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*COLD PARTNER TO
SEX CRAVING LOVER*



JACK GRAVE'S

COLD PARTNER TO *Sex Craving Lover*

Exact Steps To Get Even The Coldest Of Partners
Desperately Craving And Begging For Sex

Introduction

So there you are, lying in bed next to your partner...

You're attracted to her, you're aroused and you want sex...

But she doesn't.

Perhaps she tells you she's too tired, perhaps she's got a headache, perhaps she's not feeling well...

You want to think it's OK, but this isn't the first time she's felt this way is it?

In fact, she seems to feel like this way a little too often.

You want sex, but she doesn't and you're beginning to get frustrated.

When you started out with her she wasn't like this...

So what's going on?

Well in this guide I'm going to reveal to you exactly why this situation happens to more men than you can imagine AND I'll show you exactly how you can reverse the situation, so instead of you asking her for sex, she's desperately craving it from you.

To achieve this you just need to understand and push the right buttons in a woman that activate her drive for sexual satisfaction.

In this guide I'm going to reveal exactly what these buttons are that produce an almost magical and magnetic desire in a woman for sex...

Let's get started.

Jack Grave

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Understanding What Makes Women Aroused

Experiencing your lover's desire for sex declining is a very strange and unique process.

At the beginning of a relationship it seems like she couldn't love sex more.

She wants it all the time and she enjoys having it.

But then, as your relationship develops, suddenly you start to have less and less of it.

You don't really notice it at first, but then one day you wake up and you find yourself wondering why you're having so little sex.

Perhaps you hear of friends talking about all the sex they're having, you see all the sex people have in TV programs and in the movies and you begin to wonder why on Earth you're not getting any sex.

Now when you reach this realization it can be easy to blame your partner.

She seems like the obvious one to blame.

After all it is her that doesn't want as much sex any more...

However, if you want to turn this situation around the first step you have to take is assuming full responsibility for the situation.

That might not seem like something you want to do or the perfect thing to hear right now.

Sure, I could tell you there's some magical text message you could send your partner that would instantly fix your entire relationship... but such a thing doesn't exist...

If you want to reignite the passion for sex in your partner you need to begin focusing on what YOU can do.

Because the answer doesn't lie in replacing your partner...

It lies in understanding exactly HOW to arouse a woman...

Because here's the deal...

What it takes to arouse a woman in a long-term relationship is VERY different to what it takes to arouse a woman at the start of a relationship.

At beginning of a relationship everything is so new and you're constantly discovering new things about your partner and you're both desperately trying to impress and please each other that it's a very unique situation...

Even if she doesn't feel like having sex a particular night at the start of the relationship she'll probably still end up having it out of a desire to make you happy...

And that isn't because she's more interested in pleasing you at the start of a relationship, it's more because she's afraid to reveal her full self before taking your relationship further.

It's often not until a woman is in a long-term relationship that she'll be prepared to say she's not really in the mood... an important thing to bear in mind.

Now what all this means is that you've really had it pretty easy at the start of your relationship...

For the first few weeks, months or even years getting her excited about sex would have been easy.

You still don't know each other especially well and the idea of sex is still exciting.

In fact, I actually read about a study a while back, the name of which now forgets me, which found that after being in a relationship for a certain period of time, like between 6-24 months couples' biochemistry actually changes...

And the psychology goes from being sex focused to relationship focused.

And if you take a moment to think back over how your relationship has developed it kind of makes sense, doesn't it?

The start of your relationship probably had a very different dynamic compared to what it's like now?

Well, failing to acknowledge and realize this difference is the first mistake guys make when it comes to getting their partners to want more sex.

Since the relationship dynamics are different you can't expect to have what used to work to get your lover aroused still work now that things have changed.

For 99% of guys really taking in this realizing is a huge game changer.

Understanding that a new approach is needed really changes everything.

Because before understanding this guys will keep doing the same thing over and over again trying to get their partner aroused because it always used to work, but then they get frustrated when nothing happens.

And the easy thing to do in this situation is blame their partner.

But really, blaming your partner doesn't fix the problem.

Even if she has changed, focusing on that isn't going to change how much sex you're getting...

It's only going to leave you disempowered and without the sex life you really want.

So, with this understood, how do you best approach your relationship now to get your lover desperately excited for sex?

Well, what you need to do is discover a woman's arousal triggers.

Every woman has certain things that trigger arousal within her.

These triggers are predictable, simple cause and effect, and once you understand them you can quite literally watch your lover become aroused in front of you.

This guide will reveal these triggers to you...

I'll show you specifically what to do so that in response your lover will become desperately excited about sex.

Now, what I'm about to share with you is counter-intuitive.

These things don't come naturally to most men, which is why most men in long term relationships aren't satisfied with the amount of sex they're getting.

They may be slightly uncomfortable to perform.

They may involve a little more effort than what you're used to...

But look at what I'm going to suggest to you as an investment...

An upfront cost which you pay so that later you can experience regular, exciting and passionate sexual desire from your partner.

An investment, which, if you're reading this, I think you'll be more than happy to make...

So let's discuss some arousal switches...

Thinking Strategically

So I know that title sounds a bit like some business term, but this is an important concept when it comes to arousing a long-term partner.

Most men think tactically when it comes to sex.

When they suddenly become aroused or when they finally get into bed after a long day, they immediately want sex.

And because they then want sex in that moment they try and use every technique, approach and method they can think of to try and get their partner wanting sex.

Unfortunately this is exactly what I mean by thinking tactically.

It involves thinking short-term and it isn't an effective approach.

Why?

Because this isn't how women work.

If you're trying to awaken a "cold" woman, someone who currently doesn't think much about or isn't that excited by sex, then it's not enough to suddenly out of nowhere create that arousal within her.

It's something you have to work on over time.

It's something you have to activate strategically through a series of actions spread out over time.

Here's an analogy that explains it well...

Say the New Year has just started, it's January and assuming you're not already in your peak physical condition, you want to get in the best shape of your life for summer...

You want to lose some fat, gain some muscle, whatever...

There are two ways you could go about it...

You could either be tactical or strategic...

If you were to be tactical you would keep doing what you were already doing that caused you to get to the current physical shape you're not happy with...

And then a few days or weeks before your summer vacation go on a crash diet and spend every day in the gym desperately trying to change how your body looks...

Or...

If you were to be strategic you would begin in January to gradually increase your time in the gym, start eating better because you know that to achieve what you want to achieve by summer the time you need to start is now.

It's fairly obvious which approach is going to be most successful at putting you in peak physical condition for your summer vacation, isn't it?

Obviously being strategic, thinking ahead and planning for your goal is going to significantly increase your chances of achieving what you want to achieve.

Well the same is true for triggering arousal in a woman and getting her to want sex.

You can't just be tactical, turn up 15 minutes before you want sex and expect a few smart arousal moves to turn her on fully.

Now don't get me wrong, there are some special techniques you can perform just before sex that are very effective at arousing a woman (covered later), but if the idea of sex isn't even on her radar and hasn't been for a long time, then their likelihood of working goes down significantly.

You need to start planning and acting in advance.

So what exactly do I mean by becoming strategic?

What are some ways you can act strategically to trigger your partner to want a lot more sex?

Let's get into it...

Mid-Day Foreplay

The time to start foreplay is not just immediately before you want sex...

The best time to start foreplay is during the day or even further in advance of when you actually plan to have sex.

And by foreplay I don't mean just touching, kissing or any other physical methods.

I mean stimulating her mind.

Before you begin stimulating her physically, stimulate her psychologically.

Get her thinking about sex.

A woman's mind is the most powerful tool you have for pleasuring her, because that's ultimately what determines her sexual satisfaction.

Women are a lot different to men in terms of how they experience sexual pleasure.

Us guys are very physical.

If a woman physically stimulates us the right way, it's pretty much guaranteed we'll orgasm unless we have a medical condition preventing it.

Women, however, are different.

If a woman isn't in the right frame of mind, you can do everything PERFECTLY, you can touch all the right areas, stimulate with the right speed and intensity... but it'll all result in nothing.

You may even have experienced this yourself before in bed with a woman...

When you're doing everything that previously gave her a lot of pleasure, but this time it seemed to do nothing.

Why does this happen?

Because women also NEED the psychological factors in place to enjoy sex.

To women physical and psychological pleasure are intertwined.

And the psychological comes BEFORE the physical.

Therefore, if right now your lover isn't that interested in sex, the first step to making her more interested is to arouse her psychologically.

And the best way to do that is to build her up over time.

Tease her.

Make her anticipate pleasure.

Make her wait.

And make her want it.

Think about it like a romantic novel...

If you've ever read one, which is something I recommend you do if you want to understand what really turns women on, you'll notice all the buildup and anticipation that leads up to a sexual encounter.

The women in these novels don't ever instantly have sex...

They describe the man in detail, they talk about how they feel, they explore their emotions in the buildup to what eventually becomes sex.

Once they're deeply infatuated with a man they may then be willing to have sex within minutes of seeing him, but that's only AFTER some kind of lust has been first created.

So you need to focus on developing that desire within your partner psychologically before you move on to focusing on physical techniques.

With that said, what are the practical action steps you can take to do this?

Here's a powerful place you can start...

Contact your lover during the day...

Perhaps while you're at work and away from your lover...

Send her a message you know she'll get...

This could be a text message, an e-mail, a voicemail or even a short phone call...

And in this message plant a seed of sexual desire.

Don't say anything extreme...

Don't say anything that will make her worry or feel pressured to have sex...

In fact, start by saying something that acknowledges her beauty and sexiness.

Tell her how sexy you thought she looked that morning...

And get specific...

Tell her how sexy you thought her ass looked in the dress she wore...

Or tell her how you liked the look of her cleavage...

Or describe how you loved how her curves looked today...

Or tell her how great she smelt...

Whatever it is, figure out something you really appreciate about her, or COULD appreciate about her if you tried and focus in on and expand it.

Identify what you think is sexy about her and tell her.

If she's made a particular effort with something then it'll help to identify and compliment that.

The bottom line is to plant a seed of sexiness.

In a long-term relationship it's so easy to let all the commitments and obligations take over your relationship until all the sexual excitement slowly drifts away.

You can't afford to let that happen and you need to re-activate that sexual excitement.

It could be that your partner isn't interested in sex because she doesn't feel sexy any more.

If that's the case you need to make her feel sexy...

And this is the starting point.

Remember you have to build her up in steps.

If your relationship is completely devoid of sex then this a crucial first step.

Make her feel beautiful and sexy and as a result she'll want to share more of that side of herself with you.

That's the first step to injecting passion into a passionless relationship... and also the first step to getting your partner to want a lot more sex.

The Next Phase

If the sexual excitement in your relationship is virtually or completely non-existent, then you may have to build up her sexual self-confidence over time.

One small compliment or statement of appreciation for her sexiness isn't likely to do it.

And therefore getting your partner to feel sexy again could be a gradual process of you telling her and even convincing her of how you find her *sexy multiple* times... over several days, weeks or even months.

Now, assuming you've done that and your partner is beginning to feel sexy again (or already feels sexy) it's time to move on to the next phase...

And the next phase is to begin discussing what you're going to do to her sexually.

Once she feels sexy it's likely she's going to be ready to begin expressing that sexuality, at which point it's time to start

making some hints as to how you'd like to make her feel sexually.

Remember that you're still focusing entirely on her.

Your reward will be all the awesome sex you're going to get but you have to "earn" that as a result of making her feel sexy and then creating sexual desire inside of her.

So remain focused on her.

All this phase involves doing is letting her know what you'd like to do to her.

Don't overthink this, just express what comes naturally.

This could mean saying things like you'd love to kiss her neck, feel the curves of her body, stroke her hair...

Then later building up to things like how you love the feel of her butt, kissing her breasts...

All the way to talking about what you'd like to do to her sexually through intercourse and so on.

The key here though is to build up gradually.

Remember you've got to be strategic.

I don't know the exact situation your relationship is in as I'm writing this, but it could be that this process will take only a

day, but for others it may take several days, weeks or possibly even months...

But once again, when you focus on the rewards you're going to get as a result of diligently implementing, the work will be well worth it.

So that's what you need to do...

You need to VERBALLY begin expressing sexuality.

And although you can be, you don't have to be in her physical presence to this... because even if you're not there with her it will still get her thinking about you in a sexual way so that when you ARE physically together you'll begin to experience the sexual electricity that you probably used to experience when you were first getting together...

After which you'll be able to apply physical arousal techniques with 10 to 100 times greater likelihood of success.

Other Sexual Triggers

OK, so far I've shared with you an essential part of the process to getting a cold woman interested in sex again.

What you've discovered so far is a crucial element of arousing a woman that most men completely forget about.

Now that you've got some strong foundations I'm going to change tack and give you several other types of sexual triggers that are very effective for getting even the coldest of women to want sex again...

#1 – Adrenaline

It could be that your relationship has become stale with routine.

You do the same things over and over again, you handle relationship obligations in a certain way and you each have your own places where you go for excitement and variety.

In other words your relationship has become BORING.

If this is the case then it could be that the best course of action is RADICAL change.

Instead of taking small steps here and there you need to inject some adrenaline into your relationship by doing things radically differently.

Don't be afraid of this...

Remember if you keep doing what you've always done you'll keep getting the same results.

If you want change you need to start doing different things.

So have a quick brainstorm on some of the things you could do that are radically different to your usual patterns.

Could you go to a certain type of event, could you interact in a new way, is there something new you could try.

Have a browse of the free site www.meetup.com – a place where people gather for different activities.

This is a great tool for finding cool new things to explore together that will expand your comfort zone.

As soon as you begin to do radically new and exciting things together you'll quickly begin to experience the passion running back.

#2 – Hygiene Make-Over

Chances are that if you're reading this you already have great hygiene, but I wanted to write this in the off chance that this is what's holding back your sexual passion.

Sometimes just a bit of bad breath, bad body odor, excessive body or pubic hair can put a woman off.

And even when she's sexually aroused, the idea of having to deal with a hygiene hang-up can put her completely off sex.

If you're looking to turn your lover on make sure your personal hygiene and grooming is at a world class level.

If you're going through all the effort in other areas of this guide you need to make sure something as simple as this isn't holding you back.

Make sure you when you wash you clean all the areas multiple times every time you wash, you trim your nails, brush, rinse and floss your teeth, keep your pubic hairs in check and use a nice deodorant.

#3 - The Special Occasion

This is another great way of interrupting a pattern.

If right now you're in a routine of not having sex with your partner then a special occasion is a great way to interrupt that pattern.

It can be tough to get your partner suddenly wanting a lot of sex on the same type of evening or during the same type of routine where previously you weren't having sex... because her expectations will be for no sex to continue happening.

A special occasion, however, is different.

This could be a special dinner, a weekend away or any other way you can create a special occasion.

Then, on this special occasion, make sure you set everything up so sex is highly likely...

It could be that this involves a certain amount of alcohol, it could be that this involves you having to prep sleeping arrangements, it could be that this involves having distractions such as pets or kids looked after.

Do whatever it takes so that having sex becomes easy.

Then what you could find is that once you have sex on this special occasion it re-ignites her sexual desire all over again...

After which it'll be much easier to get her to have sex at times that were previously routine for you.

#4 – Exercise: What Did You Used To Do?

We're all guilty of this one sometimes...

Not doing some of things we did at the start of the relationship to make our lover happy.

Remember how earlier I mentioned that we'll often do much more to please and satisfy our partners at the start of a relationship?

Well it could be quite simply that you're not doing what you used to do to turn your lover on.

Perhaps you ALREADY know what her arousal triggers are and what it takes to make her want sex, but you're just not doing it.

It takes real guts to examine this idea with honesty.

It's easy to say "I'm still doing all that stuff, it's her that's changed".

But truthfully, when you really think about it, or ideally grab a notepad and pen and WRITE IT DOWN...

In other words, write down what you used to do to please your partner... You'll likely find several things you used to do that you're no longer doing, yet at the moment you're expecting the exact same reaction from your partner.

Doesn't make sense does it?

But it's one of those mistakes we all make.

So I recommend you do this exercise now...

Write down all the things you did to satisfy your partner, not just sexually, at the start of your relationship?

Write down all the things you do now?

What's different?

Is there anything you used to do that you could start doing?

If so that could be what's needed to trigger sexual desire within your partner.

#5 – Get Around A Passionate Couple

Sometimes you and your partner just need another reference point, another way of looking at the world.

And sometimes the best way to do this is to hang out around a really passionate couple.

Try and find a way to spend some time with them.

Head out to dinner with them or ideally go on a night, weekend or longer away.

Seeing how a passionate couple interacts will not only help your partner expand her thinking as to how to express passion, therefore leading to more sex...

But it'll also help expand YOUR thinking.

It's so easy to think you're doing everything right when you have no external reference point, but when you see another couple acting a certain way or you see the male of another couple acting a certain way that's producing great results it

can really make you think hard about what you're doing at the moment.

It might be that an opportunity to hang out with a passionate couple isn't immediately available to you, but look out for chances to do this from now on...

When you prepare yourself and are ready to act on such an opportunity it won't take long before one arises.

#6 – Employ Proven Arousal Techniques

If you're doing everything we've talked about so far right, then all that's left is to turn your partner on in the bedroom.

And while most guys have their own bag of tricks to pull this off, it could be that perhaps what's holding you back is not using a highly effective method for arousing your partner.

So I want to share exactly that with you right now.

Below is an excerpt from my monthly newsletter available to gold members of Insider Sex Secrets (www.InsiderSexSecrets.com). As I'm writing this, Insider Sex Secrets is currently closed to the general public, but it could be that by the time you're reading this I've decided to open it up. If not, and you'd like to get access please contact me directly via the contact form on the site.

Anyway here we go...

This particular arousal technique involves the skin...

...As it turns out the skin itself is a very powerful tool for pleasuring a woman.

And it doesn't just have to be the skin located near her most sensitive pleasure points.

So I'm not just talking about the skin around her breasts, vagina or butt.

I'm talking about skin located EVERYWHERE and all over her body.

Skin located at any point on a woman's body can be used to stimulate her very powerfully.

The key of course, is the correct approach.

Just grabbing at random areas of skin isn't going to do much of anything.

You have to look at her skin as its own unique pleasure point.

If you were going to stimulate just her skin, how would you go about it?

What comes intuitively to me is to do so softly.

To tease it and to treat it with care.

What's my favorite way of doing that?

Well, I like to stroke it ever so lightly with just the tips of my fingers.

Here's how I like to describe this...

In fact, play along with me here and actually TRY THIS OUT on yourself as I describe it.

Make sure your right forearm is exposed – so roll your sleeve up if it's covered.

Then, with your left hand take your index finger and run that tip of that finger lightly and slowly through the hairs on your arm while trying not to touch the skin underneath.

Don't worry if you do touch the skin, it's not a big deal, just try and move your finger over it really lightly and slowly.

Now try this process again but using all of the fingers on your left hand.

How does that feel?

Feels kinda nice, right?

Well this is a great technique to perform over all of a woman's body, a.k.a. skin.

You can do this on her arms, her front, her back, her legs and it's also a great approach to build up to her more sensitive areas.

It's a great technique to tease around the sensitive areas.

As I've talked about often you can encircle the sensitive areas to create anticipation and desire within your partner and using the softest touch of your fingers is an incredibly powerful way to do it.

Now if you want to mix things up I also recommend you experiment with other substances.

Candle wax, for example is very powerful because of the heat sensation and unique feeling as it hardens.

Ice is another great option. Again, because of the temperature sensation.

And the lips, tongue and even breath are useful tools to experiment with as well.

Add this particular approach to your foreplay toolbox and I can guarantee the quality of your sex life will improve.

Final Thoughts

The female psychology is complex.

For that reason there are many approaches to re-activating passion in a woman who previously has been very cold towards sex.

In this guide I've outlined multiple approaches, each of which can be used to produce results on their own, or together can be combined to turn even the coldest of women into a sex craving lover.

For most couples, especially those where the sex is virtually non-existent this transformation is rarely an overnight process, however, the best time to begin making the change is today.

There's a famous expression that goes... "In a year's time from now you will arrive, the question is, who will you be?"

A year will pass from now... you can either have spent that year re-activating a passionate desire within your lover or not...

And clearly the actions you decide to take are going to lead to very different results.

And as I've mentioned once before in this guide, the effort it takes to get your partner to crave sex from you is an investment well worth making.

You now know how to make it happen, the next step is up to you...

Jack Grave

PS – In addition to everything I've shared in this guide, I've also developed some ADVANCED strategies for getting ANY woman desperately excited about sex again.

This isn't for everyone, because it is, as I just said, advanced, but if you'd like to explore what you've already discovered further, I've prepared a special video for you, which you can watch for FREE by [clicking here](#).