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Introduction

We've all been there...

You're really attracted to a woman or you're just really in the mood for sex, but when you go to make a move she slaps you with the cold hard shoulder.

She may even react to you horribly and say "no, I'm not having sex with you!"...

Or maybe she gives you the more subtle excuse "I'm not really in the mood for it tonight" or "I've got a headache", but you've got doubts in your mind as to whether that's the truth because that's the fourth time this week she's reacted like that.

The bottom line is...

This situation sucks.

It plain sucks to get rejected over and over again by a woman.

But I've got to tell you something.

There's a reason for it.

And the reason is not that she isn't in the mood.

This happens when you make some very simple mistakes that cause her to not want sex with you in that moment.

Because let's be honest, there have probably been times in her life when she's been in almost the exact same situation, but absolutely lusting for sex.

Situations like this may be far and few between, but I'm sure there was at least one.

It may even have been with another guy...

The point is that the only reason a woman will reject you for sex is if you make some simple mistakes in your approach to sex and in this guide I'm going to show you exactly what these mistakes are and exactly what you can do to correct them so you never get rejected from sex again.

Avoid Verbal Rejection At All Costs

There's a concept in persuasion known as "commitment and consistency".

And this concept basically describes how people don't like to be publically (aka in the presence of one or more people) seen to change their minds.

If someone makes a "commitment" in public then that person will feel compelled not to change their mind.

So if someone states to someone else that they dislike something, for example chocolate, and then if the person they're with offers them chocolate, they're not very likely to accept it because it would make them look inconsistent and like they change their mind a lot.

Getting a verbal rejection for sex works in the same way.

If you approaching sex in the wrong way causes a woman to say to you "I'm not having sex with you" or "I don't want sex tonight" then it's going to be a lot more difficult for you to change her mind to have sex with you, because for her it would mean admitting she was wrong, being inconsistent and going back on herself.

(Note: When I say above that it's a bad thing for a woman to say "I'm not having sex with you", I'm referring specifically to when she says it after you make a sexual advance on her. If you are flirting with a woman then ironically her saying "I'm

not having sex with you” can be a sign that she’s attracted to you and her testing you to see if you’re really up to the challenge of being with her, but female attraction and dating is a whole other subject I won’t go into here)

So in avoiding sexual rejection it is of paramount importance you do not force your woman into a situation where she verbally has to reject sex with you.

Now the principles throughout this guide will show you how to do that, but here’s one thing to start doing immediately...

Never ask for sex.

Never say the words “do you want to have sex?”

By asking that question you force her to answer, and if she’s not 100% ready for sex yet, it may mean she has to say “no”.

And as I’ve just explained, her saying “no” is something you can’t afford to have happen.

There are a few steps to it, but as you’ll learn in this guide, the best approach to initiating sex is non-verbal (aka physical)...

Because 95% of the time a woman won’t feel committed to a non-verbal rejection.

If a woman rejects an advance from you non-verbally, for example her moving your hand from her breast if move to touch it too early in foreplay, then she won’t hold it against you and feel committed to not have sex with you. Often it

just means you need to turn her on a bit more until she's ready for you to progress.

(Note: Please understand that I am in NO WAY condoning doing anything against a woman's will. Physical advances should be very gradual and at every step you should pay close attention to how she feels and respond intelligently, legally and with her best intentions in mind. Never do anything that she doesn't want you to do.)

Verbal and non-verbal rejection may appear to be only subtly different, but the difference in impact on a person's psychology are huge. So avoid verbal rejection at all cost.

Effective Non-Verbal Initiation

So you now know that the correct way to initiate sex is non-verbally (aka physically)... but how exactly do you do it in a way that she will like and so you never get rejected?

The way to do it is by creating a desire in her for you to move forward.

Most men move so quickly through foreplay, that a woman never has a chance to look forward and get excited about the next stage.

This is a huge mistake.

Women love anticipation and they love to be teased.

By teasing a woman and creating anticipation inside of her for the next stage of foreplay she'll become incredibly excited and aroused... And want you to progress sex.

And if she's the one wanting you to progress sex then you've got a practically rejection-proof approach to initiating sex.

Think about the principle that people often don't want what they have, but what they can't have they want a lot more.

That's how you should be using teasing and anticipation.

If you move quickly through foreplay by doing things like grabbing her breasts quickly, then reaching for her vagina quickly then she already has all the stimulation and won't want it as much.

If instead you show her that you could pleasure her breasts, vagina and anything else, but you're going to make her wait... this is incredibly powerful.

This is a perfect example of wanting something she can't have.

By not giving her exactly what she wants straight away you make her want it that much more.

And then when she finally gets it will be 10x more pleasurable for her.

But to do this you have to learn to create that desire inside of her for you to move to the next stage of sex so she wants to have sex with you instead of you wanting to have sex with her.

In The Female Pleasure Guru I go into detail on the specifics of how to do this under the name of "creating sexual tension". So if this doesn't make perfect sense, take the time to read that...

But in a nutshell, the way to create this sense of anticipation is to take two steps forward and one step back.

For example, when the time is right, show her that you could pleasure her nipples by touching them briefly, but then retract to touching the rest of her body.

This simple action will implant anticipation in her for you to touch her nipples again and the dynamics change from you

wanting to touch her nipples to her wanting her nipples touched.

By flipping the dynamics of foreplay like this you create an intense desire in her for you to progress sex.

And if she's the one wanting you to progress sex then when you finally do make the move it's pretty unlikely she will reject you.

Read Her Mind

One absolute must for never being rejected for sex is learning how to read a woman.

Think about it.

If you know exactly how a woman is feeling, then you can guarantee you'll never get rejected, because you'll know whether to make the move or not.

If she's ready you'll make the non-verbal advance and if she's not then you'll stick to doing what you're currently doing to give her pleasure and avoid rejection from an undesired advance.

This approach alone can guarantee you never get rejected from sex again.

The real key is knowing how to read her mind.

And the way to read a woman's mind is to observe the signals she gives out during sex.

Naturally us men are terrible at reading the signals a woman gives us during sex and foreplay.

As men we normally look for verbal signals of pleasure, but often these can be completely misleading.

The key is to understand her non-verbal or physical signals.

And although there are a few more subtle signals you can learn to see, by the most significant of all signals are muscle spasms and the pelvic thrust.

If you're doing something well during foreplay you can bet that a woman will in some way move her pelvis closer to you or rub it up against you.

It's just something women do when they're aroused.

So if you spot a signal from a woman like this, then consider it a green light to gradually advance to the next level.

If there is zero movement whatsoever on her part, then you'll probably want to wait before progressing, because the chances are she just needs a little more pleasure before moving forward.

Now if you're at an earlier stage of foreplay, for example you haven't got to the point where you're touching her breasts, or even kissed yet then you're going to have to look for other signals.

In this type of situation it's often best to test whether she's ready for the next stage yet.

For example, if you're not sure whether she's ready to be kissed yet, instead of going straight for the kiss, stroke her hair first.

If when you stroke her hair she remains happy and doesn't flinch the chances are she'll happily be kissed.

This is a great test, because if a woman isn't ready to be kissed she definitely won't let you stroke her hair without giving off some kind of signal of discomfort.

Now say you want to move on to touching her breasts, but you're not sure if she's ready for that yet.

Instead of just outright grabbing them, stroke your hand lightly across them without lingering on them.

If she flinches or reacts in some negative way then it's pretty obvious that she not ready for full on breast stimulation.

If on the other hand she stays perfectly happy then that's a good sign that you can slowly transition to pleasuring her breasts without rejection.

Overall avoiding sexual rejection with this approach is simple, because you're checking in advance whether the woman is ready or not for you to make the move without actually having to make it.

The skill lies in correctly reading your woman, so have another read through this chapter if you're not exactly sure how to do that and if you want to learn even more then check out the chapter in the Female Pleasure Guru called "How To Read A Woman's Mind (And Tell If She's Faking An Orgasm)".

Become Amazing At Foreplay

Another way to avoid sexual rejection is to become incredible at every aspect of foreplay.

Look at it like a computer game.

In a computer game you have to complete a series of levels before you finally “finish the game” and if you can’t complete any of the levels then you can’t finish the game.

Sex is pretty much the same thing.

There are levels to foreplay, like kissing, touching, breasts and vagina, and sex is “finishing the game”.

You have to complete every level of foreplay by fully satisfying her before you can advance to the next level of foreplay and ultimately advance to sex.

If you try and skip any of the levels or go straight to sex you get sexual rejection, because a woman won’t be ready for it.

Remember that arousal in women works completely different from men.

Men are like light switches (in the sense that they can be turned on almost instantly), whereas women are like volume knobs that need to be turned on gradually.

And to avoid sexual rejection it’s essential you understand this.

If you make her feel great at every stage of foreplay using principles like teasing and anticipation you'll be able to completely avoid rejection, because she'll want you to progress to the next stage of sex.

In a way it's like earning the right to progress to the next stage of foreplay by giving her incredible pleasure at the current stage of foreplay.

If she's having so much fun at the current stage of foreplay she'll have little reason to reject you when you progress to the next stage.

Overall the takeaway here is that if you want to avoid sexual rejection, put a strong focus on doing a great job at every stage of foreplay and not just on getting to sex as quickly as possible.

Get An Abundance Mentality

Ever heard the expression “the rich get richer and the poor get poorer”.

Well the same is true for sex.

Those that get a lot of sex get more and those that get little end up getting less.

Now of course if right now you’re not getting much sex then it doesn’t mean you’re doomed to a life with little sex, the reason I’ve just said what I’ve said is to illustrate a point...

The above expression illustrates two different states of mind; scarcity and abundance.

A scarcity mindset is when a person believes there isn’t enough to go around and therefore is desperate for everything they can get.

An abundance mindset is when a person believes there is plenty to go around and therefore just enjoys the numerous amounts of what there is and more naturally comes to them, because of that positive attitude they have.

If you’ve got a scarcity mindset when it comes to sex, then you’re setting yourself up to fail.

If every time a situation arises where you could have sex you become desperate for it you instantly reduce your chances of getting it.

The mindset of scarcity and desperation can be read instantly by a woman and her instinctive response will be to be less willing to have sex with you.

And you really can't blame a woman for it... it's only natural to resist someone who is desperate for something.

Just like you probably resist when a homeless person begs you for money, a woman will resist a man who begs for sex.

You've got to switch to having an attitude of abundance, even if your physical reality doesn't match it yet.

The chances are you've probably known a guy or two in your time who always had women throwing himself at him.

What made that guy so special with the ladies?

There were probably a few things, but I have no doubt that one of them was that he had an abundance mindset.

He would have had the attitude that there is plenty to go around and if one woman doesn't like him it doesn't matter, because there are plenty of others that do.

Now sure, you could say "it's easy for him to think like that when he's got women throwing himself at him", but I think what you'll find is that you're mistaking cause for effect.

I'd argue that it's because he thinks like that that women throw themselves at him.

It's that take it or leave it attitude that many women find irresistibly attractive.

And the same is true for sex.

You've got to view sex as a gift to her.

Sure sex is something you want and will take a leadership role in making happen, but you shouldn't need it.

If the woman you're with doesn't want it, then you honestly shouldn't care, because there is plenty more out there.

You need to make this shift in your head first and the results in your outside world will soon follow.

And making this shift really isn't that difficult. Just realize that there already is an abundance of sex available to you.

If you don't have sex today there will always be a time to have sex again multiple times in the future and with multiple women if you so desire.

It's really a question of what are you focusing on?

Are you focusing on this one situation for sex being "you're only chance" or are you thinking "there will always be a chance for sex in the future, it would be cool to have it now, but if not I don't mind".

You'll find when you authentically make this shift in thinking, getting rejected from sex will become a rarity for you,

because women want to have sex with someone that isn't desperate for it.

Final Thoughts

Learning how to never get rejected really is as simple as doing everything I've just suggested.

Most importantly of all I'd say it's key to learn how to read a woman's mind.

If you can tell exactly how she's feeling you know exactly what to do...

If she's ready for you to progress then you can progress.

If she's not ready for you to progress then you can spend more time making her feel great at the current level of foreplay until she is ready to progress.

It's a fool-proof strategy where you never have to get rejected again.

And if on top of that you do things like use effective non-verbal initiation, become amazing at all levels of foreplay and adopt an abundance mentality a woman will have no reason to reject you, because she will desperately want to have sex with you.

So go and integrate everything here into what you normally do before sex and begin enjoying a rejection-free love life!

All the best,

Jack Grave

Jack Grave

www.FemalePleasureGuru.com