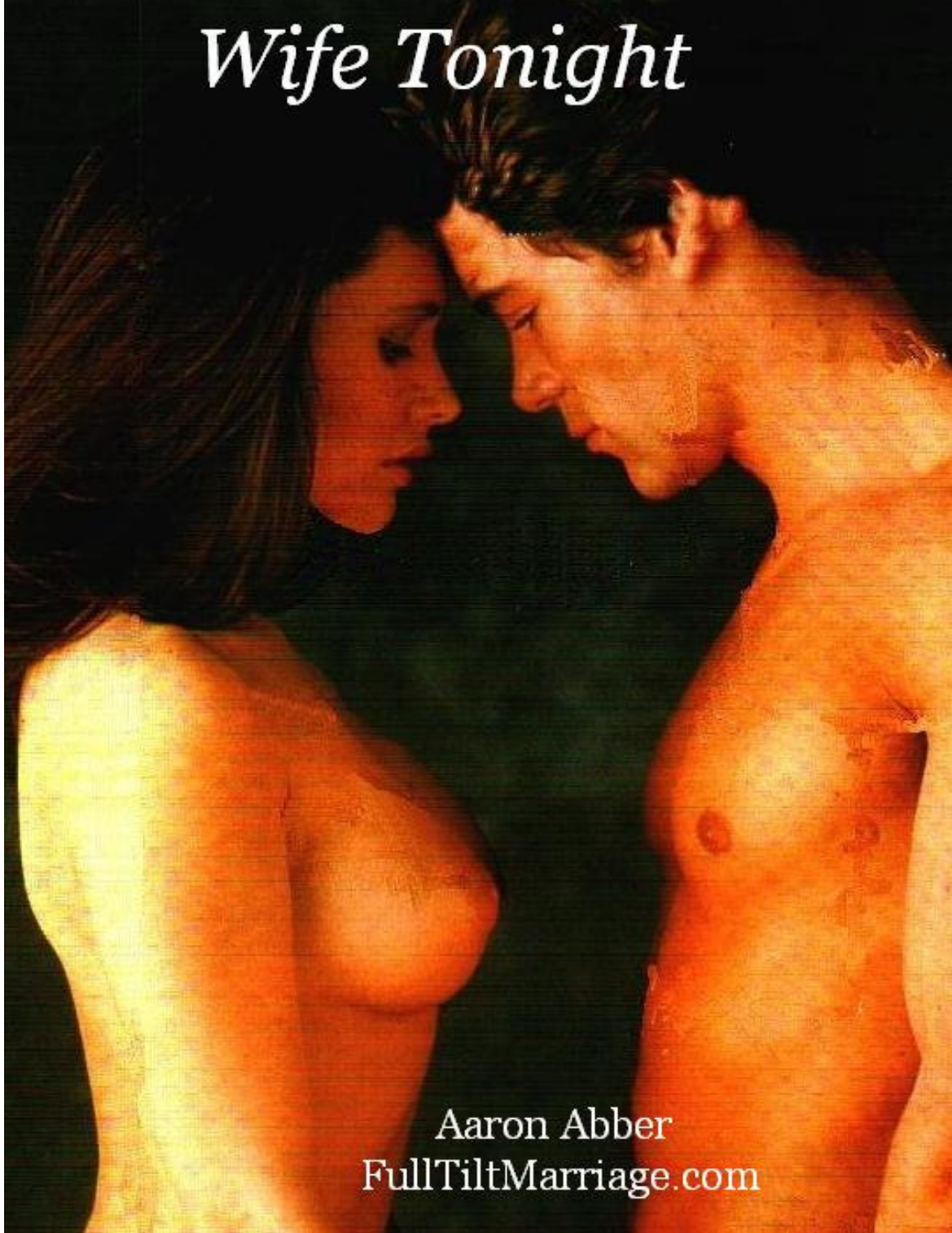


How to Seduce Your Wife Tonight



Aaron Abber
FullTiltMarriage.com

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Introduction

Want to have mind-blowing sex with your wife tonight? Of course you do!

What if I told you there was a simple way to predictably seduce your wife tonight, have mind-blowing sex and set both of you up for a marriage filled with mutually satisfying, explosive sex for years to come?

Sounds like a dream, but you are about to find out it can be a reality.

There is a simple, six step plan to seducing your wife tonight and preparing you both for more sex in the very near future.

After 20 years as a marital counselor I can tell you that one of the most common complaints I heard from my male clients is this: She doesn't want to have sex nearly as often as I do. On a regular basis it was accompanied by the question, "How can I get my wife to have sex with me more often?"

Putting to work this booklet is the first step.

In this book you will discover how to seduce your wife tonight—and how to do it again almost as often as you would like. The first time may take some effort, but if you learn from this time then in the future you will find you will both have a much more frequent and satisfying sex life.

There are six simple steps to seducing your wife tonight. You are going to get an easy to grasp, 1-2-3 plan for each step:

1. Plan Your Seduction
2. Start in the Morning
3. Seducing Her Throughout the Day
4. Seduce Her When You Get Home
5. Give Her Expert Foreplay
6. Get Her Ready for Next Time

Ready? Let's start by looking at your seduction plan.

Chapter One: Any Conquest Begins with a Plan

Planning Your Seduction

This may sound silly, but if you are like most men, you don't spontaneously do the seductive things that will make you a winner in the bedroom tonight. Most of us tend to be thinking about sex many times each day (maybe all the time), but we don't act on our thoughts until the kids are in bed, Leno has read this week's "Headlines" and your wife just slipped out of those bunny slippers and into bed.

Trying to hit on her then is like trying to start a diesel in the arctic—it ain't gonna turn over for ya.

If you want to take most of the guess work out of having explosive sex tonight, start by making out a plan to follow. That's where we begin.

(Don't worry, I've done all the heavy lifting for you, you just need to understand where the plan is taking you and plug in the specifics!)

Seducing your wife tonight means you need a plan to get her warmed up throughout the day. Don't worry, it doesn't involve doing the laundry or dusting, it just involves a little planning and a few well-timed, thoughtful gestures.

Get Rid of the Kids

If the kids are an issue, use one of the strategies here to send them packing for the evening:

<http://www.FullTiltMarriage.com/blog/?p=11>

Make sure she is available

In planning your seduction, you need to make sure your wife is AVAILABLE to have mind-blowing sex with you tonight.

There are some times when you won't be successful in seducing your wife, no matter what you do.

If she is working late and won't be home until bed time, chances are you need to postpone. She's going to come in exhausted and possibly pre-occupied and all she has been dreaming about for the last several hours was rest. If you want to prepare her for the next time when she will be available, offer her a foot massage when she gets home tonight without expecting anything in return. It will pay off for you later.

Another obvious time she is not available is when she is ill. If she's on her period, ditto.

I have a theory (yet unproven but probably correct) that most if not all women are uneducable after spending a day with their mother. You can check this one out for yourself if you dare.

Plan a Day of Seduction

Remember my illustration about a diesel engine above? A woman needs to be "plugged in" in the morning and allowed to warm up all day. Once she is warmed up, you can ignite her passion.

Start seducing her in the morning, continue seduction throughout the day and evening then culminate it with prolonged love making that night.

But how do you seduce her all day? What ideas do you have to come up with? That's what the rest of this is all about. I am going to tell

you exactly what you need to do and say each step of the way to seduce your wife.

Your next step: Start Your Seduction in the Morning.

Chapter Two: Plug Her In Before You Leave for Work

Want to have some of the best sex of your marriage tonight? **Start in the morning.**

This simple idea has been key to many married men's sexual satisfaction for eons, yet somehow it isn't often taught to men in the early stages of their marriage.

Women, at birth, have a special kind of radar installed. This special radar alerts them to what is likely coming so they can prepare to keep their home and children safe during times of crisis.

This is great on the Serengeti when lions are prowling, looking to eat her children, but sometimes it gets distracting here. After all, when was the last time you heard about a lion roaming the streets of St. Paul, eating children?

Still, women in general like to plan ahead mentally and be prepared.

At the same time, women are more holistic in their approach to sex. On a mental/emotional level most women see a strong connection between relationship and sex. In fact, many will say they don't want to have sex, they want to "make love." Sex is sometimes seen as animalistic and disconnected while making love is what happens when two people become deeply intimate with one another.

As a result of all these factors, most women need time to consider seduction well ahead of the "event" itself. They have so many things on their radar; they have to take time to get "in the mood for love."

So if you want to have a frenzy of passion tonight, you better start this morning.

But how do you start? Simple: Start small. Here are some simple ways to subtly make her start thinking about having sex tonight. Choose one or possibly two of the following.

I Made the Coffee

If she usually makes the coffee, get up and make it for her. This may sound like a little thing, but it might mean a lot to her.

Hugs and Nuzzles

Hug her and nuzzle her neck. Whisper in her ear how much you love the smell of her hair. Don't touch any erogenous zones unless you know from experience that she enjoys rather than is annoyed by unannounced fondling.

You are...

...an amazing woman, my trophy wife, my walking wet dream, etc.

I'm proud...

...to have you as my wife, of the way you take care of us, of how smart you are, of how beautiful you are, etc.

I Love You

Look deeply into her eyes and tell her you love her.

You Look...

...amazing, beautiful, hot, sexy, just like you did when we got married, etc.

You have the best...

...eyes, lips, neck, legs, hands, feet, hair, hips, voice, etc.

I love your...

...back, skin, face, eyes, neck, lips, hands, legs, feet, hair, voice, etc.

I love...

...the way you always say the right thing,

One more tip you may need to take care of this morning: Leaving notes for her to find throughout the day. The details are in the next step: **Seducing Her Throughout the Day.**

Chapter Three: Daylight Seduction

You are on a mission. Your goal is to seduce your wife tonight. Here is your next objective: A Daring Daylight Seduction.

In my previous articles you learned to plan your seduction and some tips of starting your seduction in the morning. Now comes the next step: **Seducing Her Throughout the Day.**

The goal of this third step is to keep her thinking about having sex with you that night. The more she thinks about it and about you, the more ready and willing she will be when the time comes.

So how do you keep her thinking about sex all day?

If your wife works and has things she carries with her to work, put a note in. If she takes a briefcase, put a note in there. If she takes her lunch, ditto. A little note just saying “I’m thinking about you...” will help her remember just how wonderful you really are. Here are some ideas to get you started:

- I’m Thinking About You...
- I Love the Way Your Skin Feels
- You Have the Most Amazing (Eyes, Mouth, Etc.)
- You are Beautiful
- I Can’t Wait until We Are Alone
- I Miss You
- Poetry from the Web (takes a little advance thought)

If your wife doesn’t work outside the home, you can put notes in places she will be likely to find them after you go to work—in the pantry, her sock drawer, etc.

If you both have daytime responsibilities where you can get email, phone calls and/or text messages, you can use those to your advantage during the day.

Either by phone, email or text message, let her know you are thinking about her and specifically that you find her irresistible sexually. You need to let her know that in a way she feels is connected emotionally and not simply focused on sexual gratification for you.

Telling her you can't wait to screw her brains out tonight might be an accurate description of how you feel, but for most women it would be the last thing they want to hear.

Instead, put your sexual desire for her into a romantic context. How can you do that? Either by tying it to something romantic in your shared past, coupling it with a romantic gesture or by making the focus on her pleasure, not yours. Here are some examples:

“I was thinking about that weekend we spent in the mountains and I am getting so excited I can barely keep my mind on work. I can't wait to see you when I get home tonight.”

“Today my shirt smells like you—I guess it must have gotten that way when I kissed you good-bye—and all I want to do is be with you. I can barely keep my mind on work. I can't wait to get home and see you tonight.”

“I can't wait to get home, put the kids to bed and give you a back rub.”

Telling her you are thinking about her, desiring her, in a romantic way will flatter her and keep her thinking about having a romantic time with you later in the evening.

Now there is just one more message you need to give her: **Tell her you don't want her to worry about dinner because you are going to cook for her AND clean up the mess tonight.** (Don't worry, I won't let you down. I've got a simple, painless way to cook for her, romance her and clean up.)

In the next article you'll learn how to romance her once you get home.

Chapter Four: Seducing Your Way from the Front Door, Through the Kitchen and Into the Bedroom

OK, you've gotten everything ready. You've got her thinking about sex with you tonight—maybe even a little excited about it. She thinks you are romantic. Maybe more romantic than you have been in years. Now you have to get home and seduce her with a romantically prepared meal and other seductions.

This isn't as hard as you may think. Follow these simple steps and you will be the Don Juan of Pine Brook Lane (that is, if you live on Pine Brook Lane. If you live on another street then you will be the Don Juan of that street. Even if your name isn't Don Juan, he's a famous guy who was really good with chicks.)

Step One: Buy Your Seduction Supplies

Just before you leave work to come home, call that Chinese restaurant that's on your way home and order 4 egg rolls and a pint of either white or fried rice. On your way to the Chinese place stop by your own local overpriced super-store and pick up the following:

- ✓ Frozen Chinese Vegetable Stir Fry

You'll find these in the frozen foods, probably with the bags of frozen veggies. There are a bunch of brands, but stay away from the "generics"—remember, these stir fry veggies are going to get you laid, show them some respect.

- ✓ Frozen Cooked Chicken Strips, Unflavored

This is probably in the same section as the vegetable stir fry. You want to make sure you get strips (so you don't have to cut them up) and they are pre-cooked (so you don't end up serving your beloved raw chicken laced with salmonella.)

- ✓ Teriyaki Sauce

This is like Soy Sauce that tastes like heavenly goodness. Really. It will make the difference between her being happy you cooked for her and IMPRESSED with your cooking.

✓ Spices: Garlic Powder and Onion Powder

This one you may have at home, you may not. You need to make sure you get POWDER not SALT. Big difference. You will find these in the aisle labeled “Cooking Supplies” or maybe even “Spices” (I know, that would be too weird.)

✓ Candles

Women love candles, even the ones that don't. If you get those fancy “dinner” candles make sure you have candlesticks at home and you know where they are. If not, play it safe and pick up some stand-alone candles (those are the fat ones that look like either a can of soup or coffee, depending on size.)

Now stop by the Hong Kong Buffet and pick up your previously ordered rice and egg rolls. They should also have some free fortune cookies for you to pick up as well. Get one for each of you—or get extras to use for humorous foreplay later. If you feel particularly adventurous, grab some chop sticks for you and your bride.

Now go home young padawan and prepare to learn the powers of the Dark Side.

Step Two: Make Your Wife Feel Special

When you get home your first order of business is to cradle your wife in your arms, give her a long, gentle but intense kiss. Make it long enough to go just a breath longer than it is comfortable. When you pull away smile, look in her eyes and tell her how much you've missed her and how much you are looking forward to cooking for her tonight.

Let me tell you what is going through her head right now: Excitement that you want to do something romantic for her and fear that you are going to destroy her kitchen. She needs you to reassure her that you will clean up every dish.

Tell her to go relax and enjoy herself while you cook for her. Offer her a glass of wine. The key is to get her out of the kitchen. It will only take you about 20 minutes to cook.

Step Three: Prepare a Romantic Dinner

Get out the following:

- Non-stick frying pan
- Cover for frying pan
- Cooking Oil
- Two dinner plates
- Two Forks
- Two Wine Glasses

Take the frying pan and place it on the stove at medium heat. Pour a tablespoon of cooking oil in the bottom of the pan (that's one of the big spoons in the drawer.) Dump in the frozen chicken.

Sprinkle 1 teaspoon of garlic powder (that's the size spoon you stir your coffee with) and 1 tablespoon of onion powder (that's the big spoon again) over the chicken. Stir it around a little to get it all mixed up. Cover it while you set up the dining table.

While your chicken is warming (remember, it's pre-cooked!), set the table with candles and glasses. Spoon some rice onto each plate and put them next to the microwave to heat once your stir fry is done.

Take the lid off the chicken and smell. The garlic and onion should make a pleasing aroma. Hopefully some will waft into your seduction partner's nasal passages as well. Pour in enough Teriyaki to cover the bottom of the pan—don't worry about putting in too much, it will cook down and will flavor the chicken.

After the chicken has heated for a solid 10 minutes, add the frozen veggies, stir and cover again. If your veggies came with a seasoning pack, throw that in as well. (Not the pack, the contents silly.)

Once that has had a few minutes to heat (literally 3-4 minutes), take off the lid and stir it again. Then take the plates with the rice on them and heat them each for 1 minute in your microwave.

Now go light the candles, place the Teriyaki on the table and let your wife know dinner is served. While she gets to the table, go into the kitchen to dish up the supper.

By now your stir fry should be ready to eat. Spoon the stir fry onto the rice on each plate. Place an egg roll on each plate. (If the egg rolls are too cool, microwave them for 15 seconds. Don't over cook or they'll be tough.)

Carry the two plates to the table. Dinner is served!

Once dinner is over simply throw away the leftovers, rinse/wash the two plates, spoons and frying pan and you're done.

Now we get down to business. The next step: Foreplay.

Chapter Five: Hurray for Foreplay

You are on a mission: Seducing Your Wife Tonight. Here's your next objective is to **Give Her Expert Foreplay**.

You've already primed the pump. You've been seducing her all day. You cooked dinner and did the dishes. She's had a glass or two of wine and she knows the two of you are going to make love.

At this point I wish I could give you a step-by-step index card size cheat sheet for tickling your bride's fancy. The truth is every woman is different. I'll give you the broad strokes (pardon the pun) and you can fill in the specifics.

Talk a Little

If you followed the plan thus far you should have a couple of fortune cookies (or more) floating around. Before you leave the table take them out and remind your girl of the old joke about adding "in bed" to the end of the fortune. Then each open your cookie and read the fortune followed by "in bed."

Sometimes it's pretty funny and kinda sexy.

Go Slow

Men tend to masturbate often during the first part of their sexual lives and often do so when time is of the essence. As such they learn to climax quickly. Often when we get married we continue to practice our "two minute drill" with our love making.

The intensity of her orgasm and yours is directly related to how much time you spend sexually aroused and the intensity of that arousal. If you look at arousal on a scale of 1 to 10—10 being moments before

you climax—you want to get to and stay at a 6 or 7 for as long as possible to have the most intense orgasm.

Take your time with her and with yourself and you will both enjoy it much more.

Take the Long Way ‘Round

Often married couples develop a “standard” love-making routine. You touch her “here,” she responds by touching you “there” and in fifteen minutes you turn on Letterman.

Try this instead:

Undress her slowly, taking time to appreciate every piece of clothing. Take off her clothes as if each one was made of fragile paper. If she put on something sexy for you, take time to drink her in with your eyes.

If you want to touch her breasts, don’t. Instead, gently stroke her arms, her stomach—every part of her torso except her breasts. As she begins to warm up get closer and closer to her erogenous zones.

Turn Up the Volume Slowly

Remember that scene in “This is Spinal Tap” where Nigel (played by Christopher Guest) tells the interviewer he likes a particular amplifier because it doesn’t just go to “10” it goes to “11”?

If you turn up the volume slowly your wife, who made not have been turned up over an 8 for years, might just get to an 11. And so will you.

The longer you gently kiss, caress and gently tickle her body the higher her volume will go. As you continue you can begin gently touching her more sensitive areas and watching her reaction.

Check Her Oil Regularly

Your wife's body will tell you when she is getting significantly aroused. Many women will begin moaning (which is pretty cool Romeo), she may begin thrusting her hips. If you touch her labia they will begin to moisten. The more lubricated she becomes, the more aroused she is.

In some women this is more subtle. As a woman ages she may have less lubrication. If this is the case with your wife she may find it more comfortable to use an artificial lubricant like KY jelly or Astroglide. Saliva is also a great lubricant (hint, hint.)

Close the Deal for Her and for You

While in a perfect world all women would climax exactly as their man climaxed. That is rarely the case.

Instead most women require much more direct clitoral stimulation to reach orgasm—even after you masterfully prepare her with your new found foreplay skills. Oral stimulation by her partner, direct stimulation with well lubricated fingers or using a vibrator are great ways to help her find her orgasm.

It is important that you make her pleasure your priority. In many cases that may mean she has her orgasm first. Don't worry, it will give you a better orgasm when you do get your turn.

Now that you've achieved your goal of giving yourself and your wife a wonderful treat, there's just one more step: Setting the stage for next time.

Chapter Six: Get Her Ready for Next Time

Wow, that was good, wasn't it? Yeah even bad sex is pretty good, but good sex is fantastic.

Wanna do it again? No, I don't mean right now, I mean, like, tomorrow? Here's how.

You want to cultivate a sex life which is both intensely satisfying as well as consistent (if not constant.) A husband who is a master of seduction knows how to turn one successful night of marital bliss into the next one. Here's how to get that done.

Cuddle and Nuzzle After

This is a hard one for those of you who go x-eyes as soon as your little boys do their dirty work. If this is you, when the shuddering subsides, hold her, tell her how wonderful, beautiful and sexy she is, tell her you love her, you can't wait for next time and tell her you just want to fall asleep holding her.

Otherwise hold her and tell her all of the above and then shut up. Gently stroking her face and hair, looking into her eyes, let her talk or just be quiet. Listen.

Remind Her in the Morning

You can kiss her deeply in the morning when she gets up, or you can leave her a romantic note. A nice touch is to send her a single rose at work the next day with the note "Last night was amazing, I can't wait to do it again."

Remind Her When you Get Home

Same routine as when you came home the day before. Kiss her deeply. Like you mean it.

Now she may want to make love to you again that night, but even if she doesn't, she's seeing herself as your lover again, not just as a partner in life and co-parent. She feels sexier. She feels desired and cherished.

Follow this little plan will keep her pilot light on so she is more interested in spontaneous sex in the future as well as putting away the kiddies for the evening again for a more drawn out love-making session.

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