

HOTTER  
**SEX**  
IN 7 DAYS



# ***Hotter Sex In 7 Days***

*by Dan Roth, Relationship & Sex Expert*

A warning to any guy reading this...

*This report is about sex.*

I would like to think that if you're reading this you are grown up enough to read in-depth details about sex and pleasing a woman. If you're easily offended on the topic of sex, or you have some "guilt ridden thoughts" when it comes to sex, then you probably should skip this report.

However, if you're a grown man and you want to start having hotter sex, whether that's with your wife or just with the women you date - then this manual will give you some powerful tips that you can put to use right away to improve your love life.

Let's get started...

In this report I'm going to cover 5 of the biggest changes you can make that will help you to have "hotter sex" in just a matter of days.

But before I do that, you're probably wondering who I am and why I am telling you this. My name is Dan Roth and I have been a relationship & sex expert for the last 10 years. I've helped more men than I can even count to repair their relationships and re-ignite their sex lives.

Some of the ideas I am going to go over with you might be "new" to you, while others might sound like something you've heard before.

The first thing I want to talk about is something that most men don't understand, because men do not think or "operate" like this at all...

***Foreplay for women starts in the 24 hours leading up to sex - not the 10 minutes before it...***

As men, we can usually get "in the mood" for sex in just a few minutes.

A woman wearing something sexy or even just saying something sexy to us is really all we need.

*Women are the polar opposite of this.*

Women take a good amount of time to get in the mood and get ready for sex. This isn't to say women are not sexual - they absolutely are. They just take a little more time to get warmed up and in the mood.

So if you'd like to have better sex with your wife or a woman you date, realize that when you get up in the morning her "foreplay" starts then.

If you start out the day being grumpy towards your wife and then you send her a begrudging text message at lunch about forgetting to pay the electric bill - you're not doing yourself any favors to help her get in the mood for later that night.

However, if you start out your day by *talking* to her at breakfast, and giving her a compliment about her being beautiful, or her being a great wife - you are already setting the tone for a great day for her.

One of the things that I always encourage men to do is to do as much as you can to help your wife have less "responsibility" in her day. If she has 300 things running through her head about your kids, school lunches, meetings, laundry and a mother who's sick, then you'll have a much harder time getting her in the mood for sex.

This is one of the reasons why studies show that women have more sex and more enjoyable sex when they are on vacation. They have very little to worry about when they are on vacation. They can finally live in the moment.

Now, I'm not saying that you have to always take your wife on a lavish vacation if you want to have good sex. Far from it. What I am saying, is that you can make a BIG step in turning up her "sex thermostat" by making her day as simple as possible.

Something as simple as cooking dinner for her, listening to her problems - or picking the kids up for her can go a long way.

Remember - a woman's foreplay doesn't start 10 minutes before sex like ours does. It starts at the beginning of her day.

Now let's move onto the 2nd biggest mistake I see men making...

### ***She Comes First - The Single Biggest Complaint Women Have About Men***

When I do consultations with women about improving their sex life, the single biggest complaint I get is that most women think their husband/boyfriend is “selfish” in bed.

This is “chick speak” for you not showing her attention BEFORE sex and giving her oral sex.

In fact, almost every single poll I’ve read about women’s sex lives, the number one thing women like about sex is NOT the actual sex. The number one thing they like is the foreplay and oral sex.

Remember that.

If you’re not trying to please your wife with oral sex, you are MISSING THE BOAT!

If you’re an older guy like I am, we grew up with slightly different thoughts about sex. It was always ingrained in my head that a woman was there to please a man.

While that sounds great for us guys, if your wife or the women you’re dating is not getting any pleasure from your sex life, then you’re not making them as happy as they could be.

Also on another note - when a woman really enjoys the foreplay with you...it will lead to MUCH more sex.

I’ve had many clients in their 40’s and 50’s who have never given their wife oral sex. But on my advice, once they started doing it, their sex lives did a complete 180!

These were guys who were having sex on average once a week before they came to me. But after using some of the tips that I’m sharing with you in this report, their sex lives immediately went from dull to having sex 4 or 5 times a week!

One thing to remember when you give a woman oral sex, like everything with women they need some time to “warm up”.

Most men have the best results when they start by kissing the woman’s neck and then working their way down her body. Also using your hands to caress her body as you do down. By kissing her body for a few minutes, you give her a chance to warm up and get ready for oral sex.

Also make sure you get your woman's thoughts on what feels good for her and what doesn't. If you simply ask, she will be more than happy to tell you what she likes.

I highly recommend you experiment with this if you're not already...

Alright let's get to the next one...

### ***Women Want A Man Who Stand's For Something - Not A Spineless Little Boy...***

One of my latest clients, Ross, was a guy in his 50's. He has basically treated his wife like a Goddess since they were married 15 years ago.

However, Ross took that one step further and started "giving in" to everything his wife has ever wanted. He even stopped working out and playing golf with his buddies every week so that he could spend more time with her.

Some women may say that this is what they want...

But they don't...

As much as women want to be your "everything", they also want you to have your own life.

Many guys fall into the rut of giving up all the things they love to make sure their wife is happy. But the reality is that this will make her resent you.

When I was counseling Ross, he said that his wife was always angry at him. And on top of that, he said that their sex life had pretty much dried up completely.

After talking with Ross for a bit, I told him we we're gonna do a few things to fix this.

First, Ross used to love being active and hitting the gym a few times each week. So I told him, let's start with that. This was tough for Ross to stomach, and he knew his wife was going to give him a big guilt trip about it.

She did.

But Ross stuck to his guns and went to the gym 3x that week. He came back the next week to see me and told me he felt great hitting the gym... He had more energy than he could remember, and he said it felt great doing something for himself.

After about 2 weeks of this, he could tell he was losing a little weight and feeling better. Ross's wife, who was hostile about this at first, loved the "new" Ross so much that she changed her mind and even decided to start working out a few times each week as well.

After a few more weeks, Ross was back on his old schedule of hitting the gym 3x per week and also meeting his buddies for golf once a week. Reconnecting with his buddies was a big factor in Ross's success.

Men need to actively hang out and do things with other guys. I see this over and over again with the clients I talk to. When we let our male friendships deteriorate, and we stop hanging out with our guy friends - it has a negative effect on our relationships and our sex life with women.

So here's what you should do:

If you have any activities, hobbies or passions that you've given up to spend more time with your wife, your girlfriend or your kids - try to start working that activity back into your weekly schedule.

Doing something for yourself and realizing that your needs come first is a very big step for many guys in re-igniting their sex lives.

Let's get started with the next topic...

### ***The #1 Thing That Will Make A Woman Want To Have More Sex With You...***

This tip is more for the guys who are married or in a committed relationship.

The BIGGEST problem that women have with men when it comes to relationships is communication and listening.

How many times have you heard your wife yell "you're not listening to me!"?

If you're like most guys, probably a lot.

Well I'm going to let you in on a little secret that will change your relationship and make your wife more interested in sex...

When women have a problem and we listen to them, the first thing we always try to do is play “Mr. Fix It”. Your wife will tell you about her problem, and your first inclination is to figure out a way to fix the problem for her.

This is WRONG.

This is why women are screaming “you never listen to me”.

Here’s a secret that I wished I would have learned when I was in my 20’s...

When a woman has a problem and she comes to talk to you about it, she DOES NOT want you to offer suggestions on how to fix it.

*What she REALLY wants is for you to empathize with her and ask her questions about it.*

Women want to figure out problems on their own.

So if your wife comes to you with a problem, DO NOT offer suggestions on how to fix it. Sit there and show her that you understand the situation. Listen to what she has to say, and ask her questions about how she feels about the situation.

That is all she wants from you!

I had this discussion with my 25 year old son Chris a few months ago, and he was astonished at the results he got from it.

His girlfriend and him had been having some problems, and like most guys he was trying to fix everything and come up with solutions. After talking with him about it, he decided to try out what I told him.

After just a few weeks of listening to her, empathizing with her and asking her questions when she had a problem... he said his girlfriend was so much happier and more affectionate around him. He also said this led to their sex life getting back on track as well.

Remember: Women are much more emotional than men are. And if she’s emotional in a bad way because you’re not listening to her properly, this is going to wreak havoc on your sex life. I can guarantee it.

Next time your wife has a problem, resist the urge to be “Mr Fix It” and just listen and empathize with her. That’s what she wants!

Alright now that we have that part done...

Let’s jump into one of my favorite topics...

## ***How A 7 Minute “Trick” Can Increase Your Stamina In Bed***

About 3 years ago, I went to a meditation retreat with my wife.

We learned all about meditation and how it can help with your focus, relaxation and your sleep.

But as a sex therapist, one of the biggest things I learned from the retreat is how meditating for just 7 minutes each day can make you last longer in bed.

Here's the deal.

Most of the time when you finish quicker than you'd like in bed, the main reason for this is that your body and your heart rate are racing so fast.

This is why things like meditation and yoga have been proven in scientific studies to help men last longer in bed.

This is pretty simple, so here's what I want you to try...

For 7 minutes each day, sit in a quiet room where there are no distractions. Close your eyes, and focus on your breathing for 7 minutes.

You will have other thoughts come into your head, but try your best to keep your mind “empty” and focus on your breathing.

Commit to meditating every day for just 7 minutes, and I can guarantee that you will see a difference in your stamina in the bedroom.

### ***Final Words***

If you'd like a better sex life in just a few days, put 1 or 2 of these tips into action and see how they help your sex life.

I think you'll love the results!

- Dan Roth  
Sex & Relationship Expert



