



Let's Talk About Sex

*"You're a lousy lover!" she said.
"How can you tell that in two minutes?" he said.*

There are three major issues every couple argues about (not necessarily in this order):

1. Money
2. How to raise the children
3. Frequency of sex

One of the major areas of conflict between partners is how much sex they should be having. One partner wants more while the other prefers less. And you may be interested to know that it's not always the man who has to beg for more sex.

The average woman's sexual peak occurs around 37 years of age and is compatible with that of a man aged 19. He peaks around age 19 and his sex drive is compatible with women around 37 years of age. So a 40 year-old man's sex drive is compatible with that of a woman in her twenties. This helps to explain the "younger woman" and "boy toy" scenarios. Just when he's starting to slow down, she's beginning to rev up.

Although the average man reaches his sexual peak at age 19, all it really means is his performance level is at it's highest at that age. His interest in sex remains at the same level his entire life, he just can't perform as long or as often as he used to nor does he recover as quickly. So while she's fighting him off in her twenties because she doesn't want to have sex seven times a day, the tables get turned when she's forty and he's fighting her off because he can't have sex seven times a day anymore.

YOU PEAKED!

Because men aren't as good as women at expressing their feelings, they often use sex to express physically what they can't express emotionally. For him, sex serves to relieve the intensity of his emotions. This is why he can seem agitated and grumpy when he's having a bad day, yet he's ready to strip down to his smile and have sex with you. Most women can't understand how he can be ready to jump in the sack when he was just flipping out over something at work.

That's because for women, sex is emotional and for men sex is physical. Sex, and more specifically, orgasm, help him release pent-up emotions, relieve tension, and helps him fall asleep. A woman's sex drive is equally affected by the events in her life. For her, though, it works in reverse. If she's stressed out or tired, sex won't even be an option. All she can think about is getting home and unwinding.

It's nature's cruel joke on the sexes that they reach their sexual peaks twenty years apart. The joke continues because a man needs to have sex in order to get in touch with and express his feelings while the woman needs to get in touch with her feelings in order to have sex.

While both of these issues determine how much sex the couple will have, there is one more factor...age. As couples age, the frequency of sex declines. I've listed the average frequency of sex for couples below:

<u>Age Range</u>	<u>Regularity of Sex</u>
20's	every 2.5 days
30's	every 3.5 days
40's	every 5 days
50's	every 6 days
60's	every 6 days

I WANT YOU TO WANT ME

Our perceptions about the opposite sex seem to be off kilter, as well. What women look for in a mate and what men *think* women want in a mate is not the same thing. Likewise, what women *think* men want is not entirely accurate. So men end up trying to be something women don't really care about, and women spend most of their time worrying about the wrong things all because television, films, and magazines tell us one thing when it's really the other.

The media tells women that men want someone with supermodel good looks, the perfect body, large breasts, and a nice butt. The truth is, that's only what men seek in the short-term. If he's at a club and he's looking for a one-nighter or he just wants to date around, he'll be looking for a woman with these traits.

But if he's looking for love, then he's looking for completely different attributes. The man who's looking to settle down is scrutinizing a woman's personality more than anything. How on earth can he be with someone for the rest of his life if he doesn't even get along with her? She may be the hottest woman on the planet, but if her personality is questionable he'll pass on her.

It's only when the personality meets his standards that he turns his attention to attractive physical qualities, intelligence, sense of humor, and, finally, a nice body. In other words, having a great personality is the essential ingredient for a long-term relationship with him. Being attractive, intelligent, and having a sense of humor are next in line. What this means is women should spend as much or more time reading, learning, and improving themselves as they do in the gym.

Conversely, men tend to think women want someone with a great personality, a hot body, can make them laugh, and is sensitive and caring. The good news is they got most of the top five categories correct. The bad news is that men don't have them in the right order. Women look for a stable and genuine personality for the same reasons men do. The next item on their checklist is a sense of humor. Women love a guy who can make them laugh. Remember, girls just want to have fun. If he's no fun, she's going to run.

Next, her man has to be sensitive and caring. The ability to listen, empathize, and express his feelings is paramount for her. Intelligence is fourth on her list while having a good body rounds out the top five. Notice

that most women are satisfied with a man who has a good body. He doesn't necessarily have to have a great body. Of course, it doesn't hurt.

What Women Want

1. Personality
2. Sense of Humor
3. Sensitive/Caring
4. Intelligent
5. Nice body

What Men Want

1. Personality
2. Attractive
3. Intelligent
4. Sense of Humor
5. Nice body

Can you see why the nice guy gets the girl most of the time? Mr. Universe comes in fifth if he has no personality, takes himself too seriously, and is so dumb he needs to be watered twice a week.

BATTERIES NOT INCLUDED

Another problem for the man is thinking that her toys operate the same way his do. Men wrongly assume that since achieving orgasm is the pinnacle of their sexual experience it must be for her as well. How can sex be fulfilling for her if she doesn't have an orgasm? So what does he do? He makes it a personal quest to make her have an orgasm. Hours can pass and there he is, still trying.

It's not just that he thinks she has to have an orgasm to be satisfied. On a much deeper level his manhood is on the line. By giving her an orgasm he feels he measures up more as a man and, in particular, as a lover. If only he understood that orgasm for her is icing on the cake. What's more important to her is the caressing, touching, and connecting that comes with making love. This attention and pampering actually builds up a sort of tension in her body that satisfies her. He needs to release tension while she needs to build it up.

Most women require about thirty minutes of foreplay before they're ready for sex. When they are ready, they will take, on average, thirteen minutes to reach orgasm. In order for her to be turned on she needs to be stroked, cuddled, held, massaged, and kissed.

Most men don't know how to spell "foreplay," are always ready for sex at a moment's notice, and reach orgasm in two and a half minutes, on average. In order for him to be turned on she needs to be breathing.

One bit of information that may shock you is that men get distracted easily during sex. If he isn't able to concentrate, he won't achieve orgasm. This may surprise you knowing he usually only lasts a few minutes anyway. But the truth is if you're talking to him during sex, the TV is on, or the cat jumps on the bed, he will get distracted and have to start all over.

Some women love to talk during sex. But men find this highly distracting. Women are multi-tasker's by nature and most find it easy and even arousing to talk and have sex at the same time. The last thing he wants is to be distracted before his big moment. He may also feel he has to respond to what she says, which may create pressure for him. When he's feeling pressured or distracted, he won't be able to perform to his expectations. When this happens, he will feel less adequate as a man and as a lover. He wants and needs the sex to be good for her because when it's good for her, he feels more worthy as a man.

HAVE SEX...LIVE LONGER

Finally, a recent British study discovered that having good sex is good for your health. Having sex on a regular basis increases your chances of living longer. A ten-year study of 3500 British men and women found that older people who reported having regular sex were in better general health than those who did not. The study also showed that they gained an added benefit of having others say they looked 7-10 years younger than their actual age.

Did you get that? Good sex on a regular basis makes you live longer and look younger. So the next time you're fretting about those bags under your eyes, grab your partner and have a good romp. It's a lot more fun and cheaper than a facelift.

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