

DR. RUTH'S

How
to *Enjoy It*,
Share It, and
Love It Each
and Every
Time

TOP 10 Secrets for Great SEX



Dr. Ruth K. Westheimer
and Pierre A. Lehu

Dr. Ruth's Top 10 Secrets for Great Sex

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Love It Each and Every Time*

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Dr. Ruth's
Top 10 SeCrets
for Great Sex

To all those seeking to improve their love life

I loved you with an eternal love . . .

—Jeremiah 31:3

Acknowledgments

To the memory of my entire family who perished during the Holocaust. To the memory of my late husband, Fred, who encouraged me in all my endeavors. To my current family: my daughter, Miriam Westheimer, Ed.D.; my son-in-law Joel Einleger, M.B.A.; their children Ari and Leora; my son, Joel Westheimer, Ph.D.; my daughter-in-law Barbara Leckie, Ph.D.; and their children Michal and Benjamin. I have the best grandchildren in the entire world!

Thanks to all the many family members and friends for adding so much to my life. I'd need an entire chapter to list them all but some must be mentioned here: Pierre Lehu and I have now collaborated on a dozen books; he's the best Minister of Communications I could have asked for! Cliff Rubin, my assistant, thanks! Peter Berger, M.D., David Best, David Goslin, Ph.D., Dean Craig Harwood, Steve Kaplan, Ph.D., Bonnie Kaye, Robert Krasner, M.D., Marga and Bill Kunreuther, Dean Stephen Lassonde, Lou Lieberman, Ph.D., and Mary Cuadrado, Ph.D., John and Ginger Lollos, Ambassador and Mrs. Raymond Loretan, Philip Prioleau, M.D., Daniel Schwartz, Amir Shaviv, Betsy Sledge, William Sledge, M.D., Jeff Tabak, Esq., Malcolm Thomson, Markus Wilhelm, Greg Willenborg, Ben Yagoda, and Froma Zeitlin, Ph.D. And to all of the people who worked so hard to bring this book into print at Madison Park Press, especially Christine Zika, Lisa Thornbloom, Jennifer Puglisi, and Christos Peterson.

—RKW

Thanks to my wife, Joanne Seminara, our children, Peter and Gabrielle, my in-laws, Joe and Anita Seminara, and the entire Seminara clan. And, of course, a great big thanks to Dr. Ruth.

—PAL



Introduction

For more than twenty-five years I've been trying to help people have *terrrrific* sex. And while I may have been a pioneer in this movement, I certainly haven't been alone. Pay a visit to your local newsstand, glance at the covers of the magazines, and you'll see the word *sex* over and over again. The reason is that sex sells. And by the way, I admit that whenever I see that word on a cover, I buy the magazine. I wouldn't want to miss out on an article that might offer new information on the topic about which I'm supposed to be all-knowing, now would I?

All this information about sex in the media is a fabulous opportunity for you to learn all you can about this most basic and yet so intriguing aspect of being human. It's not just idle curiosity that should drive you to building your knowledge base about sex. A deeper understanding of your own sexual functioning, whether you are a male or female, will enable you to get the most from your sexual abilities. And now that it's so easy to get this information, you've been given the perfect opportunity to make any needed improvements. But there is one problem with the flood of information: it can lead to information overload, causing you to be more confused than enlightened. Sex shouldn't require a thick instruction manual. Basically, sex is a very simple operation, and couples shouldn't need to reach under their beds and drag out an encyclopedia each time the urge strikes them. That's why I wrote

this book. I believe that by putting down some basic secrets of sex onto these pages, you'll have an easier time figuring out how to have the best sex ever.

Why You Need Help

The main reason you need any instruction at all in this natural activity is that although you don't have to know very much about sex if all you're trying to do is procreate, it's a whole other story if you're trying to get the most pleasure from sex. So while most people can figure out how to do "it," many need some advice when it comes to doing "IT!"

Another reason is that we're all unique individuals and so the way we get the most out of sex is slightly different for each one of us. So in order to engage in sex that maximizes pleasure, some guidelines are necessary. That's especially true if one or both partners have a special need of some sort, which is not all that uncommon.

The other big reason why every couple needs some instruction is that the two of you are going to change over time, and if you're not familiar with the approaching changes, instead of becoming just speed bumps, they can turn into hurdles or even barriers to having good sex. And you shouldn't fight change; you should embrace it. Boredom is one of the most serious challenges every couple faces, so change, even if forced by the passing of time, can help to push boredom aside, providing that you're prepared for the changes and head off in the right direction.

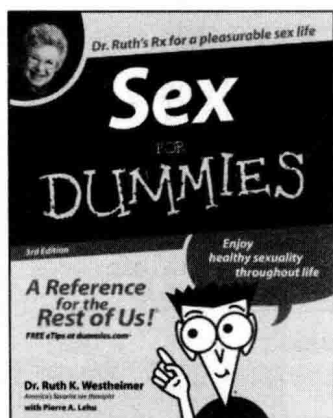
Following the secrets in this book is going to be relatively simple, but it will take some discipline. The easy road is rarely the best road. If you want to become an expert at any skill, from driving to cooking to participating in a sport, you need to learn the secrets and then practice them. And you have to admit there's nothing that beats a practice session in this area. But practice only makes perfect if the two of you are working together, following the same guidelines. Once you both have a good grasp of the secrets, you'll

be free to improvise. In fact, I insist that you blaze your own trail because that's the only way that you'll keep finding the pleasure that terrific sex can bring.

As you know, I am always trying to get people to fight boredom in the bedroom. But to do that, you also have to accept change in every aspect of your life, because if your day-to-day existence together as a couple is boring, that will automatically lead to boring sex.

Because of that philosophy, I'm always open to new ideas, which is why when I was asked to write a book that would first be offered exclusively to book club members—rather than the other way around, which is what usually happens—I agreed. So I guess you could compare the birth of this book to a breech birth, where the feet come out before the head. But as long as the baby is healthy, it doesn't matter, and it certainly shouldn't matter to you, the reader, as I put just as much effort into this book as I would have had it been published as a trade book first. But I always want to be honest with my readers, which is why I'm explaining to you the manner in which this book came into the world.

Also by Dr. Ruth



SEX FOR DUMMIES

3rd Edition

Dr. Ruth K. Westheimer
with **Pierre A. Lehu**

Paperback

ISBN: 978-0-470-04523-7

"Her name and the distinctive thrill of her voice have become inextricably linked with the subject of sex."

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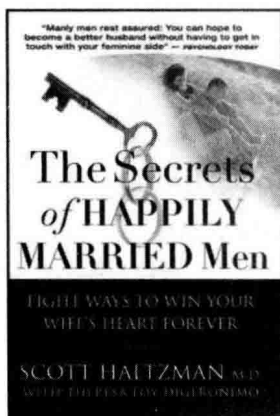
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Looking for the straight facts on sex? In this friendly, authoritative guide, renowned sex therapist Dr. Ruth gives you the latest on everything from oral sex and popular positions to new methods of birth control. She also debunks sex myths and covers new therapies to manage low libido, overcome sexual dysfunction, and enhance pleasure.

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"The insights in this book reveal a new and effective way for men and women to understand and appreciate each other. It shows what it really takes to create a loving and lasting relationship."

—John Gray, author, *Men Are from Mars, Women Are from Venus*

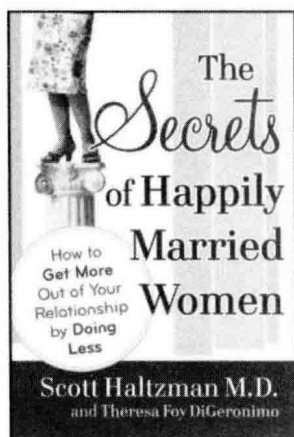
Dr. Scott Haltzman's insight for improving relationships is based on a man's special and unique skills, strengths, and powers. He has elucidated eight techniques to build a successful relationship. Each point is supported with specific analysis, guidelines and techniques based on male biology, neuroscience, brain differences, unique developmental stages throughout life and illustrated with true anecdotes from his website for married men, www.SecretsOfMarriedMen.com.

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DR. SCOTT HALTZMAN is clinical assistant professor of psychiatry and human behavior at Brown University, and medical director of NRI Community Services in Rhode Island. He also has an active private practice, with a focus on marriage counseling for individuals and couples. You can reach him at DrHaltzman@SecretsofMarriedMen.com.

THERESA FOY DIGERONIMO is the author of more than thirty-five books in the fields of education and parenting.

Other Books of Interest



THE SECRETS OF HAPPILY MARRIED WOMEN

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“If you’re a married woman, buy this book. Haltzman not only understands men, he ‘gets’ women too; he’s bilingual. He’ll help you understand why the things you do to get through to your husband don’t always work and more importantly, what you can do differently to get better results. His concrete, field-tested, and practical tips will, without question, make your husband, your marriage, and you happier and grateful you followed his advice.”

—Michele Weiner-Davis, author, *Divorce Busting* and *Getting Through to the Man You Love*

From the authors of the best-selling *The Secrets of Happily Married Men* comes the much-anticipated ***The Secrets of Happily Married Women***.

Dr. Haltzman reveals his proven method for improving loving relationships in a humorous and entertaining style. His insight is drawn from his clinical practice and the thousands of contributors to his Web site, **HappilyMarriedWomen.com**. All techniques are supported with specific analyses and guidelines based on biology, neuroscience, brain differences, and unique developmental stages from youth to seniority. In addition, *The Secrets of Happily Married Women* contains compelling true stories, anecdotes, and confessions written by and for women (and the men who love them).



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Make Sex a Priority

I know there are people out there who say to themselves, "That Dr. Ruth, all she does is think about sex." Admittedly, I devote more of my mental energies than most people to the subject of sex, especially since I still maintain a private practice, which means I'm continually analyzing the sex lives of my clients. But I'm realistic and I don't expect everyone else to spend as much time as I do thinking and talking about this delightful subject, though sometimes I feel sorry for everyone else who has to think about data bases, sales charts, and everything else but sex!

You might think that with all the attention the media pays to sex these days, everyone's sex life would be full to the brim, but the truth is that too many of us allow our sex lives to be drowned under the flood of all the other activities fighting for our attention, from work and family matters to watching television, playing video games, answering e-mails, chatting online, or even doing something as old-fashioned as reading a book. And this, my friends, is a big mistake. Sex deserves a special place in all your lives, so whatever deluge of events is flooding your calendars, it's your duty to make sure your sex life has a safe harbor.

Many experts in human resources speak about a work/life balance, worrying that workers who spend too much time on the job end up damaging their family life, which then affects their work performance. My goal with this book is to convince you that,

similarly, if your sex/life balance is way out of whack, you'll harm your entire relationship.

So why is it so important to give sex a special place in your lives? Obviously, sex is a source of pleasure and a way to relieve sexual tension, which, if allowed to build up, can lead to all sorts of psychological problems. But for anyone in a relationship, sex is also a key component of the glue that holds that relationship together. A relationship in which sex has been pushed off into a lonely corner is not a healthy one. It's an indication that something is amiss, that the couple's bonds are becoming more and more fragile, liable to permanent damage.

And by the way, this applies to couples of any age. Yes, younger couples may have sex more often, but sex deserves a place in every relationship, even if both partners are in their eighties or nineties, providing that health concerns don't prevent sex from being possible.

As an individual, you can't live without air, water, and food, but even I have to admit that you can survive without sex. (Not that I'm suggesting you should attempt a bout of celibacy, but you can.) But a romantic/sexual relationship, not a platonic friendship, does require sex to survive. We are all sexual beings. Whether we want them to or not, sexual urges arise in our brains on quite a regular schedule. You can try to shunt them aside, but eventually they'll bubble up into your consciousness. And even if you are distracted by a million things going on in your life, when these sexual yearnings arise in you, sooner or later they'll grab your attention. However, if your partner isn't in the mood, then what happens? In many cases, nothing, and if your sexual yearnings are completely out of synch, a sexual drought can go on for weeks, months, and even years. And the longer it goes on, the more damage to your overall relationship. So if you want to keep your relationship healthy, you, as a couple, must learn how to get your sex lives in synch.

Sexual tension need not be a negative force; if used properly, it can actually have quite positive effects on your relationship.