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PASSION NEWS



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Dr Janet Hall's Passion News

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Dr Jan's Hot Tip

The Tasmanian Mercury asked me to write this feature article to contrast with one which says The 10 Top Mistakes Women Make - [click on this link](#).

I don't agree with much of her list! What do you think?

PS Don't miss the chance to buy a How to Spark-up Your Sex-life CD PLUS Sex-wise book for 50% off - [click on this link](#)

The 10 Top Mistakes Men Make

1. Expecting her to have an orgasm with intercourse.

Very few women have orgasms with intercourse alone and they need manual or oral stimulation which takes some time before they will orgasm.

2. Expecting her to enjoy having sex when you are smelly and sweaty.

Take good care of your hygiene and always shower before sex. (An exception could be when you are both sweaty - for example back from the beach or gym.)

3. Jumping straight out of bed to go and turn on the television.

Women need to feel loved after sex and want to be held and spend some quality time just being close.

4. Be careful about using swear words - women can be shocked and shut down by locker-room talk. Talk about what words are "go or no-go" when you are out of the bedroom so you don't let loose and make her lose the mood during sex.

5. Don't tell her how much you fancy or fantasize about other women.

Your woman needs to think she is the only one who really turns you on. If you want to share a fantasy - make her the heroine and put her in with someone absolutely stunning like Brad Pitt (not you with Angelina).

6. Wearing very cheap after-shave or cologne.

Women spend lots on perfume and appreciate a man who does too. Better to use nothing than something tacky and cheap.

7. Forgetting foreplay.

Women hate it when the guy grabs her boobs and then goes for crutch.

Take your time to gently stroke her erogenous zones - her neck, her arms, her shoulders (careful of her tummy in case she has a fat attack!)

8. Stopping when she says don't stop.

When a woman says "Don't Stop" she means it. Don't get distracted or come up with your own good ideas, don't move your attention anywhere else and don't stop!

9. Avoiding kissing and hugging unless you want it to lead to sex.

Women need to know that you can be affectionate outside the bedroom. A big hug and soft kiss when you get home or to

thank her for fixing you dinner will get you more sex.

10. Don't expect that she thinks you look sexy in your socks.

It's a turn-off when you look goofy, so take your socks off first! Get naked as quickly as possible so all she sees is your eager man-hood.

Dr Jan's Gem

Aged 70, actor Jack Nicholson was quoted as saying: "A male person has more in common with a male dog than he does with a woman".

I say: "What a negative view of love and life he has!"

On a lighter note, it reminds me of the time I was telling a client my happy thought "that mankind is blessed by the ability to enjoy sex other than for procreation and there are few other species, with the exceptions of monkeys and perhaps dolphins, who do".

The guy grinned and said: "I don't know about that Dr Jan. The dog over the road seems to be delighted to have a sexual encounter. You should see the smile on his face!"

What could I say to that?

[Email Dr Jan with any comments about this article](#)

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