I spend at least 1 week every year in one of these resorts and honestly I encourage you to do one day the same. You can find ‘Naturist’ places all over Europe, North America and pretty much the rest of the world. Naturist places come in all sizes and forms, from camps and apartment compounds to luxury resorts. There’s even ski resorts that cater for ‘naturists’ (too cold for me brrrr!). It is in these places where you’ll find signs saying: ‘Textile Tolerant’ or ‘Textile Intolerant’...



Here’s a picture of me riding a bike totally naked!

Most Naturist places are ‘Textile Tolerant’ however there are areas in their resorts that are ‘Textile Intolerant’ specifically anywhere where there is water involved. E.g. beaches, pools, etc.

Keep in mind that Naturists are very intolerant of people pursuing sexual play in their resorts; however **THAT DOES NOT MEAN EROTIC ACTION DOES NOT TAKE PLACE ...**



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What's critical is: IF YOU DO pursue sexual play in a Naturist Resort, you need to be discreet and NEVER, I repeat NEVER pursue it in public because I can GUARANTEE you'll get yourself in trouble!!! (Simply be discreet and you'll be alright)The energy in 'Clothes Optional' resorts is charged with sexuality 24 hours a day. In 'Naturist Resorts' however, there's two types of energy:



Liberalizing during the day and sensuality charged during the evening.

Being naked during the day is amazing! You experience a sensation of freedom that's quite hard to describe unless you experience it yourself. Feeling the wind and the sun all over your body is a magical experience. At night however, the energy changes DRAMATICALLY... People say: "Birds of a feather flock together". This cliché applies perfectly in a 'Naturist' resort! As mentioned before; you'll find 'Naturists' of all ages, creeds, sizes, colours and shapes. They mix during the day but they split into their own little groups during the evening.

For example: Families get together with other families, older folks mix with other older folks, teenagers 'hangout' with other teenagers and guys our age ALSO get together... and when they do, they want to enjoying the night life and the 'holiday feeling'. They gather in the bar or the night club expecting to have a good time and here's where the magic happens! Picture this: A group of open minded people like you and me between 25 and 45, having spent the entire day naked enjoying the 'elements'. Add a bit of alcohol, music and good vibes. How long would it take before the night becomes sensual or erotic??? NOT LONG!!! Before you know it, things will develop and one thing will lead to the other... I've seen it happen M-A-N-Y times! You just need to be there and you'll be able to easily predict what's about to happen 'Clothes Optional' and 'Naturist' holidays provide excellent possibilities for meeting women willing to enjoy threesome sex with you. Their idea of being naked is their way to connect with nature. They will do sports naked, go shopping naked, go swimming naked, etc. In other words: They'll spend the whole day naked. One of my favourite websites on this topic is "Cocco" as it's known by the "privy". Have a look: <http://www.suzybauer.com/recommends/cocco/>

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Have a look at these sites to explore and even plan your first Naturist Holiday: Unlike many nudists that visit 'Clothing Optional' places, Naturists don't have 'sex' on their mind when they take their clothes off!

<http://www.france4naturism.fr>

<http://www.onenaturism.com>

<http://www.purenudism.com>

Bonus Tip: Have a look at this 'Nudist Dating' site. Inside we've met really interesting people who have shared with us amazing tips to enjoy nights of ecstasy at nudist resorts!

<http://www.suzybauer.com/recommends/nudistfriends>

4. Advertising (FFM) (MMF)

Advertising for an Aphrodite Trio (MMF) is an option that I don't recommend, but it could be a possibility. You can either place an advertisement or reply to one. I personally don't feel very comfortable with this method for an Aphrodite Trio. But if you consider that placing an add is for you; by all means go ahead. A small comment on this subject: if you decide that answering an ad might be for you, avoid looking in the column Men looking for Couples. The reason is that these types of guys might be very experienced in Aphrodite Trio's and this might be intimidating for you, especially when it's your first time. Look instead in the Men looking for Women column. Here you'll find obviously less experienced guys that might be exactly what you're looking for. However, not all of them might want to join you and partner.

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Anyway, it's worth a try. If you decide to place an advertisement yourself, it's best to play both sides of the spectrum. Place an advertisement as a single woman or as a couple and when you find the right guy, make it happen for both of you. Remember, most likely these guys are looking for sex so they'll unlikely balk at the idea of a Trio. I will cover the subject of advertising more thoroughly, including advertising for an Adonis Trio's (FFM) in chapter 14.

5. Seducing Friends (FFM) (MMF)

Why not seduce a friend? I'm sure you've got friends that you'll enjoy having a threesome with, right? What's stopping you from seducing a good friend? That's too scary? Well, how about seducing a friend you just met; in other words, how about seducing a nice stranger? More information about how to seduce good friends or friends you've just met is found in chapter 12.

6. Swinger Clubs (FFM) (MMF)

Another possibility is to go to a Swingers Club. There it shouldn't be too hard to find candidates that will be happy to help fulfill your fantasy... My husband and I go to Swing Clubs all the time. I find it a relaxed and easy way to meet new and likeminded people. In chapter 15

7. Singles Bars (FFM) (MMF)

Single girls in single bars can be wild! My hubby and I have met some really cute babes this way! Usually he is the one that starts the conversation. At the end of the day the ladies are looking for a guy not for a girl, however you'll be surprised how open girls are on these night spots! If you're looking for an MMF threesome, both of you can go to go to a single's bar carrying pen and paper along and if you see someone interesting the woman of the seducing couple should walk up to him and whisper: "I'm with someone tonight, but if you give me your phone number I'll call you." Then she should walk back to her partner while he watches her. Then the three of you have seen each other and this makes deciding easier.

8. Gay Bars (FFM)

Interesting but true, another great place to meet single bisexual girls is at Gay bars! Yes, many omni sexual women enjoy hanging out in these joints. I've met an array of very interesting women in these bars. Sad enough, many "straight" guys are not fond of going to gay bars. I would honestly say, if you want to expand your sex life, there's nothing wrong to pay a visit to these places once in a while. I'm not asking you to "turn gay", all I'm asking is to go there with your partner and have a look. You might meet a really cute girl ;-). A question I get frequently is: Would a lesbian bar be a good place to pick up a girl?

Here's my answer: Yes and No! Mind you; Lesbians in many cases don't like bisexual women... They call us fence-sitters. Closeted-dykes. They have all sorts of names for us... One day I met a girl in a lesbian bar and she started telling me that she hated bisexual women. (Without knowing that I was one) "I don't date bisexuals because I'll hate her leaving me for a man!" After listening to her remark I understood the real reason behind her fears of being with bisexual women! There's an old joke that goes: "What do lesbians bring on a second date?" "A U-haul." And another one that goes: "What do gay men bring to their second date?...What second date?" I guess if they would ask: "What do bisexual women bring on a second date? The answer will be; "Their husband!" Indeed we all have different needs and desires. So, to answer the question above; Is a lesbian bar a good place to pick up another girl? The answer is **YES**. That's if you want to experiment by yourself with another woman! but **NO** if you want to have a threesome.

Most lesbians are very happy to have a one night stand. Lesbian women are fantastic teachers and if your hubby is open enough to let you be with one by yourself, I surely recommend you do it! However; BE STRAIGHT to her! Never lead her to believe that you're a lesbian! Let her know in a polite way that all you want is sex. They'll love it if you ask for "sex lessons"!

9. Male Strip Bars (FFM)

I'll tell you about this option with a grin on my face :-)! Females (me included) are a weird species! I swear! **You'll never seen women so out of control as you'll see them in a male strip club!** It's absolutely hilarious... (and a fantastic way to **get women for a three-way-one night-stand!**)

Normally male strip shows are "standing room only" and it's not strange that these clubs turn away women trying to get in! Before the show starts, women drink a lot (to get in the mood) and they normally become unruly. During the show RAUNCHY male strippers get women screaming and squealing with delight during their no holds-barred strip show and **normally calm and sophisticated women go absolutely wild** for the well-oiled muscle men whose performance lasts for not longer than 90 minutes!

It is hard to explain but every woman goes HOG WILD! Twenty-five dollars gets you into this den of female delight, and another twenty buys a turn at the "hot seat"-- (an audience member's chance to participate in one of the sexy stage shows.) In the meantime, a slew of hard-bodies cater to an eager crowd below, with strokes, kisses and back-rubs. Usually, after the male dancers are finished their performance, other guys are then allowed to enter the club.

And by that time, the male strippers have gotten the women so worked up, they pretty much have done all the foreplay for you. These dancers seldom have sex with any of the women from the audience. (Although I've seen it happen) They're just like female erotic performers. Most of them are not interested in having sex with their audience... they're mostly interested in extracting as much money from them as they can. Besides, a lot of these male dancers are not interested in their audience simply because they're gay.

Simply imagine this situation: A woman has just watched 90 minutes of an erotic male performance by some of the best looking hunks she's ever seen. And don't forget... she's hot, partly drunk and HORNY as hell and her inhibitions have flown out the window. In other words...

She's Raring To Go!

Believe it or not, sometimes these women are so hot and excited, they're ready to jump the first set of bones they lay eyes on. And where are these "first set of bones"? Patiently waiting right outside the door of the club while his wife is already inside spotting possible threesome candidates! Being a little bit daring male strip bars are a 'gold mine' for finding willing *one-night-stand* three way candidates! If you want a sure way to sell a lot of food, go to wherever it is where there are a lot of people half starved because they haven't eaten for a day and a half.

By the same token, if all you want is a wild time, doesn't it make sense to go to the nearest place with the highest concentration of hot, horny women who are *eager to have sex...* because... they've just been sexually excited out of their minds by a group of gorgeous men? A group of men who are truly experts at getting women excited and then leaving them frustrated? Just think about it. I've just given THE secret where to find candidates tonight for a three-way-one-night-stand ... while... at the same time... you are performing a public service for desperate, needy, attractive women! Here's a link to a website called Party Hardcore where you can see I'm not exaggerating! You'll see how **WILD** women actually get! <http://www.suzybauer.com/recommends/stripbar/>

Below there's a link for the most famous of these joints in the Western World "Chippendales". Have a look and you can get a nice impression of what you can expect.
<http://www.chippendales.com>

If you think this might be an option for you, I suggest you contact them first to see if men are allowed in after the performance. If you're in the New York area this club is also a good option.
[Have a look at their intro video it's great!](#)



(Click the link below to see a video)
<http://www.all-american-male.com/isc/intro.html>

10. Great “Hunting” & Holiday Places (MMF) (FFM)

To this day, hunters in Africa look for watering holes because this is where the animals they’re trying to hunt go to drink water.

Ibiza

This makes hunting a lot easier. Believe it or not, there are such “hunting places” to easily arrange your threesome and enjoy a really nice holiday outside of Africa too! One of these places is called **Ibiza**. This tiny island is part of Spain. Ibiza is the world’s “party capital” and is full of nudist beaches and resorts. Ibiza is a hedonist dream world.

People go to this place with the sole purpose of having fun (and make many of their sexual fantasies come true). The possibilities of meeting single and willing women are endless and the possibilities to join sex parties and orgies also abound! Ibiza is famous for the extravagant parties that end up at Noon! And for the Foam Parties that lead to very erotic experiences :-). Have a look at a Foam Party Video here: <http://realwildgirlsrock.com/uploaded/fptv.wmv> If there is one place in the world where anything can happen that is Ibiza!

Cap d’Agde

Another “hunting place” is **Cap d’Agde**, south west of Montpellier in France. This French Riviera resort is known around the world as the “naked city.” Only about 700 km’s south of Paris, you’ll find a “nudist paradise.” Just imagine every summer over 40,000 visitors enjoy this beautiful spot. Throughout Cap d’Agde you can be naked, in fact everyone is naked. In this resort night life offers very interesting possibilities... I've never seen so many people having sex in so many different places like in Cap d’Agde. This place is a dream come true for real hedonists!

Ios and Mykonos

Greece has two of this 'hunting paradises' they are called **Ios and Mykonos**. These two islands in the Aegean Sea are well known for their bisexual activity. Although Mykonos is a predominantly gay island, there's also an abundance of lesbian and bisexual women. **Ios** is a tiny island where party is well known to last until early hours in the afternoon! Some people say that there is so much going on at night that sometimes the island shakes!

Cuba

A lot of us have heard that "fantasy island" **Cuba** is one of the hot spots for sex travellers. This is so, however Cuba has its ups and downs depending on the crackdowns it endures every so often. What may be true about the sex scene today, can be different tomorrow. Its been a hit and miss lately. In the early 90's it was said that guys could get laid for a pair of jeans, a hair brush, or a bottle of shampoo. These days the reality of prices for sex can range from \$15-45 and as much as \$100, depending on the quality of the girl, your looks, age and how well you can speak Spanish. My hubby and I do not like paying for sex and we will not do it, no matter how beautiful a woman can be!

After several visits to the beautiful Western Caribbean island, we now know that Cuban women love sex and they do not get offended by overtures the way cold blooded western women do. "Age or looks are irrelevant here to the girls. Some girls just want some small items from the dollar stores, some want *nada*, some simply want a friend outside Cuba and some will want cash - - trust me you'll meet them all! In our experience many girls will sleep with you after two hours of meeting them simply because they like you, and will be insulted by money offers -- if you like a girl, take her shopping or buy her a real dinner or make her feel special in some way or the other and you'll most likely enjoy a passionate night! Remember sex is part of life in Cuba! As we learn how to cook, girls in Cuba learn how to please -- they are all experts! And sex is part of their daily routine! The normal Cuban girl begins her sexually active life by the time she's 12! A 16 year old girl has reached her prime and anything over 20 is already over the hill.

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YES! Many women are **bisexual** (or at least bi-curious) and very open to experiment, they will feel awkward at first but after feeling comfortable they will ride you home! Cuban girls tend to have “dark” features. Their eyes are dark with thick eyebrows and thick bushes between their legs. They aren't into shaving. Cuban girls tend to be tall and slender.

<http://www.voicenet.com/~rolaarch/3women.htm>



Never underestimate Cuban women! Many are highly educated, perhaps a lawyer, doctor, optometrist. Also many will speak English, French or Italian. In any case, Cuba is definitely a place to be sex explored and will very possibly yield several candidates for threesome sex!

TIP: One of the biggest disadvantages of going to Cuba by yourself (as a guy) is that in most hotels (if not all) Cuban women will not be allowed in. **HOWEVER**, if you go there as a couple, what you need to do is the following: The two ladies should go in first, and about 15 minutes later the guy should follow, hotel guards are too naive to think that there might be something going on between the two ladies. (**When in Cuba remember:** Prostitution is illegal but widespread. Customers are not prosecuted. It is no problem for a 16 year old Cuban to fuck a 14 year old girl. But it is a ***BIG*** problem for a tourist (male or female) to fuck any girl under 16. You can go to jail for this for up to 20 years. Age of consent is 18 years old.)

Brazil

"The mixture of African, Native Indian and Portuguese blood and a friendly attitude, has created some of the most erotic women in the world!"

Brazil is VERY liberal sexually and encounters are taken very lightly. To kiss someone means no commitment whatsoever; in many cases is just part of the evening's entertainment. To spend the night with someone is also often just an adventure to tell friends about the next day. On the beach girls wear the skimpiest thongs and beach costumes possible.

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You'll hardly ever see a girl topless on the beach though, it's as if that would be immodest but showing 98% of the entire body is perfectly okay. One of the best places to meet women is on the beach. If you go for a swim ask someone you find attractive to take care of your things - not only will the thieves have no luck but you'll have a chance to start up a conversation afterwards.

Brazilian girls are so used to the intense come-ons of the local guys that they're often touched by the sensitivity and tact of Westerners. Whilst they may not make the first move a smile is a definite invitation to come over and talk. You'll rarely get a rude response if you go and speak to someone. Many girls will have sex with you on the first night, others are just out to flirt and have fun.



Flirting is thought perfectly innocent... Some girls are definite foreigner-hunters (working on your advantage) and will hang around the ex-pat nightspots. These speak English. Others are just looking for something exotic. Bisexuality amongst Brazilian women is frequent; in fact in many night clubs you'll see women engaged in very erotic dancing and even kissing! One of my favourite "amateur" sites is [mike in brazil](http://mikeinbrazil.com), here you can see lots of really attractive Brazilian women having sex, I'm sure you'll appreciate their beauty :-)

<http://suzybauer.com/recommends/mikeinbrazil>

If you think Brazil might be an option for you, YOU MUST get your hands on the erotic guide 4 Women Of The World! This guys have a superb guide with the *up-to-date* locations, addresses and telephone numbers of nightclubs, strip clubs, bars, restaurants and other great locations where you can meet open minded women. I suggest you click on the link below and download the 4 minute video trailer of their super DVD guide. It is super erotic :-)\



<http://www.4womenoftheworld.com/trailer/euphoricstream.wmv>

Note: You will need real media. if you don't have it you can get it fro free at www.real.com

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Mind you, Brazil is a very large country, that's why you need to decide where to go first. Here's a city comparison for you to make up your mind:

<http://www.4womenoftheworld.com/brazilcitycomparison.html>

Their really explicit DVD is simply fantastic! In fact we used it ourselves when visiting Brazil earlier this year and we had a blast! We had no intention to visit South America at first , then a friend of ours gave us this video and we were instantly SOLD! Next thing I knew we had booked a trip to Brazil! Even if you have no intention (at the moment) to visit Brazil I recommend you to order a copy of their Brazil Erotic DVD Guide! Have a look at:

<http://suzybauer.com/recommends/wow>

Or ,if you want to become a member for a month or two of their site, you can see also the other guides they have for many other countries in Asia, like Thailand, Cambodia, he Philippines, China and Hong Kong.

<http://suzybauer.com/recommends/wowasia>

Tip: What I think is super cool from this site is, that as a bonus for joining, they give you access to over 50 XXX rated sites. (Lots of them really hot and classy)

Estonia

Our latest discovery is not an exotic place, as Brazil, Ibiza or Cuba, in fact it is a very Nordic place, however it is one of the wildest and most erotic places we've ever been: **Tallinn!**

For starters, there is an abundance of beautiful women everywhere you look, and if that'll be all, they are as HORNY and EAGER as sexually starved teenagers! Because of it's proximity to Finland, the sauna culture is very important in Estonia. Most saunas downtown are mixed and they are great places to meet ladies or other couples on a very natural fashion. Our favourite sauna (and pool) in Tallinn is on the 26th floor of the Hotel Olümpia, besides there is a great view over Tallinn. We also enjoyed an Erotic massage in a place called **Hedone**

<http://www.hedone.ee/eng> Tallinn is also famous for her club scene - "alternative" parties go on at Von Krahl, Spirit, abandoned warehouses and factories and in the Viimsi Winter Garden. When diving into the nightlife of Tallinn, I still recommend you to keep a part of your head cool (trust me, when you see all what goes on there, it's easy to loose your mind!). It's not advisable at all to go *who-knows-where* with complete strangers you just meet. Beware!

Thailand

One of the great things about my husband's work is that it takes us to several places around this beautiful planet of ours, and one of the things we've discovered in our travels is that Buddhist countries tend to be quite liberal. Thailand is no exception. Bangkok and Pattaya are famous for their night life and their Go-Go Bars, but that's not the reason we go there. The reason why we love Thailand is because we love massages! In



Thailand you can have a one hour massage starting from 300 Baht. (US \$7.00). If you want you can have a four hand massage for double that price! You can find a massage parlour in almost every corner in every city in this beautiful country. In Thailand they are absolute masters of the art of massage, however you need to know what to request.

- **Reflexology massage:** A natural healing art, based on the principle that there are reflexes in the feet and hands which correspond to every part of the body. By stimulating and applying pressure to the feet or hands, you'll increase circulation and promoting specific bodily and muscular functions.
- **Ayurvedic Massage:** A session usually lasts 80-90 minutes. Oil is used along with the powder in the massage and stretches are executed in conjunction with the natural rhythmic breathing of the client, up to the clients individual limit. The release is tremendous, which allows tension, emotional, physical and environmental stress in the muscles and tendons to dissipate and dissolve.
- **Shiatsu:** Shiatsu massages are normally done fully clothed and involve pressing points on the body and stretching and opening of the energy meridians. Shiatsu is somewhat related to acupuncture, which is a form of anaesthesia and therapy used in Chinese hospitals for surgery. Its proponents view it as a form of treatment alternative to medicine or surgery.
- **Swedish massage:** (Which is a proper name, not a reference to Sweden) refers to a collection of techniques designed primarily to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart.

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- **On-site or chair massage:** is one name for a short (15-20 minute) massage of a client sitting in a special, portable massage chair. The client remains fully clothed and no oils are used while their shoulders, neck, upper back, head and arms are massaged.
- **Manual Lymphatic Drainage:** This healing technique has become a popular massage choice. It blends soothing, gentle, rhythmical, precise massage-like movements to accelerate the flow of lymphatic fluid in the body. Deep Tissue Massage Deep Tissue Massage is used to release chronic muscle tension through slower strokes and more direct pressure or friction applied across the grain of the muscles.
- **Thai massage or Nuad Bo-Rarn:** the traditional massage of Thailand, has been practiced for at least 2,500 years. It came to Thailand along with Buddhism and was originally practiced by Buddhist monks in their temples. The work consists primarily of pressure on energy lines and points, and a large variety of stretching movements. The stretching movements of Thai massage often resemble passive yoga asanas. One receives all the benefits of Yoga without having to perform any of the work! These stretches affect the entire body by increasing flexibility, releasing both deep and superficial tension, and helping the body's natural energy to flow more freely. By simply reading this massage 'menu' you must be salivating don't you?

But wait! I have not told you about my two favourite massage variations:

- **Oil Massage:** For this massage you will be completely naked and they will massage your full body. Most massage parlours offer this type of massage.

If you are a woman simply imagine another woman massaging your entire body. (If you have not experienced this before, this will be a great and very safe opportunity). She will massage your breasts and between your legs, this can be very arousing! Guys also experience a lot of enjoyment out of a massage of this nature, in fact Thai massage parlours have created an interesting addition to this massage variation...

The 'Happy Ending' massage!

Just imagine... There you are, completely naked, being massaged by a 20 or 30 something petite lady, the lights are dimmed and the alternative/relaxing music is playing... It doesn't require much before this situation can turn erotic does it? A "Happy Ending" simply means that after a full oil massage they will put a lot of oil on your cock and massage it until you cum. Mmm... Exciting huh? If you would like to experience a 'happy ending' massage all you need to do is ask your masseuse if she will do a 'special massage'.

Most of the ladies will gladly do it. (It is recommended that you give them a minimum tip of 300 Baht (U.S. \$7.00) Very often they will ask you themselves 'special massage Madame?' or 'special massage Mister?' If you know what this means, simply say YES please! And you'll be in for a treat! Now that you know about this; let me tell you how Karl and I sexually enjoy our trips to Thailand and why I wanted to include this knowledge in this section of my threesome manual... What we do is the following:

We go to a massage parlour and we request two one hour oil massages. Two ladies will take us to a proper massage room and we will enjoy our 'special massage'. After our massage is finished we will ask to either one of them (usually the cutest) if they will do also hotel massages (90% of the time they do). We will make an appointment and book her for 2 hours... When she arrives I let her massage Karl first. What I'll normally do while Karl is having his massage, is take a bath and pamper myself in the bathroom. After an hour or so I will come out and by then Karl will be finished or almost finished. So I will get ready for my massage. Karl will go then to the bathroom and take a shower as he will be very oily. After an hour he'll come out with a towel around his waist and sit down on the bed. After a while of watching how she massages me. He will ask her if he can also massage me, and surely she will not object.

He will start caressing my breasts while she will be working on my legs. Very smoothly Karl and I will start making out while she continues to massage me or possibly she will start to massage Karl. Slowly, the transition to having sex will naturally happen and she will continue to massage either one of us. Trust me, having sex while being massaged is an incredible experience! We learnt this strategy from a German couple that lives in Thailand. They told us that this is a very common practice amongst "Farang" (foreigner couples) who visit Thailand.

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One thing you need to take into consideration is that the masseuse **will not** be participating, nor I will recommend you try to get her involved. Most Thai masseuses will feel comfortable massaging you while you have sex, however trying to get her involved might not be advisable. As in any part of the world, women in Thailand enjoy being treated with gentleness, dignity and respect. Remember, sexuality in Asia is not seen like it is in the West. Sex is never viewed as a sin or dirty. A couple's massage is deemed a perfectly natural experience. Sexuality is just a way one expresses oneself to another human being and that's how they see it. At the end of the day the lady massaging you is not a prostitute, so respect her professionalism and enjoy the ride!

- **Body Massage:** This is another sort of massage that I am sure both of you will enjoy. Body massage is an interesting tradition in Thailand. Body massage is indeed a body massage. In other words Body-to-Body. The girl will undress cover herself with oil and will literally massage you with her naked body. This is a fantastic experience for men and women. We have enjoyed it many times. The price for this is around 1200.00 Baht (U.S. \$30.00)



Again, we don't pay for sex and we don't have sex with this ladies, we simply enjoy the eroticism this experience can provide. Besides this is another way a couple can simulate a threesome on a very safe environment!

Note: This type of massage will not be provided by the same massage parlour. There are specific ways in how to arrange this service. I am including a few links below that will help arrange you this pleasurable experience. (Mind you they are for obvious reasons more geared to the single man, but the recommendations in all websites sites are equally applicable for couples.)

<http://www.themantour.com>

<http://www.whythailand.net>

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Click the link below to see a video preview of what you can expect in Thailand.

http://www.4womenoftheworld.com/free_members/bkk_trailer.wmv

Note: You will need real media. if you don't have it you can get it fro free at www.real.com

As you can see Thailand can provide some really nice hedonistic opportunities, however you need to go to that country with an open mind. Remember too be as gentle, generous and understanding as all Thai people are. Show respect for the Thai culture and customs, you'll learn a lot and you'll certainly be sexually pampered. If you treat your visit to Thailand with the proper attitude, I guarantee you'll make life long friends and expand your consciousness! However, if you don't have the time or you don't like to travel that far, Vegas can also offer some of these "hedonistic" possibilities.

Have a look on these sites to see what they have to offer:

<http://lasvegasbodypampering.com/>

<http://www.szen.fr/szen2.html>

<http://www.mayamassage.ro/index1.html>

Here are some websites that will help you plan your holiday to any of these erotic destinations:

You can find more about Ibiza in: <http://www.ibiza-spotlight.com/>

You can find more about Ios in: <http://www.iosgreece.com>

You can find more about Mykonos in: <http://www.mykonosgreece.com/>

You can find more about Cap d'Agde in: <http://www.cap-d-agde.com/>

You can find more about Tallinn in: <http://www.ttw.ee>

You can find more about Cuba in: <http://www.acrosscuba.com>

You can find more about Brazil in: <http://www.braziltourism.org/>

You can find more about Thailand in: <http://www.thailand-travelsearch.com/>

As you can see there're lots and lots of possibilities where to make your fantasy come true while being on holidays. I don't know where you live, but If you cannot find what you're looking for there, why not explore outside? These are other interesting Erotic Travel alternatives I want to share with you:

<http://www.tsmtravel.com>

<http://www.thenudehouse.com>

<http://www.blackbeardsadultresort.com/>

<http://21orover.com/>

<http://www.pornweek.com/>

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This is an interesting Blog, you might want to read, it will keep you updated with places and events focusing on erotic travel: <http://www.citiesofsin.com/>

11. Hair & Beauty Salons

This is one of Karl's "signature" seductions spots ;-). He once told me; once a month you need a hair cut right? Well, you have a choice: You can either be "el cheapo" and go to the \$5.00 haircut place or you can pay a bit more and go to a chic salon and get your hair done by a cute stylist... Needless to say Karl always picks hip salons stocked with pretty cute things. "In these salons cuties are not only paid to cut your hair... they are there to take care of you: Would you like something to drink? They'll ask, they'll give you a nice head massage while they wash your hair and most importantly they'll ask questions and they'll listen!"

These ladies are paid to talk to you, keep you entertained while they cut your hair – the more enjoyable your experience, the bigger their tips! So she WANTS to talk for the half hour it takes to get your hair done. (couldn't get easier than that). For 30 minutes you'll be the centre of attention; the trick here is to turn the conversation around and instead of talking about you, you'll need to get her talking about HER. YOU prompt HER. Ask her questions – start off with stuff that's work-related, but as soon as a nugget comes in that will let you veer off into her personal life, grab it! Then, when she's finished up, say "I really enjoyed our chat, and I'd like to continue it. What time do you get off?" Even if she's not available that day, if you've done your job right, she'll be eager to meet with you again. In our experience most beauticians tend to be very open minded, many of them are single or single mums making them incredible threesome candidates, besides many are really cute!

After you meet with them for a second time outside the hair salon, most of them will be happy to go back home with you for "further beauty tips"! Now you know; once a month you have 30 minutes to get to know an open minded cutie, ask her out and use the seduction techniques you'll learn in this manual and you'll be having lots of beauty related adventures!

12. Suzy's Erotic Calendar

Normally, I'll never share this information with anyone.... So, consider yourself very lucky! I have to admit, I've been to many clandestine parties and it has always been a lot of fun. As in the film *Eyes Wide Shot* with Tom Cruise and Nicole Kidman, to go to these parties you need a *password!* In this case, here's my password: "**Lots Of Sex**"! Every year there are enough "erotic happenings" around the world to keep your calendar full! And most likely **you have no idea this goes on**, let me tell you about some of my favourite erotic events where I can GUARANTEE you'll have a threesome!



To start, let me tell you that I ALWAYS keep my calendar open for at least one **SKiN** Party per year... What is **SKiN**? **SKiN** is sexy, erotic, wild, uninhibited, unique, entertaining, provocative, positive, exciting, daring, free, secure, inspiring, respectful, feminine, selective, inviting. **SKiN IS NOT:** Ordinary, a swingers club, a meat market, a free for all, stuffy, catty or aggressive, a mainstream vibe, your usual nightclub, cheesy, about gawking or commercialism.

SKiN is unlike anything you have ever experienced. It is not a gimmick; it is a culture of exceptional people who come together in a thoughtfully crafted setting for enjoyment of a classy, sophisticated, and erotic nature. **SKiN** began in January 2001 in South Beach Miami. It has since come to include parties in Los Angeles and New York, with occasional parties in Vancouver, BC (Canada), Las Vegas & Dallas. **SKiN** is held only once a month in each of its participating cities and always on Saturday. These events are phenomenal! But you need to apply for a membership and they have a tough selection process! However, if you're selected you'll have the time of your life! Look at what Sexcetera once said in their TV programme about **SKiN** Parties.

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"Only the *creme-de-la-creme* are allowed past the velvet rope...Sure it's not politically correct to turn someone away because they are aesthetically challenged, but its owner makes no apologies...partying at SKiN is a privilege, not a right". "SKiN has a screening process second only to the FAA". "At its heart, SKiN is a woman's club, or more specifically, the parties are for sexually adventurous women, and the men who love them for it."

Have a look at some pictures of some **Skin** parties:

<http://www.skinparty.com/gallery.php>

If you want to apply for a membership go to the following page:

<http://www.skinparty.com/info.php?i=423>

Erotic Events In January/ February

Mardi Gras Galveston

Galveston, Texas, USA

www.mardigrasgalveston.com

Join more than half a million people as they gather in the streets of Galveston Island to participate in the largest Mardi Gras celebration in Texas. For 12 days and 11 nights the island is electrified by the sounds of live music, spectacular parades, elaborate masked balls, and very sexy action!

Tip: Before going to Galveston or if you're planning to visit Texas or you live there make sure to sign up on the Bi babes Network! www.bibabesnetwork.com

My friends Les & Tracy also do some great parties!

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Mardi Gras New Orleans, Louisiana, USA

www.mardigrasneworleans.com

Women flash their tits, and sometimes more, in exchange for cheap beads all day and all night for 2 weeks all in the name of tradition. For us Europeans tit-flashing is a bit too "American", but this action leads to really hot stuff! If you enjoy looking at pictures and videos of what actually goes on the wild nights of Mardi Gras I'm sure you'll enjoy this site: <http://www.tiava.com/pictures/mardigras0.php>



Have a look at a wild party video trailer from Mardi Gras. Simply right click and "Save target as" on this link: <http://realwildgirlsrock.com/uploaded/mgtv.wmv>

Tip: Before planning your trip to Mardi Gras check what this guys are planning, They also do WILD Parties! <http://www.frenchconx.com>.

Erotic Events In March/ April

Spring Break Can-Cun, Daytona Beach, Panama City Key West, South Padre Island.

Very honestly I've never been anywhere near any Spring Break Holiday place, but I promised to give you as many ideas as possible of where to find women ready to have a threesome!. Have a look at a wild party video trailer from Spring Break 2005.

Simply right click and "Save target as" on this link:

<http://realwildgirlsrock.com/uploaded/break05.wmv>

<http://realwildgirlsrock.com/uploaded/mgtv.wmv>

From what I understand, women go really wild during their holidays and if you're in your 20' or 30' this might be a good place to have a wild time and have a threesome with a hot coed! In fact here's some really interesting evidence that Spring Breaks are WILD:

<http://www.suzybauer.com/recommends/springbreak/>

Erotic Events In May/June/August

Aqua Girl Miami, Florida, USA

www.aquagirl.org

It's hot. It's steamy. And it happens only once a year. It's the thrill of being amid thousands of women, coming together in one of the most beautiful and exciting locations in the world, South Beach, Miami, Florida, for a weekend of spectacular events.



This is a event you don't want to miss! Unfortunately this is a WOMEN ONLY event. Sorry guys ;-) Don't look discouraged... This is a unparalleled opportunity to meet bi women for a later encounter (that's if you're a woman of course)

Bisexual play ground.com Weekend

Las Vegas, Nevada, USA

www.bisexualplayground.com

This is a great event too, Mind you it's also catering for bi men, Keep an open mind. Remember?



Burning Man

www.burningman.com

Black Rock City, Nevada, USA

This is the latest entry in my calendar, I've never been in this event but It's already in our agenda for this year or the next (or maybe both). I discovered this event via one of my subscribers who told me wonders of it! I was so fascinated by it, that I requested him to write an article about it for my blog, and he did (with help of his partner) So, I'll share with you this great article, I'm sure you'll be as intrigued by this event as I was when i found out about it...

Sex in the Desert or Where Sex & Spirituality Meet & Mingle

by Squeeze and Mistress

What's Burning Man?

If an ongoing experiment in temporary community is what your searching out, then

“**The Burning Man Project**” (www.burningman.com) is your final destination.

For those of you who haven't heard of this *city built every year in the desert*, the following is a quick overview.

Burning Man is a weeklong festival held in the Black Rock Desert, Nevada, in the USA, that combines, interactive large scale art, strong participation by everyone who goes (no spectators encouraged), music (lots of music), costumes, performance art, a gift economy (meaning nothing is for sale, no vending, only gifting and being self sufficient), free classes, art cars, and a strong sense of exploration & openness. On Saturday, 2 days before the end of this 7 day & night celebration “The Man” a 70-foot image & structure made of wood is burned to the ground. This is my new years!



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I once heard someone say “its like Disneyland, except you bring the rides!”

What they mean is that all the ticket holders bring everything you see.

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There is no them, it's all US! With a focus on radical self-expression, radical self-reliance & responsibility, this event brings in all types of people, from all over the world and from different economic & political ends, all ages & genders. 90% are in costume or dressed as their alter egos. Its like a giant Felini film for 7 days & nights. Here at Burning Man your encouraged to visit each others "camps", which attendees decorate or have built in a theme. Each usually offers some kind of service; food, bar, nightclub, massage, yoga, games, interactive art, library, body painting and classes ranging from, "How to make fairy wings" to "beginning wax dripping" (light bondage) to learning "Thai massage" or "participating in a tradition Japanese Tea Ceremony". It's all there and it's all free of cash! Music? Music would take another article to give justice to it. Let's just say its music heaven, DJ's from around the world, bands, special secret appearances, marching bands, any kind you can imagine.

Sex in the (Black Rock) City

So needless to say the energy at this event is fun, loving, helpful, supportive and it has a **strong sexual energy** about it. I believe it's due to the fact, that the things I just mentioned above are sexy traits & make everyone feel comfortable. It's not just the sex classes/discussion groups ranging from A-Z and all you can imagine. It's not only the sexy art, or the 34,000 sexy people in erotic outfits.... it's the whole experience of an overload of support, openness and being surrounded by some of the most creative and amazing people & art.

This brings me to the "Sexual" aspect of Burning Man. Over the years I've seen a lot. But only at the rate I was ready to find it. At first the energy gave me a buzz, a little like Las Vegas, the lights, the excitement, but without the money. This buzz made me feel warm & fuzzy in all the right places, extremely sexy and with an overwhelming feeling of safety & openness. As my days continued I found the "*What, Where and When*" Burning Man directory and schedule book. This provided day-to-day activities and classes. Oral Sex Tuesdays and Threesome Thursday... I couldn't believe it. I took a class with my wife on red Tantra, an intimate massage class, Bi-Babes pot-luck & cocktail party for single woman & couples only (Bi-Babes Camp), and a wax dripping demonstration. Keep in mind this is free of cash. I helped serve drinks; I cleaned up at one of the events and helped a stranger find the Post Office (where real federal mail is delivered & received daily).

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Year after year I would try more, see more and hear more about other camps & events. I went out to see “Jiffy Lube” a gay center of activity, tongue in cheek humor and playful men. I’ve seen couples of all kind making love in the desert, people just hugging and holding hands. I’ve found more kinky parties (as much as there not right on the street corner, but one large 60 foot dome back from the street), I talk to the doorman and the Mistress & I entered a secret world of exotic mystery. I’ve seen spanking machines, sex toy making, women only parties, drag parties, the famous & women-inspiring critical tits parade, goddess g-spot massage, white Tantra, red Tantra, singles, groups, threes/fours, discussion groups, radio shows, live sex performances, sex inspired dance, pole dancing art cars as well as classes, body painting, art body hair shaving, anal play, coffee enemas (sing....“The best thing about waking up, is Folgers up your butt”), tickling play dome, Poly Paradise, Bondage camps, nuns & priests, school girls & aliens...what more can I say.

One camp has the annual “Whatch Un Bewatchen”, a group activity, others are Petting Zoos, decorated in all pink, 8 foot pink bean bags, on pink carpet, in a 60 foot dome with the best ambient music you’ve heard in years, Tiki Lounges, animal theme bars, the “Temple of Atonement”, there’s sexual spirituality, Pan & Eros, pagan, witches, conservatives, liberals, church goers, goths, shy people, wild people, people from Japan, Thailand, Europe, Africa, Kansas...you name it, even grandma & grandpa!

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The great thing is, its not right there in your face, it takes a bit of looking for. It's easy to find if you want it, but for beginners it's not overwhelming. If someone is ready for a small push of his or her sexual boundaries, they can find that first step. For the more sexually advanced, it's there for them too. The citizens of Black Rock City (official name of our temporary community) are there to help encourage & support change, growth & boundary pushing. If ever there was a place to try something new, without feeling ashamed, or labeled or guilty...its Burning Man. If anything makes me feel super sexy...its knowing I'm surrounded by all these like minded, creative people and finding out who I am, one day at a time, once a year, for 7 hot days in August.

Sexual freedom, as in all true freedoms includes radical self-responsibility. This is not an anarchist movement... per say. It's about community. You can express and be who you want, as long as you don't harm others. You are considerate if there is a "Kids Kamp" next to you. You help others who are lost or maybe a bit loaded...you don't take advantage of them. This is not a hippy love fest either...this is a mix of all types of people truly taking care of each other, while taking care of themselves too. This isn't about rich or poor, right or left, us & them. This is about people on a real one to one.



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This is no free ride because it's based on gifting. Giving away food, water, gifts, conversation, help, friendship, support, an open-mind & love. Not that everyone's naked (often quoted misconception), but, if everyone is naked & there is no money involved, the only thing to base others off of is..."are they nice, friendly and a good conversationalist? With no power in money or status clothing, the less nice folks (aka: jerks) stand out like a stain in the rug. Those who act like this, usually make a huge life change and its great to see this in action. They learn that others can care for them without crying out by being an ass.

Advice for the future burner

Get your ticket now! *Read the survival guide on-line at the official website.* Bring water, food, cool & warm clothes, tent & shade structure, old bike, sunscreen, chap stick, goggles, dust mask, costumes, your favorite lube, toys, and an open mind. The friends are there; so don't be afraid of coming alone. <!--[if !supportLists]--> <!--[endif]--> If you're traveling from a far away region other than the US, there are supplies in Reno, Nevada. Some camps at Burning Man offer loan bikes to help people get around. If you are from outside the US, go to this link:<http://regionals.burningman.com/> and above the US map are a list of countries & continents. Go find YOUR regional contact nearest to/or in your country.

"And though you hear about the sex, parties & music...the real surprise of it all, is the life changing experience that people talk about year after year. Its very spiritual, its too big for words, it's the whole experience that makes up this event we call...Burning Man". Squeeze 2002

***Now go get it on!
Squeeze & Mistress***

Squeeze and Mistress are the "Southern Oregon Burning Man Regional Contacts", USA (www.siskiyouburners.org). Their job is to help people get to & prepare for Burning Man, bring the Burning Man spirit home to Oregon and build it in their own community.

You can see more pictures here:

<http://www.siskiyouburners.org/Gallery2003.htm>

Step By Step Threesome by Suzy Bauer

(The pictures above are copy righted to Greg "The Sandman" Eymunson He gladly made them available for use in this guide. I'll encourage you to visit his beautiful gallery at:
<http://homepage.mac.com/journey4ever/burningman2005/PhotoAlbum4.html>

Here's an update and 2 videos you'll enjoy! (Click the link below)
<http://stepbystepthreesome.blog.com/965831/>

Erotic Events In September/October

Party Cove (Week Ends From Memorial Day to Labour Day)

Party Cove is located at the Lake of the Ozarks, Missouri. It's one of the hottest and wildest party spots in North America! Every weekend from Memorial Day through Labour Day, thousands of people go to party cove and create the wildest parties on the water!



Over the years Party Cove has grown to where over a thousand boats gather in the once empty "Anderson Hollow Cove" at Lake of the Ozarks, creating what is now known all over the world as Party Cove!

<http://www.partynakedvideos.com/main.php>

<http://www.lakeozark.com/partycove/partycovepics2.html>

<http://www.partycovexxx.com/partycove.html>

<http://www.partycovepics.com/money.html>

Step By Step Threesome by Suzy Bauer

Party Naked Videos <http://www.partynakedvideos.com/> and **Girls Gone Wild** are there every year to capture every bit of the action.(Click the link below to see Girls Gone Wild)
<http://www.girlsgonewild.com/>

Documenting the nudity and craziness that goes around there every weekend. This is one of those events that you need to see at least once in your life, the sexual energy in these place is incredible and I can almost guarantee you that a threesome will seem mild compared to the incredible opportunities to expand your sexual horizons this event will offer!

Women Fest Key West, Florida, USA (Mid September)
www.womenfest.com

Have a look at this video: just right click and "save target as":

Women fest is an annual gathering in Key West to celebrate women and friends of women. It is a week-long celebration of freedom, fun, diversity and culture. Key West has been celebrating a "women's week" for almost 20 years now. This is another event where bisexual women outnumber men or straight women. This is also a great place to get acquainted with many wild ladies and have a fantastic time. Besides Key West is one of the nicest and most enjoyable spots in the western hemisphere!

Exotic Erotic Ball & Expo San Francisco, California, USA
www.exoticeroticball.com

WANT TO SEE EROTIC? You've gotta see this party! The legendary Exotic Erotic Ball celebrates it's 26th fantastic year. I've been twice in this party and it has been one of the most erotic and spectacular nights I've ever experienced! I took the liberty to include some of the videos that they feature in their website! I am sure you'll love them.



Click the link below to see video 1

http://www.exoticeroticball.com/videos/2004/web60-1_120k.mpeg

Click the link below to see video 2

http://www.exoticeroticball.com/videos/2004/web60-2_120k.mpeg

Click the link below to see video 3

http://www.exoticeroticball.com/videos/2004/web60-3_120k.mpeg

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Note: You will require the Apple Quick player to see the videos. You can download it for free here: <http://www.apple.com/quicktime/download/win.html> Video is a bit slow to load :-)

Wasteland – The Wildest Party on Earth

Amsterdam, Netherlands

<http://www.wasteland.nl>

This party takes place in my home town; Amsterdam! And is not only erotic is kinky beyond kinky! This party happens normally 3 times per year. Mind you this is a bit "advanced stuff" for many people, but if you think you can handle WILD! Then this is a party for you!



Fantasy Fest October

Key West Florida, USA

<http://www.fantasyfest.net/>

Yet, another super erotic party where "anything goes"! This event is fantastic too, HOWEVER, the downside is that you need to book LONG in advance. Key west being such a small island gets packed for this event. That's why you need to take out your calendar and make sure to make reservations! Of course I want to get you even more excite about this party, so here's a video teaser about the party you'll certainly enjoy: <http://www.fantasyfestvideo2004.com/tease.html>

Have a look at a wild party video trailer from Fantasy Fest. Simply right click and "Save target as" on this link: <http://realwildgirlsrock.com/uploaded/kwfest.wmv> If you have any problems watching the video, go <http://www.fantasyfestvideo2004.com> and look for the video option.

Note: You will require the Apple Quick player to see the videos. You can download it for free here: <http://www.apple.com/quicktime/download/win.html>

The Christmas Holiday Blues

People say: "If God Gave You Lemons..." The last entry in my erotic calendar has to be of course the holiday season! This is the ideal time to meet ~~single~~ (read lonely) women who would more than gladly have a threesome with you! For many people the holiday season is indeed merry! For some however is not so! Why? Simple, they have no significant other to share it with! If you ask any single woman what she hates the most about



being single, 2 out of three will respond; being alone during the holidays! Does this sound like an opportunity to you? There's a classic sales training example sales trainers use: They will ask their participants: Would you pay \$500.00 dollars for an aspirin? Obviously 100% of the participants in the training will respond "NO WAY".

Then the sales trainer will say: Why not? And all will respond: Because \$500.00 is WAY TOO EXPENSIVE for 1 Aspirin! Then the sales trainer will say: Now imagine that you're experiencing a terrible headache, and you've been feeling this headache for the past 5 hours and there's no aspirin anywhere, and in fact the headache has been getting worse every hour, it's so intense you can only be laying down in a dark room, then suddenly I will show up with 2 extra strong aspirins, but I will tell you that you will need to pay \$500.00 for them, Will you then buy them at that price? At that point, most people will nod affirmatively... So, what's the lesson of these example: "Never, sell to people without a headache" What's the biggest "headache" from single women? **Being alone in Christmas.** So, the truth is, women will be BY FAR more open in the holiday season than they will possibly be any other time during the year! This is where you come in... if you as a couple provide them with "shelter" for this emotionally charged season, you'll be handsomely rewarded!

The best place to meet women during the Pre-Christmas season 18th-23rd of December is in shopping malls! Women go shopping to make themselves feel good, so malls all over the place are filled with women. Best places to try your luck are in department stores, clothing shops and our personal favorite: Book shops. Our two personal favorite candidates to look for in shopping malls are: Professional women and single moms!

Step By Step Threesome by Suzy Bauer

Professional women, decided to give their career a priority, so many of them are single and they are incredibly horny, because of the "testosterone" they produce to compete in a male dominated environment. During the holiday season, they literally do not know what to do with themselves, because business tends to get slow so that's why we consider them prime candidates for a "Holiday Blues Threesome"



Single mums are also great candidates. These beauties can be seen late morning or early afternoon with their little ones waiting to have the "classical" picture with Santa! While waiting on line, they are very open for conversation and trust me; they're glad to be invited to "Christmas Parties"

After the Christmas season is over, the next big night is NEW YEARS EVE! In most parties you'll find a ton of single women hoping to get laid! Midnight is your best "excuse"! Let your wife find a single lady and enjoy her company till midnight! Then start your pursuit. Allow your hubby to kiss her and then you kiss her, this night in particular she'll be particularly open to experiment! Take Advantage!



Ok, I've given you lots and lots of specific places where to make your threesome fantasy come true!

YOU have no excuse now!

If you follow the instructions in this manual, I can guarantee you that you will enjoy threesome sex over and over again!



Sexpert's Point of View:

Oops There's One ore Thing...

Levelling the Playground

Unfortunately arranging a threesome tends to be an unequal affair.... **What does this mean?**

Simple; single females are the ones that can pull threesome the easiest! Whether it is an Adonis Trio (FFM) or an Aphrodite Trio (MMF), single girls can make it happen in a heart beat.

As you already know, the mechanics are simple; as long as single girls can understand the psychology they can easily seduce a couple or seduce two guys. Next; for a couple it's relatively easy to arrange for an Aphrodite Trio (MMF) and a bit more complicated to arrange for an Adonis Trio (FFM). However recruiting one person is always easier than recruiting two. A single male will be able to pull off an Aphrodite Trio (MMF) relatively easy, but an Adonis Trio (FFM) will be the harder to arrange, because of the difficulty of recruiting two females. It will be the hardest but certainly not impossible. It requires some extra charm, skill and boldness. Therefore I believe it's appropriate to start this section with the most challenging one to arrange:

The single guy recruiting two ladies.

Once in a while get emails from single guys telling me that they would like more information on how to make a threesome happen if they are single. As mentioned above **arranging a threesome is an unequal affair**. The fact remains that working as a team will be the easiest way to seduce candidates. The best that I can do is give you some examples of how other guys have pulled it through, and hopefully you will learn some of their strategies. Here's an example of what I am talking about. Please read it carefully and try to understand what he did in order to make a threesome happen by all by himself.

Antoine's Plan

*A friend of mine, I'll call Eveline to keep her privacy, contributed this story. I wanted to share it with you because it's a clear example of how a single guy can arrange for a threesome. **If you're a single guy, read it carefully and make some notes on the strategy Antoine used to seduce two gals.** Eveline attended a business convention in Nice, France and like in most of the conventions she had participated; she thought it was a lot of fun to meet other people involved in her line of work. The most fun was going to dinner and getting to know other people, making friends, and contacts.*

Step By Step Threesome by Suzy Bauer

On the third day of the convention, Eveline met Monique, who happened to work for one of her competitors; she also met Antoine, who worked for one of the vendors. Eveline and Monique met, quite by accident, in the elevator, and they liked each other right away. Monique is quite lovely with almond shaped green eyes, long, flowing brown hair, and a wide, soft mouth that screams sensuality. She's tall, with a beautiful figure. By contrast, Eveline is only five foot four, 100 pounds, short brown hair, and blue eyes. They made an interesting pair as they walked around talking with various groups and attending the conventions.

Monique suggested having dinner with Eveline, and she happily agreed, thinking that it could be helpful to get to know her competitors better. They went to a really nice restaurant, which was rumoured to have exquisitely good Nouvelle Cuisine. While waiting in the lounge for a table, Antoine came over and they invited him to sit down with them. They both remembered him from his seminar presentations, they remembered his good sense of humour and how he had them laughing in no time. When they heard that he was dining alone they invited him to their table, and Antoine felt honoured to share his dinner with two good looking girls. After dinner, the three of them walked back to the hotel, enjoying the warm evening air. As they rode up in the elevator, Antoine invited them to his room, saying jokingly that that he wouldn't try any more company sales presentations.

Monique looked at Eveline, and both nodded, so they both decided to go to Antoine's room. In his room, Antoine had some wine which he poured for the three of them. They sat down and talked more about general things. Eveline needed to use the bathroom, and when she came out, Monique and Antoine were sitting on the end of the large bed, so Eveline looked for some sign that would indicate they wanted to be alone, and seeing no signal, she sat down and joined in the conversation. Somehow, the topic had changed from dancing, to bikinis, and eventually to nudity. Eveline found herself getting moist, listening to Antoine describe a clothing-optional club he knew somewhere in the French Riviera. The idea of walking out of your hotel room, naked, seemed to stir some deep desire in Eveline, and she found herself getting more and more aroused.

Step By Step Threesome by Suzy Bauer

Monique was talking about bikinis being sexier than full nudity, as there was something left to the imagination. Antoine replied that he found tan-lines, or a lack of them, a great turn on. "You mean like this?" Monique said, opening her blouse and showing them the tan line over her shoulder. Monique's tan was nice and even, except where her fair skin had been covered by a thin string of a bikini top. Antoine stared and then smiled. "Uhhmm, yes." Antoine said. "You have a very nice tan." Monique was from the Saint Tropez area, so it didn't surprise Eveline. Monique looked at her then, and asked if Eveline was naturally tan. She had a very nice tan, which she worked on the whole summer, and kept up by visiting a tanning salon. "No." she replied. "I had to work hard at mine." This was the truth. One of the benefits of where she lives is that her backyard is very private and she can sunbathe nude without worry.

Antoine asked if he could see her tan line like Monique's, for a comparison. She hesitated a little, as she sunbathed nude in her back yard and the salon; she didn't have any tan lines like Monique. She explained them that she didn't have any tan lines, which caused them both to raise their eyebrows. "Do you have a place to sunbathe nude?" Monique asked. And Eveline replied yes, and explained how she kept her tan. Somehow, in the course of the conversation, and maybe it was because of the wine, Eveline and Monique agreed to remove their tops. They both wore bras, and neither of them thought it was that big of a deal. When Monique opened the front of her blouse his eyes widened, and Eveline felt excited. His eyes were glued to Monique's breasts, and Eveline looked too. Monique's bra was very sheer and they could both clearly see her dark nipples through the fabric.

Monique slid her shoulder straps down, showing off the tan lines and Eveline followed immediately - no tan lines. Monique looked at Eveline, and smiled, saying that she wished she could get tan like Eveline did. Monique was very moist, and her panties were clinging to her. Eveline was excited by her closeness and her beauty. Antoine stood up and opened his shirt, exposing, just below his belt, the contrast of his tan. Eveline asked if his legs were tanned too, and instead of pulling up his trouser leg, Antoine undid his pants and let them drop to the floor.

Yes, his legs were very tan, but what caught their attention was the bulge in his crotch, pressing against the briefest briefs they'd ever seen. The briefs Antoine wore were black and very much like a jock-strap. They covered, barely, his crotch, and had a piece of fabric that covered his behind like a skimpy bikini covers a woman's.

Step By Step Threesome by Suzy Bauer

The two girls could see the tan lines from the swimsuit he normally wore. According to Eveline she could feel her nipples harden and her pussy getting wet too. Monique mentioned that Antoine said tan lines could be sexier than a bikini, and now she dared him to show them. Antoine looked at Eveline and shrugged, then slid his shorts down around his ankles and stood up. Monique and Eveline gasped quietly when he stood. Antoine's penis wasn't the biggest, or thickest they'd ever seen, but his testicles were hanging quite low, and they looked large and full. Antoine's half-hard cock began to grow stiff in front of their eyes, and both girls seemed to be drawn towards it. Fully erect, Antoine was only about six or seven inches, but his balls were magnificent! Monique and Eveline looked at each other and they both were speechless. They both took off their bras. Monique's breasts, which were about 36C's, were pale against the darkness of her tan. The skimpy bikini tan showed that she bared a lot of skin at the beach. Eveline's breasts were evenly tanned.

Antoine stepped out of his pants and briefs, and quickly, Monique and Eveline began dropping their skirts. Now it was all out in the open, the veiled phrases were unnecessary. Sex is what they all were thinking now, and both wanted Antoine's big balls in their hands. They all moved together, Monique and Eveline removing his shirt, while Antoine's hands were caressing both ladies. His hands caressed across Eveline's chest, and he seemed to be fascinated by her even tan. Since Eveline is only a 32B, his interest in her breasts excited her, having expected him to go for Monique's larger chest. Both Monique and Eveline still wore pantyhose, and panties. Antoine began to remove Monique's pantyhose, doing it smoothly and gracefully. Naked, Monique is breath taking. Her sensual curves are accented by her tan-lines, making her look even sexier. Antoine kissed her small bush, which she had shaved into a tiny triangle for her suit.

Monique surprised Eveline by turning her and beginning to remove her pantyhose. Antoine, on the other side, helped, and Monique knelt as Eveline stepped out of them. Monique looked up, and her face was inches away from her pussy, and her hot breath turned Eveline on more and more. Her eyes told her the truth and Eveline put her hand on her head gently, and she leaned forward, kissing her pussy and snaking her tongue over her clit. That sent a shiver through Eveline's body, and she rocked her pelvis forward, but Monique stopped, standing up and smiling timidly at her.

Step By Step Threesome by Suzy Bauer

They all climbed into the big bed, and Antoine pulled Eveline on top of him, so that she would straddle his mouth. Monique began to kiss his chest and stomach and Eveline lowered her pussy to his lips. Monique worked her way down and Antoine was giving Eveline terrific head. By the time Monique had his penis in her mouth; Eveline was close to her own climax. Eveline watched as Monique took the entire length of his shaft down her mouth and throat, her lips against the base of his erect penis. She began to suck him in long, deep strokes, and Antoine's tongue was driving Eveline into a lusty frenzy, as she neared orgasm.

Monique had stretched out between his legs and Eveline could see her creamy white butt against her deep tan and she started to feel like running her hands over her behind. Eveline leaned towards her, and Antoine's tongue found again her clit, and Eveline had a loud orgasm. Monique was still deep-throating him when Eveline recovered, lying on her back next to them. She looked at Eveline and stopped sucking him; "Looks like he gives good head." She smiled. Eveline replied, "Uh-HUH!" feeling weak and sexy. Monique suggested they switch and Eveline moved over as she sat on his face. I'm not as good as Monique, Eveline said being able to take only about half of him into her mouth. Eveline moved down between Antoine's legs, and began to enjoy his penis. Antoine began moving his hips up and down as Eveline licked.

Monique leaned down and began to suck also his erect penis while both girls were getting very hot. Eveline pushed his penis towards Monique and both sucked him, Monique held it and leaned towards Eveline, and both kissed, their tongues briefly sliding over each other, while they were sharing his erected penis. Monique sat up and asked Eveline if she wanted the first ride, so she climbed on top of him and Antoine began pumping his cock in and out fast, making her come quickly, while Monique rode his face and sucked Eveline's nipples. Eveline had her hands on her nice full breasts, pinching Monique's nipples too.

Step By Step Threesome by Suzy Bauer

Monique wanted to ride him also so they began to swap, but Antoine wanted to take her from behind, so she knelt and he got behind her, grabbing her hips and slamming his penis deep inside her. Monique pushed Eveline down and began to suck her pussy, as he thrust her from behind, Eveline could feel her face bump against her. Monique used her tongue on her clit and her fingers inside her helping her come three times. Antoine now suggested



that they traded places, and Eveline knelt while Monique sixty-nine with her. Antoine filled Eveline just right and he began pulling her behind back onto his hard penis. Eveline spread Monique's legs and began to lick her juices. Eveline was going wild, shoving her fingers deep inside her. Antoine was getting ready to come. Suddenly, his cock seemed to swell and he rammed it deep, hitting bottom and making Eveline gasp. Then he began to come.

After a short break the sensual, erotic and tender session repeated four times that night until the three collapsed exhausted to sleep in each others arms having Antoine in the middle. This is the way they spent the last three nights of the convention. Each night, they went out for dinner, and then to one of their rooms. On the last night, Antoine had to leave early in the morning, so they skipped dinner, and had wild sex early. They kept it up until about two a.m. The three slept once more exhausted after so much sexual activity cuddling each other in a very tender way.

Although they haven't had the chance to see each other again, they keep in touch via e-mail, telephone and mobile telephone messages. They share their sexual escapades with each other. Whenever I have the opportunity to meet Eveline, she tells me that after this experience she understands that the ideal number for sex is three. The fun that she has in bed nearly doubles whenever she participates in a threesome.

As you can see, a single guy can also fulfil his fantasy. All he needs is skill and boldness, besides practicing the strategies mentioned in this book. I will give you a couple of tips that will ease your job.

Step By Step Threesome by Suzy Bauer

1) When trying to seduce two women **you need to really sweep them off their feet**. Your approach needs to be as bold as Antoine's. Don't let them think too much because they'll not respond in the way that you would like them to.

2) The real secret is to **get them to 'show skin' as quickly as possible**. That's exactly what Antoine did, didn't he? A bit further in the book I'll explain how to seduce women as a couple, however, if you adopt and adapt these same strategies you will be able to make it happen relatively easy.

Disclaimer for single guys: if you want to seduce two women at once you need to be quite proficient in seducing one! There's no magic formula to make women fall in your arms. If you cannot seduce one woman it will be extremely hard to seduce two! And highly likely you will be setting yourself for failure. Throughout the book and specially in chapter 17 you'll find many pearls of wisdom that will help you understand the art of seduction. However you will need to further improve your seduction knowledge. My husband Karl has been a long time student of the art of seduction, and he has acquired this knowledge after putting into practice what he has learned from over 40 books on the subject. When we were writing this book, we had to focus more into threesome knowledge, as there is not that many books on the subject, and we decided to limit the information on one-on-one seduction for other publications.

However, It was not long before I started getting emails from single guys asking me how to seduce two women at once, therefore on the second edition of this book, I decided to expand a bit more on that subject. As I always mention to my students: 80% of success in anything in life will have to do with psychology and 20% will have to do with mechanics. My husband is now very proficient in picking up women, because he has studied many books on the subject of seduction psychology, including all the volumes written by Giacomo Casanova. This has given him the confidence to approach any woman on most of circumstances. I am not expecting you to do this, as I know this will take a long time, and you want immediate results, right? So if you are a single guy and you feel comfortable approaching girls you can use most of the strategies contained on this book. If you feel that your seduction skills might need a shine, I've found two resources you will appreciate. One is called the single man's guide to great woman, written by a friend of mine called Tiff Taylor. She has done a magnificent job in disclosing all 'our secrets' I must say that when I was reading her book I had to really laugh, because her confessions about us women are really evil but true without any shadow of a doubt.

Step By Step Threesome by Suzy Bauer

Reading this book will give you a very good insight of how we think when it comes to men. Honestly you need to get your hands on this book it will save you lots of frustration and disappointments.



- Learn how to attract beautiful women.
- How to seduce a woman quickly and easily.
- What to do to turn a woman on in just seconds.
- Learn how to use body language to your advantage.
- Boost your charisma 200% instantly.
- Develop supreme confidence.
- Become a fluid conversationalist that women love spending time with.
- How to create bio-electric sexual chemistry.
- Get women to pick you up.

Click on the link below to find more about this great resource:

<http://suzybauer.com/recommends/guygetsgirl>

Another super resource is called Seduction Science:

There you'll find 3 super products:

1) The Seduction Science Manual

In this manual you'll learn how to **eliminate every roadblock** you have to success... removing all of the fear, shyness, hesitation, and negativity you have and replacing them with an easily learned **incredible, attractive, inviting attitude and charisma** that women will *love* to be around... no matter how old you are or what you look like.

<http://suzybauer.com/recommends/science>



Step By Step Threesome by Suzy Bauer

2) Nonverbal Sexual Cueing

In this set of CD's you'll learn how to *directly stimulate* the emotional brain of a woman and bypass her logical brain, where she rationalizes reasons to hesitate or shut down sexual urges or judge you based on your looks or social status in an effort to not appear like a "slut."

In other words, by dealing exclusively with a woman's emotional brain, you're directly communicating to where her feelings of lust and mating *begin* rather than communicating in a way that triggers resistance and critical judgment in her.

Click the link below to get your hands on Nonverbal Sexual Cueing
<http://www.seductionscience.com/jump.php?a=2502&p=nsc>

3) Opening Magic

This is the ultimate guide to opening women for getting into conversations with them that lead to sex and relationships!

Click here to get Opening Magic
<http://www.seductionscience.com/jump.php?a=2502&p=openingmagic>

Conclusion

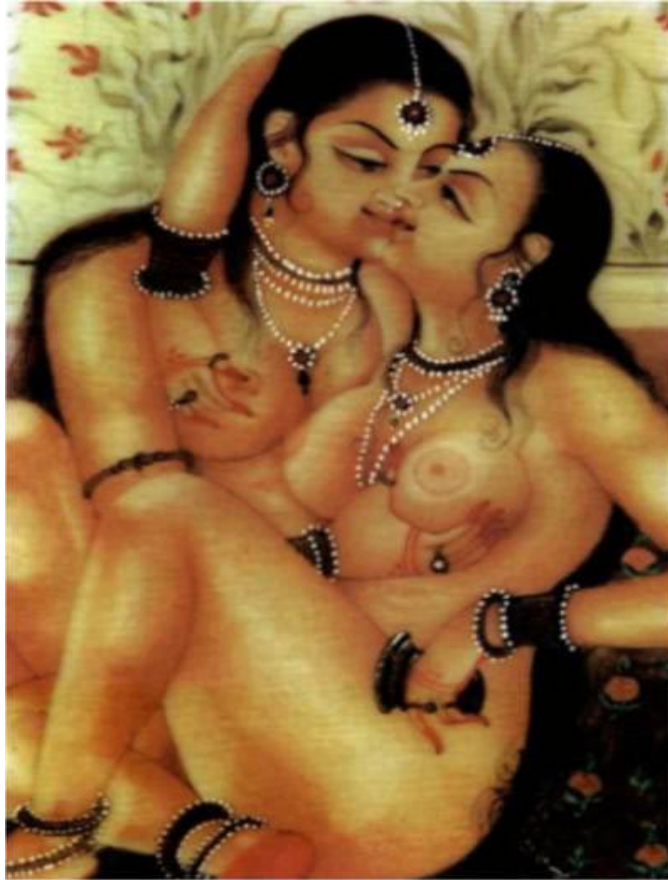
As you can see there are many opportunities to find candidates. Hey, you can even travel to exotic places to make your fantasy come true. Don't worry if your French or Spanish is non-existing. When it comes to sex we all speak a universal language! Once you understand a few simple principles you'll not only be able to locate candidates in the places described, you'll suddenly start finding opportunities everywhere. After 10 years of threesome experience, I can tell you that; finding people male or female to participate with you in threesome or group sex is not as hard as you think! All you need to do is be bolder than the rest and you'll also help other people make their fantasies come true. TAKE ACTION!

***"Come to the Edge."
"We can't. We are afraid."
"Come to the Edge."
"We can't. We will fall."
"Come to the Edge."
And they came.
And he pushed them.
And they FLEW.***

- Guillaume Applinaire

Chapter 6

Flirting for a Trio



***“Women flirt to keep their stock high...
men to get somewhere.”***

- Mignon McLaughlin The Neurotic's Notebook, 1960

Team Flirting

Once you've selected your candidate for the threesome of your choice, you'll need to throw in some irresistible seduction tactics! According to the dictionary "flirting" means "acting amorously without serious intention." Flirting can be a harmless way of testing your attractiveness to another individual. It can be a prelude to a sweet seduction. Flirting for a threesome is very similar to how you used to flirt earlier. The only difference when flirting as a couple, you've got someone to give you a hand. Two heads are better than one; when it comes to flirting for a threesome this old cliché is definitely applicable!

Advantages of Flirting for a Threesome

In the "normal" world you'd basically stop flirting the moment you find a steady partner right? Getting married and gaining weight seem to go hand in hand, doesn't it? Once we find our steady partner many of us seem stop caring about our physical appearance. This is caused by familiarity! Although we don't want to admit it, familiarity breeds laziness and before we know it we suddenly wake up and discover that we're no longer together with the same person we married with a few years earlier. One of the great advantages of threesomes is that the element of "familiarity" doesn't take over your life! You're always open for ways to look your best in order to seduce other gorgeous candidates. This side effect means that you'll watch over your physical appearance more than "normal" people do. Below I've listed 12 great flirting tips to help you make that first connection with your candidate; make sure you use them to improve your recreational possibilities.

12 Great Flirting Tips

1. Make sure you feel the King or Queen of the World. You know you're looking fabulous and your absolute best and you're feeling that everything you want is coming your way! Yeah baby! Wear an outfit that makes you feel really sexy, self-assured and confident.
2. The great thing about flirting for a threesome as a couple is, that you can use the buddy system; Walk through a group of people and your partner can watch to see who's checking you out.

Step By Step Threesome by Suzy Bauer

3. Regardless whether you're flirting for a guy or a girl, when you're flirting as a couple let the woman initiate the flirting. Guys love to be approached by women and women feel less threatened by another woman initiating conversation, rather than a man. Especially when they can see that the guy is with another woman.
4. Wear that special perfume or cologne. Remember the olfactory sense awakens the strongest sexual primitive instincts.
5. Gals should wear their sexiest lingerie and guys their sexiest briefs. Just wearing these will put you in the right state of mind. You are irresistible! Show a little leg....wear higher heels...the redder the lipstick the more available and noticeable you will be. Arch your back a little as you sit up tall and cross your legs high. Wear earrings that are interesting enough to make someone comment on them.
6. Be certain! If you're not, just act that way! Certainty is always a turn-on. Your body posture must also reflect certainty!
7. Be forward and decisive in your communication. However remember to be tactful. Advance step-by-step towards your goal, but remember to pay attention to the subtle signals of your candidates.
8. Don't shy away of eye-contact. Initiate it; again, this demonstrates your certainty which is a sexy thing! Don't stare though; with sexy eye-contact I mean eye-contact that is slightly longer than then the regular eye-contact.
9. Be open! Initiate conversation. Ask open-ended questions; this shows sincere interest in him/her. Give room for a nice chat.
10. Show interest first in the other person's interests; then talk about yourself, without bragging!
11. Once the other person has opened up be sure to be a good listener. Good listening skills are good flirting skills.

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12. Remember that flirting is a way of connecting from the heart and acknowledging someone.

Be generous! Have fun!

If you are looking for more flirting and seduction advice visit:

Advanced Seduction Tips (Click the link below to see Advanced Seduction Tips)

<http://www.advancedseduction.com/?hop=trinitypub.aseduction> .

They offer a comprehensive program on the art of persuading women. Make sure to download your copy of The Threesome Pickup Artist. <http://www.threesomepickupartist.com> also keep yourself abreast with all our new pickup strategies and news. Make sure to visit

<http://www.threesomepuasecretsociety.com>

Use Pheromones

Pheromones are naturally occurring chemicals found in animals and humans which elicit sexual behaviors and are used to attract the opposite sex. Scientists have succeeded in identifying, isolating, and recreating this human sex pheromone. These natural pheromones have been well documented to trigger very powerful sexual responses! Unlike fragrances, which are detected by the olfactory glands in the nose, pheromones are detected by the *vomer nasal* organ or VNO. The VNO is located in the nasal pit directly under the nose. When the VNO receives a pheromone signal it sends a message to the brain that stimulates the body and creates a subconscious increase in sexual desire.

(I am not 100% certain that pheromones work, but I can tell you that whenever my husband uses them I do get more aroused and we've noticed they also help when we visit swinger clubs.)

If you would like to learn more about pheromones or you would like to purchase pheromones you can try this websites:

Attract RX <http://www.suzybauer.com/recommends/atraxrx/>

Or

Luvensence <http://suzybauer.com/recommends/luvensence>

What makes you more attractive?

For a guy, being more attractive has nothing to do with looks, wealth or dick size, it has to do with something else... let me share with you two gems of wisdom in the topic of flirting:

1) Do you know what's the most important (and most little-known) quality a man MUST have if he wants to approach a truly desirable woman... and... have any chance of success! (Women will overlook everything else except this.)

A: **Self-Esteem.**

A man with truly high self-esteem would never consider the fact he might be unattractive to even the most beautiful woman in the world. being attractive to a woman has to do by far with confidence. That's why you'll see those bad boys getting the best girls even if they are not physically attractive.

Confidence is NOT the same as cockiness. **Confidence** is being absolutely certain of your inner worth and that you are a good person. Self-esteem is the keystone to confidence. Confidence is like catnip to women. No woman (except one who is emotionally damaged) wants a man who feels unsure of himself. She doesn't want her man to be cocky, arrogant and conceited. But, she will be vastly turned on by a man who is competent, and quietly confident in all aspects of his life. **Being bold and confident whenever you're flirting will make you attractive to any woman.**

Now my question to you is: How confident you feel at flirting? According to master motivator Anthony Robbins, by altering your body's physiology, you can achieve an immediate change of your emotional state. The mind will follow whatever state your physical body is in and not vice-versa. This means that you'll feel confident if you behave confident. Think of it for a second... How would you be standing if you'll be feeling completely confident?, What would you be saying to yourself if you'll feel completely confident? Even if you think you're not confident, pretend to be confident and you'll portray an image of self-confidence that will make you more attractive to the opposite sex.

Step By Step Threesome by Suzy Bauer

2) Do you know what's the single most important thing a woman can do to make herself more attractive to other women? **A: Hinting to the other woman that you're attracted to her!** Mind you, I'm saying "hinting" and not "telling" or "showing". Telling or showing might be too much for a woman who has never considered being with another woman, and if she hears from you that you're attracted to her, she might run away from you as fast as she can and never ever talk to you again! Hinting in the other hand, leaves them guessing and in suspense. They'll start being curious and wondering what it might be like. I suggest you take advantage that women are a very curious! Having this in mind it's a good idea YOU take the initiative in seducing another woman. You'll be surprised how open women will be to your approach if you flirt with them and you take a bit the "seducer's role". In reality this is one of the most important secrets I can reveal in this manual.

According to the Australian and New Zealand Journal of Public health, lesbian and bisexual women have an average of 4 times more sex partners than do their hetero counterparts over the course of a life time. That doesn't mean that we're sluts! That's an absolute misconception that infuriates the bisexual community! We don't sleep around with everybody! We're very selective when it comes to sexual playmates!

But having that said, it's important you understand that we're WELL over the stupid sexual "restrictions" and stigmas set by society for women. We enjoy taking flirting matters in our hands, we're well aware that the best way to seduce women for threesomes or girl on girl sex **is to be as direct as possible without telling them what our intensions are.** As in our culture women are not generally trained to be sexually aggressive; most of what a woman knows how to do is make herself available and then sit back and wait for the other person to do the work. Even if she's interested unless you "hint" this to her, she'll not move forward.

Remember: If two women are both sitting back and waiting for the other to do the work, then nothing will happen!

Turn Your Woman into A Wing Woman (Real Team Flirting Strategies!)

While the term *wing woman* may be new to you, if you've seen *Top Gun* or have trustworthy bar buddies, you're familiar with the male version. He's the super cute guy you bring with you to help you pick up women. For years this secret has been known to us bisexual women. Meeting single women in a bar has never been hard for us. Women can connect with each other very easily, and we've never made too much fuss about this.

Recently a guy called Shane Forbes, also discovered the *chicks-as-chick magnets phenomenon* and suddenly started realizing that whenever he was with his good-looking female friends he was attracting women like Colin Farrell with a puppy at a shoe sale. His friends started talking to other women about random stuff and suddenly he was meeting women effortlessly. Trust me **women are great "ice breakers" with other women**, women tend to lower their defenses around men who have other women with them.

Most women tend to see these men as having a seal of approval. Besides, in occasions women also want what they can't have (or in your case what they think they can't have), so they become interested... Before I explain to you how your wife or significant other can turn into a chick magnet, have a look at these short videos from famous TV shows talking about the concept of wing women invented by Shane Forbes. You will need Windows Media Player to see this videos, if you don't have this program you can download it here:

Download Windows Media Player click the link below.

<http://www.microsoft.com/windows/windowsmedia/player/download/download.aspx>

Eyewitness News

<http://www.wingwomen.com/EyewitnessNews.wmv>

Good Morning America

<http://www.wingwomen.com/GMA.wmv>

Life and Style

http://www.wingwomen.com/Life_and_Style.wmv

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You see? Isn't the concept great? Well you don't need to pay \$50.00 an hour! Your wife or girl friend can very well be the "Wing Woman" whenever you're flirting for a threesome". My suggestion is that wherever you go, you should use this concept and you'll meet lots of candidates that can be suitable for your threesome sexcapades.

Are You Afraid of Rejection?

You're afraid of being rejected? Don't worry. What's the worse that could happen? That the person you approached is not interested? So what? You'll survive it; believe me, you won't drop dead instantly. You feel that your ego is hurt from past rejections? Why? We all go through rejection at one time or another. If you've never been rejected before, I expect your life is pretty dull! Any good sales person will tell you, that they don't mind rejection!

They understand that whenever they're rejected that best mind set to have is to think "NEXT", and move on... You already have the "NO" ,your job is to find the "yes." As *Forrest Gump* says: "If you want to increase your chances of winning the lottery all you have to do is buy a lottery ticket." So, next time you feel uncertain think of this and cease the day!

"Flirting for a ménage à trois is a matter of team work. One of you starts, and the other one relays, until finally you achieve the desired."

- Dominique van Doren

Chapter 7

The Art of Seduction



***"Pursuit and seduction
are the essence of sexuality."***

- Camille Paglia

1947-, American Author, Critic, Educator

Learning From the Master Himself



There has never been a man more renowned for his power over women than *Giacomo Casanova*. In fact, his name is always associated with seduction. Throughout his life, he seduced 132 ladies from all walks of life. Noble women, actresses, dancers, chambermaids, slave girls, a priest's niece, a farmer's daughter, five sisters (plus their mother) etc. It was well known that he was simply irresistible. The dream of almost every man is to be at one time or another *Casanova*.

Giacomo Casanova (1725-1798)

***"To seduce a lady you simply need a strategy."
- Giacomo Casanova***

Being a romantic, my husband was always fascinated with this peculiar man so he read the full 12 volumes of his memoirs years ago, and now they're part of our seduction library. Casanova's stories of seduction are a beautiful display of planning and creativity. In order for you to be a successful seducer you need to work as a *Casanova* as he was the master planner of seduction! Why not use the wisdom of the most famous seduction genius in history to learn the delicate art of seduction? My husband and I made a compilation of his 10 most used strategies. (Saving you the burden of reading the 12 volumes of his memoirs)! We're certain they will help you plan for that special night.

"By "seducing" We mean get her into bed. It might take us an evening, or a couple of days, or weeks (once it took us a year). We don't actively manipulate women into bed, but we develop a relationship to a point where sex just happens to be the next step."

-Karl Bauer (Yep my hubby!)

Casanova's Seduction Strategy #1 ***To make a woman feel special... do something special***

Casanova never said “What do you feel like doing tonight?” He took charge. He had a plan. He said that a great way to do this is to imagine that you’re proposing. What can you do to make the night so special she couldn't possibly say no? Arrange it. Be creative. After all, you’re “proposing” - only it's something far more enticing than marriage. Casanova said that women are very appreciative of effort. A good seducer would realize that.

Casanova's Seduction Strategy #2 ***Privacy is sexy***

Make sure you create an intimate atmosphere where she feels safe and relaxed. Disconnect your phone or make sure your answering system is working. If you got children make sure they’re at their grand parents. Close your doors, windows and curtains; the last thing you want is nosy neighbors snooping around. Remember that there’s no greater compliment for a woman than your full attention. Bare in mind that the more relaxed she is the easier it will be.

Casanova's Seduction Strategy #3 ***Let her enjoy both of you admiring her***

Compliment her at opportune times - choosing a trait other than the obvious. For example, good looking gals are used to being told they're beautiful. That kind of compliment has little effect. But tell a good looking gal that she's smart, and you'll open her heart. There's a magical quality to someone admiring you. This strategy it works miracles.

Casanova's Seduction Strategy #4 ***Make her the center of the world***

Casanova's seductions lasted several hours, and he spent much of this time asking questions and listening; this is always flattering for any gal. The real reason why women found Casanova so fascinating was because he found women so fascinating. Gals love it when someone shows genuine interest in them. Try always to touch their hearts and then dare venture further!

Casanova's Seduction Strategy #5 ***Be decadent! As much as you can!***

During his seduction evenings, Casanova spared no expense. His apartment, his dinner table, his own body; everything was always dressed with the finest available. He cooked aphrodisiac meals consisting of delicate dishes such as oysters, champagne, game, truffles, fruits, and sorbets; Casanova was obviously ready to impress. Provide your friend with something decadent. Whatever it is, make her feel that she's really special. Remember; indulgence is the removal of a single brick that will significantly weaken the temple.

" Bed is a capital place to get an appetite. "


- Giacomo Casanova

Casanova's Seduction Strategy #6 ***Savor the anticipation***

I believe that anticipation, excitement, and tension are some of the biggest turn-ons that a woman can feel. Women LOVE to wonder what's coming next. They LOVE to be surprised. They LOVE to be waiting on the edge of their seats. Casanova was the master in the art of romance; his seductions were slow. He knew where he was going so there was no rush. He savored the moment. Keep in mind that subconsciously, your friend might know she's going to be seduced; however you're the only one that knows what's going to happen, so the prelude should be part of the threesome. Your aim is to get to the point where the three of you feel that glowing feeling in your tummies. Keep in mind that foreplay doesn't happen only in the bedroom minutes before intercourse. For a threesome it might encompass an entire day, depending on your planning.

Casanova's Seduction Strategy #7 ***Appeal to all her senses***

Casanova scented the apartment with roses because he believed they were aphrodisiac. He served delicate foods and champagne. He asked for his lady's points of view because he knew every woman loved the music of her own voice. He created a romantic atmosphere. He touched her often and gently made her the primary focus of attention. By stimulating all senses, Casanova was able to immerse women fully in the moment, and made them feel more alive and sexual. So be attentive to every one of your candidate's senses. Play background music, gently touch her back to guide her, make eye contact, give her a flute of champagne to sip, buy her a fresh flower to sniff.... Warm up every one of her senses and make her ready to the ultimate pleasure: a threesome!

 <p>Sexpert's Point of View:</p>	<p>You can also stimulate your own senses and make her feel special at the same time! When you get an opportunity, smell her! Gently run your nose and lips over her shoulders and neck smelling her. Say "Mmmmm... you smell good. I'm just going to smell you for a while." You're going to love how she reacts to this!</p>
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Casanova's Seduction Strategy # 8 ***Be Playful and Creative***

Most of the food, drink and conversation that Casanova preferred were sexually suggestive. He realized that sex isn't serious - it's playtime for adults. Playful activity is the best way to warm up. Dare to be provocative. Eat with your fingers. Feed each other. Remember your goal is to make to keep the evening lighthearted. Have Fun! A great tip I can give you is to blind fold your wife and your invited friend. Women LOVE to be blindfolded! Don't ask, just do it. Go a grab two scarves out of your closet (silk preferably) and put it on them.

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Remember, women are turned on more by their other senses anyway. Turning their vision off heightens their other senses and makes them even more responsive! Make sure you have fun food available. fruit (berries, mangos, and peaches are excellent), hot chocolate, whipped cream, honey, or any gooey, yummy, fun-to-lick-and-slurp food always adds some joy.

Casanova's Seduction Strategy #9 ***Carpe Diem!***

Casanova was an opportunist. He traveled from country to country, working all sorts of diverse jobs. He even pretended to be a priest and a pimp in order to seduce a lady. He was always ready to seize the day. If your evening isn't going according to plan, you need to be creative. Be attuned to fate and go where it directs you. Some of the most beautiful threesome experiences I've shared were a result of either me Karl seizing the opportunity. Remember, confidence and daring in itself are a major turn on.

"Only those who dare to fail greatly can achieve greatly."
-Robert F. Kennedy

Casanova's Seduction Strategy #10 ***Surprise her with a present!***

After dinner, Casanova directed his lady to a candle lit balcony where he presented her with a beautiful lace nightcap. That was usually the final *coup de grace*. She would fall in his arms ready for a passionate night. Women love unexpected gifts. Casanova's gifts showed a great deal of creativity and thoughtfulness. When seducing, my husband often has a present for our candidate and myself. It tends to be something naughty but tasteful and provocative; from classy scented bubble bath soap, to massage oil, to a see-through shirt. Remember the best time to deliver your present is at that critical point in the evening when there remains just one obvious way to show a little gratitude... Remember to build curiosity and anticipation! You can always mention at the beginning of the evening: "I've got a present for you, but I'll save it for later". Trust me she'll be wondering the entire evening what you got for her!

Important Seduction Prompts

These are some great seduction prompts I strongly recommend you to have handy for your seduction nights.

1) An illustrated book on massage:

Have this book in a place that could easily be found. Having a book on massage is a perfect excuse to start massaging your friend.

Here are 3 books you might consider:

- **[The New Sensual Massage](http://suzybauer.com/recommends/sensualmassage)**: *By Gordon Inkeles*
<http://suzybauer.com/recommends/sensualmassage>
- **[Sensual Massage for Couples](http://suzybauer.com/recommends/massagecouples)** *By Gordon Inkeles*
<http://suzybauer.com/recommends/massagecouples>
- **[The Art of Sensual Aromatherapy](http://suzybauer.com/recommends/aromatherapy)**: *By Nitya Lacroix*
<http://suzybauer.com/recommends/aromatherapy>

Please watch the videos below and see for yourself just how quickly an "innocent" massage can turn erotic:

Click the links below to see how quickly things can turn really erotic!

<http://www.youtube.com/v/3XVJ3Q8WX2k>

<http://www.youtube.com/watch?v=XxXw2jWUkhM>

2) A book on palmistry: Women love having their hand "read", remember this is another way to start the touching. Here's a book we in our living room and that I suggest you also have. It's a great conversation starter and warming up tool:

[Sexual Palmistry](http://suzybauer.com/recommends/palmistry): by Nathaniel Altman

<http://suzybauer.com/recommends/palmistry>

3) Illustrated sex books

The Little Bit Naughty Book of Sex Positions *by Kate Taylor*

<http://suzybauer.com/recommends/sexpositions>

Step By Step Threesome by Suzy Bauer

4) **The Joy of Sex: 21st Century Updated** by *Kate Taylor*
<http://suzybauer.com/recommends/joyofsex>

5) **The Bedside Kama Sutra:** by *Linda Sonntag*
<http://suzybauer.com/recommends/kamasutra>

Conclusion

Follow the ten Casanova's Seduction Strategies and practice the art of seduction. Throw in your own creativity and charm and your success is guaranteed!

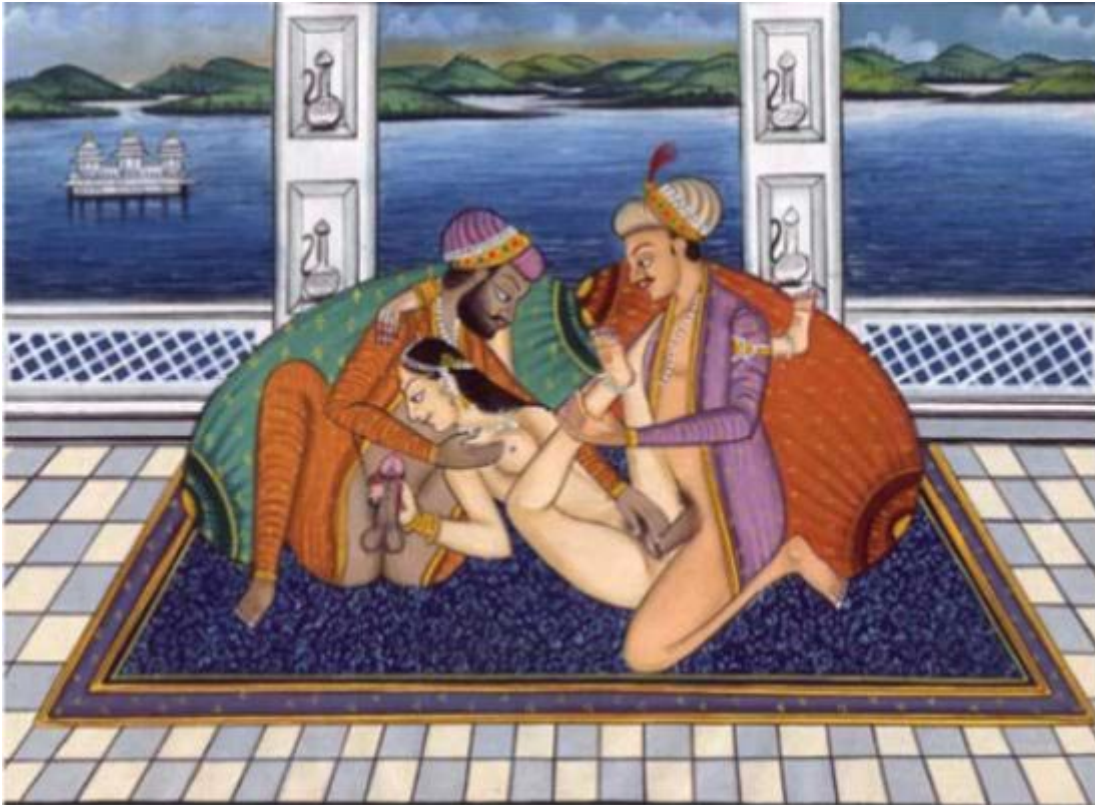
***"In a great romance, each person
plays a part the other really likes."***

- Elizabeth Ashley



Chapter 8

The Aphrodite Trio MMF



*"Alone we can do so little;
together we can do so much."*

- Helen Keller

Different Strokes For Different Folks

I've already told you my threesome preference is FFM (Adonis) I have participated in some Aphrodite (MMF) threesomes but at the end of the day, I'm more attracted women than men. This might not be your case, that's why I've asked a very good friend of mine who's an expert in MMF threesomes to review and enhance this chapter.

Arranging an Aphrodite Trio (MMF)

FFM threesomes are easier to arrange if you have a steady partner, for a single guy it is more difficult. MMF threesomes in the other hand are easier to arrange for couples and singles alike, because the mechanics are different... For example: A couple can seduce a single guy, a single guy can seduce a couple and last but not the least two friends can seduce a single girl! In this chapter you'll be learning how to accomplish the three and you'll also discover why seducing a girl with a buddy is one of the easiest ways to get laid at any given day!

Aphrodite Trio: Issues You Need To Be Aware...

Inviting another male for sex play may seem really exciting at first but if the guy in the seducing couple is not mentally prepared for the experience he might feel suddenly very jealous or insecure. For example; if the other guy's cock is longer, he might feel intimidated. If the other guy can last longer he might feel bad about the whole thing afterwards. Before getting involved on an MMF threesome women need to understand, that the male ego can be a fragile thing! If having two guys is your fantasy, make sure you always reassure your partner.

Make him feel special and unique and don't EVER praise the other guy's cock or technique as being better or more fulfilling than your man's cock or technique. You MUST do all you can to support your partner's male ego... and demonstrate your special love/feelings for him in a way that is above any "fondness" you may demonstrate for any other extra guy. Failing to do this will really affect your relationship! Making your partner feel special and unique is a vital part of a successful Aphrodite Trio. If you're ready for an Aphrodite Trio, obviously means that you've already thoroughly spoken about it with your partner and now you're ready to take the final step. Materializing it!

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As a couple there are two options:

- 1) You can seduce a friend or
- 2) You can seduce a stranger; (a friend that you have not yet met.)

Aphrodite Trio (MMF) Option 1: Seducing a friend The Safest Option

This might be the safest option, as you already know the guy and have a friendly relationship with him; the next natural step would be to explore the possibilities of having a Trio with him. In any case remember that in threesomes, the Adonis *and* the Aphrodite Trio, females are the ones that select; it's always a woman's choice, not a guy's. As a guy you can't impose your horny wishes on your wife! It's the same in the swinging scene; females are always in control. So avoid pushing it, if you do you'll certainly regret it! Only once she feels comfortable with the guy and fancies him then you can proceed to the next step: the seduction.

Male Bonding Works Miracles

The seduction can happen in many ways; depending on how good your relationship is with this friend you can be clear and direct at expressing your wishes. For an Aphrodite Trio's (MMF) I recommend that it's the male in the seducing couple who addresses this issue with the inviting friend. The last thing you want is for your friend to think that the wife of his friend is making advances on him. That'll make him feel very uncomfortable... For example: The guys could go out for a drink and through a conversation he can start "testing the waters" on how "the candidate" feels about the subject. Male bonding is very important, and it's not difficult to throw in the topic of sex. He can start with probing remarks like: "We're thinking of building a Jacuzzi in our place. The funny thing is that Julia always asks me who of our friends would dare skinny dipping with us..." Then wait for his response. Or "We're thinking of building a sauna at home.

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We'd love to have friends over, and have a sauna party; however we wonder who'll feel okay with all of us being naked in there. What do you think?" As you can see these types of questions are taking your friend a little bit into the deep end of the pool without him realizing it. If you feel he's comfortable with these kind of remarks work him a little bit more until you can feel you can be blunt and direct with him. Don't ask: "Wanna fuck my wife?" Be a little bit more subtle; "Julia's fantasy is for me to share her with another guy..." Then shut up, highly likely he's going to ask you: "And how do you feel about it?" This is your chance to make your approach. You could say: "Well it depends with whom; with a friend like you I'd see no harm..."

One, Two, Three: Action

Slowly but surely you've made your move, the next step is to plan an evening just the three of you and let her seduce him under your approval! This could be achieved with a massage or with some naughty games or in many other different ways... It's that easy! Now ladies, if you feel your husband might be a little bit shy, you can also take control over this situation. What I suggest is that you invite this friend over for dinner, enjoy some wine, watch a video, skinny dip, sit in the Jacuzzi, or start massaging your husband in front of him, then simply look at him and let your husband say "Honey, I think John deserves a massage too", then move to his side and start massaging him. The moment he realizes that he has his friend's approval; he'll just let the entire thing happen.

Aphrodite Trio (MMF) Option 2: Seducing a stranger Female Seduction Power

Possibly you're not that direct and feel a little shy to seduce a friend. Well no problem, you can also achieve your goal with a 'friend you haven't met yet.' In this scenario playfulness and flirting will work just fine. What you can do is go to a nice business hotel both dressed very attractively and let the female in the seducing couple sit by herself at the bar where she can easily be spotted by traveling business men. Let her ask for a drink while the male "partner in crime" sits somewhere else across the area where she's sitting but where he can clearly see her. Here it'll be her charm that'll get you the arrangement...

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Work out two signals beforehand: one that means “This guy is o.k.” and the other one “Come rescue me!” If the guy is being a bit of a nuisance you better go rescue your wife, however if she finds the guy attractive and there seems to be good chemistry, she then can proceed to bluntly ask him, “I find you very attractive, my husband and I often fantasize of a nice looking guy like you to join us in a threesome.

He’ll be arriving soon; do you think it might be an option? He’ll surely be shocked at first but his male genetic code will quickly take over and he will highly likely agree! If he does, she should signal her partner to join them. It’s recommended that once you get to this stage you should have one more drink before starting the activity, so the husband/partner will also have a chance to get a bit acquainted with him. Your goal whilst having this drink is to steer the conversation as much as possible towards the subject of a threesome and sexual fantasies. Judging by his behavior you’ll receive clear vibes on how he will be when the action starts...

Guys Helping Out the Horny Woman

Another variation of this would be for him, the guy in the seducing couple, to take the lead. You can both be in a bar, and if you spot a guy you like, he can then approach to him and say “You know; I just met this lady and she confessed to me that she’s as hot as the Sahara desert in the summer. She says it’ll take two men to satisfy her and she wants you to help. Would you like to join us?”. This approach is much safer for shy women. Be aware that this should not be done in the city where you live. The last thing you want is to suddenly see this guy again in your office discussing an important business deal with your boss.

Sandra’s Fantasy

Let me tell you the story about how Tom and Sandra seduced a friend to make Sandra’s fantasy come true.

Tom has been married for several years to his beautiful wife Sandra. They have a very active sex life, and often talk about their fantasies during lovemaking. One of his favorite fantasies was sharing his wife with another man. One day Tom mentioned to Sandra that he had invited his friend Mark over for drinks, and her eyes lit up. About fifteen minutes before Mark arrived, Sandra disappeared upstairs. Tom and Mark had some drinks and chatted about work.

Step By Step Threesome by Suzy Bauer

Sandra remained upstairs and Tom began to wonder if she'd abandoned them for the evening. But soon she strolled into the room, and she looked fantastic. She'd changed into a miniskirt and a tiny top. Her black shiny hair was piled up on her head in a loose tumble of curls, and looked very sexy. She sat on the couch between them and asked for some wine and after a half hour of small talk, Sandra put her bare feet on Tom's lap and asked him to rub them.

He began rubbing one foot, and then suggested that Mark should rub the other. Both Tom and Mark serviced her in this way for a few minutes, until Sandra complained that she was in an uncomfortable position. Tom suggested her to lie on the floor so they would give her a full rubdown.

That was when their fun really began. While Mark rubbed her feet and legs, Tom moved up to her bottom and back. Tom prepared some hot massage oil, and pulled Sandra tiny top over her head. She did not resist at all. Tom continued to remove her clothes while they slicked her down with oil. Mark said, "Now for the good side," and rolled her on her back. Her boobs, round as cupcakes, begged to be sucked. Mark and Tom munched them for a while. Sandra's flesh was sweet, soft and wet with oil and sweat. They both noticed she'd closely trimmed her blonde bush, leaving just a whisper of curls around the lips of her pussy. For the next three hours both did everything imaginable. Sandra loved all the attention she was receiving. It was clear from her moans that she was in heaven. Their sex life since that night has never been better; Tom and Sandra often look forward to their next encounter with Mark.

As you can see, it didn't take much to make an Aphrodite Trio (MMF) happen. The only thing required was for Tom and Sandra to work as a team to seduce Mark. However, the truth is that Tom had already done the ground work through "Male Bonding" prior to the session. You can see that if your fantasy is to have an Aphrodite Trio it can very easily be arranged.

Yvette and Mathew's Approach

Yvette and Mathew are an item since 1997. Yvette often describes herself as "a bit of a nympho" Mathew likes that she's so horny. They have had over 100 Aphrodite (MMF) threesomes since they've been together, and I thought she'll be the right person to contribute "first hand" with her MMF strategies. Yvette and Mathew live in a beautiful beachside resort outside Los Angeles. As we live in Europe we don't have the chance to see them often but when we see them we always have a great time together. Last time we saw each other I told her to review this chapter of my book and she told me that she would gladly contribute with some great insights on how they seduce guys for their threesome sexcapades. Below is a transcript of our conversation:

Suzy: Where do you find candidates for your MMF threesome sexcapades?

Yvette: We find good looking guys all over the place! In the gym, on the beach, in bars and I've even met guys in book stores.

Suzy: Can you describe how you guys seduce another guy?

Yvette: Sure, As I already told you we meet guys everywhere. I'll tell you specifically how Mathew and I seduce guys in a bar, as this is an ordinary place where men and women meet.

Matt and I love going to a club we found one night while cruising around with another guy we were already occasionally inviting into our bed.

The place has a bar, a dance floor and a large room that houses about six pool tables. When we go there, I dress up extra sexy. When we arrive Mathew will shoot pool while I accept dances with various guys. While dancing I always make it clear that I enjoy having fun... and that I am married! When I meet a guy I think would be an interesting candidate, I immediately point him out to Mathew. That often leads to Mathew joining the guy for a beer while they both "oogle" me. On more than one occasion the other guy will voluntarily comment, "Wish I could get a piece of that one." Mathew picks it up from there. If I have already indicated my approval,

Step By Step Threesome by Suzy Bauer

Mathew will respond by saying something like, "If you are serious, that may be possible." Then he will lead the guy aside and tell him about our sexcapades.

If the guy is not repelled by the idea of being one of two guys making it with a woman, Mathew will ask the guy more questions, get a phone number for a later contact, and tell him we will be in touch. Then, we generally all three meet at a neutral place for a drink... just to get better acquainted... before we ever actually arrange to meet at a motel. On a few occasions at that club, I've taken the lead with a guy I feel particularly attracted to. I will invite him to dance with me... I will cuddle close on the slow dances, and I will press my breasts on his arm or let my hand touch his crotch while we are close. If I get his attention, I may ask him if he likes to "fool around." If that gets a favorable response, I may tell him I am married, and that my husband occasionally lets me invite another guy to join him in having sex with me. If that does not blow his mind, I will ask him if he has ever joined another guy in giving sexual pleasure to a woman... does the idea turn him on... and if he might be interested.

I'll leave him for a moment and will go talk to Mathew. If Mathew agrees, he will approach the guy without me being present... tell him about our conversation... confirm my feelings about the "worthiness" of this prospect... get his phone number for a later contact, and tell him we will call him later. We ALWAYS get a guy's phone number BEFORE we set anything up. We don't care if it is a work phone, a home phone, or his voice mail... but we insist on having a way to renew the contact on our terms and timing. AND... We are always very discrete when either of us calls.

Suzy: All these insights are great stuff, I'm happy you're telling me all this. My readers are going to be thrilled! Now, tell me; what do you do when you meet this guys again?

Yvette: During our first "get-acquainted" contact with a new candidate, we ask him lots of questions. We are interested in finding out as much as possible about him.

Step By Step Threesome by Suzy Bauer

Through these questions we attempt to assess health and discretion risks with this guy. I would say that for one reason or another; at least half the guys we have met for a "get acquainted" drink never end up in our bed! We've screened them out! We want guys who will be fun to be with, at ease with their sexuality, have a high probability of clean health, and are intelligent. Most of all, we want to avoid assholes who would mess up the experience.

Suzy: So, if I understand correctly, you guys have several '*fuck buddies*', right?

Yvette: Indeed, I don't want your readers to think I'm a slut. In the six years since Matt and I decided to give MMF threesomes a try, I have probably had the opportunity to experience the cocks, tongues and hands of 40 or so different guys while Matt has simultaneously made love to me. When we got started we were wilder than we are now. Today we have 5 '*fuck buddies*' and we set up our MMF threesome sexcapades about once a month with either one of these guys. They NEVER meet each other... and I have never met any of them when Mathew was not with me. These may not be necessary rules... but they are our rules... and they work well for us. Matt and I strongly believe that variety is the spice of life! and having these erotic adventures has made us grow closer and fonder of each other.

Suzy: Fantastic insights. Is there anything you would like to add to what you have already told me that you think will help men and women enjoy their first Aphrodite Trio?

Yvette: Sure, TRY IT! it's really a fantastic experience. I have 3 gems of advice for the 3 people involved:

1) For the girls: ENJOY, just be careful of not paying more attention to the new guy than to your partner. You'll damage his ego!

2) For the hubby or boyfriend. Please understand that we're not there to compare you. If you feel the other guy is a better fuck than you think you're, don't feel bad about yourself. Learn from his technique and feel happy for your wife/girlfriend. Don't worry she is not going to judge you! She loves you and for us women feelings are more important than sex. Besides we value that you have the trust and confidence to let us experience this fantasy!

Step By Step Threesome by Suzy Bauer

3) For the guy joining the couple: Treat the couple with respect and kindness. Ask for his approval for whatever you want to do with his wife. Follow their lead and they will love you for it!

Suzy: Yvette, I love you for sharing this information with us. I'm sure my readers will really appreciate it!

Yvette: Thanks for letting me do so, I love you too and I love what you're doing! Good luck!

The Moments After (Aphrodite Psychology)

There's one more thing you need to know about Aphrodite Trios (MMF)... In contrast to an Adonis Trio's (FFM) most of the Aphrodite Trio's (MMF) don't spend the entire night together. For women the intimate connection after sex is very important, however usually men are ready to move on after having already culminated on orgasm. You may have three hours of lust and passion, but as soon as the three of you are finished, the feeling will quickly dissipate and the 'extra' male will be strongly inclined to "retreat". Remember; this is a natural tendency so don't even try to change it! There's a British male chauvinistic joke that says: "Do you know what's the definition of eternity? The elapsed time between the time that he cums and the time she leaves." This might sound horrible to women's ears; however, it's not far from the truth! After you guys are finished... make him feel free to go wherever and whenever he wants. The most important thing is to make him feel welcome to do as he pleases.

Don't ignore him or exclude him from the conversation. Both of you should be thankful for sharing the experience with you, and play it by ear, keeping in mind that he should feel comfortable to do as he wants.

Anal Sex

**"If you think sex is a pain in the ass,
try a different position."**

When thinking of having an MMF (Aphrodite Trio), most people will invariably think of two combinations.

- 1) Simultaneous oral sex and vaginal penetration a.k.a being fucked while giving a blow job.
- 2) DP's (Double Penetration) Double penetration is the simultaneous penetration of a woman vaginally and anally.

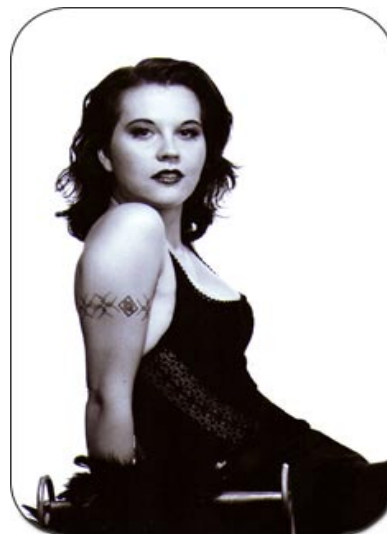
If you're new to anal sex, and you fantasize about having to guys for you to enjoy, I suggest you start trying anal sex with your partner first. Before you get your butt involved on sexual play, please read an article published on www.goodvibes.com called Ten Rules of Anal Sex and another one called Exploring Anal Sex first! <http://www.sexuality.org/incoming/aanal.html>

Or even better, visit the site of super attractive bisexual woman Tristan Taormino and discover every thing there is to know about anal sex! She's the undisputed queen of anal sex and her advice is the absolute best on the topic. The name of her site is www.puckerup.com However if you're in a rush remember these rules:

- 1) **Go slow**
- 2) **Stop if you feel pain**
- 3) **Use *lots* of lube.**

Remember; when you begin to work on the sphincter, it's good for everyone to have a ritualistic cleansing.

It's not uncommon to have a little fecal matter around the anus, no matter how diligently we try to wipe.



Step By Step Threesome by Suzy Bauer

So before involving your anus you should lovingly clean her ass with a damp cloth or one of the baby wipes. This will help put her be at ease. This way she would not be nervously wondering the whole time whether her butt is clean and she'll be free to enjoy the action. Better yet, take a bath or shower together. This could help you both relax. One more time: Real life is not like porn. You can't just stick it in. Remember, this area is made up of muscles, and if they're tense, any penetration will hurt.

DP Techniques

Double penetration is a huge fantasy for many women and men -- Double penetration has become a common variation shown in porn, and one that video consumers increasingly expect and want. But how common is it off-screen? And while the "industry standard" in porn may be two men on one woman, sex toys give us a world of possibility for enjoying this much-fantasized act, whether we've got male partners or female partners, two partners, one, or we're enjoying ourselves alone. In fact I strongly suggest using toys to practice prior to attempting the real thing.

Double Penetration With Sex Toys

RULE # 1 Make sure that nothing that goes in your butt then goes directly into your pussy, since an infection can result. Since latex or jelly rubber toys can't be sterilized, if you're going to use a toy in your anus that you might later use in your vagina, simply cover it with a condom. Silicone toys *can* be sterilized, so after you use one in your anus you can use it in your vagina as long as you boil it first. here's another article on [Toy Care and Cleaning Guide](http://www.mypleasure.com/education/sex-toy-guide/maintenance.asp) for more information. <http://www.mypleasure.com/education/sex-toy-guide/maintenance.asp>

Although there're many toys that are designed for DP, I don't not really recommend you using them, I've tried them and they're not the best. The feeling and angle is a bit backward to simulate double penetration. Your best bet is to select two different dildos or one dildo and a butt plug. When selecting your sex toys make sure you select flexible (silicon) and not rigid dildos, and buy them on a size that you'll feel comfortable with.

Step By Step Threesome by Suzy Bauer

Remember on a DP only a fairly small amount of tissue will separate one from the other so, veins or ridges may feel much more prominent than they would otherwise. Therefore, a smooth flexible toy may feel better. When exploring simultaneous anal/vaginal penetration, keep the *angle* in mind. You may need to adjust the position of your body and the toys to make sure that the two toys hit all the right spots.

This fantasy is called "The Oreo Cookie" and is a BIGGIE for many women.
(Click the link below to see Click here to see a DP video.)

http://videos.newsfilter.org/videos/oreo_dp.wmv

(Warning: The video is really explicit!) (Click the link below to see DP close up!)

http://videos.newsfilter.org/videos/Stacy_Valentine_1.wmv

The Real McCoy

After you try a few times a DP using your partner's cock and a dildo you're ready for the real McCoy. These are some tips you'll find useful on your first DP MMF threesome!

- Remember that while the positions used in erotic videos can provide some great ideas, those positions are designed so the camera can get the best possible angle. Unless you're using your camcorder to make your own sexy videos (which is certainly an option), you're going to be much more interested in what it feels like than what it looks like. Also, many of the porn positions are difficult or tiring to sustain; move around until you find the position that will be comfortable enough for you to relax and get off.
- Keep the relative body size of your partners in mind. Certain positions (crouching over a partner who's underneath you, for instance) will give you more mobility and control over the penetration while still allowing a second partner to get in on the action.
- Thrusting when two partners are involved in simultaneously penetrating you can become either a daunting challenge or a synergistic, ecstatic experience. Make sure all three of you are working together to move your bodies in a way that maximizes everyone's pleasure.

Step By Step Threesome by Suzy Bauer

- Most importantly, remember that the most critical rules of anal sex apply -- appropriately enough -- doubly here. Go slow, stop if it hurts and use a *lot* of lube! It's quite possible that you'll need to use more lube than you normally would, because there's likely to be a lot of extra friction.

Lastly, keep in mind that double penetration is such a huge erotic fantasy precisely because it's something acrobatic and challenging. If it proves not to be something that works for you -- or your partner(s) -- in real life, it can still remain a cherished fantasy. Certain bodies just don't fit together in certain ways, so be open to experimenting and trying new positions and styles.

MMF Threesomes For Single Guys And Friends (The Easiest Way To Get Laid)

If you're a single guy, you'll love this strategy!

Are you aware that there's a "secret society" of PUA's (Pick Up Artists) hitting clubs around the world all the time? The most famous PUA alive is a guy called: Neil Strauss, his "play name" is "Style". He's the Ur-Guru of PUA's. He wrote THE BOOK on being a PUA called "The Game". <http://www.suzybauer.com/recommends/game/>

He used to teach seminars for five or six people in his own home in southern California about how to become a PUA during the day, and then during the evening he and his students will hit the clubs! He was charging U.S. \$ 600.00 a head for sharing his secrets... He's famous for his "Annihilation" method and the "Wingman" method of seducing chick's in a bar or club. I'm not going into detail in these methods but I surely recommend you to get hold of this manual! Trust me; you'll thank me for this tip! I'm telling about the PUA's because if you follow my advice, you TOO can become an MMF Threesome PUA! YES! Can you imagine picking girls up in a bar, taking them home and having extraordinary MMF threesome sex whenever you feel like it? Using this strategy you'll be able to do that! So here's what you need to do:

Find yourself a buddy who's also interested in MMF threesomes. (In my experience many guys are!) Next, get him to understand this concept, so both of you are in the "same page"! In most places in the western world, the norm is; "one guy hit's on one girl", right? Well, here's the plan.

Step By Step Threesome by Suzy Bauer

If there's a girl you like, and you're with your buddy, she will become your "candidate"! The secret here is; NEITHER of you is going to hit on her! What you'll do instead is get her confused... Both of you need to be kind and sweet to her and OF COURSE shower her with attention and compliments! She'll feel great and she'll have no clue at first what to make of it!

The fact that two guys are showing interest in her without actually hitting on her will be a complete new experience for her, she'll love it! The following step is what I call the; "**Isn't she gorgeous**" step...

By now, you've been showering her with attention and making her feel really great about herself, now is time for you guys to change focus... What you need to do is tell to each other: Isn't she cute? Don't you find her really attractive? Look at her eyes! Hasn't she got gorgeous hair? You get the idea. Basically bouncing compliments from one to the other. If she feels comfortable with the idea of two guys actually complimenting her in that way, most likely you'll be having some double nooky tonight!

Next step is the critical one and actually the most difficult...

That's why I need to warn you: **DO NOT MAKE YOUR MOVE UNTIL YOU'RE SURE SHE'S** ready! You'll need to get her out of the bar or the club. This step is called "**ISOLATION!**" And is very important, because you'll need to avoid distractions!

This does not mean that you'll take her straight back to your place! The three of you should go to a cozy more relaxed place where you can continue the conversation. What's critical now is that all moves must be now in a threesome. This means, that you guys should start blending in as a unit! In the car, the three of you should seat in the front and she should be in the middle (same if you go by taxi), whatever you do, the three of you need to do it together! The biggest mistake most guys do at this point is: break the threesome energy, by either leaving her with one of you for a long period of time or by one person hitting on her more than the other!

Step By Step Threesome by Suzy Bauer

Mind you; the threesome energy must be overwhelming! You guys are a unit, and she's the recipient of all you attention EQUALLY! If she start noticing that one of you is slightly more interested than the other, you will not be able to achieve your goal! Your next move is: "Becoming Naughty", here's where you're going to start exploring how open she is sexually. You're going to start asking probing questions... Start with easy questions and increase the naughtiness as you go along. Perhaps a good idea to prepare for this step is to review the questions in the Purity Test you got as a bonus with this manual. If you don't have it handy right now, you can re-download it from: <http://www.stepbystepthreesome.com/freebonuses.htm>

If you've done your "ground work" right, it'll be easy for you two to take her back home. By now she knows what's going on and she's interested. Her only concern is trust! Now is very important that you make her feel safe and that she can trust you, if not, she's not going to go home with you two! On your way back home, you need to continue to build the threesome energy, everything you o must be as a unit of three! When you get back home continues with the "sex talk" and slowly but surely moves to the erotic action. Use the strategies that you're learning in this manual and take her from where she is to making your MMF threesome happen! Here's an "enacted" video of a moresome that will more or less reflect what can happen using this strategy: (Click the link below to see a video. Loading is a bit slow so be patient)

http://videos.newsfilter.org/videos/Venus_.wmv

Conclusion

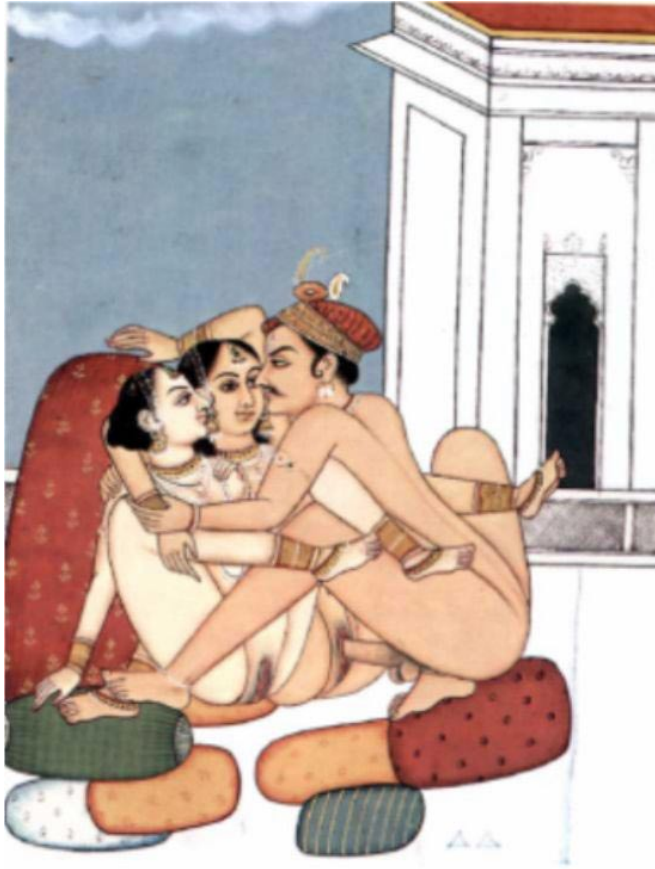
An Aphrodite Trio (MMF) is fairly simple to arrange. A small amount of ground work and you can enjoy an MMF threesome any time! Follow the specific guidelines that I have provided in this manual and *voila!*

Enjoy!

"The man who said "A bird in the hand's worth two in the bush has been putting his bird in the wrong bushes."

Chapter 9

The Adonis Trio



***“What the mind of a man can conceive
and believe, it can achieve.”***

- Napoleon Hill

The Adonis Trio (FFM)

Now you know how to seduce a hunk, right? Are you're ready to fulfill your Adonis Trio (FFM) fantasy? It's time to talk about seducing a lady! I'm sure you can't wait to read this section of the book right? Well, you've learnt that seducing a guy takes team work; seducing a gal requires also team work too.

I can assure you that the shortest way to seducing a gal is working together.

Similar as with seducing a guy, the main role of seduction will be for the female of the seducing couple. This may seem weird, but I can honestly tell you that when it comes to seduction it's better to leave it to us women, whether we seduce a guy or a girl; it's always easier for us gals. It doesn't matter whether you're seducing a close friend or a girl you've just met; your "candidate" needs to sense that the female of the seducing couple is alright with her man flirting with her (the candidate). Believe it or not, women are very protective of their true friends and will almost always choose their solid friendship over a passionate affair with their girlfriend's partner, no matter what! Therefore it's vital that the female of the seducing couple approves of any type of flirtation. I've already addressed this earlier in the book; the difficulty here is, to let go of the "moral myths."

Remember: Be open-minded and simply enjoy the ride! You don't need to have an unsatisfied sex life to crave a threesome; even happy monogamous couples recognize the realities of outer marital sexual and romantic desire. The truth is; the moment couples start working as a seduction team their sex lives will be enhanced to a level never thought possible. You'll become accomplices; you'll grow together and you'll grow fonder of each other. Just think about all the possibilities that "team seduction" can bring. Besides you'll have the power and the enlightened attitude to understand that there is a way to have sex with someone else besides your partner without having to be unfaithful. Isn't that great?!

***"One half of the world cannot understand
The pleasures of the other."***

- Jane Austen (1775-1817)

“Fishing” for the Adonis Trio (FFM)

Once you’ve got a special lady to pursue in mind, the next step will be to “open the door” so she can consider coming in. There are many ways to do this, however I’d like to emphasize in one that I call “*fishing*”. This is the least threatening way to open the door for her. I’m assuming that the lady you’re pursuing is a friend of yours or an acquaintance. “*fishing*” is a great metaphor for what I want to teach you! When you go fishing, you get your rod and tackle, get your boat to the middle of the lake and throw the line with a bit of bait waiting for fish to bite on it right? Well, this is not far from what you’ll be doing. You’ll simple prepare for when the possibility of going “*fishing*” presents itself, and when it does, you’ll go to the middle of the lake and throw the line with bait waiting for her to “bite.” After that all you need to do is reel her in...

Let’s Talk About Sex Baby!

Start a conversation about sex whenever you sense she might feel comfortable with it. This might be done as a couple or even better when the female of the seducing couple is by herself with her. Keep in mind that you need to “test the waters” first to avoid pushing her, or making her feel uncomfortable. Once you see that she feels comfortable move further. Start with innocent things like a naughty compliment on her looks. Like “Wow, those jeans will take you to Hollywood!” or “Your cleavage is going to provoke a few traffic accidents today...” See her reaction and slowly and tactfully take her every time a bit “deeper to the middle of the lake.” Talking about sex will open many windows of possibility, you’ll learn if she’s open-minded and what she likes when it comes to sex.

The Novice Mistake

During our first threesome my husband and I made the mistake we now call; “the First-Timers Syndrome”. I hope you won’t do the same! Pay attention and learn how you can easily avoid this by learning from our mistakes. My husband and I fantasized about having a threesome several times before we actually acted upon it. When we arranged for our first threesome, I decided it was best to do it with one of my friends. I spoke to one of my best friends, I knew from heart-to-heart girl talks that she was open minded enough to do it, and we made my husbands dream come true. Little did we know what was going to happen afterwards...

Step By Step Threesome by Suzy Bauer

The morning after, we all left and didn't see my friend for a few weeks. My husband and I of course had the opportunity to talk about the threesome experience. We kept in touch with her, but we didn't see each other as we all had a very busy schedule. When we spoke to her after several weeks, something felt different, however we couldn't really put our finger on what was wrong. The next time we saw her, we were hoping we'd be able to repeat the experience, however it didn't happen. Although we spent the night together in the same bed, we didn't enjoy each other sexually again. The morning after our second encounter, we had a small argument and we parted all feeling very strange about the whole affair. It took us a while to understand that our big mistake was that we put my husband in the center of attention instead of her. This was of course good for his ego but strained our alliance. We realized that by making the women share the man, we had accentuated the natural female competition. Obviously sharing my husband made her feel disadvantaged, less special and with not much desire to return. Unfortunately we made her feel that she was the "third person", not the "special person" around whom everything evolved. The one thing you must remember is to make sure that you treat the "third person" in the Adonis Trio as the most important person of you three!

The Mystery Revealed

Now that you understand this, it makes much more sense to put your (new) friend in the middle for the two of you to share! After all, she's the one making your fantasy a reality. She's the novel attraction in your bed and both of you would like to have access to her.

This, dear friend, is the *real secret* of successful Adonis Trio. *She not him* should be the centre of attention. Female nature requires tenderness and attention, and if you can provide that to her she'll be eternally grateful and very likely she'd want to come back! You'll seal a new sexual bond with your friend and that will elevate the sexual life of the three of you to a new level. Not long ago we had an incredible experience with a beautiful thin, tall girl we met and seduced. Although she had group sex before, she hadn't had too much experience with couples. We had such a wonderful night that we made soon after another appointment! One of her comments really struck a cord with me: "Having two people sucking and licking my nipples at once is one of the most exhilarating experiences I've ever had". If we would've selfishly concentrated on my husband instead of concentrating on her, probably we would've never gotten her to experience those exhilarating feelings and possibly our sexual joy would have been reduced to a one night stand, instead we've enjoyed her in our bed so far 6 times!

What's the Rush?

Another common beginner's mistake during the love making session is what I call; the "*What's-the-rush*" syndrome. After the long wait most men are so excited about having two girls in their bed that they lose perspective... they feel they're the "directors" and insist on showing the way of the action, quickly taking the girls from one act or position to the next in attempt to experience "every aspect" of his fantasy in one single session. Mind you, this is very short-sighted for many reasons... Guys, you should keep the following points in mind:

- It's silly to try everything at once. A threesome is not a Smorgasbord; it's a seven-course meal. You have to savor each course to the fullest and you'll enjoy it more that way than trying to fill your plate with a little bit of this and a little bit of that.
- Bear in mind that your invited friend can have a man any time she wants one. She didn't come for a penis, (sorry guys, that's just the way it is) she also came for the pussy. No, I'm not saying that she wants to have the pussy. However highly likely she is curious about experimenting with a female and a threesome gives her a safe and protected environment without having to think that her "*lesbian*" desires are wrong. If the man is dominantly directing the flow, the experience will become more of a pain than a pleasure.
- The man should allow himself to learn about how to really please a woman. Make sure that you allow the women to exercise their own pace and technique or intuition. Watch them kiss, touch and speak to each other. Women make love to each other how they WISH men would make love to them. Without the man interposing his own needs, he can learn what women really want.
- Your new friend can find a new couple much easier than you can recruit another woman. Allow her to do as she pleases and give her whatever she wants. If you try to impose your agenda on her pleasure, her search for paradise certainly will take her elsewhere.
- The evening will progress slower and will be more fun if the man doesn't attempt to become the recreational organizer of the evening. The man should guide the women to each other, watch more than participate, give more than take, learn more than teach. This is the secret that will make him be appreciated by the women and that will reward him with more and more threesomes.

A Night with Paulina

My husband Karl understands the above principles very well, not long ago we met a very cute Eastern European girl called Paulina. She was clearly more attracted to females than to males. Karl noticed this right away, so instead of taking the lead he let me handle the entire situation and it wasn't long before the three of us got busy erotically. Karl noticed that Paulina was feeling more comfortable caressing me than she was caressing him. So he backed off and simply observed her enjoy me. Paulina really appreciated his gesture. After an hour or so, she then took the initiative and we spoiled Karl rotten. So, guys remember for a successful Adonis Trio (FFM), you shouldn't impose your agenda on the two females and you'll be rewarded for your care and patience.

Planning Your Move

After you identified that your "candidate" is ready to be seduced, you'll need to plan the night for your threesome to happen! In a moment I will tell you a story that will put into perspective everything I've been telling you so far. You'll see how we planned our move and how we actually make a threesome happen.

Planning is key! If your planning is done properly you'll know what your next move is and you'll soon be enjoying the ultimate fantasy. First of all, you need to agree on a subtle signal and response so you and your partner both agree the time is right! I can't tell you exactly when that will happen, you'll just *know* the time is right! Your plan may be as simple as skinny dipping or hot-tubing; but it should be thought out and all details must be planned in advance. Planning won't only help you accomplish your fantasy; it's also a lot of fun! Karl and I have also in the past made the mistake of not having a proper plan and our threesome seduction did not end the way we wanted it to end. :-)

For example; once we were in Finland during a Christmas holiday, we met a really nice Finnish lady and we invited her to our rental apartment for a sauna session. In our excitement, Karl forgot to turn on the sauna an hour in advance and when we were ready for our move we realized the sauna was not hot. While we waited for the sauna to be hot, the mood cooled and needless to say we didn't experience our desired threesome...

Seducing Jessica

Let me tell you the story about the time when Karl and I seduced a friend of ours I'll call "Jessica" in order to maintain her privacy.

Pay attention while reading the story and you'll identify many of the strategies that I've been teaching you. For a long time my husband and I had fantasized about being with her. We pursued her friendship, always looking for excuses to have her around us. Normally women feel a bit uncomfortable being the third person, as they get to feel the "third wheel". Aware of this, we always made her feel needed and wanted. We valued her opinions, called her for advice, and we both developed a nice and comfortable relationship with her. Sometimes my husband would call her and send her e-mails, sometimes we both did. Our intention was for her to know that I was okay with his behavior towards her. We had several "*fishing*" nights, drinking wine and talking about many intimate things. It was clear to us that she was open for a threesome. We've been out together dancing and partying several times and Karl and I always enjoyed her company.

I loved encouraging her to dirty dance with him, and once in a while, I'd join them by sandwiching him during the dancing session. We knew she was ready to be seduced... We carefully planned the evening... a week prior, I told her that I had some extra money and I felt like getting some sexy lingerie to surprise my husband. I asked her if she'd help me select some, she graciously accepted and we both went to <http://www.laperla.com/>

While shopping, I encouraged her to also try on some nice sets and we both left with a few very sexy pieces of lingerie. Two days after that, I gave her a call and after a casual chit chat, I casually mentioned that my husband really liked the bra's and panties I bought, and jokingly told her that he also wanted to know what she bought... we both laughed and continued our chat, I asked her what she was doing the following Friday and she mentioned she had no plans, so I asked her to come over to our house for dinner and she agreed.

Step By Step Threesome by Suzy Bauer

The date was set! Karl and I knew that this was going to be "the night". That Friday, Karl arrived early from work and we both got ready for her. She had been at our home many times before, but from the moment she arrived she knew there was something different! The house was spotless and smelled of jasmine. The lights were dimmed, there was very soft music and the dinner table was lit with candles... "What's the occasion?" she asked. "Oh, nothing, we just wanted to make it "cozy" I replied. After a light dinner and a second glass of wine, Karl mentioned: "Jessie, you really have great taste in lingerie... I loved what you selected for Suzy." (This was our signal that the seduction was about to start) She thanked him and said that it is not only the lingerie, insinuating that my looks also helped a lot! "I also bought a very nice set of briefs for myself," Karl mentioned, "Oh," I said, "I didn't know that", following the game with him. "I'd like to see them", I said.

"Well, I guess you'll have to wait for tonight as I'm wearing them right now" Karl replied. I asked "And why should I have to wait? I've showed you mine immediately after coming back from the shop didn't I?" "Well, I'm not going to show them to you here, what's Jessie going to think?" Karl replied... "I am sure Jessie is okay with that, aren't you Jessie?" I asked, she grinned and shook her shoulders. "You see, come on show them to us..." Karl stood up, unzipped his pants and as they dropped to the floor Jessica gulped; we could both see she enjoyed what she saw. I whistled fuuuuu fuuuuu! Karl was just wearing a nice linen shirt and his new briefs; he looked very sexy! He told us that they were made of a very nice material and asked me to touch them, so I rubbed his bottom and said "Wow; this is really nice material" and I encouraged Jessica to feel the material too...

I could see she felt awkward about touching Karl's bottom, so I put my hand on top of hers and together we rubbed his bottom again. Indeed it is very nice material, Jessica said... After that, Karl mentioned that he heard from me that Jessica had bought some really cute stuff too. So, I took the lead and asked her if she was wearing it tonight. She said she was, but that she wasn't going to show it to us... I asked "Why not?" And she said because she felt a bit embarrassed. We both insisted and after a few minutes, she said "Okay, okay, I'll show them to you." She started unbuttoning her blouse and she showed us her bra. "You got a gorgeous body," I said, "it would be really nice to see how the full set looks on you."

Step By Step Threesome by Suzy Bauer

This time I didn't have to insist, she took her skirt off and there she was suddenly modeling beautiful burgundy lingerie set. Wow! Karl said... As I was the only one still in full gear; I also took my clothes off and started modeling my lingerie. Suddenly we all were half naked drinking wine. Karl asked if he could feel the material from Jessica's bra and without giving her a chance to answer, he softly grabbed one of her breast, and I did the same while Jessica stood there speechless, looking a little bit surprised but clearly enjoying it. As we saw that she didn't resist, the next thing she new was that we both started sucking her nipples to hard points. She could have stopped us but as it felt so wonderful she didn't. It wasn't long before the two of us were spoiling her rotten sexually. After approximately 5 hours of pure sexual joy we all fell asleep to wake up the following morning very close to each other. We have repeated the experience several times and our relationship with Jessica is better than ever! After reading my description above, I'm sure you've identified many of the strategies I've already mentioned. In my eyes this is just the right way to make it happen. **BOLD MOVES!** What's even nicer is that threesomes only get better as they mature into comfortable familiarity. Remember: maintaining one relationship is much better and far easier than recruiting someone new each time!

The Point of No Return

When an airplane is taking off, there's a point in the runway that pilots know as the "point of no return". Once the aircraft is beyond that point, it's safer to proceed and take-off than to abort the take-off procedure. Beginner skydivers who stand in the door and look down but don't jump can never be convinced to stand in the door again. They endured the fright without the joy of the free fall to reward them for the danger. So it is with a threesome! There's a point during the seduction where you either proceed or you'll screw up not only the night, but possibly your chances of ever having the opportunity to experience a threesome again with your lady friend. Remember; the first time at anything is always the hardest. One wise man once said that the best way to deal with fear is by confronting it. I can tell you by experience, that not knowing exactly where things are going will make you feel uncertain and even scared.

"All things are difficult before they are easy."

- Thomas Fuller

Advancing Too Far but not Far Enough

Imagine this scenario: The three of you have just spent an enjoyable evening sipping Chardonnay, sharing your innermost secrets. Things are as planned, she seems interested, you're both very relaxed and you're starting to feel those butterflies flying in your belly. Suddenly she looks at her watch and announces she must leave because she has to work early tomorrow morning. At the door she smiles and gives you a hug, you give her a peck on the cheek and she holds you closer. Unable to resist, you find her lips and melt into a passionate kiss.

You close the door enthusiastically thinking that you have made great progress! Now, I'm not denying that you did. Maybe you have, but on the other hand you've also risked screwing things up. Since she was leaving there was no chance the kiss might lead to more. You laid all your cards on the table and accidentally announced your intentions with no chance of following through with your plan. Once the wine and the mood dissipate, she may feel uncomfortable or possibly find the situation a bit scary and might promise herself never to allow herself to come that close again. If this happens you lose! Your mistake was advancing too far but not far enough. You took her far enough to scare her without showing her how wonderful the rewards could be! There's one rule that you must keep in mind: **Never start a seduction unless you're sure you can finish it.** In your planning you must take into consideration that you complete any trip you begin, and ensure your trip is not interrupted along the way. So plan accordingly!

Following the Path of Least Resistance

Our German ancestors taught us that water running through rivers flows through the path of least resistance. When structuring your plan, make sure the flow of the action requires little or no action on her part. Internet marketers mention always that you have to make it easy for customers to buy. If you tell them that they need to answer twenty five questions, fax you their passport number, fill out their credit card number and wait a week for a response, the amount of sales you'll close will be next to nil. However, if in a matter of three to four clicks your customers can buy from your website your sales will drastically increase. In your planning, you need to make sure that everything is effortless. Arrange the evening in a way that decisions are painless.

Step By Step Threesome by Suzy Bauer

For example, avoid starting your seduction before dinner, or while cooking. Awkward circumstances and a “start-stop” process present too many choices, because they give her too many chances to think about what's happening. It will be hard just to have her swept away by the moment. Your smoothness will be the big clue here. *Emulate the River Smoothly Rolling Downhill*. Let the flow from the mountains to the sea be uninterrupted by stops, starts and sharp turns. You'll need to think of the right excuses to move further in your seduction. This is where your creativity will be paramount. If you have the privilege of having a Jacuzzi at home or a sauna or a steam bath, these are excellent “innocent excuses” to follow the path of least resistance. These are the type of things you have to think of in advance in order to improve your odds. I suggest you brainstorm some ideas with your partner to come up with some excellent ideas so you can make sure your seduction follows the *path of least resistance*.

Undress for Success

Perhaps the trickiest element of seduction is undressing. You have to take into consideration that women feel more attractive dressed than undressed. Even supermodels have the tendency to think they're too fat; their boobs are too small, their butt too wobbly or something of this sort! With another woman in the room, she might feel even more uncomfortable. The discomfort of revealing her body must be eased before anything else can occur. Undressing, is the pivotal last step before the action begins. At some point everyone knows what's about to happen and everyone is ready and willing but still dressed. Bridging the dressed to undressed abyss is crucial and can prove to be quite uncomfortable. It's imperative that you're very considerate of her modesty. Especially with beginners, you should provide some kind of non-threatening excuse to smooth the transition between “just friends” to lovers.

Whatever your plans, make undressing easy and private, and make the excuse simple and logical. Some women are self-confident enough and have no problem undressing in front of others. A significant minority are even closet exhibitionists who will disrobe at the slightest excuse. You'll be the only ones to measure her comfort. Do everything in your power to make this huge step as easy and painless as possible.

Step By Step Threesome by Suzy Bauer

One thing I need to mention: Whenever you guys end up in your underwear and lingerie, remember to let her know how beautiful she looks in it and what nice taste she has for lingerie. The biggest and most frequent) mistake guys do when undressing their lovers is not admiring their lingerie. We women spend hours selecting it and guys because being so horny forget to let us know how it looks. Follow this advice and your lovers will be absolutely delighted in undressing for you later on.

4 Elements to Put Women Instantly in "The Mood"!

It's well know that men get in the mood instantly... Women in the other hand need a bit extra effort. Let me tell you about 4 elements you need to include in your triple action plan to make her sexually aroused. Without a doubt, women attach high importance to mood for an appealing sexual encounter. It's not difficult to set a good mood. All it takes is a little forethought, a few items, and some common sense. Obtain some of the staples on this list they'll do wonders for mood enhancement.

Dim the Lights

Candles, candles, candles. The best way to induce a nice atmosphere is by using candlelight. This softens sags, stretch marks and possibly the bit of cellulite that makes her self aware of her body. If the light is soft a woman will immediately feel much more comfortable with her nakedness. Or try colored light bulbs for your lamps: Red is sexy, blue is dream, purple is passion, orange is warm, black lights are racy, and there're any number of other colors she might appreciate. Start with what feels good to you

Erotic Scents

Aromatherapy is the art of using the essential oils of plants therapeutically. These essences not only penetrate the skin but are also absorbed when we inhale, sending messages directly to the brain. When we choose these pure essences we enhance our physical and psychological well being. Some essential oils are known for their aphrodisiac qualities and some of these are also aids to deepening meditation and our connection to spirit.

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Oils of Rose, Jasmine, Neroli (orange blossom) and Sandalwood all enhance the erotic and the spiritual intention. Clary Sage, Ylang Ylang and Patchouli are also deliciously fragrant. Your choice of oils can help bring together your sexual and spiritual lives.

(Click the link below to see my recommendations)

<http://www.ilovexor.com/myProducts.cfm?CategoryID=66|Erotic Aromatherapy&parentcategoryid=32|Sex Potions>

A Trio Melody

German people have a word that is unique for their culture called *gemütlich* (pronunciation *gay -mut -lish*). Although there's no proper translation for it, the closest would be "cozy." If you want to ease your seduction you need to make the atmosphere very *gemütlich*. Besides the lights, music is your best ally to induce the right atmosphere. Music is well-known to alter people's states of mind, so if you use the right music you'll be subconsciously ahead of the game in your seduction. However, beware of not using the radio or popular, known music! Why not? You want to be fully in control of this powerful ally. You can't let a radio station select the music for you, plus the last thing you need is to have lousy medicine commercials playing while you're working on your seduction.

Popular music can also trigger memories on your candidate. For example, you can be making your move and suddenly a song that reminds her of the time she ended her last relationship starts playing; your evening can quickly be over... My suggestion is that you take care of this "state inducer" and use it to your advantage. Your selection must be just perfect! Relaxing, but not so much that it makes you sleepy. Your best bet is a nice selection of Lounge music.

Here are some recommended "Seduction CD's" for you:

- 1) **Private Lounge Collection**
- 2) **Near Eastern Lounge**
- 3) **Hotel Costes IV**
- 4) **Hotel Costes V**
- 5) **Best of Buddha**
- 6) **Ultra Chilled II**
- 7) **Café del Mar V**
- 8) **Nude Tempo 1**
- 9) **Buddha Bar V**
- 10) **Beautiful Tomorrow**

Pillows

Pillows make for a cozy environment and they also come in handy for various sexual positions for threesome sex! So, you can never have too many on hand. Use them as needed, and toss them off the bed, couch, or love seat when they're in the way.

Skinny Dipping & Jacuzzi's

If you chose a moonlight swim or the Jacuzzi, show her where to undress and give her a robe for the trip to the water. Avoid gazing at her when she's getting into the water. That way she'll feel more comfortable. If your plan is to go to the Jacuzzi you must take into consideration your seating position as a couple. If you two sit together on one side of the Jacuzzi, you have inefficiently isolated her. Later it will be uncomfortable for you to move to her direction. It's much easier and faster to let her sit in the middle; this way you ease the flow process. Sometimes it's a bit difficult to do this, so if you're having a drink, position the bottle close to her, so you'll always have an excuse to move closer. Another idea is to have a ball to play keep-away or tag to initiate physical contact. You could also have a float or a small round raft at the deeper end. This gives everyone an excuse to comfortably close in the distance and be near.

The Biggest Secret

Now I'll disclose to you what I call "The Biggest Secret." Using this technique you'll drastically improve your odds of having a threesome, and I thoroughly recommend it as the best transition way from being dressed to undressed. Everyone enjoys a shoulder rub right? Well, make it work to your advantage. This is the "start up" scenario; later on I'll build towards even more intimate scenarios!

The plan that you and your spouse set, is working perfectly. You've just finished a light dinner and you're still sitting at the dining table sipping some more wine. Your wife signals you that now's the time and you discreetly acknowledge it. You stand up, pretend to go collect something and return to the dining table, however, instead of sitting down, you remain standing behind your wife. You put your glass of wine on the table and start massaging your wife's shoulders. You continue the conversation while still massaging her. She'll naturally tilt her head forward and you continue to massage her. She'll mention how wonderful it feels.

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You now take a seat behind her and continue massaging her. However, this time you start to move down direction her lower back and her waist. The conversation could still go on... After around 10 or 15 minutes of back rub and massage, your wife will say; “Hey, it’s not fair for Julie” or Linda or whatever your candidate’s name is. “I’m lucky enough to experience your massages regularly, but she doesn’t, why don you give her a massage?” Most likely your friend will be delighted! The interesting on this move is that subconsciously your friend knows that the woman of the seducing couple has already approved, so she’ll be more relaxed with it. This is your opportunity to start the action. Massage her sensually. Start with the shoulders, but also go to the lower back and dare also go below the waist towards her buttocks. ...



When you are massaging her, get your body close to hers, and let her feel your breathing. Caress her hair and if you want blow tenderly on her bare skin. If she’s wearing a tight blouse ask her to release it from her pants, so you will have access to her back without having to massage her blouse. Insert your hands from below so you have access to her back. Keep the massage soft and sensual, while the conversation still goes on.

Carefully undo her bra, and continue massaging. If she doesn’t object to you undoing her bra, you’re already at second base. If she does object simply slowly down a little... by that time it will be a good idea for your wife to get involved. She can take her hand and start massaging her hand and arm. By then she probably already feels that warm glowing feeling in her tummy and at this point there are two things you can do.

Massage Scenario One

Your wife can say. “Have you ever experienced a four-hand massage? It’s wonderful!” You can follow with, “Well; why don’t we give Julie a four-hand massage?” At that moment, she’s so tenderly relaxed and so comfortable with you guys that highly likely she won’t object. Your next move is for either one of you to say; “Come let’s go to a more comfortable place,” so you three stand up and one of you can go get her a bathrobe and a towel so your friend can cover herself.

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Later show her where she can get undressed, then leave her and say "I will go warm up the oil, when you finish lie down and relax for a minute." This will allow her to privately disrobe and choose a comfortable position without anxiety.

With her face down, you may remove the towel without revealing all of her treasures at once. This makes the transition easier for her and the surprises more exciting for you, like unwrapping a present. Both of you could massage her for a while. Avoid getting too quickly to her intimate parts. Do her arms, her face, her feet, her toes, and legs and little by little start moving towards her butt and inner thighs.



I recommend that the female of the seducing couple takes care of her thighs, bottom and getting close to her anus and labia. She'll feel more comfortable being touched by her friend than by the husband of her friend.



Vital Transition Points

After such a great massage, she'll be feeling wonderful. This is the critical point; the point where you'll be moving from friends to lovers. Now it's his turn to be massaged. At this point your new friend will be moving from passive recipient to an active participant and your husband's male body is a familiar terrain for the transition. By allowing her to touch your partner you give permission for what is about to happen. Showing her how he likes to be touched gives her experience and confidence...

Step By Step Threesome by Suzy Bauer



Oil her hands and say, "This is my favorite part. I'll show you how he likes it". Explain the technique and then help her massage his erect penis. By inviting her to touch his penis **you're simply giving green lights that it is okay**, and she'll be encouraged to continue. Let her stroke him until you're sure she has slowly moved to a heightened sexual mood. This is the time to switch... The turning point in your relationship is about to happen! With everyone in an excited state, you'll now introduce her to the female flesh. This time is his time to take the lead in showing her how to touch you. She may be hesitant at first in exploring a female body so he must encourage her. While you are laying down face down, give small approval noises when she's doing what you want. When she massages your erogenous zones, move slightly in concert with her strokes, letting her know how much you enjoy her touch. Your husband should position himself behind your head, so she will have no option but massage you, below your waist. This way she'll grow accustomed to feeling your intimate parts.

Starting the Festivities

After the three of you have experienced a four-hand massage, and you feel natural comfort with each other, it'll be time to move to the threesome festivities. This is a natural move; therefore the male should not initiate the action. If he begins to make love to his partner, your new friend will feel uncomfortable and may retreat. If he makes an overt move toward the invited friend she may worry that what she's doing upset's the other woman or that she's taking advantage of the situation. So the safest road to success is for the female in the seducing couple to reassure and guide. It's not uncommon that after such a massage warm up; your friend will take matters into her own hands and inaugurate the festivities herself. Perhaps this is her way of giving permission or merely a unique way of saying thanks.

Step By Step Threesome by Suzy Bauer

If she doesn't make the first move, what I usually do is claim that I'm getting cold, open my arms to her and invite her to lie on me.

I move my hips beneath her and slip one thigh between hers. Interesting enough, at this moment is when our lips find each other for the first time and we passionately kiss. I think it's now clear to you why massage is my favorite method to transform friends into lovers. It's sensual and it also heightens the anticipation and the sexual tension. Besides, it's the perfect prelude to a very erotic experience.



There are many books on massage, In my eyes you'll be much better in seduction if you know, learn and practice the art of sensual massage. Besides, very likely your friend has never experienced the four-hand massage; you'll get her hooked in no time! In my eyes, the best way to learn how to massage is being massaged. So go on receive a full body massage this week! Make an appointment with an experienced professional so that you know you will receive skilled care, with no sexual expectations or motivation. (Get personal recommendations) This is about treating yourself, learning to receive. The experience of receiving, as in all aspects of life, is also a great education for when it is your turn to give. As I strongly believe that a massage is a surefire technique which gently sends any woman's sexual desires into white hot overdrive, I will give you more tips in how to give a perfect erotic massage a bit further on in this chapter, but before I do that let me tell you about the second scenario.

Massage Scenario Two

The other possibility is that your wife says; "Goodness, Tom has been massaging us for half an hour already, I think it's time we do him, don't you think Julie?" Highly likely she'll just go with the flow. Then the following move is to ask your hubby to go lay down face down on your bed or sofa, and you can start massaging him whilst he's still dressed. After about 5 minutes, your wife should say: "I'll go bring some oil, do you mind taking your shirt off?" Then just proceed. The role of your spouse here will be to guide her to be less ashamed of touching "her friend's husband," and to assure her that it is okay to touch him.

Welding Torches and Gas Ovens

Dr .John Gray , in his book *Mars & Venus in the Bedroom* , mentions an interesting metaphor. He says that men are like welding torches.

<http://www.suzybauer.com/recommends/marsandvenus/>

As soon as they're lit up they're ready to burn. Their flames can be on full blast within seconds. However women are like ovens. You must wait for the oven to be hot before you put the turkey inside. I think this metaphor applies perfectly to Adonis Trio's (FFM) because your goal is to pleasure the third person in a way that she's never experienced, so she'd like to come back right? Well, in that case, taking your time is the best approach!

Beginners tend to massage her back a few minutes and then jump on top of her. This is a bad move. Extend the massage much, much longer than you think necessary. Massage is very erotic and will also help her acclimatize to being nude with new partners and to grow accustomed to the female touch. A long sensuous massage will overcome any last minute jitters. A massage is an excellent technique to convey that no part of your body is *off-limits* by lightly touching and gently exploring all of her. Avoid concentrating on her erogenous zones, you'll have enough time to do those later, what you are doing at this moment is "warming the oven" remember? The key point here is to prove to her from the beginning that you are a slow sensuous couple who'll make sex everything she always dreamed it could be and more! If you're the best she's ever had, she'll come back!

How To Become A Pro At Erotic Massage

Q: What is your largest sex organ?

A: Your skin.

Remember: "The whole body can be an erogenous zone, given the right touch, mood and setting." In order to become a real pro, the first thing I'll recommend you to do is to receive a full body massage yourself. Make an appointment with an experienced professional so that you know you will receive skilled care, with no sexual expectations or motivation.

Step By Step Threesome by Suzy Bauer

(Get personal recommendations) This is about treating yourself, learning to receive. The experience of receiving, as in all aspects of life, is also a great education for when it is your turn to give. When preparing for your seduction night, it will help if you have a firm bed, cushions a mattress on the floor and soft sheets or towels. It's key that the three of you are comfortable. If you have the possibility of getting a massage table then even better. It'll be very useful for future seduction nights and will enhance also your sex life. We have one and it has worked for us incredibly. They're not expensive; you can get one for less than \$250.00.

<http://www.bestmassagetable.com/products/tables/index.html>

Make sure you have a variety of sensual massage oils. (Click the link below for massage oils) http://www.mypleasure.com/store/dept.asp?dept_id=401 Warm your oils by standing the bottles in warm water or the microwave. You will need oil or lotion so that your hands don't pull the skin and to make the experience as pleasurable as possible. Using oils it's just another excuse to undress fully. Once your friend is naked (at least her back) take a few deep breaths to centre yourself and apply your chosen oil blend to your warmed hands and then softly rest them on their upper back. (you are at their head) Start with a long, slow, oiling stroke. Don't be afraid to move your hands away to add more oil as a moment without contact can increase anticipation of the next delightful touch.. or perhaps you prefer to drip the oil on their expectant skin! If so make sure it's warm!

Remember; this is going to be a 4 hands massage! You must focus on her back and your wife or girlfriend should focus on her legs. This is less threatening for her and she'll feel more relaxed. Start with light pressure and increase it. Travel down the centre of the back from neck to tail then let your hands slide to either side and ease back up to the top. Repeat this type of stroke many times. Avoid direct pressure on the spine. Now vary the pressure, speed and types of stroke. Use the spread of your palms, fingertips and thumbs, knuckles and forearms. Slow down. Do it again and again Focus on each part of the back: shoulders, muscles along the sides of the spine, lower back. The inside of her elbows. This part of her body is very, very sensitive. Start on the inside of her elbows and work your way outward.

Step By Step Threesome by Suzy Bauer

At the same time the female on the seducing couple should start doing her feet. Her toes. Massage them if you're a bit daring Kiss them. Nibble them. Hold them close to your face Let her know you really like her feet. Oil her legs. Give lots of attention to her inner thighs, hips and feet, while your husband grabs the muscles on top of her shoulders and back of her neck.. Dry your hands a little and massage her scalp, and tug her hair gently. Let her feel your four hands all over her back and body.



If you feel she'll not object, remove the towel on top of her buttocks and let your wife start gently massaging her ass. Communicate pleasure or discomfort with words, sounds or signals. Leave aside all other conversation! Make sure neither of you touches her pussy yet! But feel free to spread her ass and massage her between her legs and in her inner thighs. Communicate pleasure or discomfort with words, sounds or signals. Leave aside all other conversation.

After a while of massaging her she'll be putty in your hands. Ask her to turn around and quickly cover her pussy with a towel, leaving only her breasts uncovered. Again the male in the seducing couple should start massaging her arms, avoiding her breasts, while the female on the seducing couple massages her feet and legs. Let him smooth oil down over her chest, breasts and belly down the centre and up the sides as on the back. Including arms, armpits and hands some more! While you're doing her upper body let your wife move around her legs and slowly approach her legs underneath the towel. Carefully remove the towel and continue to massage her legs approaching her pussy. This will be a vital transition! (Specially if your wife or girlfriend has never been with another woman). It's time for her to massage her pussy.

Even if neither of the females has had a lesbian experience, your invited friend will feel more comfortable having her being close to her pubis than having him. By letting her massage her inner thighs and pussy both women will feel more sexually comfortable with each other. This might feel awkward at first but before you know it, you'll feel very comfortable touching her pussy while your husband massages her tits. Make sure to watch these videos... you'll love them!

http://www.youtube.com/watch?v=5qlb_Navoia

<http://www.youtube.com/watch?v=mxlu8-1r1IA>

Pussy Control!

So there you are, with your hands for the first time really close to another woman's pussy... stand or sit at her side or sit facing her between her legs. Anoint her vulva with oil or lube and slide your upper hand down over her belly as you draw the other up to meet it. Continue sliding the top hand down all the way to her vulva and repeat this stroke several times, alternating hands as you pull up over labia and pubis. Fingers point toward anus. Tug on the pubic hair, moving in sections down to the sides of her outer labia. Trace the curves of her vulva lips with your fingers. Circle all round from perineum to above the clitoris. Explore and stimulate each part of "the vulva clock." Squeeze, tug, rub and pinch the outer, then inner lips. Start gently and vary your pressure.

Go SLOW! Breathe. A little slap and tickle? "Drum" on her belly, her thighs and her pussy. Start with light slapping and find the speed and pressure that thrills her. Lighten your touch as you 'feather' over her clitoris. Tease her. Press on her clitoris with your thumb. Repeat several times. After each ring of the "doorbell" lift your hand off her vulva completely. (your other hand is still touching her) Imagine a clock face around the clitoris and lightly jiggle or massage with one finger at 12 o'clock and move slowly, hour by hour around the clock. Linger where she loves it most! Ask her to tell or show you how else she wants you to give your loving attention to her clitoris and/or elsewhere. As labial and clitoral massage follows on from full body sensitization, inner vulva touch comes only after outer play. You want plenty of lubrication so your fingers always slip and glide. Any hint of dryness and reach for the lube. Slide a couple of playful happy fingers back inside so that they curl toward her belly from the inside, and explore this bumpy 'urethral sponge' (G-Spot).

Many women find great pleasure here. Press and let go a number of times on the most sensitive spot. Circle and explore with a light, steady pressure. Spend a few minutes going back and forth between clitoris and G spot. Slip inside again with one or more fingers (ask her) and move slowly in and out while twisting at the wrist. Sexperts call this stroke "Twist and Shout". You twist and she shouts! Stay with your breath and sensitivity to her responses. Your fingers may move with varied or steady speed and pressure. Massage her labia with your other hand, her clitoris, her belly, while you continue to stimulate her depths and invite her to discover total bliss and profound sexual ecstasy.

Step By Step Threesome by Suzy Bauer

At this time let your husband take over. Enjoy her as much as you both can make her feel incredibly special and I can guarantee the three of you will have the time of your life! (A reminder: fingernails need to be short for pussy massage, especially soft and tender places!) Many of the pussy massage strokes described here are demonstrated in the excellent and explicit video [Fire in the Valley](#). An intimate Guide to Female Genital Massage by Annie Sprinkle and Joseph Kramer. (Click the link below to see the video Fire in the Valley)

<http://www.eroticmassage.com/>

A fantastic resource to discover how to massage and arouse a woman's genitals can be found in the link below. <http://www.suzybauer.com/recommends/femtofem/>

Another recommendation I have on this topic is to participate in a fantastic workshop called [Body Electric for Couples](#). (Click the link below to see Body Electric for Couples) <http://www.bodyelectric.org/> Here you'll learn the art of erotic touching. I've included a link to a video about the Body Electric method, but before you see it I have to warn you! Most of what you'll see in this video is men touching each other. Body Electric is a school where all sexual orientations are celebrated and all spiritual paths are honored. You're trying to expand your sexual horizons, so I recommend that you not only learn from lesbians but from gay people too! They got lots of things to show men and women about the joy of sex!

Click the link below to see an introduction to Body Electric.
<http://www.bodyelectric.org/about.html>

Spoil Her Rotten!

Here are other ideas of what you can do to spoil your friend:

- **Use your mouth everywhere!** Kiss, blow, lick, suck, nibble. Some places you might like to explore especially: her lips and mouth, ears, breasts underarms and nipples her spine, neck, small of her back, hands and fingers, feet and toes, back of her knees, inner thighs and of course her vulva. Integrate using your mouth into your massage routines.
- You can try a body massage: Try a whole session of sensual touch **without your hands**. The three of you can get involved in rubbing each other's body for a period of time.

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- Water play can be an added delight to erotic massage. This could entail a full body massage in warm bath or shower. Remember to use your favorite oils in a bath.
- Experiment with texture. Try sponges, rubber hand held massage toys, loofahs. There are even waterproof vibrators. Hand held shower heads with a variety of settings are a great treat for solo or dual play.
- If you have a Jacuzzi, be creative with the power jets too.
- Experiment with texture: many sex stores and some fabric stores sell feathers. Ostrich feathers are long, silky and soft. What else might feel good? Fur, leather, latex, silk, satin and velvet. Run them over your sweethearts bodies. Look for interestingly textured mitts and toys in sex stores and catalogs.
- Vibrators can also add dimension to your threesome experience. (Mind you many women prefer padding between genitals and intense vibration.) Try a hand (yours or hers), towel or some of that soft sensuous fabric. Choose a vibrator with variable speed and interesting attachments.
- Use edible body gels, balms and oils, however before you buy them make sure they taste as good as they sound. Lubricants are also often edible and some come fruit flavored.

The Most Important Ingredient for Success

You need to take into consideration that a woman can get a “wham-bam-thank-you-Ma’am” anytime she feels like it. She doesn’t need you for that. What she’ll always appreciate is the slow, tender love she is missing somewhere else. Her main attraction to a threesome may be the possibility of having the soft tender attention she has always dreamt of. The shy giggles; the long, lingering kisses; the soft, tender touches; the gentle, probing investigation of unexplored spaces; the tranquil discovery of unimagined new pleasures; and the slow, building stimulation of a *real* seduction.

Step By Step Threesome by Suzy Bauer

My advice is to follow the female pace. Remember your friend didn't join you for a quickie! The best method to make her come back is a long, candle-lit, romantic evening with lots of sweet nothings, dabbling caresses, prolonged kisses, relaxed cuddling and warm, all-accepting shared love (3). One of the reasons females fantasize about other women is because of the soft tender feelings they know females are able to provide. An Adonis Trio (FFM) is the perfect opportunity for her to experience those feelings without feeling uncomfortable about the fact that she's involved in "lesbian" behavior. As I mentioned earlier, most women are bi-curious. If you provide the possibility of a non threatening experience, where she can explore the soft and tender touch of another woman and the warmth and strength of a man, she'll be delighted.

Once and for all:

The real secret for successful Adonis Trio is to focus on your friend, not on your own pleasure.

Your pleasure is a by-product of providing pleasure to your friend. An Adonis Trio will always be more enjoyable when seen as a selfless act of providing pleasure to the invited friend. I've found that this type of behavior also influences your love making as a couple. Because your husband or steady partner, being aware of how to deal with two women, he also learns how to deal better with his own woman while you're just by yourselves. So as an extra tip, help him learn what you like while you're experiencing a threesome and he'll improve his lovemaking to you.

Keep an Eye On Your Partner Too!

I know I've told you already that focusing as much as possible in your invited guest is critical to the success of your Adonis Trio, however I also need to mention the following: No matter how ready you are for your first threesome, the fact that your significant other will see you having sex with another woman might still make her uncomfortable, so here's the number one rule which absolutely...must be observed... to keep jealousy under control: **Keep an Eye On Her Too!**

Step By Step Threesome by Suzy Bauer

Let her see that you're enjoying your threesome but always make her feel important loved and supported. At the end of the day it's because of her that you are living your fantasy, so **KEEP HER IN MIND!** Just one more thing... While searching the internet, I came across this video of a foursome (a guy with three girls)... In all honesty is the stupidest video I've ever seen! I wanted you to watch it because this exactly what you **should not** expect from an FFM threesome.

Click the link to see this video

http://videos.newsfilter.org/videos/russian_sluts2.wmv

Still Unsure You Can Make it Happen?

I highly recommend "Nina Hartley's Guide to Swinging" to any couple that fantasizes about having a threesome who feels they need further education. Watching things unfold on this video, may really help you and your lover sort through things and find out if this fantasy is right for you. It can be used as an example of an actual threesome night.

As you're watching it, both of you can ask yourselves how would you feel if your lover kissed the new person, had intercourse with the new person, or do you just want to put on a show with the new person for your lover. It will give both of you an opportunity in discussing the possibilities. It is a very valuable video for those just contemplating. It's even a great watch for those of you that are preparing for your first experience! It starts out with a couple that's interested in bringing a third person, a woman, into their sex life.



Click the link below to order DVD

<http://suzybauer.com/recommends/nina1>

All aspects of this situation are shown. Anger, Jealousy, Insecurity, Curiosity, and Willingness are explored and worked through. They show how a first time encounter can be a little uncomfortable and hard to start, concern among one of the partners during the encounter and how to keep all persons involved in the encounter so no one feels left out.

Step By Step Threesome by Suzy Bauer

Even after, all three discuss how the couple felt during it and the wife brought up how she felt left out at a certain point and how she got herself back involved and at a comfortable point in the experience. I think Nina is one of the best teachers you can find in many aspects of sexuality, he own her entire collection of DVD's and I will thoroughly recommend you to find out more about her.

Click the link below to see what she has to offer.

<http://www.suzybauer.com/recommends/adamandeve>

Conclusion

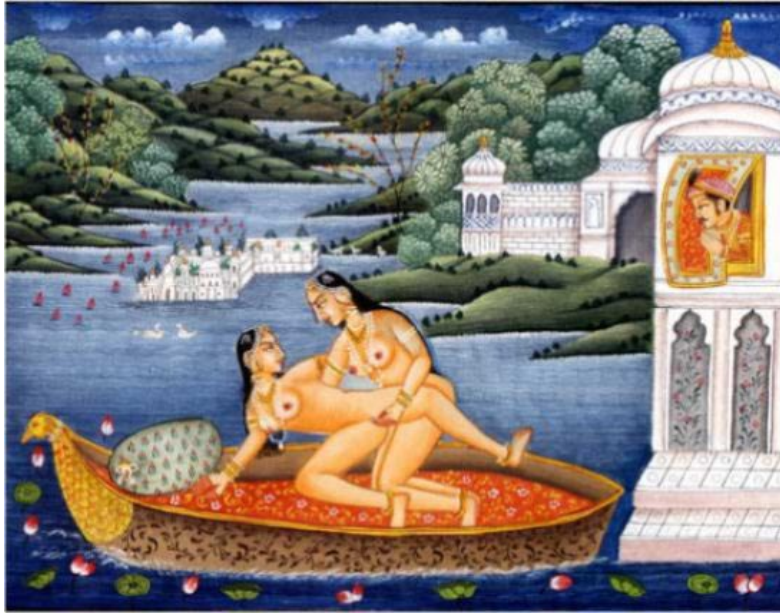
Together as a team to seduce your friend will help you learn a lot about each other. I'm certain that the previous pages of information have given you enough advice to turn your threesome fantasy into a reality! It's up to you now!

***"What is a friend?
A single soul in two bodies."
- Aristotle***

***"Time isn't what makes a friendship last...
It's love and devotion that keeps
the tie between souls."
- Author Unknown***

Chapter 10

About Last Night...



“When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love.”

- Marcus Aurelius

Relationships Transformed

Sometimes, the transformation from friends to lovers can be a bit awkward. It doesn't matter how well you've planned or how competently you've executed your seduction; the three of you have gone through drastic changes without you realizing it. Most likely for the first time in your life you've watched others have sex, and more important, you've shared your lover with another person! The two ladies have indulged in desires their parents would never understand. The guy has watched his partner experience a type of pleasure he'll never have the chance to fully know. Your invited friend has set a new one-night record, adding not ONE but TWO new lovers to her life! Because you crossed the barrier between a *desired-fantasy* and the *acted-upon fantasy*, the morning after, when the passion and excitement wears off is bound to feel awkward for the three of you if you haven't taken it into consideration in your planning.

Good Morning Honeys, Now What?

Strange enough, the awkwardness won't be about what actually *happened* last night, but how the three of you *perceive* what happened last night! This piece of advice makes the whole difference in the entire ordeal and is worth 10 times the price you paid for this manual! When you wake up the morning after, the three of you are going to have questions that are going to be rumbling inside of your mind...

Was I a good enough lover to make everyone else happy?

Is my best friend sorry she let me between her legs?

Does my friend think I'm a slut?

What does he think after watching me make love to a woman?

Is my wife going to resent how much I enjoyed her friend?

Is anyone sorry?

Will our relationship change?

Did I do anything that neither of them expected?

Step By Step Threesome by Suzy Bauer

To better prepare for the “*morning after*”, I suggest that you talk to your partner prior to your seduction and together try to visualize how that morning will be! You need to give each other permission to experiment freely without feeling watched or observed during the night; at the end of the day that’s what it is all about, isn’t it? Promise each other that the threesome you’re about to experience isn’t so much about you two, but about making the THIRD PERSON feel great as we discussed earlier!

Great Things to Say

The following morning you have to thank your guest for such a fantastic evening to alleviate all her doubts! Just a few words can make all her uncertainties disappear, in order to make her feel good about last night it will be great if you say things like this:

-That was the most exciting night of our lives! Thank you for sharing our bed.

- I can't tell you how much I enjoyed last night...You are fantastic.

-You two are fantastic women...You made every man's dream come true.

-Darling, thank you for helping me seduce her! I loved sharing you with her.

-Honey, I loved watching you together.

Remember, the morning after will be the one and only chance that you’ll have to make her feel loved, desired and wanted.

Step By Step Threesome by Suzy Bauer

The last thing you want is for her to feel in any way used! So, what ever time she spends the following morning together with you guys, *she* needs still to be the focus of attention. Later on you'll have time to share, talk and connect with your partner, but for the time being she's the "princess"! How you deal with the "*morning after*" will greatly affect how many more threesomes will follow! Remind yourselves that whatever happens; you should not withdraw! If you make her feel like a stranger in a strange land, you'll not only damage the relationship, but you'll make her think that what she did was wrong. And very likely she'll never repeat a threesome ever again.

"How you treat her the following morning determines how she'll also feel about you and the threesome just experienced."

So, even if you're not a morning person, attempt to make your guest feel welcomed, loved and accepted. Include her in your morning routine, have breakfast in bed together and let her help you clean up last night's mess if she wants to. Kind words are never more needed than now:

We're never going to wash the sheets.

I want to lie in bed and smell us forever.

Jack wants to frame the wine cork as a souvenir of the best night we've ever had.

I wouldn't mind doing this again tonight or next week.

The next time you have a free night, please let us know.

A very important comment to make would be "What about making love one more time before you go?" This will confirm to her that what happened last night was not an accident or it only happened because maybe you were tipsy. The best way to know if you're doing a good job is to think of how *you* would like to be treated after the first time you made love to someone, or if you're a guy, how would you like to treat someone after the first time you make love to her.

Step By Step Threesome by Suzy Bauer

This is very important for women and besides the naughtiness of the prior evening this is what lingers the longest in a woman's mind! If she has no rush to leave, hang out together naked, shower together, enjoy each others company, wrestle your husband together, be as playful and as loving as possible. What you want is that she leaves that day with a feeling of happiness in her heart, instead of a feeling of doubt!

Our friend is gone. Now what?

After she's gone, it's time for you and your partner to connect with each other, talk about the experience and re-live together what you've accomplished! This is the time to bring out your feelings and tell each other honestly how the experience was. It's also the time to compliment each other as much as possible about what you just accomplished. From this moment the female in the seducing couple becomes the "queen of the world" and the male's duty is to spoil her rotten for days to come. This works in his favor, because it'll be an incentive for her to allow you to experience more threesomes!

***"The breeze at dawn has secrets to tell you.
Don't go back to sleep." - Rumi***

Bonus Tip

A small tip that will simply show your thoughtfulness as a couple towards your friend is to send her a bouquet of flowers the next day with a nice but naughty card telling her how grateful you both are and how special she is. Mention that you'll never forget that beautiful night!

Important Considerations

Make sure you leave the door really open for her to come back, however don't assume that just because it happened once it will happen again. Now the ball is on her court. Respect her choice and avoid assuming that just because she slept with you, you have a relationship! Single women react differently every time, so it's virtually impossible to give you a recipe.

Step By Step Threesome by Suzy Bauer

My advice is that you play it by ear; next time you both see her embrace her tender, but don't try to jump on top of her right away with a passionate French kiss. As a woman, meeting your friend again after *that* night act totally cool and natural about it and reinforce that it was a wonderful night.

By no means display any feelings of uncertainty or confusion. If she sees you're comfortable and confident she'll consider returning, this will show her that you're a mature couple where she can seek refuge and with whom she can explore her erotic fantasies with ease and confidence.

Conclusion

I've heard many comments of people who've just experienced a threesome. Interesting enough they swing on a scale from "the best sexual experience of my life" to "highly overrated" to "it screwed up the relationship with my friend." This reminds me of the roller coaster ride in the amusement park... some people get on it and have the time of their life and others come down throwing up and are sick for the rest of the day. Same experience, but complete reactions. Why does this happen?

Well, simple; **FOCUS**. If they focus on the shakes and turns and go against the flow because of fear, they will get sick, however if they let themselves go and immerse themselves in the fun, they'll love the ride! Threesomes are the same, if you're a responsible person and you simply want to explore your hedonistic urges and go with the flow, always looking ahead, then you'll have a great time. However if you behave irresponsibly, don't follow the right advice and do the wrong things you won't enjoy it. The choice is yours and only yours.

Chapter 11

Understanding Female Bisexuality



*“Being bisexual doubles your chance
of a date on Saturday night .”*

- Woody Allen

Step By Step Threesome by Suzy Bauer

Chapter Disclaimer Notice: This chapter explains from MY point of view female bisexuality! I am 100% bisexual; this means I enjoy sex as much with men as with women. It is my belief that most women (if not all) experience at one point or another in their lives lesbian desires or at least thoughts. But, because of the "flock" mentality in which they've been brought up, most suppress those thoughts or feelings. My intention on this chapter is to give **her** enough EVIDENCE yo let her know that it's alright to act upon those feelings of curiosity.

If you're already a confident bisexual woman, you can skip this chapter!

(I actually suggest you to browse through it there's some really steamy stuff included)

What is Bisexuality?

Bisexuality may be a difficult topic to comprehend. A lot of us are taught to look at almost everything in the universe as a duality: male and female, hot and cold, moral and immoral, right or wrong, light and dark, etc. This is also seen in the area of human sexual orientation. Most of us view it as existing in just two forms: heterosexuality and homosexuality. But human sexuality is a little bit more complex than that. You simply can't squeeze the full range of human sexual feelings and behaviors into merely two classifications. A minimum of three is really needed to represent human sexual attractions and activities: heterosexual, homosexual and bisexual.

According to www.biresource.org , bisexuality is the potential to feel sexually attracted to and to engage in sensual or sexual relationships with people of either sex. Bisexuality describes how people feel, not necessarily how they act; a bisexual person may not be equally attracted to both sexes, and the degree of attraction may vary over time. Self-perception is the key to a bisexual identity. Many people engage in sexual activity with people of both sexes, yet don't identify themselves as bisexual. Likewise, other people engage in sexual relations only with people of the same sex, or don't engage in sexual activity at all, yet they consider themselves bisexual. There is no behavioral "test" to determine whether or not one is bisexual.

Step By Step Threesome by Suzy Bauer

In the book [Homosexual Matrix](#) by *C.A. Tripp, Ph.D.*, the author mentions the following: “ From the moment it is realized that there are no instincts to guide human sexuality, the whole problem of the origins of heterosexuality looms as a major puzzle.

Where does heterosexuality get its backing, particularly to become an exclusive preference? The magnitude of this question is not instantly apparent, since on the surface, nothing would seem simpler. Most people see their heterosexual responses as innate and automatic, but trained observers understand that people are specifically heterosexual because they have been geared by their upbringing to expect and to want to be. One reason most people are heterosexual (as opposed to polysexual) is that their religious and social traditions directly support family living and the kinds of mate ships that comprise it. Certainly there is nothing mysterious in how family life communicates itself as a model to be followed by each new generation. Nor does it seem necessary to spell out the innumerable ways in which people in our society are informed of heterosexuality, have their expectations and overt experiences channeled toward it, and are warned against deviating from it. ”

My First Bisexual Experience

It's clear to me that there's a very rigid “Sexual Matrix” that tells us how to live our sexual lives. Interesting enough, most people follow it because they simply don't question it or because of fear. I have to admit that in my first Adonis Trio (FFM) several years ago, I had no idea how to arrange it, let alone predict how things might evolve, as I mentioned earlier I had asked a close girlfriend of mine to join us. I knew she might be open for it because we had talked about our fantasies previously... She had told me that having a threesome was one of her biggest fantasies. Only, her fantasy was an Aphrodite Trio (MMF). As it was going to be the very first threesome for the three of us, I had no idea if we would find any attraction between us girls whatsoever. Even though in my fantasies a threesome had seemed really erotic, I actually had no idea if I would enjoy it as I'd never experienced it before!

Step By Step Threesome by Suzy Bauer

My girlfriend and I discussed it and we agreed beforehand that we wouldn't get involved with each other... We would focus only on my husband and we'll give him the time of his life by having two blondes to spoil and satisfy him! Although we had agreed that NOTHING would happen between her and me, when the action started, it didn't take long before the two of us started interacting with each other also. It felt more comfortable and natural than expected and before we knew it, there was passionate interaction amongst the three of us. This experience has opened many doors for me and ever since has strongly enhanced my sex life!

Understanding Bi-curiosity

As I mentioned before, most women have at one time or another fantasized about being with another woman (unless they deny it because of their upbringing). Because of this very fact, the term "Bi-curious" was coined in the 1970's. Female same sex curiosity is a fact of life but few people feel free to explore it!

Please remember once and for all; there is nothing wrong with women fantasizing about being with another woman; it's a natural tendency.

Bisexual Straight Women Transform the Way We Look At Sex

63 percent of women have admitted that they would like to sexually experiment with other women, according to a recent survey conducted by *CLUB* magazine. This translates into a claim that 2 out of every 3 women have openly admitted to enjoying either bisexual or lesbian fantasies! In August 2nd 2004 Jane Ridley, a known journalist working for a UK based newspaper wrote an article called "The BI Generation" where she expresses that nearly a third of Britain's female revelers consider themselves bisexual and almost half have had some sort of sexual experience with another woman, ranging from kissing to fondling and full sex.

Click the link below to read full article

http://www.mirror.co.uk/news/allnews/tm_objectid=14486237&method=full&siteid=50143&headline=the-bi-generation-name_page.html

Step By Step Threesome by Suzy Bauer

You might be wondering—why are women suddenly interested in sexual exploration with other women? In reality, this natural curiosity by *heterosexually-identified* women isn't new... What's new is the increase in public awareness and public acceptance of female bisexuality that has begun to transform the way in which society determines what is acceptable in regards to sex. Just look around! We are bombarded by images of women kissing, holding hands, and luxuriating in other intimate encounters in magazines, movies, and advertising. *Elle*, *Marie Claire* and *Cosmopolitan* recently have featured articles referring to female bisexuality!

(Click the links below to see Elle, Marie Claire and Cosmopolitan)

<http://www.elle.com/>

<http://www.marieclaire.com/>

http://magazines.ivillage.com/cosmopolitan/experts/carnal/qas/0,,166930_586348,00.html

(Click the link below to See Magazine Ads With Girl On Girl Pictures)

<http://www.stepbystepthreesome.com/sexyevidence.htm>

In films like *Wild Things* and *Femme Fatale*, filmmakers teased us with lots of hot girl-on-girl action and/or threesomes. Acclaimed television shows like *SEX and the City*, *Buffy The Vampire Slayer*, and *Ally McBeal*, bisexuality is openly evoked and embodied.

Click the link below to See Lucy Liu & Calista Flockheart in Ally McBeal

http://www.clublez.com/movies/lesbian_movie_scenes/a/ally_mcbeal_buried_pleasures/index.html

Click the link below to See Steamy Scenes from Buffy The Vampire Slayer

http://www.clublez.com/movies/lesbian_movie_scenes/b/buffy_the_vampire_slayer_touched/index.html

Click the link below to See Sexy Scenes from Show Girls

http://www.clublez.com/movies/lesbian_movie_scenes/s/showgirls/index.html

Click the link below to See A Threesome on Wild Things

http://www.clublez.com/movies/lesbian_movie_scenes/w/wild_things/index.html

Step By Step Threesome by Suzy Bauer

Click the link below to See The Growing Number Of Girl-On-Girl Scenes On TV

<http://www.afterellen.com/TV/timeline-kisses.html>

Click the link below to see a really nice video of girls kissing

<http://www.sexyandfunny.com/GirlsKissing2.shtml>

Click the link below to see another really nice video of girls kissing

<http://www.sexyandfunny.com/GirlsKissing1.shtml>

Click the link below to see a nice girls kissing commercial

<http://media.sexyandfunny.com/videos/hapidjus.wmv>

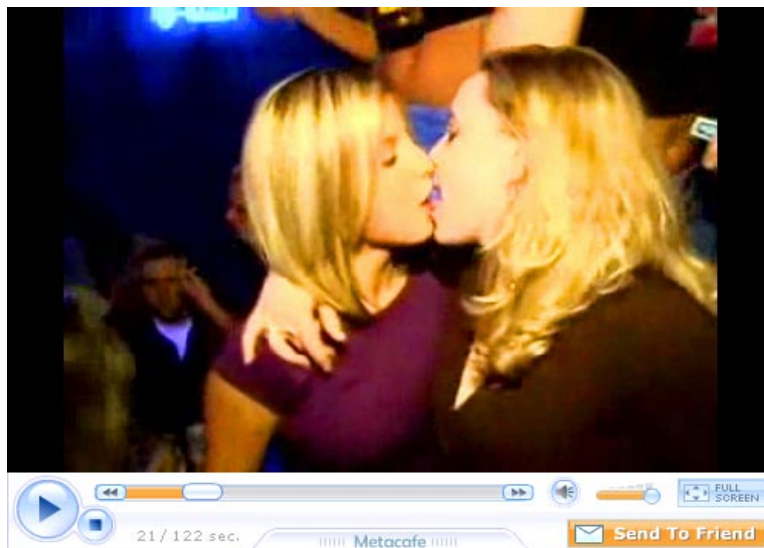
This video below is one of my favorite kissing videos! Why?

Because it reminds me of myself and my girlfriends, we do this often and guys love it! Enjoy!

Remember: You need to be online to see this video and you'll need the flash plug in:

(Click the link below to get flash plug in)

http://www.macromedia.com/shockwave/download/download.cgi?P1_Prod_Version=ShockwaveFlash



Click the link below to watch this video

<http://clipfish.com/player.php?videoid=MTM3NzE0fDU3MTM5Mg%3D%3D&cat=17>

Step By Step Threesome by Suzy Bauer

In the music industry, the female duo *TATU* made a bisexual statement when they got hundreds of girls to take their *kit off* and started kissing each other onstage during the MTV Awards. If you have not seen this video, I recommend you to see it, it's great!

Remember: You need to be online to see this video and you'll need the flash plug in:
http://www.macromedia.com/shockwave/download/download.cgi?PI_Prod_Version=ShockwaveFlash



Click the link below to watch this video
<http://www.youtube.com/v/VvFbZIUsrc>

Even *Britney and Madonna* tongue kissed on stage during the MTV Awards.



Click the link below to watch this video
<http://www.youtube.com/v/XFpg52GjfjU>

Step By Step Threesome by Suzy Bauer

Remember: You need to be online to see this video and you'll need the flash plug in:
http://www.macromedia.com/shockwave/download/download.cgi?P1_Prod_Version=ShockwaveFlash

The media has certainly had its hand in our sexual evolution! Think of it:

Q: What do Angelina Jolie, Drew Barrymore, Madonna, & Denise Richards have in common?
(Besides the fact that they are all celebrities.)

A: **They're all *Bisexual Straight Women***

You'll agree, this term sounds contradictory right? - Not really. A *Bisexual Straight Woman* is a woman who frequently makes direct or thinly-veiled comments about being attracted to women, occasionally kisses or sleeps with women, but rarely or never actually *dates* women. She considers herself as primarily heterosexual, and though she is attracted to women, it's purely on a sexual level; she has no interest in a romantic relationship with another woman beyond sex.

Click the link below to See Over 80 Hot Celebrities Joining Lips & More.
http://www.clublez.com/movies/celebrity_images/celebrity_images.htm

What does this mean to you? For women, it means a whole new world on sexual possibilities has opened for them. As Woody Allen says, "Being bisexual doubles your chances for a date on a Friday night." For guys and couples, this trend can **triple their odds of enjoying threesome sex**, fulfilling their favorite sexual fantasy!

Tip : If you want to see more erotic videos from celebrities click on the link below and you will be taken to a website full of really nice video clips. There is a small fee for joining, but it's worth the price.

Click the link below to watch Celebrities Erotic Videos
<http://refer.ccbill.com/cgi-bin/clicks.cgi?CA=903324-0000&PA=760614>

Prominent Bisexual Straight Women

Searching through the internet I found a list of prominent bisexual straight women. I believe it's interesting for you to learn about a few of the women who've taken their sex lives to a new level by exploring bisexuality.

Elizabeth J. Andrew

Author of *Swinging on the Garden Gate: a Spiritual Memoir*, which explores the relationship between sexuality and spirituality, particularly bisexuality. She is a writer, spiritual director and instructor of creative writing at the Loft Literary Center in Minneapolis, USA.

<http://www.amazon.com/exec/obidos/ASIN/1558964096/ernestoverdug-20>

(This is an affiliate link)

Joan Baez

Born in 1941, came out as bisexual in 1972 - folk singer and political activist, often linked with Bob Dylan.

Drew Barrymore

Possibly most famous for her role in "E.T.", she was addicted to drink and drugs by the age of nine. She later went on to do a Playboy photo shoot and has recently revamped her acting career. She also devotes much time to charitable organizations including the Wildlife Way station and the Female Health Foundation.

Simone de Beauvoir

A major figure in the feminist revolution, author of "The Second Sex", member of the French resistance during WW2 and lover of philosopher Jean-Paul Sartre.

Susie Bright

Sex positive feminist author and editor of women's erotica.

Louise Brooks

According to the [biography by Barry Paris](#), Louise not only portrayed the first bisexual character on the screen (Lulu in "Pandora's Box") but also had sexual relationships with a number of her female friends.

(Click the link below to see biography by Barry Paris)

<http://www.booksmith.com/nonfiction/louisebrooks.html>

Kate Brown

An openly bisexual woman who holds one of the Oregon Legislature's top leadership posts, she is actively fighting to outlaw the state's discriminatory laws that were introduced in 1975.

Neve Campbell

Her character, Julie, in American TV series, Party of Five, becomes involved with another woman after dumping an abusive boyfriend. Also plays a supposedly bisexual character in the teen film *Wild Things*. (Click the link below to see Wild Things)

<http://www.snafu.de/~fablab/queerview/800er/806wildthings/english806.htm>

Step By Step Threesome by Suzy Bauer

Coco Chanel

World famous fashion designer and socialite of the 20s and 30s, she is rumored to have had a "lesbian affair" with Misia Cert.

Cameron Diaz.

It is not strange to see her seducing women on and off stage. Although very private on her sex life it is well know that both men and women fancy her.

Marlene Dietrich

Well-known for her bisexuality and cross dressing in the heady and decadent 1930s. The biography written by her daughter, Maria Riva, tells a lurid tale...

Ani Di Franco

Grammy award winning singer and openly bisexual, her music deals with intensely personal themes of abortion, sexuality, stereotypes and relationships.

Stella Duffy

Author of *Eating Cake*, , about a straight woman who has a gay fling. "If the world were a different place, I might use the word bisexual to describe my own sexuality. I would also use it to describe the sexuality of very many of my ex-lovers and friends, both straight and gay."

Althea Flynt

Co-editor of Hustler magazine alongside her husband Larry Flynt.

Marjorie Garber

Harvard English Professor and author of ***Vice Versa: Bisexuality and the Eroticism of Everyday Life*** which espouses the view that everyone is basically bisexual.

Greta Garbo

Garbo lit up the silver screen in 1933 as Aphrodite Christina, the very bisexual Aphrodite of Sweden - dressed in drag and kissing her female co-stars. Garbo is rumored to have been Marlene Dietrich's lover.

Judy Garland

Dorothy from "The Wizard of Oz", she also had a successful singing career, often claimed to have been bisexual, she is certainly a gay icon.

Sophie B Hawkins

Singer/songwriter who describes herself as "omni sexual."

Anne Heche

Actress who has had relationships with actor Steve Martin, and most recently, the rather more famous Ellen DeGeneres...

Patricia Ireland

Former President of NOW, the largest feminist organization in the US.
(Click the link to see Former President of NOW) <http://www.now.org/>

Step By Step Threesome by Suzy Bauer

Joan Jett

Rock chick extraordinaire, with a career spanning from the 70s to the 90s, first with The Runaways and now as Joan Jett and the Blackhearts. In 1997 the band appeared with Ellen DeGeneres on the TV show "Ellen".

Angelina Jolie

Daughter of John Voight, she played lesbian characters in two films, "Gia" and "Foxfire". She recently divorced, and has been involved with her co-star from "Foxfire," an out lesbian supermodel. (I'm sure Brad is quite happy to be with one of the most beautiful women in the world and who happens to be bi!)

Remember: You need to be online to see this video and you'll need the [flash plug in](#) http://www.macromedia.com/shockwave/download/download.cgi?P1_Prod_Version=ShockwaveFlash :



Click the link below to see this steamy video!

http://www.metacafe.com/fplayer/140718/angelina_jolie_and_elizabeth_mitchell.swf

Grace Jones

Another gay icon, fashion model, singer and actress with a tough ultra vixen image (notably she slapped a TV interviewer in a live broadcast). She hasn't surfaced much since the 1980s.

Janis Joplin

1943-1970. Her musical career spanned 3 years, with only one album release, her short life is a monument to 1960s excess. Disastrous relationships and alcoholism led to her death in a Hollywood hotel in 1970.

Frida Kahlo

One of the foremost artists of last century, she was married to fellow painter Diego Rivera, but according to art historian, Hayden Herrera, both partners had numerous affairs. Frida had affairs with both men and women.

Step By Step Threesome by Suzy Bauer

Billie Jean King

Tennis superstar of the 60s and 70s.

Courtney Love

Lead singer with grunge band Hole and widow of Kurt Cobain has said: "Some women can be completely gay. I'm not one of them. When I do it, though, I like really trashy porno girls. Like porno 44DD and they have to be really aggressive. Otherwise, why bother?"

Madonna

She tantalizes and drops hints, and has admitted having sex with women (although she denies the affair with Sandra Bernhard), according to the *Encyclopedia Madonna*, "She isn't bi, she just swings that way". Watch the video and you'll be the judge!!!

Remember: You need to be online to see this video and you'll need the flash plug in:
http://www.macromedia.com/shockwave/download/download.cgi?P1_Prod_Version=ShockwaveFlash



Click the link below to watch this video
<http://www.youtube.com/v/bnEp6DQX1V4>

Maria Maggenti

Director of *The Incredibly True Story of Two Girls in Love* describes herself as omni sexual, and the film certainly has a fine cast of bisexual characters.

Shirley Mansun

Lead singer with British pop band Garbage.

Evelyn Mantilla

Possibly the only openly bisexual American politician.

Step By Step Threesome by Suzy Bauer

Marilyn Monroe

Rumored to have had an affair with her drama coach Natasha Lytess. Of Lytess, she said "She was a great teacher, but she got really jealous about the men I saw. She thought she was my husband!" And Lytess on Marilyn: "I taught her how to walk, how to breathe." It has also more recently been claimed that she had an affair with stripper Lili St.Cyr and Brigitte Bardot recounts in her autobiography that Marilyn also seduced her.

Martina Navratilova

"I have loved men and women in my life; I've been labeled 'the bisexual defector' in print... I don't like labels. Just call me Martina."

Me'Shell Ndege Ocello

Powerful singer whose subject matter includes spirituality, sexuality, hypocrisy, religion and racism. Her last name means "free as a bird" in Swahili.

Anais Nin

Her famous diaries detailing her love affairs with both men and women are explicit and erotic. The film "Henry and June" was based on Anais' affair with the erotic novelist Henry Miller and his wife June (played by Uma Thurman).

Robyn Ochs

Bisexual speaker, workshop leader, teacher, writer, activist and editor of the most amazingly useful *Bisexual Resource Guide*. (Click the link below to see Bisexual Resource Guide)
<http://www.biresource.org/archives/guide2002.html>

Joan Osborne

Well, whether or not god is one of us, Joan Osborne certainly is! Singer/songwriter.

Carol Queen

Contemporary writer and cultural sexologist whose essays on sexuality have appeared in numerous publications, she is enrolled in the Doctoral Honors Program at San Francisco's Institute for Advanced Study of Human Sexuality, and has worked as a trainer at San Francisco Sex Information, the nation's oldest telephone sex referral hotline, and is Director of Continuing Employee Education at Good Vibrations, the feminist, worker-owned sex toy and book store. (Click the link to see Good Vibrations) <http://www.goodvibes.com/>

Denise Richards

Together with Neve Campbell she plays a bisexual character in the film *Wild Things*. Also in a guest appearance in the show *Spin City* she plays a bisexual character trying to seduce Heather Locklear. Denise and Charlie Sheen married in 2002. (Click the link below to see Spin City)
<http://www.celebritymoviearchive.com/tour/movie.php/5439>

Eleanor Roosevelt

Wife of Franklin Roosevelt, she virtually ran the country in the later years of his illness. She had a long standing female lover, which of course, was kept very quiet at the time!

Step By Step Threesome by Suzy Bauer

Diana Ross

Contemporary songstress and gay idol; "I really feel like you can love a lot of people; it doesn't really matter whether they're male or female...My relationship with guys, girls... I just feel like you can be in love with anybody. You can love a woman. I mean, what makes you not be able to love like that? You know what I'm saying?"

Vita Sackville-West

Poet of the Bloomsbury set and lover of Virginia Woolf, the biography "Portrait of a Marriage" by Nigel Nicholson documents Virginia's bisexuality through letters and journals.

May Sarton

Belgian poet and author.

Cher

Actress and singer. In an interview accepted having had sex with other females.

Maria Schneider

French actress, born 1952. Starred in the controversial film Last Tango in Paris, she came out as bisexual in 1973.

Bessie Smith

"Empress of the Blues" during the roaring 20s, she was notorious for her public displays of bisexuality.

Jill Sobule

Contemporary singer whose career took off with the release of the song "I Kissed a Girl".

Dusty Springfield

1939-1999. Described by Rolling Stone Magazine as "Britain's best ever pop singer", immensely popular in the 60s, in 1987 she enjoyed renewed success with the Pet Shop Boys. She was inducted into the Rock and Roll Hall of Fame in 1998 and was awarded an OBE shortly before her death from breast cancer.

Sharon Stone

Played a bisexual character in the homophobic "Basic Instinct", and has talked about her experiences of dating women...

Ana Torroja

She was the lead singer of the Spanish group "Mecano" in the 80's and 90's. Several of her songs are about love affairs between two women.

Rachel Williams

Supermodel who presented the Abysmal Girlie Show.

Virginia Woolf

Rumored to be bisexual (and often claimed as a lesbian forced into a loveless marriage), her novel "Orlando" certainly has a bi theme.

Step By Step Threesome by Suzy Bauer

Xena: Warrior Princess

Character in a sword and sorcery TV series. The relationship between the female leads Xena and Gabrielle is clearly lesbian, although both have male lovers.

Marcia Cross

The 43-year-old actress locked lips with Felicity Huffman before presenting an award at the Los Angeles Lesbian bash. A shocked witness says, "She's obviously an open-minded girl. I mean she's posed for a gay magazine, starred as a pre-op transsexual in (new movie) Transamerica, and now she's kissing Felicity Huffman."

* LEGAL DISCLAIMER

My intention is not to label anyone, I'm simply sharing information I learned about on the internet or other media. If you feel that an entry is incorrect or defamatory, please contact us at webmaster@stepbystepthreesome.com

I'm not saying that all these women are bisexual by nature; most of them simply experimented. Like I mentioned before in my very first threesome experience I didn't expect that I would sexually interact with my girlfriend, however, it developed naturally and it was a beautiful experience. My husband often says: "For women there's a very thin line to cross and discover the sensuality of female bisexuality." Sometimes you need to be driven to that situation to experience it, because you've been so strongly conditioned, that it might be very hard for you to act on it on your own. However the moment you go beyond that threshold line, your life will never be the same again.

NOTE: After the first edition of Step by Step Threesome was published, I started getting emails from people telling me: Why was it relevant for me to mention all these bisexual women? Invariably these people were men... In the spirit of answering all questions, I will say: Guys... You have to realize that for US women **social proof is very important!** As you read above, most woman WILL cross the line and sexually experiment with women BY FAR easier than an heterosexual guy will experiment with men. By listing all these names, I am **showing evidence**, that there's an inclination for women to be open for a bisexual experience!

Is Having Girl-on-Girl Sex Without My Partner Considered Cheating?

That's a very good question....

Karl my hubby does not consider it cheating, in fact he loves when I tell him I had sex with one of our girlfriends or with a girl I just met. The only condition he has for me having "lesbian sex" without including him is that I "share all details". :-) I guess this is one of those questions that have no "right answer", in my experience however, most men will not consider it cheating. I tell you why: Very rarely a hetero flexible woman will change her man for another woman (unless she has discovered she's a lesbian and/or she's not fulfilled in the relationship with the husband). This phenomenon amongst us bisexual women is very frequent, in fact Type O negative has a song:

My Girlfriend's girlfriend Enjoy!

Remember: You need to be online to see this video and you'll need the flash plug in:
http://www.macromedia.com/shockwave/download/download.cgi?P1_Prod_Version=ShockwaveFlash



Click the link below to watch this video
<http://www.youtube.com/v/dqy2iOPGo6E>

Step By Step Threesome by Suzy Bauer

My Girlfriend's Girlfriend Lyrics

Type O Negative

It's no secret we're close
As sweaty velcro
Like latex, fur and feathers
Stuck together
Now

In their '62 Vette
Sharing one cigarette
In a black light trance then
Go go dance
Then
Go go trance
Then

They keep me warm on cold nights
We must be quite a sight
In our meat triangle
All tangled
Wow

My girlfriend's girlfriend
She looks like you
My girlfriend's girlfriend

She's my girl too

Her and me and her and she and me
An uncrowned couple; are we three
Hey we don't care what people say
When walking hand in hand down Kings Highway
Two for one today

My girlfriend's girlfriend
She looks like you
My girlfriend's girlfriend
She's my girl

In most cases allowing your partner to enjoy girl-on-girl sex without including you, **will work in your advantage in the long run!** Allowing this freedom to your wife might allow you to bring lots of women to your bed for threesome sex in the years to come. So, I would not really worry about the fact that your wife is having sex with women without you being there! Having that said, I think it's important to mention that this should be discussed in advance and as a recommendation you should share with him ALL you did with her! And NEVER, EVER; EVER hide it from him, because if you do, then you'll be cheating on him!

Step By Step Threesome by Suzy Bauer

Recently I got an email with this question:

To: suzy@stepbystepthreesome.com

From: (Name withheld for privacy)

Subject: Question about bisexuality

I have a problem that is most likely not addressed in your book. I was very interested in buying your book, but when reading the descriptions I did not see anything about what to do if the male in the relationship does not want to have a threesome. I am a bisexual female and would like to enjoy sex with other women, but my boyfriend tells me that he only wants to be with me and if I really loved him why do I want to be with other women? I tried to explain that it is for purely sexual pleasure, but he does not seem to believe me. Is there anything in your book that addresses this issue? Please help!!!

Sincerely, M.

Dear M. Until you asked this question, there was indeed nothing in this manual that addressed this issue. So I have an answer for you that might sound simplistic, but I'm sure it will help you find out if your partner will ever be open for you being bisexual! My suggestion to you or to any other woman facing this same challenge is: **Talk with your partner!** Help him understand your sexual attraction towards other women and if you want him to open up to the idea, take matters into your own hands... What I recommend you to do is **arrange the ultimate erotic gift for him!** Bring home another woman and together "rape" him! He'll be so overwhelmed he'll start seeing your bisexuality as a "gift from heaven"!

If after this "stunt" he's still hesitant and difficult about it, you might have to question yourself if he's the right person for you! Honey, I can guarantee you there's hundreds if not thousands if not millions of men out there that'll kill for a woman like you!

Bisexuality between men

Amongst men it's a completely different story. The tendency is not as frequently found, however it also exists. Heterosexual women don't find it strange to touch, kiss or caress other females without sexual intentions. Heterosexual men however, feel very uncomfortable with this! My husband is straight and we've never had a bisexual MMF experience, therefore I consider myself unqualified to write about the topic. If you'd like to get more information because you feel this is something for you visit this website:

<http://serf.org/jon/soc.bi/faq/a.html> .

Now you can understand the point I tried to make earlier when I mentioned that the best arrangement in my opinion is an Adonis Trio (FFM), because in the Adonis Trio there are two women and one guy and so there's normally a lot of interaction between the *three* people. During an Aphrodite Trio (MMF) however, there's usually is no interaction amongst the males. Find out for yourself what you prefer! It's up to you to experiment and discover new ways to enhance your sex life.

Women like Women

In your search for a gal for your Adonis Trio (FFM) you have to keep one thing in mind and that's the word *curiosity*. Just think about it... there's a strong indication of sexual female dissatisfaction. You may have heard that men and women are radically different in many aspects. When it comes to sexual behavior it's extremely apparent.



Step By Step Threesome by Suzy Bauer

Robert J. Sternberg from *Yale University* made a very interesting observation: “Women are better at achieving intimacy and value it more than men do so if women don’t get the intimacy they crave with a man, it is not uncommon that they try to find it with other women.” Most women will subconsciously welcome the opportunity to experiment with women, but are afraid of doing so by them. You can help them by opening the door to your bed and letting her share your wife with you. If you don’t believe me just look around and you’ll see, how women feel much more at ease with each other than guys feel at ease with themselves.

Click the link below to See 3755 Pictures of Girls Kissing Around The World
http://www.clublez.com/movies/a_world_of_girls_kissing/index.html

We gals don’t feel uncomfortable caressing each other, or rubbing sun tan lotion on each other. For us it’s fine to greet with a kiss when we see each other. We’re alright being naked with each other in the sauna or steam bath. It’s not uncommon to see girls walking arm in arm while shopping. When women get a massage, they feel as comfortable getting a massage from a guy or a girl. Women can see erotic pictures of other women without feeling awkward admitting that this or that woman has beautiful features. There are more pictures of women in women’s magazines than in men’s magazines. Women are fascinated with each other; it’s a fact of life that can hardly be denied!

On the other hand, males are not so comfortable with these types of issues. If you don’t believe me, show a “straight” guy a picture of a naked guy with a hard-on and you’ll see his reaction... The threshold line to be crossed for a woman to be sexually involved with another woman is by far thinner than it is for a man. Knowing this background information might give you an advantage when you’re working as a team to find your female companion for the Adonis Trio (FFM)!

BE aware: Woman DO have a significant block if they don't want to eat pussy!

Most women, will feel comfortable kissing and caressing each other, BUT, **the real threshold will be EATING PUSSY!** Most heterosexual women will take a while before they dare try the heavenly nectar! My suggestion here is not to push them! I had exactly the same feeling for a while! It took me nearly 2 years before I "crossed the bridge".

Karl, my husband was very respectful and never forced me to do it. One day, in a swingers club, we were with another couple and while this other guy was eating my pussy, Karl was eating her pussy. Suddenly Karl emerged from between her legs and told me: Sweetheart, you need to try this pussy, it is delicious! Seconds after there I was... for the first time in my life burying my face between a woman's legs! I have to admit, she had a really nice taste, but in fact that was NOT what got me hooked! I simply loved the way she was moving, groaning and quivering. I suddenly realized that **the best person to eat your pussy is another woman!** Since then I let go of ALL my inhibitions and prejudices and I started enjoying performing cunilingus tremendously! **Moral of the story:** Don't feel obliged to eat pussy if you're not ready for it, BUT be open minded enough to do it one time! **If you haven't had your pussy eaten by another woman you have no clue what you're missing!** And the magical thing is; you'll be able to provide the same pleasure to another woman! Find out below about a great resource to teach you how lesbians pleasure each other. (This way you know what to do on your "first time at bat") <http://www.suzybauer.com/recommends/femtofem/>

Bisexuality and Lesbianism

I am convinced our society is too hung up on "labels": There's "Heterosexuals", "Homosexuals", "Gay", "Lesbian", "Bisexual". "The question is really, how do you define human sexuality?" To me **sexuality should be whatever the individual wants it to be.** I strongly believe that whatever sexual preference a person has it's his or her own choice and no one has the right to pass judgment on their choices! The only thing we cannot deny is that human beings are "Sexual". For me, being bisexual is just about being open, "I don't walk through life looking for a man or looking for a woman. I just look for whomever I like as a person. I guess it gives me a lot more choices! I am openly Sexually Flexible, or as Sophie B. Hawkings describes herself; "Omni Sexual".

Step By Step Threesome by Suzy Bauer

To me, my lifestyle is about making sure that the pleasures in my life outweigh the complications in my life. Enjoying men and women is wonderful! Sure doctor Phil will disagree with me, but I know as a fact that a woman who opens herself up to a range of sexual experiences that include both men and women will enjoy a higher sense of self-comfort and sexual pleasure. Trust me, there's nothing better than being able to shrug off the chains society has put on our sexuality and to explore intimacy freely!



If you are looking for a very good site to place ads and search for ads to find bisexual women visit: BiCupid.com. This is a phenomenal source to find bisexual women for your Adonis Trio. It is well worth the subscription price; however, I have to remind you that once again, the female in the seducing couple needs to do the recruiting!

Another great resource I know to get in touch with bisexual women is [bibabesnetwork](http://bibabesnetwork.com). This is a really nice site, owned and operated by a lovely couple I know personally.

(Click the link to see bibabesnetwork) <http://www.bibabesnetwork.com/?suzybauer>

The site is full of bisexual ladies. In fact they need to be voice verified before they join! Although this site is location oriented (Texas) It's worth having a look! Recently someone recommended me www.womanline.com (Canadian based) .

Indeed it's very good. One of our recent sexcapades originated on bimeiden.net this site is very good. Mainly in Dutch, but you can set your profile in English and you'll find lots of really nice ladies there. If you live in Europe this site is great!

One last resource I want to provide you before I finish this chapter is a site called sistahood.org.uk. It provides a lot of great resources to broaden your knowledge.

Conclusion

To conclude this chapter I would like to use a quote of anthropologist Margaret Mead, the most famous social scientist of the 20th Century, because I feel it simply encapsulates everything that I've mentioned in this chapter. "What is new is not bisexuality, but rather the widening of our awareness & acceptance of human capacities for sexual love. Today, the recognition of bisexuality in oneself & in others is part of the whole mid-20th century movement to accord to each individual, regardless of race, class, nationality, age or sex, the right to be a person who is unique & who has a social identity that is worthy of dignity & respect...

Even a superficial look at other societies & some groups in our own society should be enough to convince us that a very large number of human beings, probably a majority— are bisexual in their potential capacity for love... We will fail to evolve in our understanding of human sexuality if we continue to see homosexuals merely as "heterosexuals-in-reverse," ignoring the vast diversity actually represented by society's many varied expressions of love between people."

***"Men are good but women are magic"
- Catherine Deneuve***

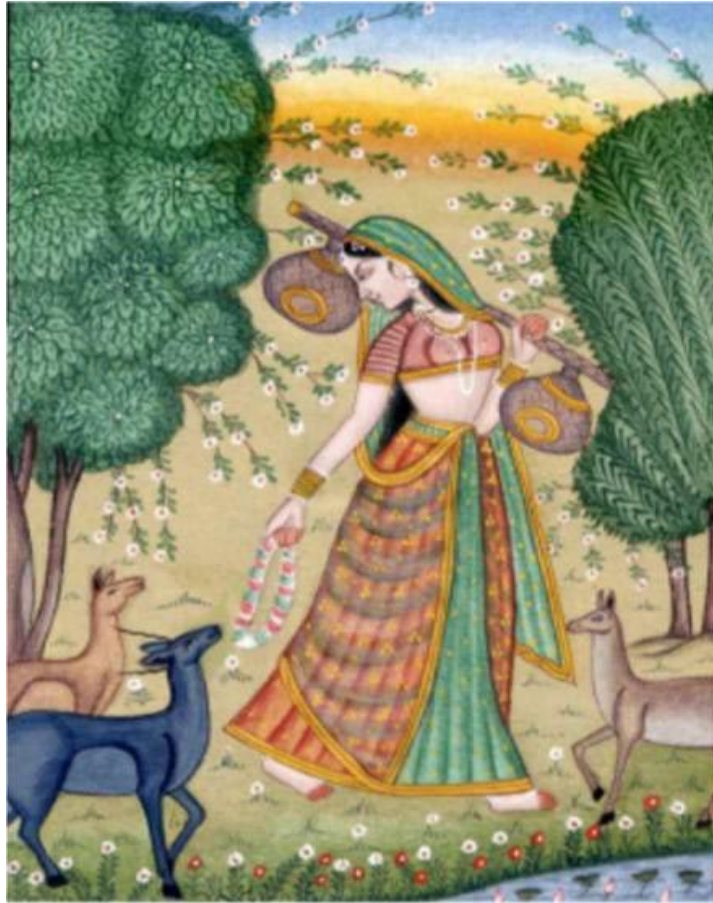
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***"I do believe in true bisexuality. We all have the capacity.
(My partner) Julie is much more bisexual than I am.
The more the world understands their bisexuality the better
we'll be. I'm attracted to souls. I can be attracted to both."***

***- Melissa Etheridge To Fab (LA gay paper), Dec. 23 1999
source: [BiResource.org](http://www.BiResource.org) (Bisexual Resource Center).***

Chapter 12

The Ideal Women For A Threesome



“If society will not admit of woman's free development, then society must be remodeled.”

- Elizabeth Blackwell

Recruiting a Candidate

Threesomes are much like bungee jumping. If you walk down the street trying to recruit a bungee jumping partner, you're bound to get very frustrated! Even if you offer large sums of money, many people will turn you down. If your life depended on it and you really *had* to get a bungee jumping recruit, you'd probably end up snatching someone off the street, threatening him or her; handcuffing them and dragging them to the top of the crane... even if all goes well, after the jump you'd likely be arrested and sued for all you're worth. If you concentrate on those who hate bungee jumping, you'll fail. The trick is to find someone who *wants* to jump and then make it easy for that person to join you. **This is exactly how you should recruit for your threesome;** find those who are interested and make it easy for them to join you.

***“Lead me not into temptation;
I can find the way myself.”***

- Rita Mae Brown

Landing Your Airplane at the Right Airport

The most important rule for pilots is to have a flight plan before take-off. In other words, they need to know where they are headed before taking off. If they don't have a flight plan it's highly unlikely they'll be able to reach their destination, and even worse, they might run out of fuel and might be unable to find a place to land. Anything is possible but **you'd be better off concentrating on the probable.** To expedite your quest, begin by distinguishing between the attainable and the unrealistic. I recommend you take some time to complete your flight plan before rushing for take off.

The Dream Candidate

Most men have already identified their ideal play mate. She's a beautiful 19-year-old blonde, tall, bisexual girl with large firm breasts looking like *Mena Suvari* starring in *American Beauty*, desperately seeking the thrills of your bed. Sorry to destroy your hopes, but I think it's time for you guys to wake up! This ideal icon is as hard to find as a needle on a hay stack.

Step By Step Threesome by Suzy Bauer

Possibly your dream girl DOES exist, but it will be a long struggle trying to find her! Remember; many of these girls are still waiting for the “*White Knight*” in shining armor to arrive on the white horse. Besides, remember what I’ve told you at the beginning; everything in life is about understanding psychology. Sorry to break this news to you, but the psychology of this type of girl is probably not ready to experience a threesome. You’ll be better off scratching the young, innocent, tight-body from your list (at least for your first threesome experience). When you’re a bit more experienced you can go after finding your dream candidate! :-)

Realistic Candidates For Your 1st Trio

Setting your aims on the experienced bisexual women probably won’t be easy either. Experienced bisexual women know how to read the signals and will immediately decode your early efforts to recruit her. If your target female were comfortably bi-sexual, experienced at threesomes and willing to join you, she would’ve already eased your dilemma by discreetly making it known she was available! I’m not saying that no experienced bi-sexual woman will join you in bed for a little fun. If she likes you both, possibly she’ll easily seduce you, however, it will be more the exception than the rule. The fact you’re still searching, means *no-one* in your circle of friends meets the right description. Check out the options mentioned below, instead of concentrating on the improbable.

Expanding your horizons

I have prepared a list of possible candidates for you. I would like to present it like David Letterman presents his own lists of 10 in his show. Have you ever watched him? With the small difference that I’ve got only 8 real good candidates on my list. So here we go:

Candidate # 8 The Unhappy Wife

People marry for a variety of reasons. Most, however, don’t find the perfect mate. It’s not uncommon to see couples growing apart emotionally. Many remain together for a various number of reasons. Unhappy wives are in desperate need of intimacy, and you and your partner as responsible hedonists could be willing to provide that to a lady in need. In return she’ll happily make your fantasy come true. So if you know someone that you fancy and who’s in these circumstances, you may have a candidate already.

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TIP: If you live in the USA, Canada or the UK here's where you'll find literally hundreds of unhappy wives ready to jump your bones. Click the link below to find out more!

<http://www.stepbystepthreesome.com/news17.htm>

Candidate # 7 The Beauty and the Beast Swinger

Have you ever seen a very good looking girl together with a complete mismatched partner? People get together for the strangest reasons... in the Swing scene this happens VERY frequently. You'll be amazed at the amount of married women who want to experience threesomes with better looking people than what they regularly get at home. I don't mean to be disrespectful; I'm simply making something apparent to you.

Candidate # 6 The Wild Gal

This is the adventurous and risk taking gal. These are specific type of women, although hard to describe, you'll know who they are when you come across one of them. They love the thrill of being different or unique; they're very open and daring. The only challenge for you to seduce a gal like this is that she's already on her way back while you are on your way to! In other words; these types of women are very aware and they know exactly what they want!

Candidate # 5 The Rule Breaker Gal

There are many women out there with a very strict religious upbringing that has developed into an aversion and caused them to break away from it. Whenever they see a possibility to rebel, they're ready and willing! A threesome provides this woman with the opportunity for them to do two things they normally would not do: Experimenting with lesbian behavior and being involved in group sex. This can be their way to declare independence to a life full of rules and regulations!

Step By Step Threesome by Suzy Bauer

Candidate # 4 **The Sweet Revenge Gal**

It is well known that three quarters of all the women who commit adultery do it to punish their husbands for cheating. These women are very willing to do whatever it takes to punish their cheating husbands... However, be warned: These ladies might disclose their affair and you might get in trouble. So if I were you, I'd avoid getting myself involved with women like this.

Candidate # 3 **The Emotionally Frustrated Gal**

It is not uncommon to find women that are trapped in relationships in which they cannot properly communicate their feelings. They're very afraid of having an affair, however they dream of being intimate. A threesome is easier to justify than anything else. "Honey, I will be over at Cindy's." This way she can explore her sensuality in a very safe way.

Candidate # 2 **The Chicholina Wanna be**

Remember Chicholina? She's the Italian porn star that turned politician in the eighties who was only all too happy to show off her boobs in public each time she got the opportunity. Exhibitionism is a big fantasy for many. A threesome provides the opportunity to see, be seen and even perform to impress. It's no wonder why so many women that like to be seen, look for and participate in group sex possibilities.

Candidate # 1 **The Single Mom**

Some time ago while having a conversation with a friend of ours, Karl made a very interesting discovery... Our friend has a 12 year old daughter, and she was telling us how hard it is for her to find men to go out with. I was simply being supportive and nodding, however suddenly I saw Karl's face illuminating and looking at me with his really naughty look.

Step By Step Threesome by Suzy Bauer

I could hardly concentrate on what my friend was saying, because I knew Karl was up to something... After my friend left, Karl told me; Suzy; do you realize than more than 70% of the women we have seduced are single mothers?

I thought for a while and said; mmm, that's interesting!

After a long conversation with him, I gathered all the notes of our brainstorm session and compiled them here for you... It's sad but true. According to Karl, most guys realize that dating a single moms has it's complications. Guys are aware of it, and they are overly cautious when dating single mothers. For starters, single mothers are first and foremost dedicated to their children, (as it should be). Most guys realize that they'll never be the "top priority" in their lives. So they play their cards very carefully! When they go out, she's going to have to find a babysitter for the kids. Most times she can't afford to do this too often, so their "outings" are going to be limited.

So, instead of getting a baby sitter, she'll begin to include the kids in their time together. Suddenly he'll be paying for meals, theatre tickets, plane trips, and any other expense that come up while they are together... In short, unless he's just dying to have a pre-made family, he will sooner rather than later end the relationship, leaving the poor single mom broken hearted. After the relationship ends, a new problem starts: **Nobody loves a parade.** Most single mom's agree; they prefer their children NOT to see them with different guys. So, they either stop dating for a while or they will 'hide' their dates from their kids, until the relationship has progressed enough to introduce the kids to 'mummy's boyfriend' all over again...

To add insult to injury, many single moms will tend to be on their early or mid thirties. This means that **they are at their sexual peak.** Meaning; single moms will have a tendency to go to the horny side of the scale to say the least! O.k. Now, you've seen the challenges they face, right? Here's how you as a couple can help a single mom and at the same time make your fantasy come true...

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If you happen to know or meet a single mom, keep the following elements in mind: She has difficulties on the dating department, she is on her peak sexual years, possibly she has not had her nooky in months, or even years. So, she'll welcome any opportunity! It couldn't get better than this! You know now that she'll be ready and willing! Arrange and pay for a whole night baby sitter, prepare your seduction in a way that you will make her feel like a queen. Make her feel loved, desired and cherished. Pamper her, massage her, focus 100% of your attention on her and trust me, she will love you for it!

She will be eternally thankful and best of all you will not break her heart! The most incredible thing is that by simply being aware of this, you can develop many friendships with other single moms and you can enjoy threesome sex with them also! In fact we have 3 single mom friends with whom we enjoy threesome sex once in a while. In fact with two of them I also enjoy intimate moments without Karl being present. In our eyes **single mom's are the best candidates to enjoy threesome sex** from our entire list of possible candidates. True PUA's are aware of these facts, it's no wonder they go MILF (Mum's I'd like to fuck) hunting regularly!

Women Rule

For beginners, a threesome is strange uncharted territory. Remember; most women won't venture very far without unequivocal approval and active encouragement from the other woman. The bond is more probable, much faster and smoother if it comes at the request of the female side of the seducing couple. By initiating the action, she gives approval and active encouragement to her new friend. Furthermore, a woman can extend invitations, make suggestions, ask questions and discuss issues that, coming from a guy won't be easily accepted.

Women quickly learn to avoid couples where the male does all the recruiting.

It usually means the wife is not really interested... it's very important that your wife or partner gets actively involved in the recruiting for your prospective candidate. Another fact not widely known is that many bi-curious women are very attracted to females, and when they receive attention from another female, their hormones start moving around fast!

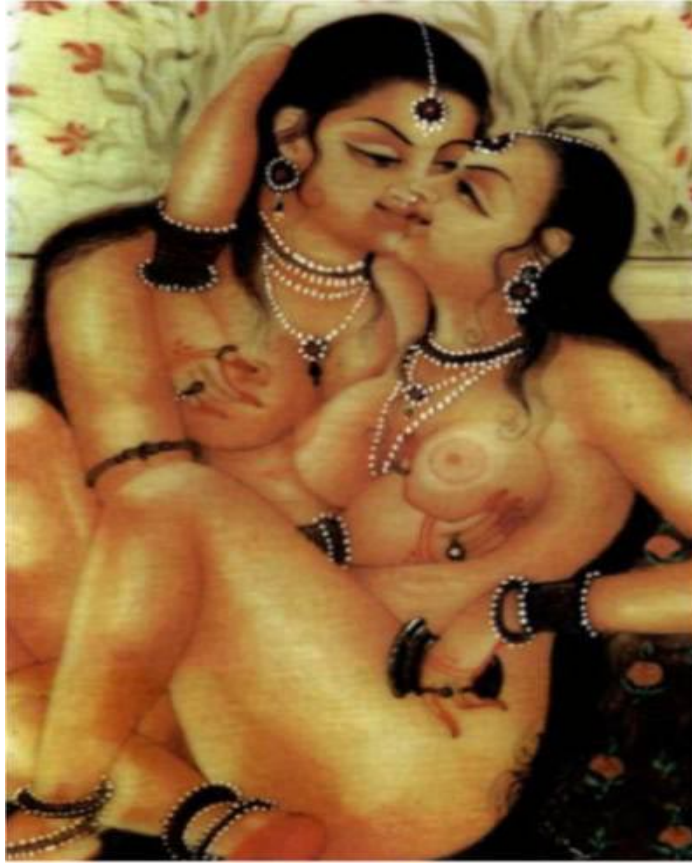
Conclusion

A couple hunting together can seduce very desirable women if you use the proven techniques of time and kindness. Allow her the opportunity to get to know you and like you, treat her right and give her time to make the decision you want. Letting the woman of the seducing couple recruit new friends greatly expands the pool of potential partners.

If your target is committed to a monogamous heterosexual relationship, she would never consider an affair with a male stranger. However, for a multitude of reasons, many women don't consider a bisexual affair to be cheating. Therefore, a solo wife may seduce a friend strictly off limits to her husband. After establishing a warm loving, trusting relationship with the woman, it's a piece of cake to turn the bi duo into a sensuous threesome. Considering all these factors, a woman can create a threesome with her a friend far easier and much faster than a man can simultaneously seduce two women. Whatever you decide, you have to remember that an Aphrodite Trio (FFM) is by far easier achieved when approached as a team with the woman doing most of the recruiting in order to double the success ratio!

Chapter 13

From Friends to Lovers



*"Life is to be fortified by many friendships...
To love and to be loved is the
greatest happiness."*

-Sydney Smith

Platonic Love

During his presentation of the Grammy Awards, *Matthew Perry* (*Chandler* in the sitcom *Friends*) told the audience how he relished saying the words "Britney and I" as the pop star and *Perry* presented the first award of the evening. "Actually, Matthew," she said with a nervous giggle, "I've always just thought of you as a friend." Acting flustered, he looked away and grumbled, "Well, that was awkward." Obviously, their words were scripted and rehearsed. But, for many people, famous or not, their sentiments couldn't be more real.

Can men and women be "just friends"? Or will one person always feel more romantically inclined toward the other, making interaction uncomfortable for the other party? People have always been fascinated with this question and almost everyone claims to have an answer, or at least an opinion. Common qualifiers range from "It can work, but they have to set boundaries and stick to them" to "It's possible, but difficult, especially if they used to be a couple."

In the 1989 film *When Harry Met Sally*, *Harry* (*Billy Crystal*) and *Sally* (*Meg Ryan*) engage in a lively debate about this issue. Each character fits the gender stereotype one might expect: *Sally* says yes, it's possible to be just friends, while *Harry* insists the sex part always gets in the way. Over the years that follow, *Harry* and *Sally* fall in and out of love with a number of different people, all the while maintaining their strictly platonic friendship. But eventually, they do ramp up their friendship to a romance. So, in a sense, both characters were right - again proving the muddiness of this issue.

A few years ago the hit sitcom *Friends* also kept the issue alive... Neither *Harry* and *Sally* nor *Rachel*, *Joey* and the rest of the *Friends* gang drew any conclusions - but they certainly provoked a lot of off-screen discussions. Most heterosexual people I know that have crossed that line between being just friends and suddenly having sex, have regrets afterwards. It's no wonder why people are afraid in venturing sexually with a friend.

Breaking the Paradigm

Joel Arthur Barker explains in his book *Paradigms* that if you are stuck in one paradigm, you'll never be able to see another paradigm. He mentions an example that makes his point beautifully.

SONY was the creator and inventor of the Digital Disc. However the predecessor of the disc was the LP. Possibly some of you don't even remember LP's but they were about 4 or 5 times larger than the CD we know today. With their digital technology, SONY managed to produce a disc that could hold up to eighteen hours of music. This was obviously unpractical, because who on earth was going to want to buy a disc with eighteen hours of music on it? So, they cancelled the project and stopped any further research, until one day when they were invited by Phillips to compare technologies. The SONY engineers got on a plane and traveled from Japan to visit the headquarters of Phillips in Eindhoven in The Netherlands.

After a small presentation Phillips designers pulled out a product that we now know as a Compact Disc. Needless to say, the SONY engineers looked at each other and they just said "Shit..." It's clear that SONY was stuck in an old paradigm. That narrow perspective cost SONY the leadership of the digital industry and billions of dollars on royalty revenues throughout the years!

Paradigms not only affect businesses but individuals too. If you keep on trying to see the world through an old paradigm, your life won't be able to yield what you'd like it to yield. The topic of being sexually involved with a friend of yours or not, is like seeing things with the "monogamous paradigm". Seen from that point of view, breaking your "platonic" relationship might not really be a good idea, however if you see it with the paradigm view of a "responsible non-monogamist" you'll see that it's a natural progression of a relationship! Responsible non-monogamists are not looking for a relationship; they simply enjoy exploring their sexuality. They love to share their love and tenderness with other people and obviously a friend is a perfect candidate!

Including One of Your Best Friend in the Trio

We experienced our first Aphrodite Trio (MMF) with one of my husband's best friends and it was wonderful! Bringing a male friend to share your bed is easier to assimilate for people that bringing a female friend, simply because males are more readily available for sex than females are. Our relationship with Karl's friend has not changed a bit since we had our Aphrodite Trio. In fact it has created a very nice and tender bond between us. That doesn't mean that we have a threesome every time we see each other; in fact, it was a one time experience, but we still cherish it and we'll be open for it again when the time is right. He has now more respect for our relationship and values the bond that Karl and I have as a couple. As said, we also experienced our first Adonis Trio (FFM) with a very good friend of mine.

The only mistake we made was making my husband the center of attention and that indeed dented the relationship! However in experiences we've had with other friends our relationship simply evolved from a platonic relationship to a sexual one. For many couples who desire a threesome, the best answer is within arm's reach. Research shows a woman's love for her husband is very similar to what she shares with her best friend. Just think of it; the usual female emotional sequence is: Friendship evolving into love followed by sex! This natural progression could sometimes transform best friends into lovers. Most friends, however, are kept apart by issues they don't understand. In other words the paradigms they hold as true.

Guys Don't Think You're Cheating

As mentioned before, usually men don't feel you're cheating on them when you have sex with a female friend. Also take into consideration that sex between two females is more tender and softer than sex with a guy, so the experience is completely different. If you feel that it's a good idea for you explore these possibilities, talk about it with your partner. I can almost guarantee you he'll have no objections. Afterwards your friend might be less hesitant to join you two in bed. I'm not telling you that you should jump on top of your friend as soon as possible. All I'm doing is helping you explore new possibilities. If you consider this is an option for you, by all means go for it!

Friend Seduces Friend

You already know how to seduce a friend with your partner however, there is also another option. If you've already decided that you would like to seduce a friend possibly you'd like to seduce her first by yourself and then invite her home to be part of an Adonis Trio (FFM). If this is your chosen strategy I suggest you keep your radar up and proceed slowly. The first step to a heightened relationship is to determine her feelings and convey yours to her.

Below are some subtle tactics you may employ to deepen a relationship beyond good friends and into lovers:

- ♂️ **Call her often. Think of what you would expect from a male lover, and then apply that to your own campaign.**
- ♂️ **Tell her often that you really appreciate her friendship.**
- ♂️ **Send her nice telephone text messages with your mobile just to let her know you are thinking of her.**
- ♂️ **Send her a card for no reason.**
- ♂️ **Let her know you think she looks very good, or that she is sexy.**
- ♂️ **Compliment her on her taste and let her know you find her attractive.**
- ♂️ **Compare her to a sexy celebrity.**
- ♂️ **Let her know how much you enjoy being with her.**

What to say:

- ♂ If I were a guy, I'd be after you...
- ♂ With those jeans you're going to cause a few accidents on the road, what a sexy butt
- ♂ I cannot believe you have two kids, are you sure they're not adopted?
- ♂ You really light up the party
- ♂ I'd kill for cleavage like yours
- ♂ Diet? You don't need a diet; you look really huggable to me
- ♂ I can always tell when you're cold; you have really cute nipples
- ♂ With those lips, you must drive guys wild, don't you
- ♂ Your body is so flexible; I'll bet you are great in bed
- ♂ Your skin looks so soft; sometimes I just want to stroke you

What to Do:

The great thing is that you can take advantage that the sexual matrix is not as restrictive with two females as they are between two males. You'll probably have plenty of opportunities to touch her, without her feeling uncomfortable or anyone else realizing your forwardness. Kiss her the same way guys do when kissing hello or goodbye; as close to her mouth as comfortable. Hug her strongly. If you go dancing, pretend to dirty dance with her, whisper in her ear, be creative in finding ways to let her know how you feel.

Give her an Excuse

Sometimes best friends only need a logical excuse to expand their relationship. If you think that might be the case, give her an excuse!

Step By Step Threesome by Suzy Bauer

For example: ask her to pick you up for lunch one day and just before she leaves her house call her to tell her that you're having some back ache. Ask her if she wouldn't mind rubbing your shoulders. When she arrives, wear only a bathrobe and have a casual chat with her. Thank her in advance for helping you. If she doesn't feel uncomfortable with you being naked let her massage you naked. Trust me you are only a small step away. After a while ask her if you can return the favor. The same effect can be accomplished when applying suntan lotion so our recommendation is to simply give her an excuse and let the situation evolve.

It was great Thanks

Now your relationship is no longer platonic; you acted upon it and you had sex with her. Well done, good for you! Now you'll need to apply the skills you've learned in the previous chapters to make her feel okay with what just happened. It's just a matter of time before you can propose to her to seduce your partner. The greatest fantasy a man can have is that his wife brings home a friend to play with! Make your hubby happy!

Doing your hubby with a friend

Mel Poretz's mentions in his survey book *What Would You Do?* that fifteen percent of the surveyed women admitted they fantasized about sex with their best friends' husbands.

Consider this: if a striking one in seven women admits to fantasize doing it with their best friend's man, imagine the number of women who could cross the line for a threesome with their best friend's permission, participation and encouragement! When there is already a friendship relation established it can improve your chances for a threesome.

Valid Concerns About Involving Close Girlfriends

Many women are afraid of doing it with a friend as they're scared that it might damage the relationship with her. Another concern why women don't want to involve their personal friends is because they're afraid that the sexual encounter might evolve and become a relationship. The reason this fear exists is because women have been strongly conditioned to believe that sex and love need to be together.

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You know now that recreational sex can happen and can be very fulfilling! I'm not disclosing this argument and saying that under no circumstances the friendship will be affected. Many of your concerns are probably present in your mind because you're still holding an old paradigm. I suggest you ask yourself new questions and explore your feelings with your partner first and then little by little do the same with your friend.

Will My Friend Steal Away My Man?

Some women are afraid that their friend might want to steal away their husband. This is an interesting issue, if you're worried that your best friend might take away your man I suggest you look for another best friend, or work on your self-esteem and the relationship with your man. Obviously your relationship isn't as strong as it should be. When participating in a threesome with your partner, you must already be in a loving and committed relationship otherwise it won't work. If you're confident about yourself and your relationship you'll establish a bond between the two of you that is sealed with confidence and trust. A threesome is an opportunity to get you closer to your steady partner; not more separate. So if this is the issue that's making you afraid of involving a friend, I suggest that you reconsider in participating in a threesome altogether.

Will She Steal Away My Woman?

Surprisingly enough, this will happen more often than a woman stealing a man. You see, for a guy is all about fucking and making their fantasy come true. Believe me 1 woman is complex enough, most guys don't want to "change woman", all they want is variety! For women however, the situation is different... Women associate in a stronger way sex and emotions! Let me share with you 2 emails from the same couple. One written in May 2006 and the other one written in September 2006! 4 months after. After you read the emails, I think that you will understand exactly what I mean.

Step By Step Threesome by Suzy Bauer

FROM: (Name withheld to protect the privacy)(email sent May 2006)

TO: suzy@stepbystepthreesome.com

SUBJECT: Re: (name), did you manage to download the manual?

Hi Suzy,

I have not been able to check. I get online from Home and I arrived late last night. Will download it today after work. Regarding the threesome, I'm already in the middle of it. This is pretty much the story with some background of us. I'm 36 and my wife 32. We have been together for 18 years (9 dating and 9 married), we have 2 kids, an 8 years old princess and a 4 years old naughty boy. We have been very happy and very stable so far, however, since the kids were born our sexual life was not too active. We have been so far very straight and conservative people... 2 months ago, my 2 kids had 2 birthday parties, my daughter's English teacher, a 20 years old good looking and outgoing girl, stayed home with us to help my wife with everything. After our second party (my daughter's), we drank 6 bottles of wine at home (my wife, my sister, her husband, the teacher and myself). My sister and her husband went to sleep and my wife, the teacher and me kept drinking and dancing. I was dancing with both of them (using my Ipod shuffle) and suddenly The wine came in to create the perfect environment for what was going to happen. We started to hug the three of us while we were dancing. This is when I think that unconsciously, we opened the door to this adventure.

I could never imagine that my wife could open herself for these kind situations... anyways, while we were dancing we realized we were drunk and decided to go to sleep. It was also very late. We went to the kitchen (next to the living room) to take some soft drinks to take to bed and we started to laugh whispering, not to wake up my sister and my brother in law that were next to us. This is when I decided to make my move. While we were laughing, we started to hug each other again. I held my wife and the teacher's head I make them kiss each other. Then I joined them... We had our three tongues moving desperately like a sword

Step By Step Threesome by Suzy Bauer

fight. Our warm breathes mixing, generated a waterfall of hormones and energy. I took their shirts off and started to lick their breaths, then the teacher was kissing my wife's right breast and I was licking the left one. Then my wife and me did the same with the teacher...

Knowing that my sister and my brother in law (who are super conservative characters) were next to us, turned us on more and more. I couldn't wait more and I led the way to our bedroom passing next to them half naked. The experience after that was superb, I had sex with my wife and the teacher and we all liked it. When we woke up some hours after, I was in the centerfield (we always make jokes about being the centerfield the best place. We all love to be there) and both of them were hugging me.... WOW... What happened?... They woke up and my wife was the first one to say a word... She smiled and told us "I don't know about you, but I enjoyed it very much and I don't have a problem to repeat it"... We all laughed and now we have the best sex ever... With or without the teacher (but mostly with her). Don't know what will happen in the future, but so far we all are enjoying it....Fears?... Doubts?... Jealousy crisis?.... Yes... but that is for another e-mail. So far, they have been fortunately under control. Hope above story is helpful for you. I bought your manual to help me lead and control the threesome in the best way possible. This is a new experience that could get out of control if it is not well managed. Hope to hear from you soon.

Thanks and Best regards.

(Name Withheld)

Step By Step Threesome by Suzy Bauer

Now read the email I got from the same guy 5 months after:

FROM: (Name withheld to protect the privacy) (email sent Sep 2006)
TO: suzy@stepbystepthreesome.com
SUBJECT: Suzy I need your guidance

Hi Suzy,

Long time since I don't write you. I'm sorry about it. I have been enjoying my threesome up to date. Lots of things have been happening. Our girl moved with us and now she is living with my family! This has made us happy and we have done many things together, however, the following facts are now worrying me which is the main reason I'm writing you:

- 1.- She and my wife have developed a very close relationship. Their "romance" is getting very deep. They talk and talk the whole day and I feel sometimes isolated.
- 2.- I'm feeling some time jealous of this relationship which is getting beyond my control. My wife is getting in love with her and I could say that me too.
- 3.- The sex has been less frequent and my mood is primordially bad to the time I don't have sex.
- 4.- There has been some fights due to my mood which I feel is putting me apart from them.

I feel that we are in a point of no return. If she leaves, I'm afraid my relationship with my wife won't be the same. Neither of us would like her to leave neither she, but I'm feeling very unconformable of loosing the control I had. Both say they love me but the level of love expression between them compared to my relationship with each of them is very different. How can I control my jealousy?. How can I have full control of this relationship?. I must in order to feel secure and control my mood. I will appreciate your guidance. The situation is not critical but could turn if I don't do something.

Best Regards.
(Name Withheld).

What Was My Answer You Might Be Wondering?

Unfortunately, I didn't have good news for him... **The girls are in love!**

He has to be very cautious, under these circumstances most men will put an ultimatum like this: "You have to choose between me and her", if he does that, trust me... the wife will say "her" no doubt! There's an old saying: "Love is blind but the neighbors are not", at this moment she is feeling "in love" and although we all know that most likely this relationship WILL NOT LAST, her love for her is blinding her from seeing reality as it is! The best thing he can do is to let them live the experience and "let go" a bit, because jealousy will surely make things turn sour very fast! This is not a pretty picture, I've seen it many times, one thing is to have a threesome and another **VERY VERY different is to live in polyamory**. That's why I always say I prefer to have "fuck buddies" than three way relationships! Why complicate your life? Anyway if prefer a relationship instead of casual encounters, I suggest these 3 sites:

<http://www.polyamory.org/>

<http://www.polyamorysociety.org/>

<http://www.xeromag.com/fvpoly.html>

Friends with Concessions:

Do you remember in high school the term 'friend with concessions'? Why not have many 'friends with concessions'? Why limit yourself to have one girlfriend. If you open your mind the possibilities are endless, Please do not think I'm saying that you should try to hit the sack with every single friend you have. Of course not. While you develop and open your mind to new possibilities, you'll meet new friends. The great thing about being open to new experiences is that you'll have the chance to meet many beautiful women with whom you can develop a "Friendship with concessions".

CONCLUSION

Friends make great lovers because there is already an established bond, which is ready to be expanded. Friends could be the starting point for new adventures. However I trust you have enough common sense to realize that when your friends are not responding you won't push them and risk your buddy relationship with them.

"Hold a true friend with both your hands."

- Nigerian Proverb

Chapter 14

Swinging: The Easy Option for Couples



"We also believe there are more of us out there: people who would flourish in the lifestyle, but haven't discovered yet... Perhaps you are one of us?"

-Ryam Nearing, Loving More, Polyfidelity Primer

What is Swinging?

I briefly mentioned already in Chapter 5 that a good place to find threesome candidates is in a swingers club. But what is swinging exactly? You may wonder, right? Swinging is recreational and social sex with someone other than your partner, girlfriend or boyfriend... There are no set ways for swinging and swinging can occur in many different ways; for example at a swing party, during a couple-to-couple encounter, with a third person in a threesome or a liaison. Although single men and women are involved, it is mainly a couple activities.

Who are the Swingers?

People who swing come from all walks of life and economic levels. Every job classification, all races and nationalities are represented, though the majority is Caucasian, middle to upper middle socio-economic class, and married. I can guarantee that you'll not be able to pin point a swinger from a line-up of people, the swinger community is VERY BIG all over the world, so much so that Oprah had a whole show talking about us and in her show the Lifestyle was shown in very good light! Click the link below to see the Oprah's video http://www.oprah.com/tows/after/200411/tows_after_20041119.jhtml

Swingers, married and single, tend to be adventuresome, emotionally mature, and have excellent relationships with their mates and friends. Single people are involved in swinging but not to the extent of couples. Many single women have joined swing clubs, finding them a refreshing alternative to the traditional bar scene. (If you think about it this is the best way to have uncomplicated sex)

Couples in Swinging

Swinging is "the recreation" for couples whether they are married, committed (having an ongoing emotional commitment), living together (co-habiting, with or without an on-going intimate relationship) or single couples who date. A study of swinging couples (McGinley, 1979) reported increased enjoyment and satisfaction in the relationships accompanied by a better understanding of self and mate, greater intimacy between the partners and a decrease in sex role playing and sexist expectations. Swinging enables a couple to explore sexual and social feelings and needs together, permitting a demystification of sex which allows sex to assume a place in the relationship unhindered by the standard ties to love, duty, sex roles and morals of others.

Women in Swinging

It's certainly an understatement to say that the role of women in our society has greatly changed over the past several decades. The humanistic and woman's movements have had an impact on sexuality also. The number of women choosing involvement in swinging during the past few years is remarkable. Sexual and social assertiveness on the part of women at swing parties and other swing activities is not only acceptable, it has come to be expected. To openly be yourself as a woman, without fear of seeming unfeminine is a delightful experience for us girls and a welcome experience for the man. Swinging provides the environment to alter sex-role playing for both sexes, allowing guys and gals to participate with each other in a uniquely human experience.

Men in Swinging

Whether married, in a relationship or single, swinging can be a wonderful experience for a man. Not surprisingly, most women who are into swinging were introduced to the lifestyle by a man in their life. Also not surprising, many men would swing if only they could. They're hindered from the experience by their marriage, or if single, their inability to find a woman for a swinging partner. Of course, guilt feelings about sex and pleasure, and sex roles, also hinder guys from swinging. I've learned that men are not the macho, always ready, self-reliant persons of fiction. They're as human as their female counterparts. They experience loneliness and fear rejection. A man, on convincing his wife to try swinging, may experience unexpected jealousy and a feeling of loss when she walks hand in hand, partially nude and obviously excited, toward a bedroom with another towel-clad man.

He had fantasized himself in swinging but hadn't comprehended the reality of his wife or mate swinging. "The more enthusiastic member of a couple will get the couple into swinging, but the less enthusiastic partner will keep them there. As Carol Queen puts it in **Exhibitionism for the Shy**, "The swing community has noticed another prevalent dynamic in couples where one partner, more often than not the man, has more enthusiasm than the other.

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He has had terrific fantasies about freewheeling sex and plenty of it, and he finally convinces his initially reluctant partner to give swinging a try. " When they get to the party, she has a great time and is in high demand, while he thinks the party's a dud... Before you pack up your sexy outfit and fistful of condoms, take some time to consider and negotiate how you will deal with the chagrin of the less popular partner if such a dismaying event happens to you." As with women, the experience of swinging can be growth producing for a man. It alters forever traditional concepts of man-woman relationships with sexist overtones. Through swinging, both men and women can experience a great deal of pleasure.

What is a Swing Club?

A swing club is an organization, formal or informal, which exists to provide swinging activities. Swing clubs exist in a variety of forms. These include Swing Clubs, Party Houses, Circles and Socials, Bars and Cocktail Lounges and Contact Services. All but the contact services may be on-premises or off-premises. Contact services work through the mail or telephone and rarely provide swing parties although they may promote group travel.

Parties given by on-premises swing clubs may have from ten to sixty or more couples, though twenty to forty couples is the common average. On-premises means that sexual activity occurs at the party. Off premises swing clubs, cocktail lounges and bars help you to meet other swingers. Swinging will be elsewhere with the interested couples and singles responsible for the arrangements. The arrangements include who is to be invited, the location, date and time. The on premises party offers a wide possibility of social interaction, selection, potential of swinging with others in a foursome, threesome, one-on-one, or in a group scene. Bisexual as well as heterosexual swinging is possible, principally among women. And the club on-premises party offers this without pressure in a structured environment. Private, semi-private and group rooms are generally provided to meet the desires of virtually everyone. Heated pools, Jacuzzi's and hot tubs may be available to accent the social environment.

Actions to Avoid For Men...

I'm just including these couple of "actions to avoid" directed at the guys. Only very few guys would ever act like this; chances are that if you're reading this book you already have a healthy social sense and wouldn't think to misbehave in these ways. But anyway, here are some bad ideas you should avoid:

- Trying to hire a prostitute or an escort to go to a swinging event with you, if you don't have a regular female partner, just so you can get in the door is a bad idea; this is considered inappropriate at all clubs.
- Taking along someone who isn't really your primary partner and isn't really interested in swinging; such folks are called "tickets" because you just used them as a "ticket" to get in the door. This practice isn't looked upon favourably either.
- If it's your fantasy to see your female partner intimate with another woman, don't go off wandering around alone trying to recruit a woman who wants to join you two. Work as a team; it is more fun and bound to be more successful!
- Talking only with the person you and your partner are interested in having sex with. Always include his/her partner; ultimately it's your ability to make friends with couples that determines the quality of your experience in the swinging community.

What is Sex in Swinging Like?

The actual sexual activity of swinging is varied. Swinging is rarely centered around the orgasm but on the various pleasurable acts that lead to orgasm. Once on a bed, the participants will generally begin with kissing and caressing each other's body. Both the woman's and man's nipples are favorite places of fondling, sucking and gentle nibbling, followed by licking and kissing around the genital area, then the genitals directly. Most develop techniques they feel pleasure their various partners. Sixty-nine or mutual oral-genital pleasuring is popular. Either partner may masturbate the other, or vibrators may be employed, especially in group swing scenes such as in the swing club's group room.

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These activities may be intermixed with intercourse done in a variety of ways. Anal sex is popular with some swingers. Bisexual swinging is more common among women than among men.

If you want to find out where the closest Swing Club in your area is located, simply go to <http://www.nasca.com> and you will find a full listing around the world of swinger clubs.

Tip: I found a really cool site you can benefit from: <http://www.sexyencounters.com>

People ask me also: What swingers clubs can you recommend? This question is a bit hard for me to answer because of course I have not been to that many clubs. I've been to some incredible places and I've been to some really sleazy. I'll tell you my 4 favourite! Trust me each one of them is worth a trip no matter where you live! They are that good!

1) Fun 4 Two near Gouda in The Netherlands. <http://www.fun4two.nl/>

(We go here about twice a month possibly one day we'll meet)

2) L.A. Couples in Los Angeles. <http://www.lacouples.com/>

3) No Comment Club in Paris. <http://www.nocommentclub.com/anglais/visite.php>

4) French Connection Club in New Orleans

) <http://www.frenchconx.com/>

There's also a publication that I will recommend if you think that swinging is an option.

It's called the Lifestyle Magazine. It's a very useful tool to find great erotic fun.

<http://www.lifestylemagazine.com/?ref=2164>

Conclusion

The Lifestyle Scene offers many possibilities to meet people and experience a threesome. It will also introduce you to a whole new world on the topic of sexuality. After discussing it with your partner you can find clubs near you via the internet and visit one in your area. Happy hunting!

Chapter 15

Promoting Your Desires & Ensuring Discretion



*"The simplest definition of advertising,
and one that will probably meet the test
of critical examination, is that advertising
is selling in print."*

*- Daniel Starch, Principles of Advertising,
1923, Chicago, IL: A.W. Shaw Company, p. 5.*

To Advertise or Not to Advertise

That's the question. Many people decide to use ads as a "safe" way to recruit people to join them in their sexual fantasy. You don't need to go far; just search in the local newspaper stand and you'll find many magazines or publications that contain hundreds of ads of people looking for people to fulfill their sexual fantasies. Swinger and partner-exchange magazines have grown to unheard of proportions. It's always interesting to read how people market themselves. Take a look at these two examples:

Attractive couple, he 5'11' 8", she 5'9" 36 B from Manchester area looks for desirable single female or bored house wife to join us in a threesome. Send your picture for our consideration at P.O. Box 3333 Manchester.

9"man from Toronto area available for uninhibited private photo and sex sessions for women & couples, small groups may be considered. Voyeurs, see me make love to your partner. Send me an e-mail to: kinky9inchguy@sexads.com. Your place only.

Honestly, would you reply to any of these ads? I don't know about you but I certainly wouldn't. Most of the advertising I've seen around looks pretty ordinary to me. Besides, in these magazines there are thousands and thousands of these types of ads. I honestly wonder about their effectiveness! A woman reading your ad knows nothing about you except that you had no other option than place an ad trying to recruit someone. Besides the threshold is TOO big for her to cross!

Bill Strong mentions in his book *Seduction* that when wanting an Adonis Threesome (FFM) **you don't go home with the girl you like; you go home with the girl that likes you.** In my eyes these ads are a waste of time and money! Imagine that you want to recruit a guy for an Aphrodite threesome (MMF). The first ad gives me the feeling that the guy is a bit of a pervert! I wouldn't like him to be with my husband and me in a passionate session, would you? I'm not so much pro-explicit advertising, however, that's only my personal opinion.

Step By Step Threesome by Suzy Bauer

Karl and I have had plenty of threesomes and we've never advertised in any of these types of publications.

Are There Alternatives Then?

ABSO-FUCKIN-LUTLY!

Karl and I have always been contrarians. Why do what everyone else is doing? Personal classifieds can be very effective but they don't necessarily have to be explicit. A friend of ours that moved six times in the past four years due to her husband's work, told us that whenever she arrives to a new town, she places various ads in the classifieds that are innocent, but attract better candidates. Even if they don't turn into threesome candidates, she just makes new friends with some of them! She writes things like this:

- ♂ Frustrated lady seeks same for golf practice
- ♂ Recently married woman seeks kitchen pal to experiment with recipes
- ♂ Female jogger needs partner who runs as slow as I do
- ♂ Indecisive shopper seeks kind spirit to help her choose clothing. Will do same in return.
- ♂ Lady who needs a bit of encouragement seeks for same for weekly workout
- ♂ My husband doesn't like girl-talk in the morning. Searching for interesting female for breakfast chats.

These casual requests are a foot in the door but carry no "issues" that might turn away a cautious reader. The important thing is to be creative and perhaps a bit daring. Think of the type of woman you find attractive and place an ad that attracts these women. It's also a good idea to look at some ads and observe how they're formulated so you can be effective in choosing the wording of your own ads.

Offer Your Help

Many women have bisexual thoughts that make them confused; perhaps one might like to talk about it. Run an ad that offers to help sort out her feelings: "Bi Helpline: Woman-to-Woman talk for those in doubt. Call Cynthia at...333-333-3333." The fact that you're reading this e-book makes you by far better informed than a large percentage of the population. So you can easily share that expertise. Most women just need to talk to someone who'll listen without judgment. Even if you offer her nothing except the fact she's not alone, you'll have done her a great service, and who knows, it could lead to more.

Hint, Hint

- ♂ Attached women looking for friendship with single women
- ♂ Happily married female seeks feminine friend for mutual support
- ♂ Married woman seeks female confidant
- ♂ Attractive lady doing her best to upset religious groups seeks same for conversations
- ♂ Attractive sun worshiper lady looks for feminine companion for tanning sessions
- ♂ Career woman seeks same for mutual support
- ♂ Liberal female ISO (in search of) same for mutual comprehension
- ♂ My husband hates musicals, looking for a female musicals lover
- ♂ Female explorer looking for same for nature walks
- ♂ Small breasted lady seeks same for mutual support.

These headlines hint, but don't reveal exactly what it is you want. Most of the people replying to these ads can certainly read "between the lines." The truth is; non sexual ads expand your choices beyond the desperate ones that will answer a sexual ad. If nothing happens there's no harm done, possibly you'll gain a new friend. The entry level is less risky so both of you are safer this way. Remember answering a sexual add for a female is a big step and these ads offer low risk for searching girls and in the long run will proof better choices. So if you're going to go for the advertising way, be creative and preferably go for the non sexual ad.

Answering Ads

When People Place an Ad They are Screaming "I'm Available!"

You might think that the *Women looking for Woman* section is the right place to look for candidates, right? WRONG!

I'm about to reveal a secret that's worth 5 time the price you paid for this book :-) The truth is, most of the women advertising here are lesbians looking for a girlfriend. However in the *Women Seeking Men* section you can find a **HUGE pool of single women advertising!**

While most are seeking long-term heterosexual relationships, a significant percentage of these women are as curious as you are. Women in this section are usually more educated, more experienced, more mature and wiser, so possibly some of them just might be interested in expanding her horizons! A definite advantage of women listed in this section is that **THEY ARE FREE AND SINGLE.** So, if you play your cards right and she replies...

YOU GOT A WINNER

She's single, available and looking. If you happen to see someone of interest to you, why not respond? If she's interested; she'll get back to you. If not, she'll never know who you are and you don't pursue it any further. If you're looking as a couple, the female of the couple should reply and remember to keep the answer brief but explain you're a happily married (or attached) woman looking for a friendship with a single female. Explain what attracted you to her let her know that you'd love to hear from her. Sign your name and say, "If you are interested, get in touch via my mobile phone #222-222-2222. If not, I sincerely hope you find Mr. Right."

Learn the Sacred Art of Patience

If you've decided to use the advertising road to fulfill your threesome fantasy, my best advice is to be patient. Think of it as fishing; You've put your bait in the water and now you have to wait for fish to catch it. Exactly as in fishing, you'll need to pull the rod very slowly or else the fish will go away.

What about Dating Sites on the Internet?

The internet has drastically increased the possibilities of meeting the right candidate. I used to be hesitant with internet ads, but now I know how effective these ads can be. There are plenty of dating sites that vary in rating. Some dating sites are for heterosexuals only. Some are plain and innocent, others are very open sexually. There's a lot of fluff too, so be careful where you put your money!

These are the ones we use and thoroughly recommend:

<http://www.suzybauer.com/recommends/alt>

<http://www.suzybauer.com/recommends/adultfriendfinder/>

<http://www.suzybauer.com/recommends/BiCupid/>

<http://www.suzybauer.com/recommends/fling/>

<http://www.ashleymadisonblog.com>

And of course my own **dedicated threesome** site: <http://www.bifling.com>

The great thing about the internet is that you can meet people from all over the world. All you need to do is to sign into one of these sites, create a profile, pay the membership and *voila*. You can start communicating with like-minded people who are interested in expanding their horizons. Obviously it's a numbers game; there will be many people not of interest to you but once in a while you'll find someone you like and then you can start corresponding or chatting.

***FACT: Match.com reports 24,600**

new women members signing up each month!

Recently I came met a guy called Dave M. According to Playboy Magazine, he's the true Ur-Guru on the on the subject of Internet Dating. I hardly ever come across "stuff" related to dating that I say "WOW" but honestly this stuff is magnificent! Karl and I have learnt a lot on how to pick up women online and I thoroughly recommend you to download his manual or at least listen to the 60 minute free interview where you can discover the following:

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- * How to create sexual tension over the phone so half of your work is done BEFORE you even meets her (Don't be surprised if SHE makes the first move when you do this)
- * Exactly what to say on that crucial first phone call to make her comfortable and excited about getting together
- * How to get a woman you meet online to feel comfortable enough to have you over to her place the first time you meet
- * Why meeting women online is FAR easier than meeting them at a bar, coffee shop, or anywhere else

So I truly recommend you to listen to his interview:

Click the link below to get to the interview page

<http://www.suzybauer.com/recommends/DaveM/>

You've gotta love it when you can sit at home, on your computer, send out a few emails and the next thing you know, you have a gorgeous woman show up at YOUR HOUSE... (without having to pay her by the hour!) Make sure you listen to his interview.

Online Dating Tips

♂ Subscribe to one or two of these dating sites, find the option that appeals to you the most and make use of this resource.

♂ When creating a profile, avoid loading “dirty” pictures of yourself. (Even though you’ll see many people doing that, be a contrarian, remember?) There are people who load pictures of their genitals or their breasts. As if that would be their most important feature... Find instead a nice decent picture and upload it. This gives a better impression than an erect penis or an open vagina!

♂ Don’t be afraid of been recognized by someone. Your profile can only be accessed by other paid members so your son, daughter or neighbors will highly unlikely ever find you.

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♂ Display a nice, good looking picture and write “decent” stuff in your profile, to be on the safe side. If you prefer to avoid this option altogether, have a picture taken of the two of you or separately in an angle that will be less recognizable. Some people put their picture and blur their faces with picture altering software. In my opinion this is silly; they look like the dummies from the *Pink Floyd* video *The Wall*.

Some of them cover their eyes with a black strip created by this same picture altering software. Well, guess what? you’ll look exactly as you are, but with a silly black strip on your face. Anyone who knows you will surely recognize you. It’s like those silly spectacles with the large nose and large eyebrows. Do you really think people won’t recognize you because you are wearing that?

♂ Profiles with one picture or more pictures attract more responses.

♂ Different Strokes for Different Blokes. Some sites are of a high sexual nature, some are not. Whatever you decide to do, browse around some profiles and then create your own. My recommendation is to always be decent.

♂ Never write down your real name or address and telephone number, all must be handled through an e-mail address that you need to have specifically opened for your “Internet Flirting.”

♂ Avoid using your business e-mail for your “Hunting”.

♂ Be kind with respondents and always reply to them.

♂ Check with your ISP server and make sure that your Online Profile does not give out more personal information than you are comfortable with.

♂ Remove the signature lines from your e-mail software; the last thing you want is a stranger getting all your personal info.

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♂ Don't allow yourself to be pressured into meeting anyone. If they threaten to terminate online correspondence if you don't meet them within a certain time frame, end your online connection.

Nice people don't make threats or put pressure on people they care about.

♂ When you do decide to meet someone whose online company you enjoy, meet in a public place and go always the two of you. If during the date, you decide to go somewhere else, use your own car.

♂ If you travel to meet your on-line love, make your own hotel and car reservations and don't give out the name of where you're staying. Drive yourself to the hotel, or take a taxi.

♂ Hunting as a couple is easier than doing it alone, as you always have someone to look out for you.

How can I ensure discretion?

Obviously, one of the most important concerns for people is discretion. The "sexual matrix" has created many road blocks to be open about your sexual desires, so you have to look for alternative routes to find what you desire. If you're afraid of "getting caught", then this sub-chapter is for you. If you're going to be playing the game of finding a candidate for your threesome and you want absolute discretion, I recommend the following:

♂ Get a private P.O. Box, so that nothing referring to this subject ever reaches your home.

♂ Have a private voice mail that takes messages without anybody finding out about your desires.

♂ Go to hotmail or yahoo and open an account. Obviously you should give yourself an alias.

<http://www.hotmail.com/>

<http://www.yahoo.com/>

When you give yourself an alias think of something nice or sexy that can describe you as an individual or as a couple. It's very common to find really silly aliases that just by reading them makes you not want get in touch with these people!

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For example: assfucker22, pussylicker7 or couplewantspussy27. Find something nice and sensual, or cute and funny instead. My alias or handle in various sites is pookiepatatje, that's cute and creates some intrigue, people want to know what it means... If you call yourself goldenshower4you or something stupid like that you will certainly make people uninterested in you right away! After you've created a sensual or erotic alias/handle, you can use that name in all the chat rooms and group discussions you'd like to participate.

♂ Print cards with your P.O. Box, mobile number and sexy mail, so you can use them in case you find a candidate.

♂ Use Skype, Google talk or Yahoo talk to communicate.

♂ Never make any calls from your home phone!

♂ Make your telephone caller ID free, so you can conveniently call from your home.

♂ On most phone systems these days, pressing *69 will automatically call back the last person who called you.

You don't need to sign up for this service for it to be activated, but you *can* call the phone company and de-activate it; **do this right away!**

Conclusion

I think never before there's been so many ways to connect with people as there are now! Make wise use of them, follow the advice in this chapter and you'll be successful. Good Luck!

***"Anyone can be passionate...
but it takes real lovers to be silly."
- Rose Franken***

Chapter 16

Common Fantasies



"The interesting thing is how one guy, through living out his own fantasies, is living out the fantasies of so many other people."

- Hugh Hefner, Editor, Playboy

My friend & I seduced my husband.

The biggest fantasy of most guys is that his partner invites another woman home for a hot threesome!. This can be the best birthday, anniversary, promotion, etc, present you could ever give a man! The great thing about this present is, that he'll be so grateful afterwards, he'll go out of his way to thank you! Expect to be thoroughly pampered days or even months after you arrange something like this for him. Let me share with you the story of how a friend of mine (I'll call Candy to protect her privacy) seduced her husband: (This is a transcript of exactly what happened narrated by Candy herself!)

Candy's Present

My husband's birthday was this Saturday so I thought that day might be the right day to give him a very special present... My friend Tina and I had discussed the possibility of a threesome on several occasions. I knew she was attracted to both of us, as one day whilst being in the health club she made it obvious to me. It took some courage but I dared ask her if she would help me give my husband Johan a great birthday present; she agreed, so we created a plan and carried it out beautifully...

Let me tell you how it happened:

I told Johan that Tina would come over on his birthday; we'd sunbathe on our terrace, and later on we'd change and take him out for dinner. That's all I told Johan; however, our real plan was very different. That Saturday Tina showed up in a gorgeous black bikini, we prepared some snacks and drinks and the three of us started our tanning session. After an hour or so of casual chitchat, Tina suddenly made her first move; "honey, you're going to burn" she said; "let me rub you down" she said as she poured lotion in her hands and rubbed them together. Her hands touched my skin. That felt really good ... mmmm. "Do you like it?" Tina asked softly. "Mmmmmmm ... your hands are magic my dear ... as I've always told you ... from that first time they massaged me in the health club shower ... mmmm" I said. Tina leaned over and kissed me softly in my neck as her hands continued to massage lotion on my back, continuing down to my legs and then her hands returned to my butt.

Step By Step Threesome by Suzy Bauer

She rubbed it with lotion, and then she squeezed each cheek. Tina continued massaging me until she said: "Sweetie, it's time to roll over" .So, I rolled over... Her hands slid slowly along my stomach, down my thighs, gently and agonizingly slow, down my legs and then she reached my feet. Ahhh, my weaknesses ... Tina knew I loved foot massages. Tina massaged teasingly, knowing what she was doing. Her hands finally moved up the inner legs to the knees, along the inner thighs, grazing them with her nails slightly. I was getting really hot. Johan suddenly started realizing what was going on and he was watching us in a dissimulated way looking above his sunglasses. "Want to play?" Tina asked me in a quiet soft voice? She laughed softly as she moved away. She was already running as I jumped up to chase her. I caught her as she reached Johan's sun tanning mattress. He looked up at us smiling, which instantly brought him into the play. Tina reached out and ran her nails across his chest. Smiling, I leaned over, placing her mouth on his chest. She kissed him all the way down to his shorts as I watched.

I helped her lowering his shorts so she could easily grab his cock, she flicked her tongue teasingly over it and then around the head several times. It was lovely to see Johan's cock slip deep into her mouth. Tina released her breasts as she moved herself into a comfortable position to suck on Johan's balls. I carefully caressed her breasts and moved one hand across Johan's chest while her mouth hungrily sucked on his cock ... she loved it! Her head moved up and down and made figure eights when she sucked. I listened to Johan's groans of pleasure as she sucked his cock and squeezed a little harder. I was wet with excitement. She wanted to taste his sweet nectar fill her mouth. She moved faster up and down on his throbbing hard cock, allowing it to go as deep as it could in her throat; hungrily almost savagely sucking ... Johan's body went stiff ... he growled. Tina groaned loud, and Johan came strongly all over the place. She continued sucking and licking it until Johan's cock was clean. Tina was now snuggled next to Johan basking in the afterglow.

Johan growled as he pulled me up into his arms. He kissed me passionately as he settled me between Tina and himself. We all smiled then caressed and snuggled. A few minutes after, I felt his cock starting to grow against my back and suddenly felt the urge of being watched by Tina whilst he's inside of me. I wanted her, to see him pounding his hard cock into me. "Ah, you wish to have me," he said with a playful half smile dancing on his lips. "Ummm, I always do honey", I whispered.

Step By Step Threesome by Suzy Bauer

By this time, his cock was rock hard pressing against me, desiring entry. Johan lifted me up slightly and allowed me to slowly settle myself onto his hard cock. Tina's hands slid over my body to my breast and found my nipples, pinching them, and then her mouth replaced her fingers as she sucked on my hardened nipples. Slowly I slid down the length of his shaft and his cock was deep inside me. I started to move in a circle and then up and down...slowly at first and then a little faster ... and even faster ... groaning ... moaning ... shaking ... shivers coursing through my body as I climaxed. I sat there in Johan's arms, his cock deep inside me, letting me feel the sensations of my contracting vagina, letting him know what he had done to me.

Tina kissed my breast, and smiled at me and whispered, "I hope I wasn't too rough. I got really excited." I smiled and replied, "Mmmmm so I see." I got a hand ran down between her legs and I felt Tina's wetness ...Tina groaned as my finger slid inside her ... and again as another finger slid inside her ... slowly moving my fingers in and out ... after a while I slid a third finger inside her ... making Tina raise to meet my hand ... pumping and grinding her hips.

Johan's cock was hard again and his mouth was on Tina's breast, sucking her hardened nipples as my fingers plunged deep into her pussy faster and harder... Tina was groaning, moaning, and growling. Shivers ran through her body; she was ready for Johan. I let him take her while I softly caressed with one hand her breasts and with the other Johan's hard balls pounding her. After a few minutes her body arched back , shaking and shivering ... Johan pulled me to him they both climaxed together. Tina stayed on Johan and snuggled close to him. I joined also so we could all enjoy the closeness of each other, the sensations, and the love we all shared that afternoon. Till this day Johan thinks he is the luckiest guy in the world and this was his best birthday present ever!

Strap On the Strap-On

I guess this fantasy will prove *Freud* right. Some women wonder what a man sees and feels when he makes love to a woman. The only way for women to find out I guess, is to satisfy the "penis curiosity" by using a strap-on dildo. For many women this fantasy is the most difficult to accomplish. It requires a strap-on and a woman; the good thing is that a threesome can easily deliver both in a package!

The Sandwich

This fantasy is very exciting for many women. Having two men at the same time can be very erotic. As mentioned before, the sandwich is commonly known in the porn industry as “DP” or double penetration. If this is your fantasy and you wish to experience it, I suggest you practice first with a dildo and lots of lubricant. It’s not a good idea to try this on your first Aphrodite Trio (MMF) if you’ve not practiced earlier.

Sex with a Stranger

Many women secretly desire sex with a stranger they’ll never see again. I call this the “Holiday Maker” syndrome. After all, plenty of Northern European women go to the coastal resorts in Spain for example, with the sole purpose of having sex with an exotic stranger. The moment they arrive at their destination they leave all inhibitions behind and browse around the coast for a wild week in the sun. That week she can forget about whom she is, who he is or where it’s headed. She doesn’t have to worry about family, friends, affection or reputation. She can be open, passionate and free. For many women, sex without the normal consequences sounds very liberating.

The Trio Rape

This is a common female fantasy and women that have experienced a threesome previously often confess to desire having a couple “forcing her into sex,” (obviously with no violence). Her dream revolves around her passively enjoying a couple making love to her without her having to do anything.

Female Exhibitionism

Girls like looking at other girls and the truth is; many women love being watched! Girls can get extremely turned on by the fact that someone is watching them perform sexually, whether it’s a female or a male watching. This form of erotism helps women build on their self-esteem, especially if the person watching is enjoying her performance.

Nude Photography

Many gals love being captured on film. The big turn on of this fantasy is to be the centre of attention of the photographers. Every year millions of women pay hundreds of dollars to have themselves photographed in semi-nude "glamour shots." Some of the most beautiful erotic pictures created are taken of two naked women being together. They show innocence mixed with naughtiness, playfulness and femininity. This form of art is not pornography. If ever your pictures come out in the open, they wouldn't be judged as being "dirty" or "distasteful." The great thing about technology is that now digital cameras don't need film that needs to be developed. Your pictures can remain private.

Click the link below to get some really nice ideas

http://hosted.met-art.com/Full_met-art_AF_401_20060810/?pa=574526

The Bisexual Woman's Top 10 Favorite Fantasies

Recently, a swingers club in Europe surveyed 100 bisexual women asking them what their favorite fantasies were, these are the results:

10. Sex with (many) strangers

Many women relish the idea of meeting a mystery man or women and having a wild night of uninhibited sex. Sometimes women feel that the only people with whom they can truly let loose are strangers, simply because they won't be judged! And who cares anyway? They'll probably never see the "beautiful stranger" again.

9. Participating in a large orgy

Group sex is a popular fantasy among ladies; "The freedom of being naked in front of a bunch of people who are equally exposed, allowing different men and women to touch and penetrate their bodies simultaneously was incredibly erotic."

Click the link to see a massive orgy

<http://videos.newsfilter.org/videos/SexParty2-0-6578.wmv>

8. Who is the Boss?

If there's one thing that women are dying to do, is to dominate a man and a woman at the same time!

7. A Sex Show

In today's world of confident women, it's not surprising that many of them fantasize about having an audience whilst engaging in sexual activity... the idea of knowing that others are getting excited by their "performance" provides women with a feeling of empowerment!

6. Three's Rape

Another popular fantasy is to have a couple "raping" her and just lie defenseless to enjoy their precious passion.

5. Three Girls Trio

Virtually every woman wants, or is willing to share her body with other women. Guys, are you jealous because you feel left out? Don't worry, most of these women think it's exiting to have their man watching them while they play!

4. Striptease for a group

Many women get erotically charged to perform a strip for an audience, or to do a lap-dance for a guy and girl. Some even think it's sexy to get bills in their panties during their performance.

3. Two going down on her

Girls also fantasize about a man and a woman going down on her at the same time. I find the logistics complicated but it sounds very exciting to me!

2. Strap on DP

Two lovers penetrating her during an Adonis Trio (FFM) is also very erotic for most women. This fantasy scores very high!

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1. Being seduced by a couple without her expecting it

Bisexual women like attention! and what better choice than having two lovers sweeping her of her feet. Bisexual women also recognize that couples working together are a lot of fun in bed. It's no wonder this fantasy scores so high!

Conclusion

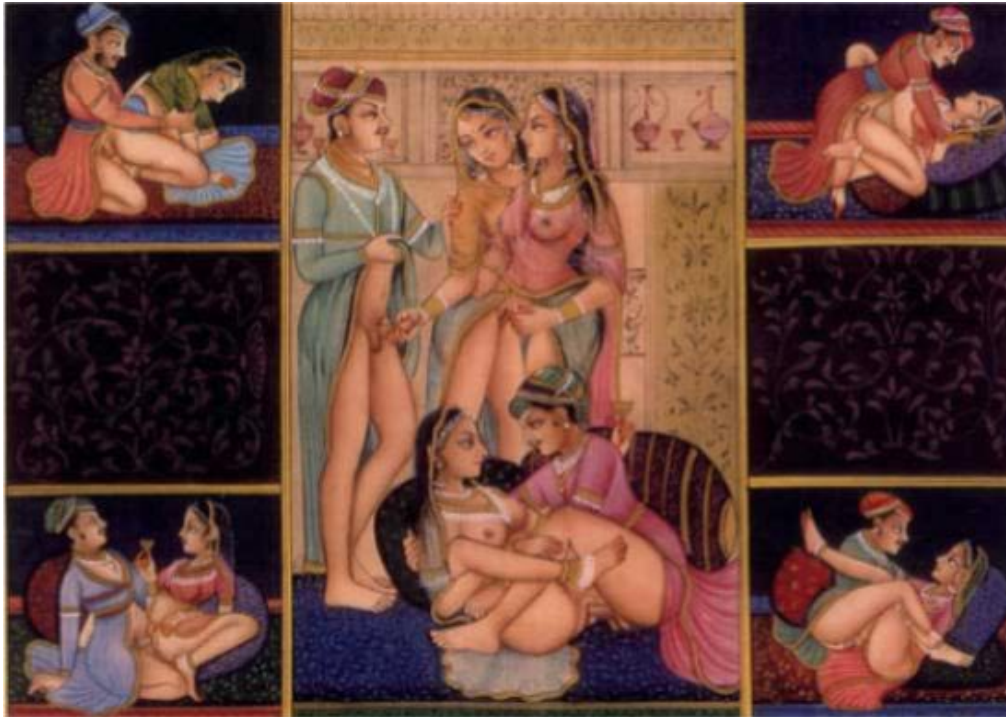
It is said that ninety-nine percent of sex goes on inside our heads (4). Our imagination knows no boundaries when it comes to lust, passion, and sexual possibilities. But what sort of fantasies does your lover have? I hope this chapter has ignited some hot conversations as sharing fantasies is one of the most wonderful experiences you can share.

*"Where should one use perfume?"
a young woman asked...
wherever one wants to be kissed, I said."*

*- Coco Chanel (1883-1971) Coco Chanel,
Her Life, Her Secrets by Marcel Haedrich*

Chapter 17

Tips from the Sexperts



"I am convinced that happy, guiltless, and lusty intercourse stimulates the circulation and digestion, gets all the glands going, and is the best physical medicine in the world."

- Alan Watts (1915-1973)

This Is An Advanced Chapter

In this chapter I am giving you plenty of strategies that will get your head spinning! Mind you; these strategies are a bit "Advanced", however this doesn't mean that you cannot put them into practice right away. It simply means that you'll need to be a little bit more daring! I hope you enjoy our tips from the sexperts chapter!

Do You Know What That Means?

One of the first things you will notice when listening to an expert is the way she/he commands the "trade language" I'm certain you've learnt a word or two while reading this manual, but I think is you want to really want to take the plunge into the lifestyle, is critical you master some terms. That's why I thought adding up a list of important words for you to learn, this way you will know and understand what people are into:

- **AC/DC:** An individual who is bi-sexual or that enjoys both same sex and opposite sex
- **Anal:** Anal intercourse
- **Bi/Bi-sexual:** Enjoy sex with both men and women
- **BI:** Sexual activity amongst same sex. Common with women, rare with men in swinging and is kept quite hush, hush
- **Bondage:** Sexually aroused by being restrained or the subject of corrective treatment. A type of sexual fetish, which normally involves things such as ropes or leather, which are used to tie a person up. The person being tied up is normally used as the submissive and the person in control is known as the dominant
- **Can Entertain:** Open to inviting others to their home for swinging
- **Can Travel:** Open to travelling to your home to swing
- **Cheating:** Sexual activity with others without spouse's knowledge and consent
- **Clean:** Free of sexually transmitted diseases
- **Closed Swinging:** Couples that will swing only in separate rooms
- **Cunnilingus:** Stimulation of the vagina and clitoris by the mouth especially the tongue and lips, and sometimes the teeth
- **Culture - English:** Sexual stimulation from spanking or caning
- **Culture - French:** Oral genital sexual activity
- **Culture - Greek:** Anal intercourse
- **Culture - Roman:** Orgies

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- **Culture - Swedish:** Use of massage to sexually stimulate
- **D&D Free:** Disease and drug free
- **Dildo:** An artificial penis, usually made of rubber or plastic, for sexual stimulation of the vagina and sometimes the anus
- **Discretion:** Asking those who write or call to exercise caution so that children or others who may open mail or answer phone may not be offended and/or made aware of the swinging activity
- **DP:** Double Penetration
- **Exhibitionist:** A person who is sexually turned on by being watched by others. Sexual need to show the private parts of the body to others
- **Fellatio:** Sexual stimulation of the penis by the mouth
- **Fetish:** Sexual arousal and pleasure through use of non-sexual objects, actions or non-genital anatomy
- **Group Room:** Room set aside for group sex
- **Group Sex:** Swinging; Social-sexual activity between three or more people
- **Hardcore or Hard Core:** A swing party or swing engagement where sexual interaction is assumed and expected
- **Head:** Oral-genital sexual activity; "Giving head"
- **Hedonist (Swinging):** Euphemism for a swinger; Lives for pleasure
- **Heterosexual:** Sexual attraction to members of the opposite sex
- **Homosexual:** Sexual attraction to members of the same sex
- **Indoor Sports:** Swinging activities in general
- **Interested In Friendship:** Seeks a swinging relationship that includes emotional and recreational values. Used chiefly in personal ads and letters in answer to personal ads
- **Lesbian:** A woman sexually and emotionally attracted to other women
- **Nymphomaniac:** Jan Loves to shag, a woman with VERY FREQUENT sexual desires
- **MWC:** Married White Couple
- **Marital Aids:** Dildos, vibrators, and other devices used for sexual pleasure of self and others
- **Meet For Pleasure:** Will meet for swinging sex; no pretence for social or emotional interaction not directly related to sexual activity
- **Menage À' Trois:** Three people, two of one sex, one of the opposite sexes in a swinging interaction. May involve an on-going emotional relationship of the participants

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- **Moresomes:** More than three people in a swinging interaction
- **Newcomers:** As the name suggests, people new to the life style, first timers
- **Off-Premise:** These are events in which sexual activity is not allowed at the party. If members wish to get together then they leave and go to a hotel room, home, or where ever
- **Off-Premise Club:** A club that does not allow sex on site
- **On-Premise:** These events are usually house parties or private clubs. Sex is allowed in designated areas, such as bedrooms. There are usually safe rooms where sex is not allowed
- **On-Premise Club:** A club that allows sex on site
- **Open Swinging:** A couple swinging with another couple in the same room. A swing party where participants socially mix and are free to swing as couples, in one-to-one pairings and group sex during the progress of the party
- **Orgy:** Sexual interaction among several men and women in the same room; group sex
- **Party or Parties:** Group swinging with more than one couple. Not to be confused with orgies. Private rooms may be used, but all are under one roof
- **Party Clothes:** Includes clothes that you wear to the party and cloths that you change into during the party; the changes of clothes are normally robes, lingerie, wrap around and other simple items that are easily removed. They may also show the wearer in there best light, and may make certain part of the body visible, normally of an erotic nature
- **Passive:** Quiet, submissive non-contributor, making to receive corrective training. Docile and submissive in swinging
- **Petting:** Touching, sexual fondling, kissing and oral sex
- **Playing:** Polite way of saying "Having sex"
- **Recreational Swinger:** A person who practices swinging primary as a recreational diversion with no desire for emotional attachment
- **Restraint:** Mild bondage used in sexual fantasy enactments
- **Rubber:** Condom, a means of contraception. Also sexual stimulation through the look, feel and smell of rubber, usually associated with B&D
- **Safe:** Used to describe a person who cannot conceive or impregnate
- **Social:** A party, dance, or general gathering for social interaction only, there is no swinging at a social, although swinging may follow if arranged privately

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- **Soft Swinging:** A swinging party where sexual activity is available, but is not required, or expected. Also used to describe swapping spouses but not including intercourse
- **Swapping:** Two couples exchanging partners for sexual activity
- **SWF:** Single White Female
- **Swinger:** One, as part of a couple, who engages in recreational sex
- **Swinging:** Social-sexual relational recreation among men and women. It is a couple oriented activity but single men and women sometimes are involved. Where two or more couples agree to get together for the express purpose of engaging in intimate, sexual relations with a partner or partners other than their own
- **Swinging Lifestyle:** Style of living with swinging a major component in recreation, choice of friends, business and social life, and intimate relationships
- **Threesome:** Three people, two of one sex and one of the other in a swinging encounter. Not the same as a "ménage a' trois" in that the latter may involve emotional involvement and a continuing relationship
- **Toys:** Sexual aids
- **Triad:** Three people, two of one sex and one of the other in a continuing relationship of emotional and sexual involvement. Not the same as a threesome
- **Triolism:** Used in personal ads to indicate desire for "threesomes". This is a common but confusing usage
- **Versatile:** Bisexual
- **Vibrator:** Electrically run vibrating device for stimulation of the vagina by insertion or holding to outer lips, clitoris, breasts and the male penis. Some vibrators are penile shaped and are run by batteries while more expensive ones are for surface use and are run by an A/C motor from a typical wall outlet. Vibrators are used by both men and women for self-stimulation and to sexually please another
- **Voluptuous:** Fullness of beauty and form; usually used to refer to a woman with large well-formed breasts; may also refer to full but well formed hips
- **Voyeur:** A person who enjoys and is stimulated by watching others in sexual acts
- **Voyeurism:** Observing others engaged in sexual activities, in the act of undressing, or sexual exhibitions. The view of an Exhibitionist
- **Water Sports:** Urination for sexual stimulation.

Source www.bibabesnetwork.com

The Secret Sexpert Library

I'm about to disclose one of my biggest secrets. My husband is a romantic by nature and he enjoys reading every book he finds on the art of seduction and romance. Our home library contains many volumes of books related to this topic. I asked him to make a selection of the 10 most influential books in his collection and here it is: We highly recommend you to start your own Secret Sexpert Library with these ten books. Enjoy!

	Book Title	Author(s)
1	Sex Lover's Book of Lists	Ron Louis, David Copeland
2	The Art of Seduction:	Robert Greene
3	The Good Girl's Guide to Bad Girl Sex	Barbara Keesling
4	Make Every Girl Want You_ How to Have Sex with Hot Girls (Without Even Dating Them!)	John Fate, Steve Reil
5	Irresistible Attraction Secrets of Personal Magnetism	Kevin Hogan, M.L. Labay, Jack Swaney
6	How to be a great Lover :_Girlfriend-to-Girlfriend Time-Tested Techniques That Will Blow His Mind	Lou Paget
7	Awakening the Virgin	Nicole Foster
8	The Mystery Method http://www.suzybauer.com/recommends/mystery	Mystery
9	The Secrets of Sexual Play	Graham Masterton
1 0	The Psychology of Persuasion: How to Persuade Others to Your Way of Thinking	Kevin Hogan

In these books you'll find plenty of ideas of how to approach women and seduce them! What Karl and I enjoy doing, is to plan seducing scenarios and then planning everything we need to plan to make sure we are successful. After the first edition of this book was released in 2003, I started getting emails regularly from couples asking me if I knew of ways to meet girls on a bar and seducing them.

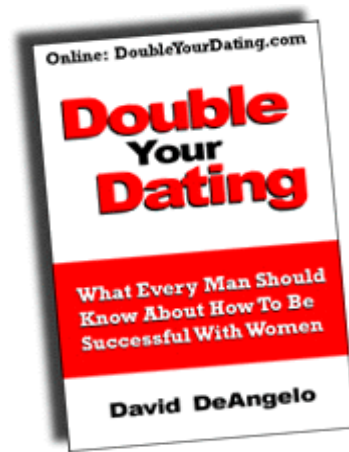
Step By Step Threesome by Suzy Bauer

Of course I know of several ways... However I need to take into consideration that perhaps you are not as daring as my hubby and I are. Some of the stunts we have pulled off will be really far fetched for many people. I'll give you a few recommendations to improve in this area:

Recommendation # 1

In January 2004 I came across a really good Ebook called: Double Your Dating. I read it and I was very impressed! The book is down to the ground, practical and it has the type of information you require to seduce girls in plenty of scenarios, so I thoroughly recommend it to you.

Simply click on the book and get your hands on this great resource.



Click the link below to order

<http://www.suzybauer.com/recommends/doubleyourdating/>

Recommendation # 2

How familiar are you with the PUA's? (Pick Up Artist) Believe it or not, there's an underground PUA's group on the internet sharing their secrets. The name of this group is www.cliffslist.com, if you want to keep up with the latest trends in seduction you need to get on their mailing list! Is free and definitely worth it.

Recommendation # 3

Here are 4 products I thoroughly recommend you to get your hands on. They are full of ideas on who meet women:

1) Seduction Science

<http://www.seductionscience.com/jump.php?a=2502>

2) Non verbal Sexual Cuing

<http://www.seductionscience.com/jump.php?a=2502&p=nsc>

3) Opening Magic

<http://www.seductionscience.com/jump.php?a=2502&p=openingmagic>

4) The Art of Sexy Talk

<http://www.seductionscience.com/jump.php?a=2502&p=sexytalk>

Step By Step Threesome by Suzy Bauer

I think these 4 resources above are GREAT resources, if you want to know how to approach women on day to day situations! You don't need to wait for the weekend!

Foursome Anyone? (3 Girls One Guy)

In this advanced section I am including also our favorite bar seduction strategy. This technique is quite a lot of fun, because sometime if you pull it off correctly **you'll end up not having a threesome but a foursome: (1 guy 3 girls!)** I am sure you would not mind that would you? My husband calls this strategy: The "Double Whammy" for obvious reasons...



The Double Whammy

This strategy is one of the most effective and one of the quickest ways of going from 0 to threesome in ONE night so please pay attention...

Before I go into the strategy, I will explain you how and when to use it. O.k.

This is a Team Seduction Strategy, this means that you have already a sexual partner and you have already agreed and discussed the possibilities of having a threesome and you are ready to recruit candidates. Ok here's step-by-step what you need to do:

1. If you have children, make sure you send them that night with the grand parents or someone that can take care of them. If this is not possible then depending on your budget get a nice hotel room.
2. Leave the following things ready wherever the erotic action will take place:
 - Enough Clean Towels
 - A dildo or any other sex toy to enhance your threesome
 - Wine, liquors, etc

Step By Step Threesome by Suzy Bauer

3. Wear nice and sexy underwear and lingerie Let me explain to you how Karl and I use this strategy to seduce ladies on a regular bar, follow our steps and I guarantee you success 8 out of 10 times! Karl and I go out for drinks into a nice and trendy bar. (We avoid a places where people know us well!) We always go nicely dressed and ready to seduce (this is a clue element)... We always try to get there early so you will get a nice table where you can **overlook the whole bar!**

Remember; our goal is to look for candidates, so, if we seat in the bar itself we will be only facing the bar tender, and that will automatically decrease our chances of spotting the right candidates! These are exactly the qualities that we look for in our candidates: We look for a couple of single girls sitting together. These girls should be in their mid thirties, or early forties. (This kind of girls will be the most responsive to this strategy).

Note: If you are asking yourself why it will work better for women that age, bare in mind that; it's at that age when women are at their horniest! Besides, highly likely they are in the bar to flirt or if you we are lucky they are there to be "picked up" or to "pick someone up." This will obviously increase your odds! Usually we'll find these girls close to the bar, because that's where most guys go ask for drinks right?, if we don't see any girls there we look around or wait for them to arrive. This is what we do after we spot our candidates: I remain seating behind and Karl will approach the girls... Now this is the most challenging part... The pick up line... Some guys are good at this some are not, so it's up to your "approaching skills". Here's how my husband does it...

Karl: What are you girls drinking? He waits for a response...

Karl : Should I order the same for my wife?

Then he points at me ... This will establish that he is obviously accompanied so they will not feel he's hitting on them. This will automatically lower their defenses! After it has been established that he is with someone, he can easily have a friendly chat with out them realizing that you are trying to pick them up! After a little bit of casual chit chat he simply says "Nice to meet you girls" and return to where I am sitting.

Step By Step Threesome by Suzy Bauer

We wait for about 3 to 5 minutes and then the two of us will approach the two girls. Karl will introduce me and from there I take over... Our goal is to establish a nice conversation going full of pleasantries and casual chit chat that we women are very good at! After good rapport is established, it will be time to do some "*fishing*"... this sequence is very important, so follow it carefully!

Karl & Me: "Do you guys come here often?" We wait for the response, if they say yes, then our following question will be; so you are familiar with how it works here right? If they answer no then we say: "Do you know what night is tonight?" Most likely they will say: "How do you mean?" Or "No What night is tonight?" We follow our comment with: "Well, every day there's a different thing happening here isn't?" Again most likely you will get a blank stare ...

We then follow with: "Well, we do not come here often but we learned on the internet that Tuesdays (Or whatever day may be) it is a night for couples..." **Then follow with:** " That's exactly why we came here today..." At this point they will be still a bit confused, so normally we need to elaborate... "We heard that tonight this is the spot where swingers go for a drink to meet other couples?" Normally we get a grin or a hysterical laugh of disbelief...

So we ask: "Is this true?" or "Did you know that?" By now we have swiftly move them to a topic of conversation that they will not normally come up with... "So, you didn't know about this?" we insist... They will still be surprised, however you have already established that you guys are a couple and are ready to play!

Time out: Please remember who our candidates are...

Two single girls on a bar, on their mid thirties early forties

In our experience, these girls tend to be either divorced or separated or something of the sort. They are at an age in their life where they're more open for sexual escapades. Most of them have a certain degree of sexual experience, and unafraid of experimenting. In most cases they are well aware of the latest bisexual trend and most likely ready to experiment, if the opportunity comes up! It is a NO Brainer... They might be unaware, but we've just planted in their brains threesome seeds that will very likely result in hot steamy sex tonight!

Step By Step Threesome by Suzy Bauer

Our next step is to maintain the "fishing" going... For us the "onion peeling approach", from innocent questions to more intimate questions works the best! Everything geared on the topic of swingers, couple swapping and bisexuality. Using our experience to keep the fire burning! We keep on doing this until Karl feels the "time is right" for us to ask:

Had you girls ever done something with another woman?

Normally they laugh and then they will either admit they have or they will say no, we have not! We are aware that if we managed to get them to this point we can now move on "fishing" with more specific questions: "How?", "When?", "What Happened?" Now, in the event that they will respond negatively...

Karl will ask: "Is it something that you will do under the right circumstances?"

Please Pay attention because the next step is a very important step! Before we proceed to this step, we make sure that the four of us are in rapport and the atmosphere is already of mutual trust... **Here's what Karl will say next:**

"It's weird how we started talking about this naughty subject..." My wife saw you and she told me that you girls were kind of cute and as we thought tonight was swingers night she send me to check you out... (With this comment we have already established that we are interested on them in a very safe non threatening way) Then he follows with: "Do you girls find her cute?" At this point we normally get a "yes", at this point they're even more curious!

After this moment, the conversation must be mostly about **female bisexuality** (Use the examples you have on Chapter 11 "Understanding Bisexuality" to build on your conversation.) By now, these ladies are on their toes with curiosity... Then here is the next milestone in the seduction... "The Kiss" Your goal here is to get either of the girls to kiss your wife or partner. Karl is always creative in coming up with ways of doing that.

The ones I know work the best for him are the following: The "bet" or the "truth or dare" approach. If he is successful, we know that we are going to have lot's of pussy that night! After this moment is all downhill! Before asking the girls to join us for a drink at home, Karl normally ask for a round of "sexy drinks" , below I have included a few examples:

Step By Step Threesome by Suzy Bauer

Creamy Bush

1 1/2 oz Bailey's Irish Cream
<http://www.drinksixer.com/desc191.html>
1 1/2 oz Irish Whiskey
<http://www.drinksixer.com/desc894.html>

Buttery Nipple

1 oz DeKuyper Butter shots
<http://www.drinksixer.com/desc245.html>
1/2 oz Irish Cream
<http://www.drinksixer.com/desc54.html>

Tight Snatch

Ice
<http://www.drinksixer.com/desc594.html>
1 shot Absolute Vodka
<http://www.drinksixer.com/desc136.html>
1 shot Peach Schnapps
<http://www.drinksixer.com/desc313.html>
6 oz Orange Juice
<http://www.drinksixer.com/desc69.html>
1 splash Cranberry Juice
<http://www.drinksixer.com/desc272.html>

Sit On My Face

1/3 oz Kahlua Coffee Liqueur
<http://www.drinksixer.com/desc292.html>
1/3 oz Frangelico Liqueur
<http://www.drinksixer.com/desc285.html>
1/3 oz Bailey's Irish Cream
<http://www.drinksixer.com/desc191.html>

Cunnilingus

1/4 oz Bailey's Irish Cream
<http://www.drinksixer.com/desc191.html>
1/4 oz Peach Schnapps
<http://www.drinksixer.com/desc313.html>
1/2 oz Pineapple Juice
<http://www.drinksixer.com/desc316.html>
1 1/2 oz Whipped Cream
<http://www.drinksixer.com/desc488.html>

Get Laid

3/4 oz Raspberry Liqueur
<http://www.drinksixer.com/desc246.html>
1 oz Vodka
<http://www.drinksixer.com/desc28.html>
6 oz Pineapple Juice
<http://www.drinksixer.com/desc316.html>
1 splash Cranberry Juice
<http://www.drinksixer.com/desc272.html>

Please notice that he never requests a "Blow Job" or "Sperm" or any of those drinks that have a male connotation. He only requests drinks that are female related. This is obviously because it keeps the conversation going to the direction we want to take it! After we finish our drinks, Karl excuses himself to the toilet and secretly pays for all drinks.

In the mean while I invite the girls to come home for a drink. When Karl comes back, I simply say "why don't we follow our conversation at home, I have already invited the girls over", then he simply says: "Good idea!" When the girls ask for their bill the bar tender tells them that Karl has already taken care of the bill and they will thank him very sweetly, sometimes with a tongue kiss! When we proceed home, our strategy is normally that Karl goes by himself in our car and the girls and I follow him.

Step By Step Threesome by Suzy Bauer

The biggest mistake you can do at this point is: Letting the girls drive on their own and you driving back with your husband. The last thing you want is that they get cold feet and suddenly the mood changes, that's why you need to be there with them and if possible keep the "girlie" talk flowing. There you go, that is how we seduce girls on a bar, I hope you'll be as successful as we are using our seduction strategy!

Booze & Brew

An interesting mix is alcohol and women. Studies have shown a correlation between alcohol and increased sexual activity amongst women. This isn't really a big surprise, alcohol may help a person drop their inhibitions or feel "sexier". It's important to recognize that you may not make the same choices after a few drinks than you would without them. Studies found that females drink to feel more womanly, warm, loving and sexy. In other surveys it was found that over 65% of women claimed alcohol greatly or moderately enhanced their enjoyment of sex. It isn't hard to predict that drinking increases sexual arousal. Interesting enough in those surveys and experiments, women who thought they were drinking alcohol reported increased sexual arousal even when they were tricked by drinking plain tonic water.

I cannot deny it, drinking does liberate women from their inhibitions. BUT, even in the absence of alcohol, the rationalization to be slightly tipsy provides the same relaxing benefit. I think that a little bit of alcohol is a good idea for the psychological benefits of relaxation and softening inhibitions, however you should not get to a point of intoxication, because that can spoil the entire evening! If your plan involves alcohol; set aside the appropriate amount and put the rest away! In your nervous state you might be inclined to drink more than you should and you'll either be incapable of enjoying as much as you would have wanted, or things might get out of hand. As a personal tip, stick to one or maximum two different drinks, and avoid beer!

Secret Confessions

True sexperts know that talking about sex is a powerful way to seduce a third person for a threesome. A secret confession is a great way to get the mood going!

For example; after a few drinks you can bring the conversation to “secret sharing mode”. Lower your voice, lean closer and say; “You know I’ve done some things I don’t dare tell many people about”. Then you shut up. She’ll surely want to know about your naughty secrets! Then you play the role of being a bit shy, she will insist! Start a confession without revealing too much at first and see how she reacts... if the reaction is okay, tell her a bit more. If she appears interested, drop a “well I am not the little angel you thought,” and smile. This can be a very effective way to get her to talk about her inner most fantasies.

One on One Seduction vs. Team Seduction

There's something that you need to understand: When you're seducing a woman for threesome sex, the mechanics are a bit different than on a one-on-one seduction! Actually things can go by far faster than usual! WHY? Simple, she's not expecting it and she can be swept off her feet easier! If you're bold enough, you can get a "normal" situation to steam up QUICKLY! This dear friend is the great big secret of having threesomes regularly!

The Purity Test Party

When you purchased this manual one of the included bonuses was the "Threesome Purity Test". This is my version of the real purity test developed in 1982 by MIT students. You can see the full version at <http://www.puritytest.net>. The only problem with the full version of the purity test is, that it has some really disgusting questions that instead of turning people on will turn people off! That's why I made my own version and made the threesome purity test a fantastic recruiting tool! What I've done is selected 150 questions that are daring enough for you to find out more about your candidate fantasies... As I have already explained, **talking about sex is one of the sure ways to learn about your candidate's fantasies and desires**, however sometimes it's a bit hard to ask the right questions that's why this test comes very handy! The way I've used the purity test in the past is as follows.

Step By Step Threesome by Suzy Bauer

My husband and I invite our candidate for dinner and after a few drinks I mention: "Hey, I found this really naughty questionnaire on the internet.... it'll be fun to answer! I go get it, read the instructions and we start answering it, you'll certainly feel the atmosphere steaming up while the three of you go answer the questions. I thoroughly recommend this fun way to learn more about your candidate's secret sexual desires. Use it whenever and wherever you find it appropriate!

Sexy Games

Another interesting variation of this is to use some sexy games. Games are great ways to start non threatening intimacy with another person. There are plenty of erotic games around that serve this purpose. Check out www.xxxpresstoys.com and you can find several interesting games. One word of warning though: make sure you play the game with your partner first, before you decide to use it as part of your seduction.

The Paper Kiss Game

This "innocent" game is one of my favorite ways to "induce a kiss", after a few drinks when you're on a silly mood you can use this game as a "starter", it's so "innocent" (yet effective) to get anyone to participate. In the video below you will see it played with several people and a playing card, but if you are the three of you then it is more effective to do it with a small piece of paper.

Remember: You need to be online to see this video and you'll need the [flash plug in](#):
http://www.macromedia.com/shockwave/download/download.cgi?P1_Prod_Version=Shockwave Flash



Click the link below to see this funny video
<http://www.youtube.com/v/7B2SKBik5y0>

Warning: This video takes about a minute to load so be patient!

Naked Twister (or even partially dressed)

Of course if it was called that today sales would undoubtedly go through the roof! But back then it took a well-timed PR stunt to quell the puritanical fears of potential game-buyers. Milton Bradley, makers of Twister persuaded Johnny Carson to try out the game with Eva Gabor on his Tonight Show. The result? Eva's assets almost fell out, the audience laughed their heads off and Twister sold more than three million copies in that year alone.

Fast forward forty years and Twister is still the undisputed king of party games! (Well, legal ones, at least). We think it might just have something to do with the fact it involves clambering all over your opponents in a slightly suggestive fashion. After all, what other game instructs players to maneuver their extremities around each others' nether regions in order to avoid getting a faceful of thingamabob? Actually, don't answer that.

It goes without saying that Twister is even more amusing if players have sunk a few Margaritas beforehand. Because as well as improving flexibility and reducing inhibitions, alcohol is a well-known giggle-enhancer and blighter of balance. All of which makes playing Twister when sizzled utterly hilarious. In case you need reminding, the goal in Twister is to outlast your opponents by stretching and entwining your body around a polka-dotted vinyl mat without falling down. But you already knew that. We just like talking Twister to complete strangers. Your move... Can you see how you can use this game as a "threesome primer"?



Steve Lightspeed 2003©

<http://www.stevelightspeed.com/>

Click the link below to see a video of naked twister

http://videos.newsfilter.org/videos/Twister_game.wmv

Click the link below to order Twister.

<http://www.toys2wish4.com/twistgambymil.html>

The Strip Show

Remember: You need to be online to see this video and you'll need the flash plug in:
http://www.macromedia.com/shockwave/download/download.cgi?P1_Prod_Version=ShockwaveFlash

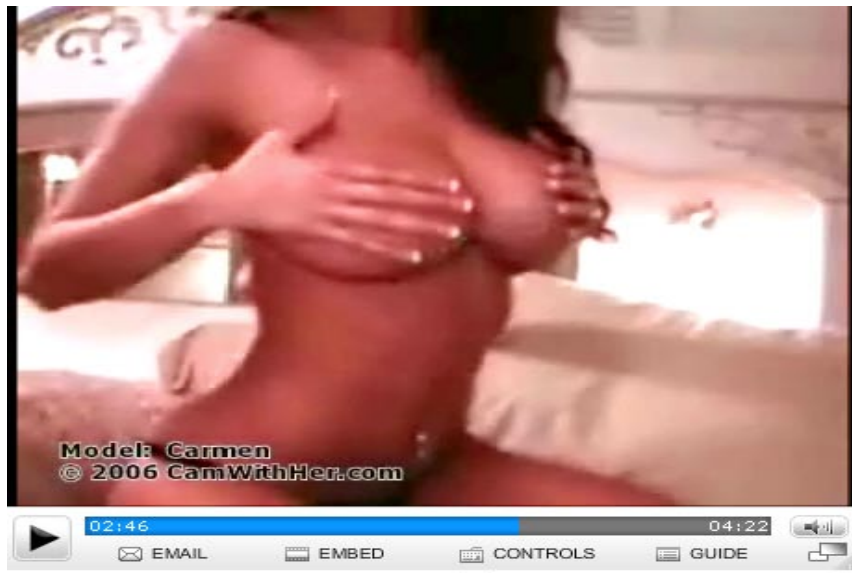
My good friend Fawnia Monday (whom you've probably seen featured on my website with a testimonial) also suggests that another way "set" the right atmosphere for a threesome to happen is to get some sexy music and do hot strips show! Now, this again an advanced strategy. I'm not expecting you to do this on your first threesome, but this a start up for a "present" for your hubby! This is something that you can plan with a friend of yours and trust me your partner will absolutely adore you for it! If you think this is an option for you, you need to get your hands on this video **Bump & Grind It**. What I find great about this product is that you can also get the music for it on a CD.

Here are some really sexy examples of how to perform a strip tease:



Click the link below to watch this SUPER HOT video
http://www.metacafe.com/fplayer/116514/veronica_zemanova_strip.swf

Step By Step Threesome by Suzy Bauer



Click the link below to see yet another SUPER HOT Striptease Video
http://www.metacafe.com/fplayer/87209/jenna_haze_strips.swf

Click the link below to see a SUPER HOT striptease video
<http://www.kontraband.com/show/show.asp?ID=2193>

A variation of the "exotic dance" or striptease that has also worked for us is to do "sex yoga". Yoga positions can be extremely erotic and is another great excuse to initiate touching. Have a look at the video below and you'll see what I mean:



Click the link below to watch this sexy video
<http://vids.craveonline.com/share/video.swf?id=00002511>

Step By Step Threesome by Suzy Bauer

In this video you'll see the ultimate strip tease and one that is absolutely one of the best ways to start a threesome seduction...



Click the link below to watch this video
<http://stepbystepthreesome.blog.com/1844262/>

"We forgot the tattoos!"

Usually one of the most difficult parts of seduction is the undressing part, right? I once heard this story that I thought it was yet another creative way to induce the undressing. Possibly this is also an option for you too?

Becky and Chris had everything ready to seduce Emily. After an early dinner Becky started fixing a pitcher of Margarita to drink during the rest of the warm summer evening. Suddenly Chris said; "Darling, we need the tattoos!" "Oh, that's correct," Becky said. "Would you mind bringing them?" Emily wondered what he was on about, so Becky explained, "Whenever we drink Margaritas, we have to have a few tattoos. It's an old crazy tradition that we have." Chris left and came back with a selection of temporary tattoos that come off with baby oil. "Guests get to pick first," they told Emily. She picked a small red rose with green leaves. She felt a bit curious with what was going to happen next, but she gladly played along. Becky picked a very nice butterfly and Chris chose an interesting looking dragon.

Step By Step Threesome by Suzy Bauer

Chris chose also a superman sign and insisted that sign belonged on his butt so Becky said, "Take em off, Clark Kent!" Chris stood up, unzipped his trousers, turned his back and pulled his briefs down.

Emily jaw dropped but she certainly enjoyed what she was looking at. Becky made a big deal out of exactly where to place the superman sign. Obviously Becky got Emily involved in applying it. She felt funny touching Chris's bare butt, but Becky kept encouraging her. Becky was next and she chose her inner thigh to have the butterfly. She pulled up her skirt and leaned back on the coffee table. Chris handed Emily the butterfly and said, "You put it on. If you're going to be part of our Margarita Club you'll need to practice.

"Becky spread her legs and Emily knelt between them. Through her almost transparent g-string, Emily saw Becky's shaved pussy. After much tentative trial and error Emily got Chris's approval on the exact location to place the butterfly. Emily bravely installed the butterfly just below Becky's panties. Several times during the process her fingers accidentally touched Becky's crotch and she felt her involuntary shivers. Emily's turn arrived and she felt nervous with anticipation. She told Becky and Chris that she wanted hers on her shoulder but they both told her not to be so wimpy and to choose a better location. Emily thought for a moment and said: "I chose my right breast, just over my heart." She unbuttoned her blouse but that wasn't enough for Becky. She said "Sweetheart, your bra is in the way" and she unhooked the clasp and pushed the cups, exposing her breasts. The next thing Emily knew, Becky and Chris were working on installing the rose on her right breast. Obviously, it was impossible to press the tattoo onto a breast without touching, but Emily realized then Becky was massaging her a bit more than it was necessary. Although Emily felt slightly embarrassed, she started feeling a warm feeling in her tummy. Especially when Becky said "Now they need to dry, and the two of them started softly blowing on her bare breasts. Both of them were very close to her and obviously their warm breath melted a lot of the "ice." In a matter of seconds Becky started sucking her nipples and Chris shortly followed. Emily could have stopped it, but she had never had both breasts kissed at on, she felt wonderful...



Step By Step Threesome by Suzy Bauer

That's exactly how they got the festivities started. If you want to order some temporary tattoos for your seduction go to Tattoo Fun online and order a few temporary tattoos.

(Click the link below to see Tattoo Fun)

<http://www.clickxchange.com/er.phtml?act=1053461.1>



Another site I'll recommend is: <http://www.justfortonight.com>

Body Painting

Body painting is one of the best activities for promoting nudity, physical contact, laughter, creativity, good fun and conversation. It's also a great way to have an excuse for undressing. You'll need water based paint, in more than one color and in small containers. Get a few brushes, rags, sponges, and buckets for wiping up. Use your imagination and you'll have a lot of fun getting your threesome started.



Here are a few websites where you can learn a little bit more about body painting:

[http:// www.bodypaint.ch](http://www.bodypaint.ch)

[http:// www.bodypainting.com](http://www.bodypainting.com)

[http:// www.peoplepainters.com/bodypainting.htm](http://www.peoplepainters.com/bodypainting.htm)

[http:// www.liquidlatex.net](http://www.liquidlatex.net)

[http:// www.bodyart.com](http://www.bodyart.com)

Or here's a link where you can get all needed to body paint.

<http://shop.xxxpresstoys.com/scripts/ecatalogisapi.dll/group?group=266&Template=0100006251001010>

Pajama Night

Organizing a Pajama Night is a great excuse to snuggle together and sleep together. You can prepare a TV meal and watch a sexy film. A sensual massage will compliment very nicely.

Mink Glove Massage

One of our latest discoveries is something called the "Mink Glove"! What a great find! Imagine a fur glove slowly caressing your body... If you haven't experienced this, you've got no clue what you're missing! Recently a friend of mine invited me home for "tea", when I arrived she was just wearing a long silk bath robe... I knew she had more than "tea" in mind. Suddenly she got out one of these Mink Gloves and told me that I needed to try it, she slowly caressed my face and slowly went down to my arms... The sensations were amazing, I instantly got aroused :-)

Minutes after she suggested to massage my whole body with it, and all I can say is WOW! Karl and I have experimented with this baby a few times and the reaction is the same ALL THE TIME... Women get aroused instantly. Don't you think this little item can be very handy when seducing women for a threesome? To get your hands on one of this gloves click the link below.
<http://www.minkglove.com/store/index.php?ref=78>

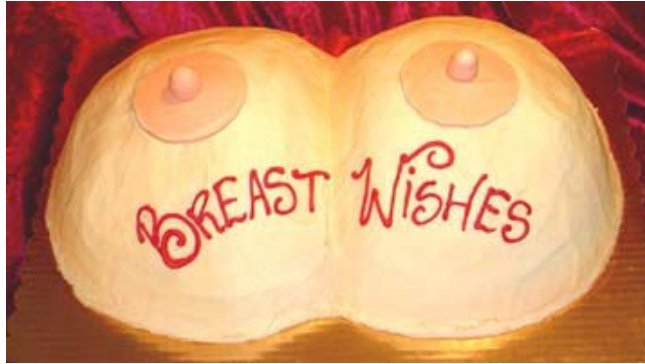
This Cook Up a Meal That Turns You On!

Why not cook an aphrodisiac meal? Food can be a powerful seduction tool. I have included some web links where you can find great information about Aphrodisiac meals:

- http://dir.yahoo.com/Society_and_Culture/Food_and_Drink/Cooking/Recipes/By_Ingredient/Aphrodisiac_Recipes/
 - http://www.bbc.co.uk/health/sex/exercise_aprodisiac.shtml
- <http://www.londonfoodfilmfiesta.co.uk>
- http://www.gourmetsleuth.com/aprodis_foods.htm

Step By Step Threesome by Suzy Bauer

I know a couple that's very daring and creative in their food decoration. They decorate their dishes in very erotic ways. They use their imagination to present food in a way that looks like tasteful male or female genitalia or female breasts.



Bon appetite!

Kinky Stuff

Sex Toys

I couldn't finish this book without including a little bit of kinkiness! Threesomes can be a lot of fun, but they will become even more fun if you include some sex toys in the steamy action. Once again, let me remind you that if you want to indulge in delicious threesome sex regularly, your focus MUST be on making your invited friend enjoy as much as possible the experience, that's why sex toys can really help you enhance the action! Before I tell you more about sex toys, let me tell you about a friend of mine. Her name is Sharon, she is a special lady. Attractive, early forties, (but if you see her she look as if she is 30!). She's been divorced for over 3 years and at the moment she is not too worried about finding a partner. 100% bisexual and an expert in seducing couples and single women.

A couple of years ago Karl and I met her on a social function. We really enjoyed meeting her. Obviously nothing naughty happened that day, and to be perfectly honest it didn't even cross our mind. We were with many other people and our focus was definitely everything other than sex. About three days after we met, she called Karl to invite us for dinner to her place. He accepted and the following week she cooked for us a fantastic meal.

Step By Step Threesome by Suzy Bauer

I guess it is because we are quite experienced, but from the moment we stepped in to her house, we could feel the atmosphere to be erotically charged. It was the first time someone actually was setting the stage to seduce us, the evening proceeded very nicely and we could predict what will follow... She started directing the conversation towards our favorite topic: "sex". She mentioned that she used to be crazy about erotic art. We obviously noticed that she had a few phallic sculptures and some really tasteful nude paintings around her house. Suddenly she mentioned something really funny: "The only problem with erotic art is that not all people appreciate it, so every time I had guests I had to be moving around my paintings and sculptures, so I decided to start collecting sex toys!"

"Some people collect stamps, other collect cars, other collect antiques. I collect sex toys!" she said, "Sex toys make great collectibles and they are also fun to play with!" she said with a naughty grin. "Suzy, do you have any sex toys?" she asked. Not really, I replied, I used to have a couple of dildos, but now I've got the real thing, so I don't need them anymore. We all laughed... I love using sex toys even if I have the real thing, she said... Would you like to see part of my toy collection? she asked. Sure, we said, why not? She took us to her bed room and asked us to sit on the bed while she got a very nice silk bag with all the goodies... It wasn't long before the three of us were "playing" with her toys. We had a wonderful night. Karl and Sharon spoiled me rotten and after that night we had to incorporate sex toys to our threesome seduction routines and *soirees*. Let me tell you what my favorite sex toys are, so you can also incorporate them in your habitual sex or threesome sexcapades:



Strap On Dildo:

Boy this is hot! I don't think I need to explain too much on this one! The possibilities for a woman to "fuck" other women are wonderful! Having a DP with your husband and your invited partner can also be very exciting.

Click the link below for more info

<http://www.suzybauer.com/recommends/cosmic/>

Step By Step Threesome by Suzy Bauer

Double Header Dong:

This is my personal favorite! There's nothing more exciting than playing with this toy. Men also love watching two good looking women pleasure locked moving rhythmically with this fantastic invention.

Click the link below for more info

<http://www.suzybauer.com/recommends/doublehead/>

(This is an affiliate link)



Cosmic Invader:

This Clitoris stimulating toy will set her love box on fire. You'll be able to tease your friends' clit near delirium!

Click the link below for more info

<http://www.suzybauer.com/recommends/cosmic/>

(This is an affiliate link)

10" Hard Throb Dildo:

This toy is a must have!

The most exciting feeling your friend can experience is having her nipples sucked while having a dildo thrust inside her slippery vagina.

The feelings this will create will put women into orbit convulsing in waves of orgasmic delight!



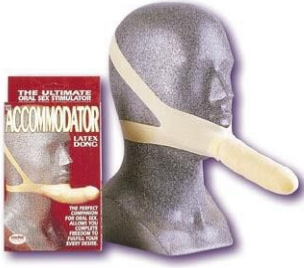
Click the link below for more info

http://store.sex-superstore.com/cgi-bin/toys2.cgi?af=16835&ecode=0200002N&init=&fam=&letter=&last_list=&first_list=&dozen_list=1&text=long%20dong&criteria=&init1=

(This is an affiliate link)

Step By Step Threesome by Suzy Bauer

Accommodator:



The sensations of oral sex will never be the same with the Accommodator around. This flexible latex dong, comfortably straps onto your head, frees you up to use your hands and tongue to its greatest potential, bringing your friend and your wife to the state of ecstasy and orgasmic bliss.

Click the link below for more info

<http://www.suzybauer.com/recommends/accomodator/>

Rainbow Spiral:

The latest craze in sex toys are glass (Pyrex) dildos. Until recently I had not even seen one but I was recently in the kamasutra beurs, and I bought one of this babies and WOW! Every time I've used it on me or in one of my friends we enjoy orgasm after orgasm after INTENSE orgasm! Click the link below to see Kamasutra beurs)



<http://www.kamasutrabeurs.nl/>

Click the link below for more info

<http://www.suzybauer.com/recommends/glass/>

Personal Tips : Dress Your Best & Avoid Surprises

Seducing for a threesome is very similar to a first date... you need to look your best! Wear a super sexy outfit, really nice lingerie and a provocative perfume. He must also look super attractive and should also wear nice looking underpants. Because the key here is seduction, the last thing you want is your invited friend to be all shabby and you looking like a million dollars. He or she will feel uncomfortable and you'll reduce your chances for seduction! A typical topic of conversation amongst women is "What are you going to wear?" Avoid telling her: Just something casual will be fine.

Step By Step Threesome by Suzy Bauer

Tell her instead: “It’s Friday night. You never know what might happen” or “It would be nice to dress up for the occasion” or “Jack, feels like looking really sharp tonight; he wants to make it a special evening.” Say anything that will hint her to dress nicely. The benefit of this is that the better you’re dressed the more self assured you feel. The more self assured a woman feels, the more receptive she will be towards your attention.

Hygiene

I hope it’s not necessary for me to bring this up, however I better share it with you anyway. Short and simple; **if you’re too tired for hygiene, you’re too tired for sex.** In your seduction night you need to be clean and smell fresh for your friend.

Periods

Periods; an issue you might want to take into consideration for practical reasons. Women’s regular menstrual cycle is twenty-eight days. I personally don’t feel very attractive during my period and the two days before and after as I feel a bit bloated, so this takes me out of the game nine days a month! When you’re adding another female to the equation, there are an additional nine days that are a bit tricky. If you actually do the mat, 33% of the time, either one of the ladies might be “indisposed” , so take this into consideration in your planning.

The last thing you want to do is to try to seduce your friend while she’s having her period. She won’t be as responsive as you’d like her to be! Although some couples might be okay making love during her period, the invited friend will be hesitant to let herself go completely during those days! The best way to tackle this problem is for the woman of the seducing couple to mention something like this: “Oh, I’ve got a tummy ache; I think I’m getting my period soon.” Normally an empathetic friend will say things like: “Oh, I know, I got mine last week,” or “Yeah, I’ll soon get my period too.” This will give you an indication of her timings! Now all you have to hope for is that she’s got regular periods... If you have a good relationship, it’s not difficult to find out by simply asking. There’s another upside about knowing about her cycle....

Women get a bit hornier just before and just after their periods!

Benefits of a Threesome

Are there any benefits of enjoying threesome once in a while? **Oh YES there are!** Let's take a look at the three major benefits of experiencing a more open sex life:

1. You can't cheat and the need to cheat diminishes:

Most monogamous couples choose to be monogamist not because they want to, but because they don't know any better! Many of them get married with the best of their intentions to remain faithful, however, after a few years of being together the "opportunity" arises and suddenly they "cheat" on their wife or husband. Why do you think people cheat? Because they're looking for something that they can't find anymore in their steady partners: VARIETY. The thought to have sex with only one person for the rest of our lives scares the hell out of most of people; especially guys! Whether we like to admit it or not; traditional couples "cheat" all the time. If we're good enough at hiding our "affairs," the secret goes with us to the grave. Some "cheaters" however are caught in the act. Unfortunately cheating on your partner; caught or not, destroys that precious bond that you have together. The moment you cheat, you have subconsciously damaged the relationship.

2. Your chances of remaining in a quality relationship drastically improve

Interesting enough, amongst sexually liberated couples "cheating" is nearly non-existing. Why? Because they "play" with other people so **they can have the best of both worlds: familiarity and variety.** "Playing" brings them together, not apart as in "cheating." This gives you a huge advantage to keeping a long-lasting quality relationship over most monogamous couples!

3. You make more effort to Stay physically in shape

This benefit was already discussed in chapter 6, but it's important to mention it again: Because you're hunting for threesome candidate(s) you remain in the "Dating Scene". Most traditional couples end the honey moon phase in their relationship pretty early and reality settles in...

They're living together, working hard, starting a family, trying to keep up with their social and family life. This seriously affects their sex life; familiarity sinks in and before they know it they put on weight and stop taking care of their physical appearance!

Having a sexually open, responsible non-monogamist relationship with your partner keeps you young! Flirting raises your self-esteem and gives you an incentive to remain fit and attractive. "Playing Couples", as they are known in the swinging scene, have a tendency to take care of their physical appearance. They want to be attractive not only for themselves but also for others!

"There is nothing better for the spirit or the body than a love affair. It elevates the thoughts and flattens the stomachs."

- Barbara Howard

"Make three correct guesses consecutively and you will establish a reputation as an expert."

-Laurence J. Peter

Chapter 18

Ask Suzy & Karl



*"Having sex is like playing bridge.
If you don't have a good partner,
you'd better have a good hand."*

-Woody Allen

Step By Step Threesome by Suzy Bauer

I started this manual with the following quote: "Contemplating to write a book about a success formula on how to make a threesome happen is like contemplating to write a book on how to reach the South Pole. You get excited about the challenge, but overwhelmed by the difficulties."

I tried to think of "Everything" I could think of, yet I still get people asking me questions about issues that were either not covered or covered very lightly in the manual. That's why I decided to add this section to the manual. Hopefully the "missing answer" is located in this page. If not please feel free to contact me by email at: suzy@stepbystepthreesome.com and I will gladly answer your question.

(Please make sure to mention on your email that you already purchased this book! That way I will make sure I will answer a.s.a.p.). Although I covered the "Moral and Religious Issue" in chapter 1, people still seem to have concerns.

I must admit, I'm not expecting people to read a chapter of my manual, and suddenly change all their religious/moral beliefs! That will be naive... I strongly believe that the mind works like a combination lock. Perhaps you have already two correct numbers in the dial. The moment that the 3rd correct number is placed in the dial, inevitably the "mental lock" will open and will allow many other experiences to happen and be accepted.

Certainly, with every little effort I do in opening you mind to new experiences, the possibilities of getting the "right number" in the dial for your mind to open. So, it doesn't hurt to deal with this issue again!

"Moral/Religious" Questions

From: (Name withheld for privacy)

To: "Suzy Bauer" <suzy@stepbystepthreesome.com>

Subject: Re: religious and social concerns

How does one deal with religious/social concerns in either your partner or yourself and family?

For example, a strongly devote Christian girl who says a threesome sounds like fun, but that it goes against her understanding of the Bible, or a Muslim girl who says it interests her, and she'd even be willing to allow her husband to marry another woman were they in a country that allowed it, but the Koran forbids a man to have more than one woman in his bed at a time?

Also, what about the worries she feels such as "What will my friends think of me if/when they find out?" or "If my mother ever knew we were even talking about this." Also, what about the man who has these concerns: his girl is willing and he's more than just a little intrigued by the idea, but he doesn't want to offend God or give his friends/family the idea he would be willing to cheat on his girl.

Gratefully yours,

M.A.

From: (Name withheld for privacy)

To: "Suzy Bauer" <suzy@stepbystepthreesome.com>

Subject: Re: MMF Threesome question

My burning question is: I would love to persuade my wife to try a threesome with another male. She has very strong morals but she loves to play with her dildo, I suggested to try the real thing?

No response. Help!!!

Step By Step Threesome by Suzy Bauer

From: (Name withheld for privacy)
To: "Suzy Bauer" <suzy@stepbystepthreesome.com>
Subject: Re: **Convincing my wife**

What's the best way to convince a wife that has very high morals?

From: (Name withheld for privacy)
To: "Suzy Bauer" <suzy@stepbystepthreesome.com>
Subject: Re: **Is a threesome considered adultery?**

If a husband and a wife both want a threesome, is it a sin against God?
Is it considered Adultery or not?

Morals, Religions & Beliefs...

Oh my, Oh my, Oh my!

A few years ago I saw a television program about research into animal behavior and it featured a rather unpleasant experiment in which a mouse was placed in a network of glass tubes. Every few seconds the mouse came to a junction and had a choice of going left or right... the mouse thought it was free to go wherever it wished, but in fact the choices were strictly controlled. Its freedom was an illusion! With all respect to whatever your religious beliefs are... in my eyes, good part of the human race has also this "illusion" of freedom that is ruled by two sentiments Fear and Guilt! I'm always amused by people telling me that they have "strong morals". What the *bleep* does that mean? I looked up the definition of the word "Sin" and this is what I've found:

- 1) A transgression of a religious law, especially when deliberate.
- 2) A condition of estrangement from God resulting from such disobedience.
- 3) Something regarded as being shameful, deplorable, or utterly wrong.

Step By Step Threesome by Suzy Bauer

Do this three definitions smell to you as "Fear" and "Guilt" or is it only me? In our eyes, sex is a gift of God to be enjoyed and shared! If you still question this issue, you're just being the mouse in the network of tubes "thinking" he's free but in reality just having the "illusion of freedom"! I hope this answer helps you understand yourself better!

Relationship and Friendship Questions

From: (Name withheld for privacy)

To: "Suzy Bauer" <suzy@stepbystepthreesome.com>

Subject: Re: **Marriage issues**

Can having a threesome be addicting to a couple after the first time? If yes, could this harm your marriage?

From: (Name withheld for privacy)

To: "Suzy Bauer" <suzy@stepbystepthreesome.com>

Subject: Re: **Concerns about a threesome**

Does a threesome make you unsatisfied to have sex with just your mate after a threesome?

If done right, having a threesome can be (positively) addictive for both of you! Threesomes are great fun! And yes if you're not sure what you're doing, **they can harm your marriage**. BUT if you've read this manual, there's no reason why you can put your marriage at risk. In fact I think threesome sex will enhance your relationship!

From: (Name withheld for privacy)

To: "Suzy Bauer" <suzy@stepbystepthreesome.com>

Subject: Re: **Attraction**

Is it wrong to become attracted to the extra person you bring into the relationship?

Step By Step Threesome by Suzy Bauer

From: (Name withheld for privacy)
To: "Suzy Bauer" <suzy@stepbystepthreesome.com>
Subject: Re: **Hurting Friendship**

How do you repair a relationship with a friend/girlfriend who is offended by the offer of a threesome?

The two questions above are GREAT questions! They also represent very valid concerns, that's why is very important for you to know the answers! For question number 1 my answer is NO, it's not wrong to become attracted to the other person. In fact I think is perfectly natural! HOWEVER, if you start developing a threesome relationship, it might be a problem... I've never seen a threesome relationship that works! In fact we have friends that lived as a Trio for about 1 year and then both woman left him! So, Indeed there is a risk in building a relationship!

Because most of the people don't understand a three way relationship, if you want to keep your "social life" in the dark about your intimate life, you need to behave differently while being in public as when being in private. This tends to tilt the relationship in ways that you're possibly unable to handle and at least one of you is bound to get hurt. My advice is NOT to get involved in a relationship, I suggest you keep it as a very special friendship! My answer for question 2 is the following: If you've tried to seduce a friend and didn't work out. Don't panic, talk to her ASAP. What I suggest is the following...

Don't make it sound like if you regret it! Focus instead in how comfortable and how strong your relationship is and that's why you allowed it to happen! Make her feel important and not used! Tell her that because you and your hubby/boyfriend find her so special your idea was to spoil her. It's critical; she doesn't feel you were "using" her to satisfy the fantasy of either one of you! Again, remember that successful threesomes are always focused in spoiling the 3rd person, not spoiling the man! Don't apologize, simply tell her that you made a move because the two feel her relationship was very special and they would love to make her feel fantastic! Leave the door open for her to possibly come to you.

Communication Issues

From: (Name withheld for privacy)

To: "Suzy Bauer" <suzy@stepbystepthreesome.com>

Subject: Re: **Defensive responses**

When I usually ask if my lover has fantasies or ever had a sensual experience with another woman, I usually get a defensive response, and the conversation goes the wrong direction. What can I do?

It seems this guy has not yet understood the principle of "*fishing*"! As in comedy, **TIMING** is everything! Say the funny line at the wrong moment and nobody will find it funny! Ask the right question at the wrong moment and guaranteed you'll piss somebody off! Please review previous chapters and make sure you learn how to discover about other people's sexual fantasies!

From: (Name withheld for privacy)

To: "Suzy Bauer" <suzy@stepbystepthreesome.com>

Subject: Re: **Fears**

My wife has asked me if I would mind watching her with another female without participating b/c she is fearful she can't handle seeing me give pleasure to another woman. How did I get her to overcome these fears?

Again, this is an issue of sensibility. If that's what your wife likes, grant her the possibility to do it. Possibly they will invite you to join them in the heat of the moment. Possibly not, so you can enjoy watching them play while you masturbate. Remember, she's exploring and experimenting, let her do that and you will enjoy lots of threesomes in the future. Remember, how do you eat an elephant? One piece at a time!

Step By Step Threesome by Suzy Bauer

From: (Name withheld for privacy)

To: "Suzy Bauer" <suzy@stepbystepthreesome.com>

Subject: Re: **How to bring the subject up?**

Obviously getting a threesome going is much easier if you're a couple trying to find a third partner. I am single. To increase my odds, I would like to find, by dating, a girl who would be open to a threesome. At what point would it be best to bring the subject up?

Italians don't time their pasta cooking... They simply "know" it's ready by how it looks! When they think it's ready, they take 1 small piece of pasta and throw it to the wall, if it sticks in the wall the pasta is ready, if it doesn't then they keep it cooking until it sticks. Same thing happens in a relationship. You need to communicate, and then you'll "know" it's time for you to pop the question!

Who's line is this anyway?

This is a very interesting email, please read it and we'll discuss it afterwards!

From: (Name withheld for privacy)

To: "Suzy Bauer" <suzy@stepbystepthreesome.com>

Subject: Re: **Your suggestions are not working for me!**

Suzy, you might remember that I bought your "Step by Step Manual" about a month ago so that I could learn from you how to go about turning my desire to have a threesome into a reality.

Well, here is my report as to what has happened:

- I have been encountering the following categories of people:
- Straight women not interested in FFM but mainly MF and possibly MMF
- Nice but conservative women who consider my FFM desire "outrageous"
- Bisexual women who are into bisexual men, but my preference is not that way
- Gay men who want me to have sex with them, but I prefer women
- Swinging couples, swinging wives, and swinging single women associated with "Swingers Groups" or "Swingers Clubs" who are interested in only couples or single women but not single men

Step By Step Threesome by Suzy Bauer

-Cheating wives who wanted to have FFM sex with me and another cheating wife, but I rejected the offer because **I don't believe in cheating** and I wanted to be fair to the husbands of these women

- **I do have morals** -If they had their husbands approval, fine, I would have had sex with them in that case, but they didn't have their husbands' blessing -the husbands didn't even know their wives were bisexual -they knew nothing -they kept them in the dark and as much as I desired these gorgeous women I would have enjoyed having sex with... I didn't agree with them living their double life and being sneaky -so I turned down the opportunity -I don't know how much longer I can resist that temptation as long as I'm starving for an FFM threesome -my hormones can't take it much longer I tried to buy a ticket to go to a "Swing Party" at a hotel because they advertised that single men could buy a ticket. **The tickets for single men were about 6 times more expensive than for single women** and about triple than for couples.

I did not have a problem with the pricing and I was willing to pay the bigger price for single men. However, when I actually proceeded to buy my ticket, the woman who was organizing the party told me I needed to bring along a woman partner with me and come as a couple.

So, I have come to the conclusion that what I need to focus on is finding a women to have a committed relationship with me or even marry me but a woman who wants to have an "OPEN relationship" or (if marriage is in the offing) an "OPEN marriage" (sexually speaking) -a marriage kind of like yours. I would like a women who wants to be involved in the swinging lifestyle together with me -someone with whom we both together go to swing parties together and both of us together seek out partners (women or couples) with whom we can enjoy. So, have you got ideas for me, how to find this woman? On my own as a single man -nothing is working. (Actually I am divorced -but nevertheless "Single AGAIN") I'm sure your manual works well for couples and single women. But, unfortunately it hasn't worked for me, at least not worked in terms of me acting alone as a single man.

Gratefully yours,
M.L.J.

Have you ever seen the program: "Who's Line Is This Anyway?" A group of comedians are given a few scenarios and they need to improvise. (Click the link below to see a funny clip)
<http://myspacetv.com/index.cfm?fuseaction=vids.individual&videoid=1147944>

Step By Step Threesome by Suzy Bauer

When I read the email above, I imagined this guy doing just that... He read the manual and then used his own set of beliefs to improvise the rest! What I like the most in his email is when he mentions: "I'm sure your manual works well for couples and single women. But, unfortunately it hasn't worked for me, at least not worked in terms of me acting alone as a single man."

Yet he mentions that he met some "Cheating Wives" that wanted to have a threesome with him, but he declined because he does not believe in "Cheating" So, I'm confused! Women wanted to have a threesome, but because he does not believe in "Cheating" he declined and then he said my advice does not work! I never said I will teach you to have a threesome with single 18 year old women. I said I will tell you the easiest way to have a threesome. PERIOD! If you carefully read the email above, you'll see how his beliefs are preventing this guy from sexual enjoyment! And that's fine if that's his choice, but the fact is it isn't!

Once and for all, **I doubt that you'll ever find another guide as comprehensive as this one explaining you how to take your sex life to the next level!** Thousands of men and women have used our advice to make their threesome fantasy come true and we have enough evidence this stuff works! We're not talking out of theory! Karl & I have enjoyed hundreds of threesomes and what we teach WORKS! If things are not working for you I suggest you ask yourself a new set of questions:

For example:

- How can I use this knowledge to live out my erotic dream?
- How can I adapt this strategies to my own situation?
- How can I improve my seduction skills?
- How can let go of my limiting beliefs?

Trust me, the better the questions the better the answers! Thinking is simply the process of asking questions. Unfortunately most people think they are thinking... while they are only rearranging their own prejudices!

Sexually Transmitted Diseases

I promised you that I was going to cover this topic, so here it is:

There are always risks of contracting any form of sexually transmitted diseases when you have multiple sexual relationships. It is therefore, very important for you and your partner to prevent this from happening. The best and easiest preventive is the use of condoms during sex. Male latex condoms can reduce the risk from contracting STD's if used correctly.

A good practice is to use them every time when you have sex whether it is vaginal, anal or oral sex. Female condoms are also available, but are not as effective as male condoms. Although, the use of a condom can reduce the risk of contracting STD's, it is not 100% safe and cannot protect you from coming in contact with some sores, such as those that are present with herpes, or warts. Learning to use latex and water-based lube skilfully may take a little practice, and ultimately it is up to you and your partner whether you will follow some or all the precautions I'm going to describe. However, try to keep in mind some of the payoffs: Increased protection from disease, increased peace of mind, increased protection against pregnancy when another form of birth control (such as the pill) fails, and greater ease in interacting with younger men or women who may have never known a time when they haven't felt it necessary to use latex.

The Basics

Put simply, the single most effective thing you can do to stay healthy when having sex with multiple partners is to use latex condoms for intercourse. All condoms are not made alike; men should experiment with different brands until they find the one they like best (we recommend Kimono Micro Thins, which also taste fine for fellatio if you get them without Nonoxynol-9). When you put on a condom, pinch its tip as you unroll it (all the way down!) to prevent an air bubble from forming in the reservoir tip. For intercourse, you should then put some water-based lube (such as I-D, ForPlay, Wet, or Astroglide) on the outside of the condom for comfort, mutual pleasure, and to keep the condom from tearing during sex. For a while, health experts were recommending that people use condoms and water-based lubes with Nonoxynol-9 to help guard against HIV transmission; current evidence suggests that, in the real world, N-9 is not nearly as good at HIV prevention as it has proved to be at contraception. Also, many women are allergic or sensitive to N-9, and it tastes horrid. For these reasons we only purchase products without N-9, but of course the choice is yours.

Step By Step Threesome by Suzy Bauer

If you're going to switch from anal intercourse to vaginal intercourse, you should also put on a new condom (doing otherwise can cause vaginal infections - similarly, you shouldn't put any fingers that used to be in an anus in a vagina without first washing your hands with hot water and anti-bacterial soap) Some men find that more sensation is transmitted to them if they put a drop of water-based lube in the tip of their condom before putting it on.

Oral Sex

Opinions differ on the use of safer-sex barriers for oral sex. It is clear that herpes can be easily transmitted during unprotected oral sex, but some people argue that if herpes sores aren't visible on both partner and neither partner believes he or she is infectious, that the risk of transmission is low. There ARE recorded cases of HIV being transmitted via oral sex, but many swingers dismiss this concern because the risk of transmission via this route is apparently low, and because (in their opinion) HIV is not widespread in their community. Ultimately, it is up to each of us to set our personal standards for risk, and it is not my place to dictate what yours should be. If you choose not to use barriers when performing oral sex, you can make things safer for yourself by not having flossed your teeth immediately before the party (which can make the gums less able to keep pathogens out of the bloodstream), by not letting men come in your mouth, by not performing cunnilingus on a woman while she is menstruating, and by knowing what herpes sores look like (herpes transmission is most likely when either sores or the tingling sensation that precedes the sores is present).

If you decide your personal standards include using barriers for oral sex, this will mean using latex condoms for fellatio (choose a brand without Nonoxynol-9) and either saran wrap or one of those "Glyde" or "Lixx" oral sex barriers for cunnilingus (put a drop of water-based lube on your partner's side of the barrier to increase the sensation transmitted to her). The use of barriers for oral sex is not widespread in the swinging community, but if you and your partner decide your safer sex standards include using them you'll probably find that the concept is not that difficult to explain to people.

Step By Step Threesome by Suzy Bauer

Hands

If you've had your fingers in your friend's vagina or ass, or had someone come on your hands, it's a good idea to wash your hands with hot water and anti-bacterial soap before touching your eyes or genitals (or anybody else's). If you're planning on doing a lot of play with your fingers in someone's ass, or if you want to avoid having to constantly leave for the bathroom to wash your hands, you might try latex "examination" gloves (available at most drug stores). Just use a new set of gloves when switching from someone's anus to their vagina, just as you would with condoms. Of course, whether you use gloves or not, some water-based lube will make everything that you do inside your partner feel better for him or her. Using latex gloves is currently even less common than using barriers for oral sex (except when it comes to anal play), but in my experience most people who are aroused and attracted to you will happily go along with almost any safety standard or emotional need you articulate as long as they think they're going to get sex as a result.

THE "H" WORD

Very honestly, the least harmful BUT most contagious STD in my eyes is Herpes. Oral herpes, an infection caused by the herpes simplex virus, is estimated to be present in 50 to 80 percent of the American adult population. 20 percent, (over 50 million people) are infected with genital herpes, also caused by the herpes simplex virus, and the majority of these cases may be unaware they even have it. Studies show that more than 500,000 Americans are diagnosed with genital herpes each year, and the largest increase is occurring in young teens. There is no cure for herpes to date. Supporting your immune system should be your first goal. A weakened immune system is more prone to outbreaks. If you're already got the herpes virus, I thoroughly recommend this book Stop Herpes Now! <http://threesome1.ebooknd.hop.clickbank.net/> If your question is not answered, simply send it to me to: suzy@stepbystepthreesome.com and I will answer it as soon as possible!

"Once I began following my own instincts, sales took off and I became a millionaire. And that, I think, is a key secret to every person's success, be they male or female, banker or pornographer: Trust in your gut."

-Larry Flynt Editor of Hustler Magazine

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Pictures on chapter 12 are linked to the website for promotional purposes

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The End