

# The Love Button

*Wouldn't it be nice  
if there were such a button?*

*By Jonathan Baker*



## **The Wedding**

There they stood, staring comfortably and deeply into each other's eyes. She looked beautiful; she was wearing one of the most elegant wedding gowns anyone had ever seen. He looked upon her with an expression indicating he knew he was the luckiest man in the world.

Everyone in the congregation listened in silence while the minister spoke beautiful words that neither the bride nor groom heard. They were so much in love and so connected emotionally that nothing existed in their world but their feelings for each other. They were not just looking into each other's eyes; they were looking into each other's souls. It was a feeling that could not be captured by words. They had made a decision to dedicate themselves to being happy together and knew beyond any shadow of a doubt, that they would live a life filled with love, joy, and passion.

The mother of the bride was sitting in the second row beside her husband of thirty years. She was so overwhelmed that she began to weep. As she sat watching her daughter and future son-in-law, she could see and feel their love for each other. She began to think about her own wedding day and how she felt the same way her daughter did now. She remembered standing at the altar looking into her husband's eyes with so much love that the idea of one day not being connected to him was unfathomable.

But look at them now; they were not even holding hands as they sat beside each other, watching their daughter get married. Staring into each other's eyes had ended a long time ago, as had the long intimate conversations, Sunday morning crosswords, spontaneous road trips, and all the other things that made them the couple they once were. She yearned for the feelings they once shared.

She did not blame her husband. He was a good man and she still loved and respected him. He was kind and considerate and had been a good provider for their family. He still brought her flowers from time to time and opened doors for her.

Many times, she had thought about sitting down and telling him how she felt, but she knew she could never explain her feelings in a way that he would understand. Even she did not know how to rekindle those lost feelings. For the most part, she was content with her life.

So, why was she weeping? She was not weeping for what she had lost; she had stopped doing that many years ago. She was weeping for her daughter, as she was worried the same thing would happen to her. She did not know how her daughter could avoid this; it was a painful thought that left her feeling helpless.

As the bride's mother left the church and drove home with her husband, she sat silently thinking about the emotions she had experienced during the wedding. She looked over at her husband and thought how lucky she was to have such a good man. She

rested her head on the seat, closed her eyes, and asked herself, "How did it happen? Why have we grown apart and accepted it as normal?" She then wondered: "What can I do to once again experience the love I used to feel?" As she asked herself this question, a feeling of calmness swept across her body.

She felt calm, as her desire to seek the answer to this question was so strong that she knew that one day she would find the answer.

**Copyright © 2015**

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying , recording, or by any information storage and retrieval system, without the written permission of the Publisher, except where permitted by law.  
[www.thelovebutton.net](http://www.thelovebutton.net) / [jonathan@thelovebutton.net](mailto:jonathan@thelovebutton.net)

ISBN 978-1494755164

July 2015

# Table of Contents

<b>Author's Preface.....</b>	<b>1</b>
The Golden Rule Does Not Apply .....	4
His & Her Sides Of The Story .....	4
Opening Words Of Wisdom .....	5
<b>Chapter 1 – His Love Button - Overview .....</b>	<b>6</b>
What If There Were Such A Button? .....	6
What Is This Book About? .....	8
He Just Doesn't Get It.....	10
Has Your Ship Come In? Are You At The Train Station? .....	10
Why Are Men So Obsessed With Sex? .....	12
<b>Chapter 2 – What's In It For Me?.....</b>	<b>15</b>
Dear John .....	15
What Is The Love Button? .....	17
The Ultimate Expression Of Love .....	18
Will This Book Help You? .....	19
What If It Becomes A One Way Street?.....	21
He Used To Be So Romantic .....	23
Why Has He Never Told Me This? .....	24
How I Discovered The Power Of Female Sexuality.....	26
Sex Is A Toy, Not A Tool.....	28
The "Magic" Button.....	31

Expectations .....	32
Really, Really Good News for Women.....	33
Is Knowledge Power? .....	38

### **Chapter 3 – The Specifics ..... 40**

It's All A Matter Of Attitude.....	40
Fall In Love With It? Really? .....	41
The Best Way To A Man's Heart .....	50
Attitude is Everything.....	51
He Wants To Be In Charge.....	54
Wonderfully, Painfully Slow.....	54
Stay Away From The Ruts.....	58
The Best Orgasms Don't Follow A Straight Line .....	61
What's Up With Him And His Semen? .....	62
The Sexiest, Most Sought After Woman In The World .....	68
Instinct Can Be A Learned Skill .....	69
Can I Do This? .....	69
Why Are Men And Women So Different? .....	70

### **Chapter 4 – Being in Love Is A Journey Not A Destination ..... 73**

The Truth About Love.....	73
It's Not About What You Do, It's How You Feel When You Are Doing It ...	76
The Finest Line Of All .....	77
He Should Love Me For Who I Am, Not Because I Satisfy Him Sexually....	78
Unconditional Love.....	79
Foreplay For Love .....	81
How To Make It No Big Deal .....	85
For Crying Out Loud... Just Grab It.....	84



Make Sex A Non-Issue In Your Relationship .....	86
Everybody Loves Raymond Except Debra .....	88
Why Do Men Marry? .....	88
Good News About Not Being In The Mood .....	90
The Production .....	91
What Does A Passionate, Loving Relationship Look Like? .....	93
Be Patient .....	95
Never Criticize Him!! .....	97
Bottom Line .....	100
<b>Chapter 5 - The Key To Everything .....</b>	<b>102</b>
<b>Conclusion .....</b>	<b>105</b>
Parting Words Of Wisdom.....	107



## Author's Preface

This book was written for women. You are about to learn some things about men's sexual nature and their nature in general that most women do not know. There is a fine line between becoming the woman that he loves, and becoming the woman with whom he is consumed. *The Love Button* will teach you how to recognize and cross that ultrafine line.

There are numerous websites, videos, and books available for men telling them how they can become the men of women's dreams. They tell them how to talk to women, how to act with confidence, be funny, romantic, sexual and even how to dress to stir a women's innermost desires. Most resources advise men to give women their undivided attention at all times, to always be interested in what they are talking about, and to acknowledge their feelings. There is a great deal of good advice in most of these resources for men, but what about **you**? Are you a damsel in distress waiting for one of these men to stumble into your life? Are you waiting for your existing partner to become one of the few men who understands that your deepest desire is to be the most important person in his life? If you are, you probably have been waiting a long time.

Women want to change men. This is something almost everyone knows. What most people don't know is that men want to and are willing to be changed by the woman they love. Most men are willing to become the man you desire if they knew how and (most

importantly) if they were convinced that you were willing to become the woman of their desires. I believe that if women truly understood this, their hearts would scream out, “Would somebody please tell me how to do that?”

The word “change” can be defined in many different ways; in the context of relationships, it can have a negative connotation. Often when someone says they want their partner to change, it implies that they perceive there is something wrong with them. When the word “change” is used in this book, it refers to changing one’s outward persona to the person they really are. It means helping someone to freely express the love and appreciation they have inside for you without any fear of rejection or disappointment.

The teachings in this book can help you to change the way you think about him. Actions are indeed important but until you can change your inner thoughts (which will change your feelings), your actions will only have minimal and temporary results.

One of the most important questions that is addressed is “Why?” Once you understand why he is the way he is, your motivation to please him will intensify. While reading this book, you will probably often think, “I didn’t know that.”

*The Love Button* helps you to express your love and appreciation so he will understand how much you care. When he truly understands the depth of your love, he will reflect that love back to you; as a result, you will experience magnified feelings of contentment, satisfaction, and joy.

**About the “Author”:** This is the first book I have written and might very well be the only book I ever write. I put the word author in parentheses because I do not want to give anyone the impression that I am a seasoned college educated writer. I’m still not sure when to use who and when to use whom or proper paragraph structure. I have a four-year college degree but it has nothing to do with writing. I barely passed my two required college English courses.

My goal was not to publish a literary work of art to reach millions of readers with a well-known publisher using clever, creative, expensive marketing techniques. That would be nice but unrealistic considering I am not a well know author with contacts in the world of publishing. My goal was to write this book and make it available for **you**. I have an understanding of how the universe draws people to their desires. If you are reading these words and feel an excitement resonating inside, you have probably just stepped onto a pathway that you have been seeking. If these words are not resonating and there are no feelings of anticipation, then *The Love Button* is probably not for you. As I wrote earlier, this book is for women, but certainly not all women.

**Disclaimer:** There is a great deal more to relationships than what is contained in these pages. *The Love Button* is about a process that can be used to break through emotional barriers between two people in love. It may or may not work for you. There are many relationship books available so I recommend you continue your search until you find the right one.

### ***The Golden Rule Does Not Apply***

The Golden Rule says, “Do unto others as you would have them do unto you.” The phrase “except in relationships” should have been added. Men and women receive love and appreciation in different ways. Each must learn how to express their feelings so they will be understood and reciprocated.

*The Love Button* has a very narrow focus and is not a complete relationship guide. It was written for women who want to learn how to express their feelings in a language that their man will understand.

Life is supposed to be fun. I hope you enjoy creating and living a life filled with joy, happiness, love, and adventure with the knowledge you are about to gain.

### ***His & Her Sides Of The Story***

**Her side of the Story:** He was in an odd mood on Sunday night. We planned to meet at a bar for a drink. I spent the afternoon shopping with the girls and arrived at the bar a bit late. I thought it might have been my fault because I arrived later than I promised, but he didn't say anything.

As the conversation was not flowing well, I thought we should go somewhere more intimate so we could talk more privately. We decided to go to a nice restaurant but he was STILL acting a bit funny. I tried to cheer him up and started to wonder whether it was me or something else. I asked him if I had done something to

upset him and he said no, but I wasn't really sure. In the car on the way back home, I told him that I loved him; in response, he put his arm around me. I didn't know what the hell that meant because he didn't say it back.

When we finally arrived home, I was wondering if he was going to leave me! I tried to get him to talk but he just switched on the television. Reluctantly, I said I was going to go to bed. After about ten minutes, he joined me and to my surprise, we made love. He seemed to be in a better mood as we drifted off to sleep, but I kept thinking about our evening together. I just don't know what to do anymore. I mean, I really think he's seeing someone else.

**His side of the Story:** The Cowboys lost. I got laid though.

If the woman in this joke had read this book, she would have understood that men have compartments in their brain and when they are in a certain compartment, often the doors to the other areas are closed. She could have saved herself a lot of time and worry if she had realized this. If she knew how, she could have moved him from his Football Room (or whatever room he was in) to his Love Room in a matter of seconds so she could enjoy his company for the entire evening. All she needed to do was push his love button.

### ***Opening Words of Wisdom***

**Be Happy... Love Each Other... Have Fun**

## **Chapter 1 – His Love Button Overview**

### ***What If There Were Such A Button?***

Let's say for a moment that you are married or in a relationship with a man that you love and who loves you. You enjoy being with him and he feels the same way about you. What would you do if one morning, you wake up and notice he has a button on his forehead? As you lie next to him trying to determine if you had just entered the Twilight Zone, a clear voice says, "My dear, is it your desire for this wonderful man to fall more deeply in love with you each day? Do you always want to know, that he desires you over any other woman in the world and would remain faithful to you for the rest of his life?" Of course, you would say, "Yes!" Then the voice says, "If you truly desire this then all you have to do is push that button on his forehead. Every time you push it, he will fall more deeply in love with you. As the mysterious voice begins to fade, it says, "Have fun!"

Wouldn't it be nice if there were really such a button? Well, that "button" exists, but it is not on his forehead.

Have you ever met a couple that have been together for many years and are so much in love that they appear to still be on their honeymoon? You might think, "I wish my husband was more like him. He's so thoughtful and attentive." You would probably feel a little jealous and yearn for what they have.



Have you ever seen a handsome, rich, powerful man married to a gorgeous woman? You look at him and think: *Of course he would be with a woman who looks like that. Why wouldn't he?* However, the questions you should be asking yourself are: Why did he pick that particular woman when he had thousands to choose from? What does she know that the other thousands of women don't know? Why did he marry her when he could have played the field with many gorgeous women?

At the end of this book, you will know one possible answer to these questions. You may not be able to capture the heart of a rich, powerful, handsome man but you will certainly have the understanding to capture the heart of your man.

There is a good possibility that your husband or boyfriend doesn't have a clue how much you love him. Most men don't understand the intensity of a woman's love. Society teaches men not to express their feelings, and as a result, they are unable to experience the love they have buried deep inside themselves. If he knew how much you cared for him, it is possible he could begin to experience a sense of self-love, which could create a strong desire to express the feelings he has been holding inside.

This book, as any book, is not for everyone. What is written about men does not apply to all men; however, it does apply to a great majority of them. My aim is to offer women a glimpse into a side of male sexuality, which they have more than likely never

encountered in the past. The issues discussed in this book are certainly not topics that men discuss with women.

In no way do I blame women for men's problems. His behavior is not your responsibility. Your goal is to use the information in this book to learn how to express your feelings using language he can understand. If he does not respond, it is not your fault. When discussing human nature, it is always in general terms, as men are different. Some men desire a close, loving relationship while others do not. If the man you love has such a desire buried deep inside (and most men do), the information in this book will help you to unleash it.

### ***What Is This Book About?***

This book contains straightforward, honest insight into how to express yourself to the man you love, the person whom you have chosen to spend your life with. It will teach you how to communicate your appreciation and love in a language that he will understand: which is the foundation of your relationship.

Men are at an extreme disadvantage when it comes to articulating what they want from a relationship. You can openly talk about your desires and who could disagree or call you selfish? You want your man to express his love for you with gifts, surprising thoughtful gestures, intimate conversation, long walks on the beach, etc. Your man wants you to express your appreciation for him with wonderful and exciting sex. You might be thinking, "How

shallow.” This is why so many men endure the sexual frustration and keep their thoughts to themselves. Wouldn’t it be nice finally to know how much he loves you and to experience his appreciation from his heart?

Of course, women love sex as much as men, but for women the sexual experience is different. The following quote sums it up nicely; it is probably where the term “battle of the sexes” originated:

*“Women want sex when they feel loved and appreciated. Men want sex because it makes them feel loved and appreciated.”*

Her: If you will make me feel loved and appreciated, I will have sex with you. Him: If you will have sex with me, I’ll express my love and appreciation for you. Is there a solution to this dilemma? Yes there is. That solution is knowledge.

It is not about sexually satisfying him so he will love you and therefore not leave or cheat on you. It is about communicating your feelings in a way that he will understand (I will repeat this mantra many times because of its importance in keeping you focused on your intention). It is not about changing him into a different person... you can’t do that. The starting point for using these concepts is two people who care for each other and have or at one time had a connection.

You will learn that you can’t control what he thinks about you, but you can control what you think about him. With this knowledge,

you can influence how he thinks and feels about himself. Only when someone feels good about themselves can they experience a deep love for others. If he is indeed in love with you, you will become the most important one of those “others.”

The crucial thing that sets this book apart from most other relationship books is its emphasis on attitude. You will be delighted to learn how easy it is and how much fun creating a lifetime of passion and joy can be.

### ***He Just Doesn't Get It***

Have you ever felt frustrated because he seems not to understand your feelings for him? Have you tried everything you know to get him to realize how much you love him? Have you given up trying? I can assure you that simply having more sex is not the answer. My hope is that when you turn the last page of this book, you will say to yourself, “Finally, I understand men.”

### ***Has Your Ship Come In? Are You At The Train Station?***

Are you familiar with the saying, “Your ship has come in?” The knowledge contained in this book may very well be the ship that you have yearned for all of your life. The question is, are you at the train station waiting for your ship because of your preconceived beliefs about men and sex? This might be your opportunity to live the life you have always wanted to live. It will not teach him or you how to love. You can't help but love because

we (human beings) are love. The love you desire is “experienced love” - love demonstrated and felt daily; a love that sends tingles all over his body when he thinks about you.

Is that type of love possible and is it sustainable? Absolutely!

*The Love Button* is about learning to express your feelings in a way that the most important person in your life will understand and benefit from knowing he is worthy. **It is about communication.**

Many women settle for a “so so” relationship. The reason for this is that they don’t know what to do to change it; consequently, women ignore his lack of attention and assume he loves them as much as they love him. They settle for a mediocre relationship.

Most women think if they have sex with him two or three times a week, or maybe even each time he wants to, they are expressing their love and satisfying him; but they are mistaken. Most women also think that a majority of men lose interest in sex as they get older, but again, they are mistaken. He doesn’t lose interest in having sex, he loses interest in having routine sex, and this can be easily avoided with a little knowledge. Why do you want him not to lose interest in sex? Because, that wouldn’t be any fun, would it?

Men are not complicated. They like sex a lot. Why do you think that is? Why is sex so important to men? One of the reasons is that to a man, sex is the ultimate expression of appreciation. It is the means to an end: his understanding about how much you care.

Sex is simply the highway that connects your feelings to his feelings. When a woman learns the intricate details of speaking his language, he will finally “get it.”

To be successful at anything, you must progress from having a general understanding about a topic to very specific knowledge. To give a man an orgasm requires only a general knowledge of the male anatomy; almost any woman is capable of doing this. To turn a man “inside out” and have him crave your touch, and for him to possess a desire to be with you and only you requires very specific knowledge about what makes him tick.

Not only is sex the most direct pathway through which he receives appreciation but it also the primary way he experiences love. However, he must learn that you do indeed enjoy sex but, it is not the direct pathway to **your** inner desires.

### ***Why Are Men So Obsessed With Sex?***

Why would a man crawling through the desert be obsessed with finding water? Sexually unsatisfied men are usually obsessed with sex. It is their life-sustaining water supply and when their sex life is not gratifying, they think about it a lot. A sexually content man feels appreciated; it can transform him from feeling desperate and needy to confident and secure. His focus will shift from worrying about having great sex to how he can spend more time with you. When a man is not obsessed with quenching his thirst for water, he can concentrate on his desire for a gourmet meal, and that

gourmet meal means experiencing his emotions in all areas of his life.

When a person's basic needs are taken care of, they no longer become a source of concern and they are free to enjoy a fuller life. This is true of money, food, water, air, and sex. (Yes, I know, sex is not necessary to sustain life, but most men would rather die than give it up).

One very important point that I want to reiterate is: simply having enough of something does not make one secure and confident in that area of their life. Have you ever known anyone or read stories about someone who is a multimillionaire yet worries about not having enough money? They are afraid that someday it will all go away. While this is usually an irrational fear, it feels so real to them that they are not able to enjoy life. This is why I talk about attitude so much in this book. For your man to relax and enjoy this wonderful sex life he will be experiencing, he has to know that he deserves it because of who he is and not fear that it will one day disappear.

Are you familiar with the saying, "Behind every successful man there is a good woman"? Does that mean she goes to work with him and advises him on decisions, such as the proper procedures to follow when reactivating a nuclear reactor? Probably not. It could mean any number of things depending on the situation. She could be his advisor when he has problems at work or a sounding board for him to bounce ideas off. She could be very valuable to

him at business social functions. In the context of this book, it could mean that when he is at work, his focus will be on his work and not on an attractive female co-worker.

Have you ever had a married man flirt with you? A flirting married man is a thirsty man. Sexually satisfied men who are in love with their women do not flirt. Most women know this on a subconscious level. They can recognize a discontent man from a hundred yards away, and they can recognize a man who has a sign across his forehead that says, "Off limits, ladies. I have a nuclear reactor to start up."

In this book, you will discover how to hang that sign on his head while having a lot of fun.



## Chapter 2 – What’s In It For Me?

### *Dear John*

John was on his way home from his job, and he was smiling even though it was only Tuesday. He had seen t-shirts printed with the slogan: Thank God it’s Friday. Because he was such a happy man, he considered getting a t-shirt made for each day of the week. He plugged in his favorite CD for his thirty-minute drive home. He actually looked forward to the drive every day because it gave him some alone time to think about her. Who is “her?” His wife.

“He loved that woman. He thought about her a lot during the day, however, his favorite time was when he could relax and allow his thoughts about her flow through his mind uninterrupted. During the drive home, he planned unique ways to let her know how much he loved her. He was always thinking about things he could do and which gifts to buy to show how much she meant to him.

Something about her stirred strong feelings inside him. They had been married for ten years. While he has always loved her, about a year ago, those feelings began to deepen to the point that she became the center of his world. To him it felt that all of a sudden she began to love him more and give him more attention; this caused him to desire her more than he thought possible.

“As he pulled into his drive way, he thought about how he sometimes wished he worked further away so he could have more time to think about her. She was going to like the gift he bought

on his lunch break today. Last night while they were watching television, she saw an advertisement for a new perfume; she mentioned how much she liked this particular scent. He picked up the beautifully giftwrapped box on the seat next to him; he sat there for a moment, looking at the box and smiling. Yes, this was one happy man.

John is the kind of man almost every woman wants in her life. He might potentially be the man you have in your life right now.

There are three things I would like to say to all women reading this book: (1) you have no idea... (2) you have no idea... (3) you have no idea how powerful you are when it comes to your man. The driving force in most men's life is to be appreciated by the woman he loves.

When a woman uses her sexuality (with knowledge and understanding) to express her feelings for him, it creates a bond between them that can last a lifetime. Never in his wildest dreams would he ever consider doing anything that would jeopardize that bond. She becomes very valuable to him, not only because of the great sexual satisfaction she offers, but because he will understand how much she cares. A man can buy sex but no amount of money can buy what it feels like to experience the powerful inner world of a woman's love focused on pleasing only him.

Using the knowledge you gain in this book may not solve all of your relationship problems; however, it can create a bond between you

and your man that would otherwise never exist. This connection could open up strong channels of verbal communication. You will be able to feel his attention when you are talking to him. He may not always be listening to **every** word you are saying, as there will be many moments when he will be looking at you when you are talking and thinking to himself, “Damn, I am one lucky son of a bitch.”

### ***What Is The Love Button?***

As you have probably figured out by now, the love button is not a button at all rather it's his penis. It is a fact that the more you push it (pay attention to it), the more he will love you. Your first reaction to that statement may be, “I bought this book to find out something I don't already know.” Of course, it is common knowledge that men love women paying attention to their penis. However, what is less commonly understood is how to master this wonderful skill with the right attitude to make him fall deeply, hopelessly in love with you.

Isn't it plain common sense that a large majority of women do not understand how to “totally” please a man sexually? How could they know? Their man most likely has never told them, their female friends don't know either, and most books and Internet sites on the subject don't deal with the most crucial ingredient necessary to sexually satisfy him to the point that it will change his life and your relationship. That ingredient is attitude; your

attitude coupled with specific actions is what is required. Attitude alone is not enough; likewise, actions alone are insufficient.

### ***The Ultimate Expression Of Love***

I write extensively about oral sex and hand jobs in this book, however, the ultimate expression of love is experienced while having sex in the missionary position. Nature made the male and female body for this position. On average, as men are three to four inches taller than women, they can look into each other's eyes during sex (NBA and WNBA players excluded). Pubic hair prevents chaffing as opposed to skin rubbing on skin. Their hearts are approximately in alignment. The woman willingly separates her legs to receive him inside her. In the missionary position, there is maximum body contact, and she can wrap her arms around him and hold him tight. They can whisper into each other's ear. The clitoris is located in such a place that it is stimulated during movement.

Oral sex or hand jobs are only toys (albeit important toys) to play with. They create variety (which is crucial) and can be a quick and easy way to say *I love you*. The most significant thing about them is that they allow men to enjoy receiving your attention without concerns of performance. Men have a strong desire to please you during sex, but when he is receiving a hand job or oral sex, you are telling him how much you appreciate him and the things he does for you. Being 100% in receiving mode makes most men feel good.

The second position of choice should be the one where she is on her stomach and he is lying on top, covering her body with his. In the missionary position, a couple is making love to each other but in the face down position, he is making love to her. It is indeed a wonderful feeling for him because it puts him in the dominant role. She is pinned “helplessly” underneath him, and he is in total control. Since this is a position where women most likely won’t experience orgasm, he is free to concentrate on his own pleasure and not be concerned about performance. While it is a lot of fun, it should never replace the missionary position for mutually expressing feelings of love. It is also a very male dominant position, which both men and women occasionally enjoy.

A little side note here: isn’t it interesting that the universal term for having sex is making love? Think about it... MAKING Love... as in Creating Love. I think a better term might be “Expressing and Receiving Love.”

### ***Will This Book Help You?***

It depends on your desire and willingness. You can determine this easily by asking yourself two simple questions:

Question 1: Do you **desire** to be in a relationship with a man who worships the ground you walk on? (This may be a little exaggerated, but you know what I mean.) I’m talking about being with a man who looks at you in a way that you can feel his deep love and adoration. Where you know beyond any doubt that you “own” him and he’ll be yours forever. “Owning” him doesn’t mean

he'll do everything you want him to do. It means that he will love you and make sure you never doubt this fact. It means he is consciously aware of your desires and likes to bring joy into your life every chance he gets. He belongs to you and only you, and you know it.

Question 2: Are you **willing** to change the way you think about your man and sex? This question is the most significant one. The wonderful thing about attitude is that under normal conditions, you can easily change your attitude concerning anything or anybody.

This book does not apply to all couples. It was written mostly for people who are in love and want their love to grow deeper with each passing day so that it lasts a lifetime. The principles are most effective when two people are in love; however, if you are in a relationship with a man that you like and respect but don't love, it can intensify your feelings for each other and may even foster love to grow between you.

Susan Bratton offers a DVD series called *Steamy Sex Education*. It is explicit, romantic, sensual, and educational. If you don't think it's possible for a man and a woman to give each other an hour of pleasure without even having actual sex, you must watch these videos. Your relationship may not be ready for the emotional depths the couples are experiencing until you have established or re-established a connection with each other. I highly recommend you watch *Steamy Sex Education* several times. When you start

using some of the techniques discussed (coupled with the right attitude), you will obtain his “attention” (and it won’t take long); you should then watch the series together.

Her web site is [www.personallifemedia.com](http://www.personallifemedia.com)

*Steamy Sex Education* is about the physical side to sex. In order for a sexual relationship to be totally fulfilling long term, there must be verbal communication of feelings: not just emotional feelings, but physical feelings also. I recommend a program for men called *Language of Lust* and for women I recommend *Language of Desire*. For both you and him, I recommend *What Women Want Men to Know* by Barbara De Angelis and *Women’s Anatomy of Arousal* by Sheri Winston. As I mentioned earlier, *The Love Button* is not a complete relationship guide. If your focus is only on the physical side of sex, your relationship will become one sided and incomplete. You can find these products by using Google. If any of these programs or books are not right for you or your lover, then don’t use them. There are many others available.

### ***What If It Becomes A One Way Street?***

What if he enjoys the sexual attention you are giving him but doesn’t give you what you desire? If you are with someone who wants to please you but doesn’t exactly know how, you will need to communicate your desires and encourage him to research the nature of women (the recommended products above may be a good start). He must understand it is just as important to make love to your mind as well as your body.

I know that most women would be reluctant to recommend a website or buy their man a book about sex and relationships. He might feel you are telling him that he is not satisfying you and take it as criticism; men have very delicate egos when it comes to sex.

After you have shown your man that you know how and are willing to please him, he will have strong feelings for you and will yearn to understand how to express them.

Women also love sex. Your man has to be willing to learn that, unlike him, you don't have a physical love button that he can literally push to express his feelings the way you want to experience them. Of course, there are parts of the female anatomy that feel good when being pushed, but this is not the main pathway in which women experience their man's feelings of love and appreciation. Women don't know how lucky they are when it comes to making a man fall and stay in love with them. As men, we have to keep developing new and imaginative ways to keep you fascinated with us. All you have to do is push a button.

"Won't he get bored with me if I give him all the sex he wants in the way he wants it?" You will discover that when a man (again, most men but not all) is sexually satisfied, his desire for sex will go from quantity to quality. Men who crave sex continuously are either addicted and need treatment or have an emotional need that is not being satisfied. That emotional need most likely represents a feeling of not being appreciated or loved. Thus, the term: Making Love.



Some women may subconsciously see sex as their power in a relationship. He's "bigger than you so you can't beat him up" (as the Country and Western song goes) so controlling something he wants may be your solution to getting him to cater to your desires. My question to those women would be, "How's that working out for you?" He knows this is what you are doing and he doesn't like it. Is your desire for him to cater to you or to set him free to express his true feelings?

### ***He Used To Be So Romantic***

Have you ever thought or said that before? When a man who has feelings for you is chasing you, he is expressing his love and of course, chasing great sex. After he catches you, often the sex can become routine (over time), and he becomes disillusioned. He realizes that even if he continues to romance you, the sex will probably remain routine.

Most women think that all it takes to make their man sexually satisfied is an orgasm and most men can have one of those every time they have sex. If an orgasm is all it takes, why are there so many divorces and why are so many men having affairs? Why are so many marriages bereft of passion and fun?

Consider this analogy. Would you like to be with a man that came home one Friday evening and surprised you by taking you out to eat at a nice restaurant? Additionally, when you reach the restaurant, how would you feel if a single red rose was waiting for you on your table with a card that said, "I love being married to

you?” How about, while you were eating, he pulled out two tickets to a play that he knew you wanted to see. After the play, he takes you to a very romantic bar for a nightcap where you talk until midnight. You go home and go to sleep cuddled in each other’s arms.

Does that sound romantic to you? Well, let me ask you this: What if he did the very same thing every Friday... same restaurant, same rose, same play, same bar, same cuddling? Would you become a little bored after a while? While you may believe that he still loves you, wouldn’t you want him to put a little effort and creativity into the way he expresses it?

Granted the analogy is exaggerated to make a point, but doesn’t something inside you just want to scream because he doesn’t feel the desire which compels him to sweep you off of your feet? He could do that in so many different ways if he knew how and was motivated to do so.

### ***Why Has He Never Told Me This?***

In *The Love Button*, you will discover truths your man will never tell you even if you ask. Why? Imagine this conversation:

**Her:** Sweetheart, I love you tremendously, but it seems to me that we have grown apart and I’d like to talk about it. During the first couple of years of our relationship, we were so close and loving; we were so happy. We used to sit and talk for hours and we would go out together all the time. You used to hold my hand and tell

me how much you loved me and wanted to spend the rest of your life with me. Now, we hardly ever talk or go out together as a couple, and when we do talk, our conversations are never as intimate as they once were. I want us to be like we were then, so if I'm doing something wrong or if there is something I could do to rekindle our love, please tell me.

**Him:** I could use a lot more oral sex and hand jobs. I like them long and slow.

If your man ever thought about saying that (and in most cases, that is exactly what he would want to say), he would immediately stop himself because he would imagine you telling all your friends (and his) what he said. It would go something like this: "Do you know what that insensitive, selfish, shallow jerk told me one day when I opened my heart up to him? He said he doesn't love me anymore because I didn't give him enough long, slow oral sex and hand jobs."

No, you are never going to hear that from him even though it is probably true. Women lack understanding regarding the relationship between a man and his penis. This book aims to offer women who are seeking more in their relationship a glimpse into his world. I use the word glimpse because these are just words on pages. In order for you to understand fully his desires, you must turn the words into action.

In a perfect world he should love you no matter how you act or what you say just like your feelings for him should not depend on

whether he makes you feel special or not. This is the unconditional love I talk about in Chapter 4 (which is unrealistic in an expanding, evolving relationship).

I recently listened to a podcast that involved five women sitting around talking about what they like in a man. They wanted a man who is decisive, courageous, and goes after what he wants. They want him to express his love through romance, thoughtfulness, and little surprising gestures that stir their emotions. I chuckled when I imagined five men sitting around talking honestly about what they want in a woman. Believe me, that podcast will never happen and it's a shame because that is exactly what women need to hear.

### ***How I Discovered The Power Of Female Sexuality***

Here is the story about how I discovered the secret to women's sexual power. Several years ago, I met a woman who understood male sexuality. We first met in a coffee shop where we started talking about relationships. She looked directly into my eyes and said, "I can make any man fall in love with me." For some reason, I believed her. Of course, she and I both knew that she was referring to any man that was attracted to her and was available. A man that is in love and sexually satisfied is not available. He is bullet proof to all women.

I decided to pursue her even though deep down inside I knew we were not a good match. During the first months of our relationship, I experienced feelings for this woman that I had never

felt before. We fell in love with each other and she knew how to express that love.

One time, we were in line at the grocery store and a thought came to me. I told her that if someone walked up to me and offered me \$30 million never to see her again, I would turn it down immediately. She kind of chuckled and said, "Right," but I knew I meant it. That's how deeply in love I had become. No amount of money can buy how it feels to have a woman you love dedicated to pleasing you.

Since there was no "real" chemistry between us (and there were other obstacles), the relationship began to fall apart after the first year and we eventually split up.

Some people might say that was not love, it was sexual lust, but that would not be true. I fell in love and it took me three years to get over her. The word "button" is a metaphor but the word "love" is not. To a man, sex is the ultimate expression of appreciation and love. It is the primary way he knows how much you care for him.

Can a woman make a man fall in love with her using sex even if they are not a lifetime match? Absolutely. That is exactly what happened to me. One might say that men are suckers and are shallow because of this weakness in their genetics, but women are no different. You could meet a good-looking, rich guy who knows how to romance a woman. He could say all the right things and give you all the right gifts. He could take you on extended

vacations to Europe and tell you daily how his desire in life is to take care of you. This same guy could have no feelings for you whatsoever and some day walkout and never look back; it would take you a long time to get over him (maybe even never).

When you learn to tap into your man's sexual desires, he will be yours. For any relationship to be fulfilling in the long-term, there has to be chemistry, a connection, and love. The key word in that statement is *fulfilling*. You can be in a long-term relationship by simply settling and enduring.

### ***Sex Is A Toy, Not A Tool***

When a woman uses sex as a tool to control her man, either consciously or unconsciously, it is demeaning to him and creates deep feelings of animosity and anger. It is humiliating. He may not be aware of what's going on and may even experience guilt because he has these feelings. He will often blame himself and try harder to please her. Many women may think that this would be a good thing, however, if a woman who practices "sex control" sits quietly beside her lover one day and listens to the subtle sounds of his inner being, she might hear a very faint ticking noise. That ticking noise is a time bomb and someday it could go off: an affair, a divorce, or an irreversible emotional disconnection. She would be stunned and say to herself, "Where the hell did that come from?"

Another possibility is that one day he gives up and turns the time bomb off and becomes a wimp. In his mind, he justifies that he is

a nice guy and wanting fantastic, overwhelming, fabulous, affectionate, exciting, loving sexual satisfaction is selfish. His goal becomes to try to make you happy, so he will do anything you want him to do in the hope that you will keep having sex with him.

It's difficult for a man to act like a man when he doesn't feel like one. It's difficult for a man to feel like a man when the woman he wants most to appreciate him doesn't know how to show her feelings. I believe this is why so many women give up trying. They do and say everything they know to get through to him and yet he never seems to understand. Most women could develop a long list of everything they do for him to show their appreciation; however, I would be willing to bet that giving him oral sex or a hand job would not be at the top of that list - although it should be. If it's not, then everything else on your list does not mean as much to him as you think it should.

I'm not saying that all the other things on that list would be irrelevant. Everything you do is relevant, and most men appreciate all those things. What I'm saying is that when you put giving him oral sex or a hand job at the top, everything else on the list will have more meaning.

You have heard the old saying, "Nobody cares how much you know until they know how much you care." It is also true that "Nobody cares how much you do for them until they know how much you care for them."

I once saw a television program where three men wrote a book for women giving them advice on how to meet, attract and keep a good man. They interviewed the three men and then interviewed a panel of five women who had read the book. When the host asked their opinion, four of the five women disagreed with most of what the men had written. I thought to myself, *You have got to be kidding me. Three attractive, educated, professional **men** said, "This is how you meet, attract and keep a good man" and these **women** told them they were wrong. How ignorant is that?* Only one woman thought the book was informative and said she was going to give some of their techniques a try.

One of the suggestions offered in the book was, if you are in a bar or anywhere else and you notice a man looking at you, smile and wave at him (if you want to meet him). Many good men tend to be a little reluctant to walk up to a woman (especially in a group). She might have a big tattooed boyfriend at the bar getting her a drink, she might be married, she might be thirty years younger than him, she might laugh at him, etc. You know you are available but he doesn't know it until you wave. The four women laughed at this suggestion and said they didn't want a man that was not bold enough to walk up to them. What many women don't realize is that he could be a Navy Seal who has looked death in the face a hundred times but a knot comes in his stomach when he thinks about approaching a beautiful woman. If a man has no reluctance at all, there is a good possibility (certainly not always) that he is a player.



The book the three men wrote didn't get involved in the sexual side of relationships like *The Love Button* does because they would never have been on television and certainly would not have been able to go on a book tour. Their goal was to inform but also to make money.

My point is, if you find yourself arguing with this book, stop and realize it was written by a man who has nothing to gain or lose whether you believe it or not. I spent hundreds if not thousands of hours on my laptop knowing in advance that it probably would not make me rich. I wrote this book because there are so many couples whose hearts are crying out for the last piece of the puzzle that will open the door for a life of fun, joy, happiness, love and sexual passion.

### ***The "Magic" Button***

The knowledge in *The Love Button* will give you tremendous influence over your man. I could just have easily named it "The Magic Button" because once you learn, believe, and practice these concepts, you'll think it is indeed a magic button. "Practice" is imperative here, as we learn through experiences. Once you have practiced and become comfortable with the fact that what you are reading is true, you will become a guy magnet because most men can sense a sexually powerful woman. Be careful how and on whom you use this power.

If you are with a man that you love but are unsure whether he loves you, these techniques will most likely make him fall in love

with you - but for all the wrong reasons. Eventually you will realize the relationship is a house of cards and you will get hurt. Listen to your female intuition: this will help you to understand if he is responding to your sexuality or to you as a person. If it's only sexual, then he's not the one for you even if you have strong feelings for him. He will get what he wants, but it is not likely that you will experience his total long term devotion. By understanding how to please your man, you will deepen his already present feelings for you. This book is for two people who care for each other and enjoy being together. It is not a sex manual.

When you learn how to please him sexually, you are not just offering him sexual fulfillment; you are causing a very powerful emotional and hormonal shift in his body and mind. Touching his penis is not the same as touching his feet. They both feel good but when you are giving him a foot massage, it has no effect on his heart.

### ***Expectations***

A good man will never expect you to do something for him that you are not able to do, or be someone other than yourself. If you both experience a passionate and playful sex life over a period of time, he will fall more deeply in love with you. It will be a heartfelt appreciative love; it will create a place in his heart for you forever. If one day you become ill and are bedridden, he will sit by your bed, hold your hand, and do anything he can to show his love for

you. His feelings will be sincere and long lasting. Once he is convinced of your gratitude, he will always be there for you.

If you're not a super model, he won't care. If you wrinkle as you get old, he won't care. However, the problem arises when you do not give him great sexual satisfaction despite having the capacity to do so. If you decide to express your gratitude the way you want to and not in a way that he will understand, you might be destined to an average relationship and a little hole in your heart that will never be filled.

The same is true of you. If your man loses his job, you'll still love him. If he has a "common" job, you will not feel animosity towards him, as long as he expresses his love for you to the best of his ability. If he is unable to take you on a two-week vacation to the Bahamas but can take you to the park for a picnic, you do not mind, as he is expressing his desire to be with you.

### ***Really, Really Good News for Women***

Many women worry about getting old and losing their looks. If you can and do float his sexual boat, you will have nothing to worry about. When a young, attractive woman approaches him in a hotel bar and begins to hit on him, he will think about you; he will make his decision based on his dominant thoughts and feelings. He will make one of these three decisions:

**Decision 1:** If he has experienced years of sexual frustration, having average, "normal" sex a couple of times a week, he will be

tempted. He will talk to her for a long time, trying to decide whether to give into his sexual desires or not. After a while, he will remember he is a man of character and will pay his (and her) tab and go to his room alone. His dominant thought will be that he is doing the “right thing” even though it’s not the thing he wants to do. His dominant feelings will be regret because he can’t have sex with this attractive woman, frustration because he feels trapped in a sexually boring relationship, and anger at you for not caring about him.

**Decision 2:** If he has experienced years of sexual frustration, having average “normal” sex a couple of times a week, he will be tempted. He will talk to her for a long time, trying to decide whether to give into his sexual desires or not. His dominant thought will be that you clearly don’t care much about him, because if you did, you would have expressed these feelings. He will remember all the nights and days of sexual frustration; his desire for sexual excitement will surface. Finally, after a few drinks, he will invite her up to his room for a drink. As they ride the elevator up to his room, his dominant feelings will be guilt because of what he is doing, frustration because he feels trapped in a sexually boring relationship, and anger at you for not caring about him (he uses this feeling to justify his actions). Afterwards, he will experience severe guilt. You will most likely never know what he did.

**Decision 3:** If he has engaged in exciting sexual adventures with a woman he loves and who loves him, he will not be tempted at all.

He knows his wife cares deeply for him. When the gorgeous blond walks up and sits on the bar stool next to him, he is thinking about you. He looks at the beautiful sexy woman and senses her desire for him. He smiles and thinks to himself, "Sweetheart, you have no idea. You are not even in her league." His dominant thoughts are about you: how you love, appreciate, and sexually satisfy him. This woman doesn't even have a chance. When she makes her move, he immediately holds up his left hand and says, "I am indeed flattered, but I'm happily married." She will say, "Well, will you at least buy me a drink?" To which he will respond, "Why, are you broke?" His dominant feelings will not be pride because he resisted the temptations of a good-looking, available woman since he was never tempted. His dominant feelings will be loneliness and homesickness, the same feelings he has been experiencing ever since you dropped him off at the airport two days ago.

When a man has a woman that knows how to express her love for him, he will not do anything to jeopardize that wonderful relationship because we men know that women like that are few and far between. Will communicating to your man how much you care guarantee that he will never leave you or have an affair? No, nothing is guaranteed, but it will greatly increase the odds that he will not. However, you should remember that you are not doing this to keep him loyal to you. That will occur naturally. You are doing this for your benefit just as much as his. Most women have a burning desire to express their love and for that love to be understood and reciprocated. With understanding, you can do

that. If he betrays you after you have demonstrated how much he means to you, it's not your fault. Some men are jerks.

In the hotel story, I mentioned the term, "dominant thoughts." Our dominant thoughts are usually what control our actions. There is a universal law called the Law of Attraction. Esther and Jerry Hicks wrote a book by that title and it is fascinating. I highly recommend it. The Law of Attraction states that things of a certain vibration attract other things with a similar vibration. This is an absolute provable fact in the physical world, and I (and many others) believe it is true of your thoughts.

So what does this have to do with the woman in the hotel bar? When you have spent years or even months communicating to your man how grateful you are to have him in your life, he will think about you daily; he will think about how much he appreciates and loves you. Those thoughts have a specific vibration and attract other similar thoughts to the point that they dominate his thought process about you. When you come to his mind, his dominant thoughts will be the ones he has been practicing over a period of time. If he has spent years or months feeling sexually frustrated, his dominant thoughts will be that of sexual frustration.

I can say with a high degree of certainty, that it is highly improbable that a sexually satisfied man will have an affair. With his dominant thoughts being those of love and appreciation for you, it would be excruciatingly painful to go against his strong feelings to please his

woman. Men are not sexual animals who are out of control. Most men do not want to have affairs or get divorced. However, when his dominant thoughts over a long period of time are hurt, rejection, and frustration, and he finds himself sitting next to a gorgeous and available woman, his overwhelming thoughts could possibly rule the day.

Of course, he could always try to do the right thing despite his inner desires. Is that the kind of guy you want in your life or would you rather have the guy that says, “Buy you a drink? Are you broke? Do you need a job?” Do you want to be proud of him because he didn’t yield to temptation, or be proud of yourself because you have branded him “mine” and he loves it?

As I said earlier, most men are not sexual animals out of control. Most men are appreciation junkies. If you are having great sex three, four or even five times a week and all of a sudden you have to be separated from each other for an extended period of time, his thoughts will fill with memories of all the great sexual adventures you both have shared. He will experience appreciation for you and anticipation for the moment when you are once again in each other’s arms.

To a man, it is a great feeling of power and freedom to be in a bar with a gorgeous woman and be able to look at her and have no desire to have sex with her because he has someone in his life that understands him, loves him and knows how to express it. That doesn’t mean he will lose his ability to appreciate beauty. A

beautiful woman will always stir something inside a man as a handsome man does to a woman. The feelings of power and freedom comes from knowing that there is nothing this woman could give him that he doesn't already have in abundant supply.

### ***Is Knowledge Power?***

You have heard the term “knowledge is power,” but it is only power if you use it. Women can react in one of two ways to this knowledge about a man and his love button:

**Reaction #1:** “Are you saying that to make my lover fall more deeply in love with me and to treat me as the most important person in his life, I have to pay more attention to his penis? I’m not going to do it. He should be grateful for what I do and love me for who I am.”

**Reaction #2:** “Are you saying that to make my lover fall more deeply in love with me and to treat me as the most important person in his life, **all** I have to do is pay more attention to his penis? That sounds easy, not to mention fun. I can do that.”

How often should you push his button? You should do it when you feel the urge. This is very important to him and when you truly understand that every time you “push it”, his feelings of love and appreciation for you peak, you will feel the urge more often. He will remain in a constant state of excitement if he knows that at any minute you could take control of him and delight him. The fact that he doesn't know when you will do this is the exciting part.



There is, of course, the all-important, long, slow love making sessions; however, the consistent spontaneous attention is by far the most important and the thing that will keep you on his mind all day long.

What do you think will more likely result in a dozen roses being delivered to your workplace: a quick peck on the lips and an “I love you,” or a quick five-minute hand job before he heads out the door for work? As they say, “Do the math.”

## Chapter 3 – The Specifics

### *It's All A Matter Of Attitude*

The two specifics that I refer to throughout this book are what you do and how you feel when you are doing it. If your goal is to live your dream relationship, then you need to be aware of the importance of both. You can give your man great pleasure by paying attention to his sexual desires - this will cause him to fall more deeply in love with you; however, until you master your attitude, there will always be a tiny gap that will keep you on the outside looking in. Here is a question you can ask yourself to evaluate your attitude: If you truly love him and you know he enjoys something, why would you not want to give it to him?

So, what is it about a man's penis that makes it so special to him? Of course it's the source of pleasure, but as I said earlier, his feet are also a source of pleasure when he is receiving a foot massage, but a man can live a happy life without ever receiving a foot massage. When you realize that, then you understand that it is about more than just physical pleasure.

So, how do you treat a man's penis? Keep in mind that your objective is to express your feelings in a way that he will understand.

Side note: I use the term "gap" several times throughout this book. The gap is that small distance between him loving you and him desiring to express his love for you.

A man's penis is indeed the center of his world. How long it is, how big around it is, how hard it is... he thinks *about* it and *with* it a lot. Throughout history, it has caused men joy and pleasure, as well as pain and suffering. It is important to your relationship that you try to understand what you are dealing with when you are touching it. How a man feels about his penis often determines how he feels about life; it can play a huge roll in his success and health. In addition, how you feel about his penis directly affects him. Your goal as his lover is to fall head over heels in love with the most important thing in his life. When you are able to convince him that you adore his penis, you will be on your way to closing the gap.

### ***Fall In Love With It? Really?***

No, not really. You actually want to fall in love with the feelings he is experiencing for you. Falling in love with his penis is more or less a figure of speech to describe a mindset that you can adopt to communicate to him how much you want to please him (and yourself). When you focus on his penis with love, you are focusing on him with love. I know this is a difficult concept for a woman to accept, but it's true.

If you would like to prove this to yourself, take about five minutes during lovemaking and gently caress it while you alternate between looking at his penis (adoringly) and into his eyes. You will see an expression on his face of profound affection. You might

even occasionally close your eyes and take a few deep breaths to savor the moment.

The key is not to be concerned about his orgasm. The very second you stop thinking about how much you enjoy touching him and start trying to make him orgasm, he will know it. His focus will go from enjoying the incredible experience you are giving him to accommodating your desire for it to be finished.

I would like to expand on the following question (which is also the title of Chapter 2): “What’s in it for me?” This is a very important question and should not be taken lightly or seen as selfish and self-centered. Another way to state the question would be: “Why should I do this?” Because he wants me to is not a good answer. Our motivations are the driving force for everything we do. Once you understand why he is the way he is, your attitude will change and your actions will come easily especially as you become aware of the benefits.

Most men are highly motivated to satisfy their woman. If your man is not, you might be with the wrong man or it may be that he is unmotivated (in or out of bed), as he is asking himself the same question, “What’s in it for me?” If you demonstrate over a period of time how much you desire to satisfy him and more importantly that you know how, he will take a great deal of interest in pleasing you. If you don’t know how to touch him, he will realize that no matter what he does to please you, you will be incapable of returning the pleasure that he desires. It is a very sobering time in

a man's life when he realizes that the person he loves does not know how to please him and probably never will.

If you are waiting for him to make the first move, you might be waiting a long time. Women are the relationship experts, and it will most likely be up to you to lead the way. The rewards will be great.

The most important thing for you is that you will set your man "free." When I was with the woman I described earlier, I felt a freedom and contentment.

Henry David Thoreau said, "Most men lead lives of quiet desperation and go to the grave with the song still in them" (this applies to women also). I'm sure Thoreau was not specifically referring to male-female relationships when he wrote this, but a large percentage of both men and women go to their grave without ever experiencing a true connection with another human being; rather, they live their lives in quite (hoping, yearning) desperation. It doesn't have to be that way.

What else is in it for you?

A man that will be loyal to you throughout his life.

A man that will want to spend time with you.

A man that will probably be more professionally successful.

A healthier man.

And, a lot of fun for both of you....

The list can go on endlessly. I would like to say again, learning how to express your love to your man will not make him a different person, but it could bring out the love, desires, and ambition buried inside him. If he's a thoughtless jerk, he's only going to be a happier thoughtless jerk. Move on to the man you deserve if you are in a situation in your life where you can. If you can't or don't want to move on to someone else, then you can still use this book to improve your relationship.

What do I mean by feel like a man? There are many fundamental difference between the male and female genders concerning their basic nature but none more profound than the following: Women seek security and men seek freedom (It shouldn't be this way because we all should feel secure and free at all times, but it is what it is and this book is about dealing with reality). This natural desire for freedom is often why so many men are reluctant to commit to a long-term relationship. This is also why there are so many humorous saying that have emerged in our society about a man giving up his freedom when he marries:

*The Old Ball and Chain.*

*When you say I do, you are done.*

*A marriage license is a license that allows a woman to drive a man.*

*When I married Miss Right, I didn't know her first name was "Always."*

*My wife and I always compromise. I admit I am wrong and she agrees with me.*

*A woman worries about the future until she gets a husband. A man never worries about the future until he gets a wife.*

*A wedding ring is the world's smallest handcuff.*

**The freedom that your man yearns for is not to be free from you but to be free to love you without fear of rejection and disappointment.** If you practice the knowledge you gain from *The Love Button* he will not sit around the bar or health club locker room with his friends and refer to you as his ball and chain. As they tell their marriage jokes, he will just sit quietly with a little smirk on his face and think about what a lucky man he is.

Give him his freedom and you will have your security. You are not earning your security with your sexuality. You are allowing him to experience being a man and as a man, his nature of "taking care of" his woman will surface. Please don't take this out of context. Of course, it takes more than great sex to make a man feel free. Your attitude towards him in general concerning other areas of his life are also important. All I'm saying is... you can do many wonderful, delightful, thoughtful things for him but if he doesn't feel you are his sexually, he will feel trapped and helpless and you

will probably never understand why you see yourselves slowly drifting apart.

If you want to know the power of worshipping your man's penis, visualize what it would feel like if he did the same to you. Imagine what it would be like if your man understood the following:

*When a man and woman start a love making session, she is like a closed rose bud with red petals waiting to be gently and slowly opened. At the center of the rose is her Private Sacred Garden of Love... it is beautiful, soft and warm and is overflowing with sweet tasting, wonderfully aromatic nectar of her essence. The petals represent her body and mind and a knowledgeable loving man understands how to open them slowly and one at a time. His thoughts are not on her genitals. He is focusing on and enjoying the softness and beauty of every single petal as he skillfully and lovingly touches each one. He does this by opening up her entire body and mind with his touch and his words.*

If you want your man to understand your body, give him a copy of *Women's Anatomy of Arousal* by Sheri Winston.

Of course, this rose analogy does not apply on those occasions when you both just want a quickie.

I would like to take a little side step here and talk about another mystery for women about men. That mystery is circumcision. If you are with an uncircumcised (intact) man, you need to be aware of the pros and cons. There are numerous pros and only one



potential con. In many societies, the majority of men are circumcised at birth.

If you find yourself in a sexual relationship with an uncircumcised man, consider yourself lucky for having received a rare, unexpected and pleasant gift. When the foreskin is removed it exposes the penis head (which is a gland) and over the years this will cause a decrease in sensitivity because of abrasion, drying, callusing and environmental contamination. This gland is intended by nature to be protected, like the female clitoris is protected by the clitoral hood. Many men have trouble experiencing orgasm as they get older and this is probably one of the reasons. *Stop Infant Circumcision Society* is an organization that is fighting against this procedure.

No one is sure how this painful, unnecessary and sometimes dangerous practice started. One theory is that years ago in a more religious environment it was to be a deterrent to masturbation. It's much easier to masturbate with a foreskin. In today's society the reasoning is usually hygiene. Fluids, such as urine and gland secretions can get between the foreskin and penis head and can cause problems if not cleaned regularly. This is a weak argument at best because it only takes about two seconds to pull the skin back while in the shower. A clean circumcised penis does not taste any different than a circumcised penis. You can actually be sexually involved with an uncircumcised man for quite a while and not even know it if you don't see his penis flaccid because when

erect, the skin slides back and it looks identical to a circumcised penis.

Another justification for circumcision is appearance. This is the one potential con I mentioned earlier. It is a potential con because it depends on how he thinks you feel about his penis. Many uncircumcised men feel self-conscious because they are different. The porn industry and television doesn't help. On a Seinfeld episode Jerry asked Elaine if she had ever seen "one" and she answered, "Yes." He asked her what she thought about it. She made a face and said, "It has no personality." A funny joke, but not very helpful for intact men.

Below are some of the many benefits to being uncircumcised:

*The penis head is more sensitive (as mentioned above) which will enhance his pleasure and usually make it easier for you to bring him to orgasm.*

*The double-layered tissue of the foreskin engorges with blood during erection and creates a visibly and sensually thicker shaft and glands. Many women find this especially stimulating during penetrative intercourse.*

*The inner foreskin contains ridged bands of densely innervated, sexually responsive tissue. They constitute a primary erogenous zone of the human penis and are important for realizing the fullness and intensity of sexual response.*

*The foreskin is the only moving part of the penis. During any sexual activity, the foreskin and glands work in unison. In heterosexual intercourse, the non-abrasive gliding of the penis in and out of the foreskin within the vagina facilitates smooth and pleasurable intercourse for both partners. Without this gliding action, the corona (ridge of the head) of the circumcised penis can function as a one-way valve, dragging vaginal lubricants out into the drying air and making artificial lubricants essential for non-painful intercourse.*

*In addition to the "ridged bands" mentioned above, thousands of coiled fine-touch receptors (Meissner's corpuscles) constitute the most important sensory component of the penis. The inside of the foreskin contains branches of the dorsal nerve and between 10,000 and 20,000 specialized erogenous nerve endings of several types, which are capable of sensing slight motion and stretch, subtle changes in temperature, and fine gradations in texture. When the skin is pulled back on the shaft, it is more sensitive to touch than the shaft itself and can be a great source of pleasure for him.*

*There is a highly nerve-laden web of tissue, called the frenulum, that tethers the inner foreskin to the underside of the glands. It is similar to the frenula found under the tongue, the upper lip and the clitoral hood (female foreskin). For many intact men, the penile frenulum is a male "G-spot" that is highly pleasurable when repeatedly stretched and relaxed during sexual activity or caressed by gentle touch during foreplay. Depending on the surgical method*

*used, the frenulum is partially to completely destroyed by circumcision.*

*The foreskin contains several feet of blood vessels, including the frenular artery and branches of the dorsal artery. The loss of this rich vascularization interrupts normal blood flow to the shaft and glands of the penis, damaging the natural function of the penis and possibly altering its development.*

These are only a few benefits of being uncircumcised. If you would like more information, you can use The Google (as George Bush would say).

The only reason I have included this information is to make you aware of the potential problem I discussed earlier. If your man is uncircumcised, it is possible he could feel self-conscious because of society and because of the high school gym locker room where he first noticed he was different from the other boys. Letting him know that you are aware of the benefits of the foreskin and that you are glad he has one, will put his mind at ease.

### ***The Best Way To A Man's Heart***

How should you treat your man's penis (which is the best way to his heart)? I once read a story in a woman's magazine about a woman who wanted to find out how to give her man the greatest oral sex ever. She asked all her friends their opinions and received many good ideas. How to gently use her tongue, how to go slow and erotic, how to occasionally look up at him and smile, how to

snugly cup his balls in her hand and the list went on and on. She had all these good ideas when she went to her last female friend and asked her what her favorite technique was. The wise woman hesitated for a moment and said, “Well, just about anything you do feels good but I can tell you that the most important ingredient in great oral sex is attitude.” You can bet she had a happy man in her life. Techniques are great, which is why I recommend Susan Bratton’s videos, but how you think is just as important as what you do.

### ***Attitude is Everything***

It wasn’t until late in my life that I learned that you can’t hide your feelings from people for a long period of time. Eventually they will come to understand how you truly feel about them.

Here is an analogy to which you can probably relate. You come home after work one Friday and your husband says, “Honey, get dressed we are going out to eat at your favorite restaurant and then I’m taking you dancing.” You go out to eat, have great conversation, and dance until midnight. You laugh and have lots of fun. As you lay your head down on your pillow that night, your female intuition kicks in and you realize something didn’t feel right all night. He did everything any woman would love, yet you could feel he was doing it to appease you and not because he truly enjoyed being with you. You have just experienced what a man feels like when a woman gives him oral sex or a hand job just to please him. He’ll love it but you’ll never have his entire heart.

So, how do you fall in love with your man's penis? Focus. That's what creates feelings. When you start to give your man oral sex, you completely forget that he even exists... your world is his penis and time stands still (I can be a little dramatic sometimes).

You could also start by saying, "For the next twenty minutes you are not allowed to do anything but enjoy the pleasure I'm about to give you. I am in total control of your body and all you are allowed to do is moan and groan." He may have an orgasm right then. Of course, you don't say that every time. This technique, like any other, is not for use every time. Variety is important. This is just one of the many arrows you will have in your sexual quiver. Next time, you may let him blindfold you and allow him to be in complete control of you... any position... anywhere... anything that is enjoyable for both of you.

Once you feel a strong emotional and mental connection, then the fun begins. When you have this connection with his penis, he will know it. He will be able to tell if you are just doing it or loving it. He will enjoy it even if you are faking, but the question is, how deep into his soul do you want to go?

You can tell you have the connection when you have an uncontrollable urge to occasionally make moaning noises as if you were eating your favorite ice cream. These moans (if they are sincere) mean more to him than you can imagine.

Side Note: Have you ever received a massage from a therapist that understood the power of focus? They probably had their eyes

closed most of the time so they could feel your body energy, which guided them during the process. If you will focus on his penis with passion, appreciation and love, you will probably be able to feel his energy flowing into your mouth and body. You will perceive his desires and give him a blow job that he will think about for days.

Remember, most men love slow, erotic, loving oral sex and hand jobs, so don't speed up. Most men can have an orgasm with you going extremely slow. If your man can't, you may have to speed up at the end but usually not. You will learn as you experiment together.

One technique I would recommend to help you focus is occasionally to wear a blind fold. This will shut everything out except what you are doing with your hands or mouth. Your mind will not wonder all over the room looking at the carpet that needs to be replaced or the dust on the end table... It also will be a turn on for him because he can watch you without feeling self-conscious. He can stare at you while you are pleasing him and his feelings of affection will intensify. During this moment, you will probably be able to feel his love, adoration, and appreciation more strongly because of their intensity; also, because you cannot see, your ability to perceive will be enhanced. It could be exciting for you to feel what he cannot express in words. As I have said before, it's all about communication.

### ***He Wants To Be In Charge***

The scenarios where you take the sexual lead should be rare. I know most men like to be in charge and most women prefer this, too. When you take charge, he will see it as you experiencing so much appreciation for him that you just have to let him know. It can also be a way to let him know how he's doing in his ongoing endeavor to please you. It would be like him surprising you with a nice gift for no special occasion. With the gift, he is saying, "I just wanted to let you know I love you and appreciate you." In bed when you say to him, "Tonight I'm going to curl your toes. Lie back and enjoy," what he is hearing is, "I want to take this occasion to let you know that you are doing a great job at pleasing me in and out of bed. Keep up the good work." If you say this verbally it will sound condescending, but trust me, this is the male nature (again... for most men... not all).

### ***Wonderfully, Painfully Slow***

The fact that most men can have a very powerful orgasm when you are going very slowly is something most women are not aware of. The reason most women don't know this is obvious... they don't have one of their own. However, for you to use this technique on your man, you must realize that a man's orgasm doesn't happen only in his penis; rather, it also occurs in his mind. When you go slowly, you are telling him that you're enjoying what you are doing. This is very erotic and turns him on emotionally.



Most men can have an orgasm with your barely moving your hands or mouth. One stroke every two or three seconds can sometimes work if you have the right attitude. You can actually use only one finger if you know how. The key is to not be concerned about his orgasm.

**A very important point: Your man's penis is not a mechanical device. Don't treat it as one.** You can probably relate to how this feels if you have ever experienced a man going down on you and heading straight for your clit and starts licking fast and furious (perhaps hesitating occasionally to check his watch). Sometimes the wording I use, if taken out of context, may give the impression that all you have to do is push and pull (or suck). When you consider the word "button" do not over look the word "love." It's not the fact that you touch it that matters (he can do that himself), it's your attitude when you touch his wonderful manhood that will determine his understanding of your feelings.

Have you ever been with a man that was in love with you and adored everything about your genitals? He would lie between your legs and adoringly stare, kiss, caress and slowly lick every part of your delicious pussy for long periods of time. You knew he was enjoying your taste and aroma. You had no concern about whether or not to stop him because you knew he was enjoying the experience as much as you were (if not more). He was "soaking in" your essence. He was feeling appreciation for you allowing him to enter into your sacred, secret garden of love. If you have ever been with a man like that (or desired to be with a man like that),

then you understand how powerful attitude is when you are touching him.

What mind set do you want to have while giving a long, slow erotic hand job or performing oral sex? You want your man to know the following: "I own your body for the next twenty minutes or more. It is my choice to give you either oral sex or a hand job and I am in no hurry. When I'm touching you, I know you are experiencing great love and appreciation for me, and I enjoy knowing this; it is the main reason that I'm in no hurry. I can do this for an hour but I doubt you could take it. The longer I can experience that intense love from you, the more pleasure I feel, so relax and enjoy because that's exactly what I intend to do." Of course, you don't tell him this with words (although occasionally that wouldn't be a bad idea). You convey this to him through your attitude and actions.

Always keep in mind, when you begin to give your man this sexual attention, it is crucial that he knows you are doing it for your pleasure as well as his. He has to know that he doesn't need to jump through hoops for you to experience and express your love for him. If you do something that angers him, he must know that he can be honest about how he feels without any concern that you will withhold sex. The knowledge you gain from reading this book is powerful; you could easily abuse it and turn him into a wimp. Over time, his discontent would grow because he would feel trapped, and his desire to express his feelings for you will dissipate.

Whenever he angers you and you get into an argument, you should start planning your next hand job or oral sex immediately.

I'm not saying that **you** need to jump through **his** hoops to receive his love. When I use the word "hoop" I'm referring to doing something for him in order to gain his devotion. It may be something that you enjoy doing, but the fact that you feel he requires it may lead you to feeling used.

The same is true of him. If he feels that you require that he take you out for a romantic dinner in order to have sex, he will feel that same animosity. He may love romantic dinners and spending time with you, however, if he senses that such actions are necessary to earn your sexual attention, he will be less enthusiastic about engaging in such activities. Of course, any man knows his odds of getting exciting, mind blowing sex are better if he romances his woman. This has not changed and never will. It's the wonderful game we play. It just shouldn't be expected every time all the time.

Romancing a woman is all about helping her realize what a wonderful person she is and that she deserves to be loved. It is about activating her love of herself. There are many ways a man can do this; such as fun, excitement, adventure, spontaneous surprises, intimate conversation, etc.

It feels good to you when you let your lover know how you feel about him. Always remember: this (and everything else you do) is for your benefit. It is our nature to want to feel good, and nothing

feels better than to love someone and be able to communicate those feelings in a way they can understand.

If you could get inside your man's mind and really feel how strong his love is for you when you are giving him oral sex, you would become addicted (no pun intended) to it. In John Gray's book *Men Are from Mars, Women Are from Venus* he writes: *When a woman takes a man's penis into her mouth, she takes his heart in her hand.* It doesn't matter if you understand why, it's just important that you recognize that this is how most men feel.

### ***Stay Away From The Ruts***

Sometimes give him oral sex or a hand job with passion and sometimes perform the act nonchalantly.

Variety is the spice of life and this is especially applicable to sex. This doesn't mean you have to come up with three thousand different things to do. The variety consists of how, when, and where. As I said earlier, most men want to be in control in the bedroom so don't feel you have to totally take over your sex life. He will be planning ahead of time (men are planners) what he wants to experience himself and what he wants to do to you so if you take charge too often he will not like it.

I hesitate to write the following statement because of the politically correct environment we live in, but it is what it is. "He wants to be the aggressor and desires a cooperative, willing, submissive lover." This does not apply to everyone and every

situation but generally speaking it is true and always has been. Even though he likes to be in charge, there are times when his soul will cry out, "Please let me know how much you appreciate me."

This book is not about reversing the male female role between the sheets, it is about making you aware of how important your attitude is when doing the things you probably already do.

How do you act with passion sometimes and nonchalantly at other times? It's all a matter of (guess what)... attitude. Here is an example of acting with passion. Lay your man back on a large sofa with his head elevated so he can watch. Get between his legs on your knees on a cushion and proceed to spend thirty minutes tantalizing every inch of his body you can reach. Lick and caress his chest, stomach, inner thighs, legs, and everywhere else you so desire. Alternate between oral sex and a hand jobs. One thing is for certain, you don't want to be in a hurry. You can bring him to orgasm any way you want. He won't complain either way. Your attitude should be one of focus and passion.

Having a nonchalant attitude is a little tricky but if you can pull it off, it's very sexy. The contrast between his and your demeanor is what makes this technique so enjoyable for both of you.

Just for fun, here is an analogy that might help you understand the mindset. During a hand job, you look at him as a high performance racecar and you as the driver. His emotional engine is smoothly racing around the track with his emotional throttle 80% open, going about 100 miles per hour. As the professional expert driver,

you have your hands on his “steering wheel,” maneuvering him in the direction and at the speed you so chose. His engine is purring inside him and he is loving the feeling of having someone like you who knows what she is doing at his controls. His emotions peak every time you effortlessly turn his steering wheel with precision, taking him in and out of emotional curves. As he emerges from each curve (emotional high), he settles back down but always at a little higher level of excitement, as he knows that the end of the race is getting closer; he is also certain that he will complete the race (orgasm) and win the trophy (be deeper in love with you).

In the middle of the last curve, he sees (or more accurately feels) the finish line; he pushes his throttle to the floor and begins to fly down the orgasm racetrack to the finish. His engine is screaming as he rockets towards the finish at 150 miles per hour. His chassis is rigid and vibrating. He is in a state of total focus and determination, and nothing in the entire world exists except your hands on his steering wheel. He’s wide open and has handed you complete control: he trusts you. Even though he is screaming down the track, you as the driver, are calm and in control. You don’t start jerking on the steering wheel just because your car is moving faster and the finish line is approaching. You slowly and calmly maneuver his steering wheel the same way you have been doing the entire race, as you enjoy watching your beautiful car approach the finish line. You could even slow your movements down a little since he has such tremendous momentum; the fact that he will cross the finish line is a given.

You feel so exhilarated to have such power at your fingertips that you almost hate to see it come to an end. You smile a little as you experience the culmination of your expert driving skills. You might also be smiling as you know you and your car have both won the trophy. The trophy is indeed wonderful, but the best part is that you both shared the journey.

### ***The Best Orgasms Don't Follow A Straight Line***

In the analogy above, I wrote about driving your racecar through emotional curves. If you are to become an expert at satisfying him, it is important that you understand the nature of the best orgasms. They don't follow a straight line. They take twists and turns, and the speed fluctuates. The best orgasms occur after a series of emotional highs and lows.

When you first start, he will be relaxed and calm, enjoying your touch and attention. Then all of a sudden, you will notice him tense up and probably moan. He may even thrust his hips in the air when he tenses up. Most women think this is the time to speed up and bring him to orgasm, but this is usually not the case. What you might do is push his penis to the side or downward and hold it for about five seconds, and then momentarily stop and even remove your hands and gently caress the inside of his thighs or stomach at the pubic hair line.

He will settle back down but not to the place where he started. He will be an emotional notch or two higher. Then you start your slow deliberate hand job again and get ready for the next emotional

outburst. Every time you bring him up, he goes back down a little higher than he was before. How many of these will he have before his orgasm? Probably as many as you want him to have. The more the better... to a point. An orgasm following fifteen or twenty minutes of these highs and lows is powerful and memorable. If you are in a hurry for him to finish, he will sense it and probably will accommodate you but may feel a little disappointed.

This technique is to be used during a long, erotic, lovemaking session. If you are giving him a quick hand job before he heads off to work or you don't want to spend more than five minutes on it as you are tired, then the straight line at a moderately slow hand pace is best. He goes to work or sleep happy, as do you.

Even though I focus a lot on his love button, the fact that the slow technique works with the right attitude is proof that a man's orgasm occurs in his brain. When you successfully convince him that you are in no hurry because you are enjoying the entire experience, it will turn him on mentally and emotionally. An orgasm that lasts only a few seconds at best is a secondary reward for a wonderful and enjoyable emotional journey. How do you think it will make him feel if you spend fifteen to twenty minutes saying to him over and over, "I love you... I love you... I love you..." in a language he understands?

### ***What's Up With Him And His Semen?***

This is probably one of the biggest points of contention between couples when it comes to oral sex. My intention in this section is



not to recommend that you use any one of the three “techniques” (swallow, spit, or pull it out), but to make you aware of how important this issue is to him. This could very well be a non-issue to your man or, unbeknownst to you, it could be a serious source of rejection that is standing directly between you and the relationship of your dreams.

A man’s semen means more to him than you could ever possibly imagine. I don’t know why, but it does. How you handle it is very important to say the least. He perceives his semen as “fluids from the gods.” If you see it as something which is “yucky,” he will perceive this and may even feel a little guilty every time he orgasms. This could even subconsciously cause some men to experience orgasm difficulties.

There is a right way and a wrong way to handle the semen issue. The right way is a way which makes you both feel comfortable; the wrong way is a way which makes either one of you feel uncomfortable. You can have a wonderful relationship no matter which technique you choose. I’m simply explaining the options, and the importance of dealing with the issue through open and honest communication.

**Swallowing:** It is harmless but does have a taste. The taste varies depending on his diet. According to the women I have talked to and what I have read on the subject, the taste of semen becomes very sweet if he eats pineapples or drinks pineapple juice. Lots of alcohol and caffeine creates a bitter taste. In the surveys I have

read, more married women swallow than single women. Surveys vary in results, so the percentage of women who actually do this is unknown; it really doesn't matter since it is an individual/couple decision.

Why should you even consider swallowing? As I said earlier, a man's semen is important to him and to some men, this is the ultimate acceptance of him as a person. If this is important to your lover, his rationale may be that when he goes down on you, he swallows your love juices. He has learned to enjoy the taste because he knows how much you love it, and he is highly motivated to please you sexually. However, swallowing is definitely not required to win the heart of all men.

You don't have to swallow every time (in fact it's best that you do not). If you do decide to become an "occasional swallower," it's important that you communicate this to him. It is **extremely** important that on the occasions that you are going to swallow that you let him know ahead of time by saying something like, "Tonight is special treat night." **I cannot overemphasize the importance of communicating this ahead of time.** He **must** know before you start giving him oral sex that if you don't use the "T" (treat) word, that you will not be swallowing. If you don't let him know, he won't be able to enjoy oral sex as much; instead of thinking, "Wow, this feels great. I love this woman. She is soooo good to me," he'll be thinking, "Is tonight the night? I hope it is. How can I tell? She seems like she going to do it, but I don't know for sure. Should I hold back or go for it?" He could experience a little

disappointment every time you decide not to swallow. If he knows ahead of time, he'll appreciate and enjoy the nights you don't swallow, knowing special treat night is just around the corner. You could even give him a two-day notice so he can pineapple-up; alternatively, he may even adopt tropical fruit as part of his daily diet. If his semen tastes bad, let him know he needs to analyze his diet and try to eliminate what is causing it. I have also heard that broccoli and tobacco do not create a good taste. This could be a good way to motivate him to quit smoking.

I was reluctant to include this section on swallowing, as for some women, it is probably not an option - and there is nothing wrong with that. I do not want anyone to feel they need to do anything that makes them feel uncomfortable. Years ago, I read a book by a very famous female author who has written numerous bestsellers about relationships. She told her female readers that to swallow was the ultimate acceptance of their man's essence. Personally, I don't want anyone to feel it is necessary. I decided to include this subject for the women who want to know why this is so important to some men. To most men, swallowing is not expected in the same sense that when he buys a lottery ticket he doesn't expect to win.

You may think this next statement is B.S. but it is not. Most men would give up a winning lottery ticket to spend their life with a woman that they are in love with that swallows. "In love with" is the key phrase in that analogy. With enough money, a man can

buy any sexual experience he desires, but feelings of acceptance, love and appreciation can't be purchased at any price.

**Spitting:** I know women hate the word “spit” but the thesaurus gave me no help on this one. You take his semen in your mouth but don't swallow. Spitting is not really a good term because it implies the action that is taken to remove something unpleasant from your mouth and is usually accompanied by a disgusting noise. It would be disgusting to both him and you. After he orgasms, you would keep his penis in your mouth and let his semen slowly flow out over the head. Of course, it won't all come out and you will swallow some, but remember, he swallows some your juices also.

**Pull it out:** This, of course, is pulling him out of your mouth before he ejaculates. I could not find any surveys on this topic, as most surveys focus on whether or not women swallow. If you use this technique, you should ask him to be honest with you about his preferences regarding the other two options. I'm not recommending that you accommodate him if you don't want to. You just have to talk about it and come to an understanding and focus on pleasing him in many other ways.

Which of these three techniques you decide to use is ultimately up to you. You can create a strong, loving sexual bond no matter which option you choose.

What do you do about his semen when you are giving him a hand job? There are several ways to handle this depending on the situation. If you are both lying in bed, after he orgasms, keep your

hands on his penis with his semen all over them. You might slowly and gently massage him while you have an intimate conversation or lie in silence enjoying the feel of his juices all over your hands. After a few minutes, get a cloth (wet and warm if possible) and clean yourself and him. He will be lying there purring like a kitten.

If he is standing up, he will probably enjoy seeing if fly across the room. What about having his semen on your face or other parts of your body? There are no fixed rules. Sex is fun, and once you learn the secret of “attitude adjustment,” it will be even more fun.

I know that a man’s connection to these two or three ounces of fluid is beyond your comprehension, but trust me, it’s true.

**Do not ignore this issue.** I talked earlier about how much power you have with your sexuality. Understanding how important his semen is to him and learning to enjoy it is probably one of the more important bits of wisdom you’ll receive from this book. To most men, your attitude towards their semen is a direct reflection of your attitude towards him.

*The Love Button* is not about doing things for him that you would prefer not to do in order to please him, so that in turn, he will do things for you that he would prefer not to do in order to please you. It is about discovering how to express your love and appreciation for each other in ways that each of you can fully understand the depth of your true feelings.

## ***The Sexiest Most Sought After Woman In The World***

The sexiest most sought after woman in the world is the woman who will look at her man daily and ask herself, “What can I do to show him how much I care?” The luckiest man in the world is the man who has one of these women, and who asks himself the same question about her each day.

Remember it takes more than giving him an orgasm to let him know your feelings for him. Here’s an analogy which might help: He goes to the local flea market and buys you a beautiful ring for your birthday to show his love. You should feel grateful he bought you a ring; where he bought it shouldn’t matter... right? Of course it matters. Why should it matter? You received a ring didn’t you? It matters as it illustrates his attitude towards you. Both how you give him an orgasm and your attitude towards his orgasms matter. He doesn’t even need you to have one (just like you don’t need him to buy you a ring), so that should tell you there’s more to it than just that wonderful two-second burst.

## ***Instinct Can Be A Learned Skill***

You can develop an instinct for your man’s body. Instinct is not an accurate term since it usually refers to an unexplained phenomenon that a person or animal is born with. In this case, I am using (or misusing) it to describe something that can be learned. A woman can learn how to touch her man, when to touch

him, and for how long. It is acquired like any other skill through motivation, focus, and practice.

There are numerous books available about specific things you can do to him to put a smile on his face; however, my intention in this book is not to give you a list of specific ideas, but to make you aware of his nature. When you understand his basic desires, you can use that knowledge to develop an endless variety of wonderful experiences that will make him want to express his feelings for you.

To be blunt, you are using sex to communicate your deepest feelings for him. The better you are at it, the better he will understand. Is it important that he understands how much you love him? Is it important that he shows you how much he loves you?

“Can’t I show him how much I love him without wonderful, delicious sex?” I guess that could be possible for some men, but if I were a woman, I wouldn’t want to be with a man that could understand my powerful love and desire for him without using sex. That is not normal.

### ***Can I Do This?***

As I said in Chapter 1 (and will probably say again later)... you have no idea the power you can have over him. It is difficult for women to understand how it makes a man feel to be with a woman, who understands and is willing to fulfill his sexual desires. I meant it

earlier when I said that I wouldn't take \$30 million to stop seeing that sexually powerful woman I was in love with. That woman was a part of me and it would have been like asking me to give up my right arm for \$30 million. She was engrained in me, and she did it with sex. She did not do anything that any woman reading this book can't do. She had no special physical talents. She made pleasing me a challenge, and she was full of surprises. All it takes is a little knowledge, a little creativity, some motivation, and the right attitude.

Sex is a game. The better you play it, the greater the rewards. It's like playing cards with good friends. You enjoy the process of playing the game, but it's really fun when you become good at it. Winning in the game of sex means, he falls more deeply in love with you.

### ***Why Are Men And Women So Different?***

I once read an excellent explanation about why men and women have a difficult time understanding each other.

If you can imagine the brains of men and women having numerous rooms or compartments. There is a room for work, recreation, cooking, sex, romance, watching television, conversation, taking care of the kids, love... etc. When someone is at work, they are in the work compartment; their thoughts at that time are focused mostly on work. When they go home, they enter a new room and their thoughts and moods become different.



When a man enters one of his rooms, he can close the door and shut everything else out, even love. He has doors on all of his rooms. A woman, however, has no separate room for love. Love permeates all of her rooms and none of them has doors. A man, who has argued with his partner before work, can arrive at work, enter his work room, and close the door; his performance will be unaffected by the argument. It is different for the woman. She fumes all day, has trouble concentrating and when she gets home at night, is ready to go at it again. He comes home and wants his hello kiss and she thinks, "You have got to be kidding. Don't you even think about putting those disgusting lips on me."

It's called compartmentalizing; men are born with this trait while women are not (generally speaking). How will knowing this help you in your relationship? As a woman, you can be aware that if he is inattentive or distant, he may be in a different room with the door shut (particularly right after work). If you want to spend quality time with him, you will need to get him into his love compartment. How can you do this? You could give him some alone time to unwind and solve whatever issue he is thinking about, or ask him what's on his mind and talk about it with him. However, if you happen to be in a hurry and want him in his love compartment in less than five seconds, you can use his love button. You don't even have to go all the way with a hand job or oral sex. Just reach over, grab his button and say something like, "Guess what I want to do tonight? I've been thinking about it all day long. I hope you are in the mood." Believe it or not, that's all

it takes for a compartmental relocation. Trust me gals (is that word sexist?)... I say again, you have no idea about the power you possess. You can “jerk” us into our love room faster than a minnow can swim across a dipper.

This ability of men to shut their feelings down may be built into their genetics over the centuries as a survival device. When he was out hunting for food for his family, his success depended on his ability to shut down his feelings and totally focus on that Saber Tooth tiger lurking behind a tree waiting to pounce. Women understand this on a subconscious level because there is nothing sexier to a woman than a fearless man, because she knows that she can depend on him when things get tough. The other side to this double-edged sword is that if he can shut fear down he can also shut down his love for you if he reaches a point of discouragement. This is the irreversible emotional disconnection I talked about earlier.

## Chapter 4 – Being in Love Is A Journey Not A Destination

### *The Truth About Love*

I make a number of profound points in this book (in my opinion), however, the following is the profoundest (I also coin many new words).

Our desire as human beings is to feel love as much as we can and as intensely as we can. Your goal as a woman is to make him feel loved and appreciated all day long and not just at nine-thirty after the news when you are in bed. So how do you do that? You take him from apprehension to anticipation, which will transform sex from a destination to a journey.

**The destination scenario:** He arrives at work one morning and the thought comes to him that he would like to make love to you that night. He hopes to get one of those long, slow oral sex sessions but is a little **apprehensive** because he knows it depends on your mood. Being a man, he starts making plans. He calls you a couple of times during the day just to say he loves you. He knows how much you like that. He doesn't dare mention anything about his evening desires because he doesn't want you to be on to him. He considers picking up some flowers on the way home but decides that would be too obvious. Something a little less obvious might be to repair that chair you have been asking him to take care of for a couple of weeks. He knows for sure he's going to sit down with

you and listen to you telling him about your day. He read somewhere how much women like that.

After he gets home, he is extra attentive but he doesn't go overboard. He knows he has to be very careful not to tilt his hand. Then it's nine-thirty... the moment arrives. His **apprehension** has peaked as he turns the television off and you both head to bedroom. If he gets his desire, he is happy with himself for having accomplished his goal successfully. If he doesn't, he's angry and frustrated because he has spent all day planning and conniving, and he has failed.

And women think they are the chief manipulators.

**The journey scenario:** He arrives at work one morning and the thought comes to him that he would like to make love to you that night. He immediately becomes excited with **anticipation**. He knows that he is going to have a wonderful time tonight and starts to feel love and appreciation for you. He calls you a couple of times during the day because he's thinking about you and likes the sound of your voice. He'll probably tell you a joke he heard at work just to make you laugh. Every time he thinks about you, he feels warm and fuzzy inside because he knows how lucky he is to have a woman like you. There is no doubt in his mind that when he tells you he wants to make love that your face will light up. The only thing he doesn't know is what will happen after that, however, he knows it will be fun. He stops at a florist (not a grocery store) on the way home, buys you a single long stem rose, and writes on the

card, “You sure look hot today.” He does this because you always look hot to him and he wanted to let you know (again). After dinner as you sit and talk, he listens intently; you can tell he enjoys your company. You know you are an important part of his life. You don’t even turn the television on. You both slip into bed at nine and spend the next hour continuing the love journey... a journey that never ends.

When he is uncertain of your desire to please him, he views sex as a goal or destination that he has to accomplish. When he knows you are his, then sex becomes part of the love journey. It’s the part of the journey where he gets to experience your appreciation. Most men experience the destination scenario so often, they are not even aware of it. The journey scenario could happen to anyone reading this book. You should try to make sex a “non-issue” in your relationship; this will make sex part of the journey and not a destination. I’ll explain this in more detail a little later in this chapter.

Side Note: There will be occasions when you do not want to make love. If these are rare he will understand because you have shown your appreciation for him so often in the past he will not take it personal.

***It's Not About What You Do, It's How You Feel  
When You Are Doing It***

*“When he gives her a rose, she sees the rose and appreciates it, but more importantly, she perceives his feelings as he places it in her hand. That means more to her than a million roses.”*

So far, I have been writing mostly about how to make him fall more deeply in love with you. This is only a fringe benefit that comes from accomplishing your real objective. **Your real objective is to reflect back to him his worthiness to be loved.**

If you grasp this concept, it will change your relationship. If you approach sexually satisfying your man with an attitude of making him fall more deeply in love, you will have great success; however, you will have even greater success if you approach it with an attitude of enjoying yourself and feeling love for him. He will receive that love as appreciation. Thoughts have vibrational frequencies; they create feelings that others can perceive. When you please him, if you focus intently on how much you are enjoying the experience, he will perceive these feelings. When your goal is to enjoy yourself with no expectations of receiving anything in return, your rewards will be immense. He will naturally be elevated to an attitude of self-love and that love will scream to be expressed.

### ***The Finest Line Of All***

Here is the finest line of all (this may seem contradictory to everything I have written so far): **It is not your job to make another person happy.** The last thing you want is another person being dependent on you for their happiness, as then you will always be required to do what they want you to do. **It is your job to make yourself happy.**

**WARNING:** Do not overlook or minimize the main theme of this book. The concepts you discover and use from *The Love Button* **must be about you** and your desire to experience love and appreciation within your own self. If your dominate motive is to change him, it will eventually back fire and send you down a pathway that will not be in your best interest. His attitude and actions towards you will naturally change when he loves and appreciates himself due to your influence.

You make **yourself** happy by expressing your love for him. You cannot control what another person does or thinks. You can only control what you do and think. You, however, can influence another person's thoughts by the way you think about them and treat them. Influence is your goal, not control.

Another benefit you will most likely experience is sexual liberation. Sexual liberation does not come from having a lot of sex with many men. It is the results of you enjoying the sexual adventure for your own pleasure.

Should you "accommodate" him when you are not in the mood? An occasional hand job, oral sex, or even a quickie when you don't feel like it, is okay as long as it does not become the norm. This is the equivalent of him running to the store to buy you a carton of milk when he is right in the middle of watching a football game. He really doesn't want to go, but he probably will just to please you. That's what people who care for each other do from time to time.

### ***He Should Love Me For Who I Am, Not Because I Satisfy Him Sexually***

This is what I call the "Cinderella syndrome," or the "and they lived happily ever after syndrome." I once dated a woman (for a very short period of time) that said she wanted a man who would treat her like a princess. I asked her what she would do to deserve that type of treatment. She was insulted and said she wanted him to love her for who she was. Now that is a fairy tale. It is true that you shouldn't have to earn somebody's love, but for that existing love to grow and flourish, it has to be reciprocated and expressed and words are not enough. It takes action.

Can you imagine a couple sitting around their living room saying to each other, "I love you... I love you, too... I love you a lot... I love you a lot, too... I love you with all my heart... I love you with all my heart, too..." I think everyone can agree that is not the building blocks for a lifetime of fun and passion.



## ***Unconditional Love***

Unconditional love is a misunderstood term. I believe that we should all strive to have unconditional love. You should love everyone that you pass in the mall. You should have feelings of love for everybody in the world because we are love. Our primary goal in life should be to conquer our negative thoughts about everything and everyone, and walk in unconditional love.

To expect unconditional love in a relationship is not logical. One of the best ways to see the false logic of a statement is to extend the logic to an exaggerated point so that the absurdity becomes obvious. For example, if someone says they want their man to love them unconditionally, does that mean they expect him to love them even if they sit on the sofa all day long, watching television, reading romance novels, not ever cleaning or cooking, never having sex, eating junk food, and getting fat? If you say, "Of course not," then you have just admitted that your actions matter when it comes to receiving his love.

Now that we have proven it takes actions and not just words, the only question becomes what actions best fulfill your desire for him to know how much you care. Bake him a cake, massage his shoulders, give him a nice romantic card, hold his hand, call him at work, talk to and listen to him attentively, or **GIVE HIM ORAL SEX**. All these are ways that you can let him know you care but one stands out above all the rest.

If your attitude is, “Well, if all the nice things I do for him are not enough, then screw him.” To which I would respond, good idea.

By using the knowledge in this book, you can set your man free. Free to act like a man, which is exactly what most women want men to do. You want a man that is a rock. A man that can help you when you need help; a man that can help lead you towards what you want in life; a man that does not bully or threaten you but is always there for you, available and strong. If you start acting stupid, you want him to stand up to you and let you know what he thinks. Before he can truly be free to be who he is, he needs to be certain that he will not lose your respect, love, and sexual attention. If you want him to act like a man, he has to feel like a man. The question you should ask yourself is: “Do you want your man to be a man because of you or in spite of you?”

It should be very sobering to realize how much your sexuality influences how he treats you. There are often things he would like to say or do but he doesn’t want to anger you for fear that he might not have sex that day. His not doing or saying certain things so you won’t get upset is not necessarily a bad thing for him to do, but his motivation should not be a fear of not getting laid. He should treat you like a princess and endeavor to please you every chance he gets because he adores you and is grateful that you love him so much. Remember, it’s not what he does that matters; it’s what he is thinking when he does it that matters. Wouldn’t you like to know that he cancelled his fishing trip with his buddies to help you wallpaper the house because he enjoys doing projects

around the house with you, rather than being afraid you won't give him great sex if he spends time with his friends?

Wouldn't it be nice if you always knew everything he did for you was because pleasing you makes him happy? Let me clue you in to a little secret. He feels the same way. He would love to know that he could do whatever he wanted without fear of losing your sexual attention. If you gave him that freedom, he would be so attracted to you that he would want to be with you so much that you would beg him to go fishing so you could have some alone time.

### ***Foreplay For Love***

Foreplay is all about activating and intensifying feelings of love. Men can reach a state of love in a matter of seconds when you use their love button. I know, it doesn't seem fair but it's true. I once knew a man who was in a relationship with a woman who would give him oral sex anytime he wanted and for as long as he wanted. She would start every love session by giving him oral sex. When I say every love making session, I mean *every single one*. She would kiss him one time and down she would go; she would not stop until he stopped her. He was instantly in a state of love and appreciation.

You might ask, "What about variety? Won't doing the same thing every time get old to him?" What most women don't know is that when you and your man start a love making session, there are usually two things that are paramount on his mind. When is she

going to give me oral sex and how long is it going to last? Have you ever sensed this coming from him during foreplay? Apparently, this woman decided she would get those two concerns out of the way up front. This modus operandi will let you know that when he is touching you and pleasing you that his motive is not to get you worked up so you'll give him wonderful oral sex. His motive will be one of pure love and appreciation.

Do I recommend you do this every time? Maybe not every time, if you don't want to. Sometimes or most of the time would make him a happy man. Don't make a big deal out of oral sex. All you are doing is saying, "I love you and desire to please myself using your body for a few minutes." He will feel your strong desire to express your appreciation and it will cause his feeling of love to intensify. Wouldn't that be a wonderful way to start a love making experience?

Of course, women are different from men concerning foreplay. To a man that understands a woman's sexuality, there is nothing more pleasurable than opening up a woman's sexual desires for him. Slowly and erotically, with gentle touches and words of passion and love. The oral sex first is just a fun toy you can use occasionally to spice things up. He'll love it.

**When you start giving him oral sex, when should you stop?** This is another very important issue that could have a huge impact on your relationship. It's not easy for your man to enjoy you going down on him if he is concerned that you will stop any moment.

Usually, he is thinking, “Don’t stop, don’t stop, don’t stop, please don’t stop.” If you stop when he is in the middle of a powerful emotional high, it will be like pouring cold water on him. He will experience disappointment and maybe even sometimes a little anger.

**Always let him stop you.** If he takes advantage and allows you to continue for thirty minutes every time, then you should have a conversation. Most men will not allow the oral sex to continue for too long unless you both understand that you are bringing him to orgasm. They will be so overwhelmingly appreciative that they will stop you after a short period of time so they can express what they are feeling. Sometimes it will only be a minute or two, because, as I said earlier, men can feel tremendous love and appreciation in only a few seconds when you use their love button.

When he stops you while you during the process, it could mean one of two things. He desires to express what he is feeling or he could be concerned that you are doing it only to please him and he is feeling a little guilty. So how do you handle that situation? When he stops you and you want to continue, then you give him a quick peck on the lips and go back down on him. That would send a message to him that would go to the very core of his being. Most men could not even imagine what that would feel like. To stop your lover from giving you oral sex and she says, “No, I’m not ready to stop yet.” Wow!!

In this situation, it will be OK for you to stop when you want to because he would never not stop you twice for fear that you might think he's not enjoying it. Of course, this is a technique that you would want to rarely use. Only when you are in a strong connected emotional zone and want to continue or when you feel he is stopping you because of guilt. Use your female intuition to let you know when the time is right.

If he knows that he can enjoy it more later on in the session, he won't be reluctant to stop you. If your man thinks one oral sex adventure is all he gets per love making session, he will try to make the most of it. If he knows that at any time you will be delighted to give him oral sex again, he won't be hesitant to stop you (**Don't miss the importance of that statement**). The most exciting part of oral sex for a man is when you initially take him into your mouth. It gives him a tremendous feeling of acceptance. He would enjoy experiencing that sensation several times in one evening. If you allow him to be in control of when and for how long, his attitude will shift from apprehension to appreciation. You are allowing him to be in control of his own pleasure. Please don't take this out of context. Of course, you have your desires, too. If he wants you to give him oral sex too many times and for too long, you have to address this issue in an "out of the bed" conversation, just don't be afraid to experiment and make adjustments that are pleasing for both of you.

Another thing that many men like to do **occasionally** is to put their hands on your head when you are going down on them. This turns

some women off and they will move his hands. If this bothers you, then you should ask yourself “why”. If he enjoys it why not let him do it? This is a very erotic thing for most men because it creates an additional connection. Sometimes he will just want to gently place his hands on your hair and follow your rhythm. Other times he may want to hold you more firmly so he can control the pace and angle. Most men will want to hold your head for only brief periods of time. Ninety-nine percent of the time they want to lie back and enjoy this wonderful gift you are giving them and experiencing the overwhelming feelings of love and appreciation.

### ***How To Make It No Big Deal***

When you adjust your attitude so that pleasing your man with oral sex and hand jobs is no big deal, you’ll be on your way to a lifetime of love and fun. Here are three examples of making hand jobs and oral sex no big deal.

“Honey, would you like to turn the television off for a few minutes and get a hand job?” What he hears is, “Honey, I was just sitting here thinking about you and how much I’d like to feel your penis in my hands.”

Again, while sitting on the sofa watching television, “Honey, I’d love to have some chocolate ice cream. If you’ll go to the grocery store and get me some, I’ll give you a great blow job.” Men love that stuff. He will not think you are controlling him, he will know you are flirting, and he will find it very sexy. He’ll smile and think about what a lucky man he is all the way to the store and back.

Crawl into bed one night and tell him you are going to give him nice, slow oral sex or a hand job to completion, and then let him go to sleep. This will be an incredible experience for him.

### ***For Crying Out Loud... Just Grab It***

If this blunt talk about his penis is turning you off, you need to adjust your attitude. It is a love button. You don't need a holiday or an occasion to push it or pull it. If you catch him in the shower, just reach in and grab it for a few seconds and say, "I'm going to have my way with this thing later on tonight." Do you really think something like that would be detrimental to your relationship? Oh contraire. He'll start taking ten showers a day waiting for that hand to appear out of nowhere. Be bold and creative.

### ***Make Sex A Non-Issue In Your Relationship***

Another word for issue would be a concern, and your goal as a woman is to make great sex a way of life for you and your man. The only way to do this is to make it a given, which means he must know that he "owns" your body. That doesn't mean you do anything he wants you to do. It means you adopt an attitude and desire that lets him know that you are sexually his. The benefit to you will be that you'll never have to doubt his motives when he expresses his love for you. You'll know he won't be "sucking up" to you just to get laid. As I said earlier, it is demeaning to a man in a relationship who feels he **has** to come up with ways to make you feel good about him, so you'll have sex. Make sex a non-issue and



he'll fall more deeply in love with you; coming up with ways to make you feel good about him will become a priority in his life.

There may be certain things that he desires to do in bed that you cannot accept. If you are not able to adjust your attitude then this will be a problem that you'll need to work through together. Don't just put your foot down. Discuss it openly and honestly and he will probably be more than willing to compromise because of all the other wonderful things you do.

I briefly mentioned this earlier but would like to reiterate this point: Women prefer not to be the aggressor in a relationship and most men prefer this also. This is ironic when you realize that most women are attracted to men who can take them or leave them. They like a man that they have to aggressively pursue. Unfortunately, after they get him, this aggressive nature tends to change. Many men (even in long-term relationships) have learned to act like they don't care so they won't be perceived as needy. So, here he is, acting like he doesn't care and here you are wondering why he doesn't care. What you really want is for your man to desire you so strongly that every once in a while he comes home from work, "slams" you down on the bed and says, "I have been thinking about f\*\*\*ing you all day long and that's exactly what I am about to do." He would probably have the confidence to do this from time to time if he knew you had strong desires for him sexually. This is what I was talking about earlier when I said the knowledge in *The Love Button* can give your man the confidence to act like a man.

### ***Everybody Loves Raymond Except Debra***

Television is horrible when it comes to portraying relationships. In my opinion, the worst show is *Everybody Loves Raymond*. Raymond always has to beg Debra for sexual attention, yet the show depicts their relationship as loving and Debra as being in love with her husband. The show is indeed funny but to most men, it is painful to watch.

Granted it is just a television show and their behaviors are exaggerated, but there is a good possibility that your relationship might be similar. Your man does not want to live in constant angst concerning sex. This would not be fun for him or you.

### ***Why Do Men Marry?***

Sometimes women believe that if they become sexually available to their man, he will get lazy and not pursue them with gifts, favors, attention etc. Nothing could be further from the truth for most men. It is true that men thrive from challenges but pursuing sex is not a gratifying challenge. If it were, then why would he ever get married? He would stay single and try to have sex with as many women as possible. In a relationship, a man should never feel he has to earn your sexual attention.

Once he understands your “new” nature, he will most likely make coming up with ways to express his desire for you a challenge. His motivation will become the feelings that he will experience by making you happy to be with him. Men are different from women in a lot of ways, but loving someone and wanting to be loved by

someone is not one of those ways. They are on a lifetime search for someone who appreciates them and understands how to express that appreciation. This is why he married you or will some day. He's not with you for the sex, he's with you to experience love. Most men discover early in life that sex is hollow without feelings. As a woman, you may think it's not fair that you need to reach down inside him and tap into those feelings, but that may be the way it is. I believe most women understand this and are willing to do what it takes if they only know how.

Women control the most important thing in a man's life. Before a man marries, he has some control of his sex life because he has choices. It is a scary thing to a man to give this control up to just one woman, but his desire to be loved and appreciated is so strong that he makes this decision and hopes he has made the right choice. If he has made the correct choice, he can live his life in freedom. Freedom to express his undying loyalty, freedom to love on a deep level, freedom to trust, freedom to give selflessly and freedom to feel and act like a man. A man does not need a woman to have a joyful life but having a wonderful woman to share all the richness life has to offer is the ultimate happiness. The right woman can be a powerful motivator for him and the wrong woman can be an obstacle he has to overcome.

### ***Good News About Not Being In The Mood***

I'm about to share with you some great news about not being in the mood, but first let's look at some reasons you might not want to make love.

If you are frequently not in the mood then it could be you haven't taught your man how to rock your boat. If you had an explosive orgasm that blew the top of your head off every time you had sex, you would frequently be in the mood. There is a lot of good information in the books and programs I recommended that can help him understand the female sexuality.

If you spend all day criticizing him in your mind, you won't be in the mood. If you spend all day thinking about what a wonderful man he is and how you can't wait to touch him, chances are that is exactly what you will want to do when you see him walk through the door. Of course, there are going to be times when you just don't feel like it, but those times should be rare. Everything is attitude, and attitude is all about deciding to control your thoughts and emotions.

Often women are not in the mood because they are tired or emotionally drained. They would like to express their love but the thought of the "production" turns them off so they invented the excruciatingly painful term: "cuddle." (The Production is explained below).

Being in the mood is highly overrated. If you wait until he is in the mood, you are in the mood, the kids are in bed, the house is clean, you are not tired, he is not tired, etc, you might be having sex only once a month. Mark at least two Xs on the calendar per week and make a commitment to a long slow love making session on those two days. You will both spend the other five days in anticipation. You can give him oral sex and hand jobs on some of the no sex days. When you realize that you are expressing your appreciation, why would you not want to do this often?

Nothing puts a glint in a man's eyes and a confidence in his step like sexual satisfaction. Almost all men can recognize this in another man and they know it is usually because of his woman. They may even experience a little jealously.

### ***The Production***

What I'm about to share with you is probably the greatest knowledge you can possess when you are not in the mood. The average woman does not want to have sex as often as the average man. So how do you solve this dilemma? It's simpler than you think.

Often, women avoid sex because it usually turns into a forty-five minute production, and they may be too tired or emotionally drained. They know they either have to have an orgasm or fake one so he won't feel inadequate. When you find yourself in this situation, then why not give him a quick hand job and both of you go to sleep happy. He's happy because you just told him that you

appreciate him, and you are happy because he fell more deeply in love with you and it didn't take forty-five minutes. The production is indeed the most wonderful experience in lovemaking but sometimes he goes through it because he thinks you expect it and he wants to please you. If he knew it would please you to occasionally give him oral sex, a hand job, or a quickie and go to sleep without having to perform, it would make him just as happy as the production.

If something didn't just jump for joy inside you then I don't think you fully understand what this little bit of knowledge can mean to your relationship. Most women would find this hard to believe because it sounds too good to be true. To be able to express your deep love and appreciation for him by simply moving your hand up and down for a few minutes? How powerful is that? As you doze off to sleep, if you quickly open your eyes, you'll probably catch him looking at you grinning like the Cheshire cat in *Alice in Wonderland*.

Now you see why I call it the love button.

### ***What Does A Passionate, Loving Relationship Look Like?***

When you understand and practice the knowledge in this book, you will be astonished at the changes in him and his attitude towards you. You may not experience the scenario exactly as outlined below, but wonderful things will begin to happen.

Here's one example of what a passionate and loving long-term relationship might look like:

When he opens his eyes in the morning, he looks over at you while you still sleep, and he smiles as he thinks about how lucky he is to have someone like you with whom to share his life. It's Thursday, and he's excited about the coming weekend.

Immediately, he begins to think about things he can do for you. He makes the coffee, gets your newspaper, cleans the kitchen, prepares breakfast... all for you.

The first time he sees you in the morning, he gives you a long, slow hug that makes you feel desired and secure.

During your breakfast conversation, he listens attentively.

During the day, he calls at least two times just to talk and to let you know he's thinking about you.

On the way home from work, he stops of and buys a bouquet of flowers to put on the kitchen counter. On the note he writes, "Missed you today."

When he gets home, he immediately gives you another long, slow hug. He makes your favorite adult beverage and you both go outside to sit and talk about your day. He is interested in everything you say and also shares his day with you.

After dinner, you go outside again and talk about your plans to spend the weekend away at the beach.

On Friday after work you start your two-hour trip to the beach. He inserts one of the CDs he bought for your birthday; you spend most of the drive talking to each other.

After a while, you turn the radio and the CD player off and just sit in silence. Out of the blue he says, “Do you know why women have sex with their eyes closed? Because they can’t stand seeing a man have a good time.” He cracks you up. That’s one of the reasons you love him so much... he can always make you laugh and he works hard to do so.

When you arrive at the hotel, you immediately shower together and then settle in for a nice, long lovemaking session. It is wonderful.

You then get dressed and head for the beach. As you sit at the outdoor bar talking, he receives a text and begins to respond to it. As he does, you turn your head towards the ocean and look at the beautiful water. You close your eyes and enjoy the feeling of the ocean breeze blowing across your face and hair. You feel calm, peaceful, and content.

As he finishes his text, he looks over at you and senses your mood. He sits quietly for a brief moment looking at you, and then reaches over and puts his hand around yours. You just smile and don’t even open your eyes. The little smile that comes across your face



is because you were just thinking about how nice it would be if he were to hold your hand. He read your mind. He does that a lot. You also smiled because you were feeling gratitude for your best friend back home. She's the one that changed your life when she gave you a copy of... *The Love Button*.

Of course, most women would want this type of relationship and are looking for a man like the one described. Isn't it exciting to know that if you are in a loving relationship with someone with whom you have chemistry that you can turn your life into the one described above, or at least improve it dramatically so that it will be fulfilling and fun forever?

### ***Be Patient***

Be patient. Although attitudes can change quickly, they can also be slow to change. It depends on where he is emotionally. You may see a difference in one day or it could take months. He may have a trust issue and will assume the mindset so many people do when good things start happening to them. He may see it as being "too good to be true" and expect it to end any day. Many people have lost many wonderful things because they felt it was "too good to be true." He knows that if he opens himself up and allows you in and you stop, it will hurt him.

You may not see changes for a while but when you have convinced him that this new person is who you have become, the feelings for you that he has buried for years will begin to surface. So many people don't fall deeply in love because they are afraid that love

will someday go away. You have to convince him that your new behavior and attitude is who you have become and is here to stay. The only way you can do that is to show him that he is worthy of these good things, and the way you do that is with your attitude and actions.

When you begin to implement these principles in your relationship, your mind set should be: “This is going to be fun.” This will shift the focus from him to you. When you decide (and it is a decision) to have fun with this new knowledge, he will sense this; he will desire to know how he can maintain the wonderful feelings he is experiencing for you.

Once he is convinced that he deserves the love of another person, he will not be dependent on you for his happiness and that will set you free. There is nothing more beautiful than a man and a woman in love with each other because they choose to be. Each knowing that their happiness comes from within and that the other person is there to reflect their love of self back to them.

If he is a good man with whom you feel you could enjoy spending the rest of your life with then “pull the stops.” Know that everything you are reading in this book is true of most men and probably true of yours. As Yoda said to Luke Skywalker, “You have the power that comes from knowing you are right.”

Worst case scenario, he’s one of the few who won’t respond and will take advantage of your giving, in which case you may soon want to move on, having acquired the skills and mindset that will

bring a wonderful man into your life. Best-case scenario, he will connect with his inner being of pure love and express it to you daily.

### ***Never Criticize Him!!***

Let me rephrase that: never, never, never criticize him, out loud or in your mind. If he's not the one for you, then do something about it. If you feel he could be the one, your only hope to create the relationship you desire is to never say or think anything negative about him. Is this possible? Of course not, but it should be a daily goal. Thoughts often pop into your head from nowhere and sometimes he can really anger you. When you do think a negative thought about him, recognize how destructive it can be if you dwell on it. Just let it go and think something positive. The longer you dwell on a negative thought the more it will affect your life. You control your thoughts, and your thoughts control your life. The more you practice this, the better you will get at it.

This doesn't mean you should not sit down and have a conversation about something he is doing or not doing that is bothering you. That's communication and is essential for a relationship to flourish. What I'm referring to is something like, "What a thoughtless jerk. He left his clothes on the floor again. He has no respect for me and treats me like a maid." If you don't want him to leave his clothes on the floor, have a civil conversation with him. If you are practicing the advice offered in this book, he'll also pick up your clothes.

I know you may not believe this, but men don't take criticism very well. Okay... okay... stop laughing. I know every woman knows this and has experienced it, but I'm not so sure women really understand it. When you get mad at a man because of something he did or said and start an argument, he often (almost always) sees it as rejection of him as a person. His first instinct is to physically remove himself from the source of the pain, and that would be you. This is usually manifested by his leaving and slamming of the door. Most women see disagreements as being a normal part of a relationship, as it highlights that something needs to be fixed. Often the source of discontent for a woman is not feeling cared for or loved and she expresses these feelings through anger.

Men will separate themselves emotionally from you in order to not see themselves as a failure at doing what they take a lot of pride in doing... pleasing you. When you criticize a man by saying, "You treat me like your maid," he hears, "I don't like you." If he repeatedly hears: "I don't like you," pretty soon, he may begin to believe it.

We are all familiar with the pro and con technique for making a decision. It involves drawing a line down the middle of a sheet of paper. At the top of the page on one side of the line, you write pro and on the other side you write con. You then list the pros and cons and make your decision based on the differences in the two columns. When you criticize your man, in his mind you are writing something on the con side of his sheet of paper. He separates himself immediately (mentally or physically) from the situation

and begins to focus on the pro side of his paper. “I work sixty hours a week so we can have a beautiful home and food to eat. I keep the lawn beautifully manicured. I took her out to eat seven times last month. I sent her a dozen red roses at work. I keep her car clean and serviced. I moved the furniture around three times last Saturday. We just returned from a two-week vacation... and I leave one dirty shirt on the floor and she treats me like that? I sure would like to be with someone that appreciates me.” Sometimes I exaggerate examples to make my point, but this is **exactly** what goes through his mind. Which means you may think your criticism is justified, but trust me, it is like a tree falling in the forest and he is not there to hear it.

If he does something that irritates you, it would behoove you to look immediately for something in his pro column. Let me give you an example of a wife who understands this concept:

A woman’s husband is on vacation but she is not. They decide to keep their four year old daughter out of day care for his week of vacation. The wife arrives home from a hard, ten-hour day at work and is exhausted and looking forward to relaxing and enjoying a delicious dinner. As she walks through the door she can’t believe her eyes. The house is a mess. The breakfast dishes are sitting on the kitchen counter, clothes are piled high in the laundry room, and the bed is not made. There are toys all over the living room floor.

She looks out the kitchen window and there he is, outside sitting in the sandbox with their daughter. She immediately slides the back patio door open and walks straight up to him. She sits down on the edge of the sand box, gives him a quick peck on the lips, and says, “I was just watching you from the kitchen window, and I felt so much appreciation and love for you because you are such a good father. The way you spend time playing with our daughter and showing her how much she is loved is a wonderful thing. I sure am glad I married you. I love you so much. Let me go change and order a pizza, and we’ll sit outside and eat. Something happened at work today I’d like to tell you about.”

That’s how it’s done. What about the messy house? Chances are he just didn’t want to clean house that day. Chances are he’s not lazy but just woke up and said to hell with it, I’m going to spend time with my daughter. Who knows... who cares? Does that mean that nothing else matters? Of course not. No one wants to live in a messy house. All I’m saying is that most of the things we criticize each other about are petty and temporary. If you are with someone who has bad habits that you can’t live with, talk about it. If he won’t change, then it is your decision to live with it happily or leave. Life’s all about loving yourself, loving others, and making choices that make you happy.

### ***Bottom Line***

After reading the Preface and the first four chapters, how do you feel right now? You have just been exposed to the truth about

something that so many women have wondered about all of their lives. You have just been given the keys to a happy relationship and now you realize how easy and fun it can be to create it. The only two things standing in your way are desire and attitude. Desire for a loving and passionate relationship, and a willingness to change the way you think about him.

Do you love him? Do you want him to understand how much you love him? Do you want him to express his love and appreciation to you? If the answer to these three questions is yes, then it is important that you realize how to express your sexuality.

I made the statement earlier that most women do not know how powerful they are when it comes to influencing their man. You now realize the power you have and how to use it to your advantage.

## Chapter 5 - The Key To Everything

The key to everything is your dominant thoughts which shape your attitude. You can do everything this book suggest, but if your dominant thoughts about him are not of appreciation and love, then you will never close the gap. You achieve this with focus and practice. In this chapter, I will show you a simple process that will make changing your thought habits easy.

Take a few minutes every day (preferably in the morning) to sit down at your computer or with a pen and paper. Close your eyes and feel general appreciation for him. As these feelings begin to fill your mind, shift your thoughts to specific things he has done that have made you feel loved. Write or type these specific examples and describe how they made you feel. Focus on the feelings as long as you can and as long as it flows easily. I have a list of words below that you can refer to that will help you define a specific personality trait you appreciate about him or to express how something he did made you feel.

Accepting	Affectionate	Alive	Appreciative
Bold	Bright	Calm	Certain
Cheerful	Clever	Confident	Considerate
Content	Curious	Daring	Delightful
Determined	Devoted	Eager	Earnest
Encouraging	Energetic	Enthusiastic	Excited
Festive	Fortunate	Free	Frisky
Glad	Good	Grateful	Happy



Hardy	Hopeful	Impulsive	Inquisitive
Inspired	Intent	Interesting	Intriguing
Joyous	Jubilant	Keen	Kind
Liberated	Loving	Lucky	Optimistic
Passionate	Peaceful	Playful	Pleased
Positive	Provocative	Quiet	Reassuring
Receptive	Relaxed	Reliable	Satisfied
Secure	Sensitive	Serene	Spirited
Strong	Sure	Tenacious	Tender
Thankful	Thrilled	Unique	Understanding

Here is an example of something you might write down: “The other day he gave me a peck on the lips as he left for work. A few seconds later he returned, walked up to me and gave me a ten-second hug. He then looked into my eyes and said, “I love you” and left again. It made me feel loved and secure to know that he missed me when he left and came back to let me know. He is a very loving man and I’m glad to have him in my life.”

Here is another example. “When we left our house to go out to dinner last Friday night he opened my car door. I could feel his respect for me. I enjoy all the little things he does to let me know I am an important part of his life.”

It will have an unbelievably positive effect on your relationship if you stop criticizing him and begin to continuously look for and focus on the things about him that you appreciate. That’s how you

change your dominate thoughts, which in turn will change your overall attitude.

It doesn't have to be anything monumental. You can express your gratitude for him taking the garbage to the curb every Thursday or how much you enjoy his clever sense of humor. Dominant thoughts will not be created by the specific actions you think about; rather, it's through experiencing the emotions that accompany the thoughts.

Here is a story about a friend of mine that illustrates this truth. Her husband was lazy (in her opinion) and inconsiderate. He never helped her around the house and almost totally ignored her. When she brought up these issues, he became angry and refused to listen to her. She was on the verge of divorce.

At her church one Sunday, her minister mentioned a women's retreat concerning relationship improvement. She signed up, even though she knew it probably wouldn't be of any benefit since her husband was not allowed to attend, and even if he was, she knew he wouldn't. What could she possible learn that would affect him?

At this retreat, she learned about the power of appreciation and decided to try it. She stopped criticizing him verbally or in her mind; no matter what he did or didn't do, she began to look for things that she appreciated about him. She also thought about how blessed she was to have him in her life. He was a good father and provider, allowing her to be a stay-at-home mom. She was

amazed at how many things she had to be grateful for once she started focusing on appreciation.

It changed their relationship. Hearing this woman talk about what a wonderful, thoughtful husband she has would bring tears to your eyes. To this day, he still doesn't know what happened. All he knows is that he woke up one morning and his wife's happiness was important to him. Not only does he help around the house, he does everything he can to let her know how much he cares for her. They now have a close, loving relationship, and he considers himself a very lucky man.

Folks, this is powerful stuff. This woman did not have the knowledge contained in this book. She changed herself by focusing on appreciation and it influenced him. I don't know if her new attitude was also expressed in the bedroom, but chances are it was. Your attitude is who you are - no matter where you are or who you are with.

## **Conclusion**

Why write an entire book on a subject about which every woman on the face of the planet is aware? There is a difference between knowing or being aware of something and understanding it on such a deep level that it becomes a part of who you are. *The Love Button* is a very serious book written in a lighthearted manner. Divorce is serious, affairs are serious and loneliness (in or not in a relationship) is not fun. This book will not solve all the issues in

your relationship but it will give you an advantage that you may not have had before. That advantage is knowing how to tell him how much you care.

While writing this book my strongest desire was that my readers not miss a wonderful life changing opportunity by taking certain ideas and concepts out of context. **The main intention of *The Love Button* is to make you aware of a doorway that could possible lead you into a room that contains many of your long forgotten dreams and desires.** There is a more to your man than sex. There is holding hands, intimate conversations, family reunions, birthday parties, dinner with friends, vacations, laughing at inside jokes, walks in the park, watching movies together, and the list goes on endlessly.

Sexual energy between a man and a woman is a very powerful energy. You can easily see this by looking at your everyday life and the history of humanity. It is the ultimate expression of love between a man and a woman. When this energy flows freely and is an expression of how you feel about yourself and him, it is even more powerful.

Yes, it takes two to tango. That's why I recommend you find books, CDs or DVDs to open his eyes to your desires. When his feelings of love and appreciation for you surface, he will desire to know how to express them in your "language."

*The Love Button* contains the secret the mother of the bride in the Wedding story at the beginning of this book was looking for.

“What can I do to once again experience the love I used to feel?”  
As I said earlier, all men are different; this may not have any effect on your man, but the chances are it will. Whether it does or not, always keep the mantra in mind: this is about you, not him. It is about you expressing your feelings to the person you love.

You now have an understanding about him that you probably did not have before. You can determine if what you have read is true by trying it for yourself or asking a male friend to read the book and get his opinion.

I recommend you finding out for yourself. What do you have to lose? Nothing. What do you have to gain? Everything, because, life is about loving and being loved. Everything else is about enriching our Love Experiences.

### ***Parting Words of Wisdom***

**Be Happy... Love Each Other... Have Fun**

## *The Beginning*