

Teach You To Squirt: The No Fluff Guide To Making Women Squirt

When it comes to sexual pleasure, there are countless techniques and tips that claim to help women achieve the elusive sensation of squirting. However, many of these methods are surrounded by misinformation and lack of proper guidance.

In this comprehensive guide, we will explore the art of female ejaculation and provide you with a no-fluff approach to help women achieve squirting orgasms. From understanding the anatomy behind squirting to learning the right techniques, this article will equip you with the knowledge to make your partner experience intense pleasure.

What is Squirting?

Squirting, also known as female ejaculation, refers to the release of fluid from the Skene's glands located in the anterior wall of the vagina. The fluid expelled during squirting is not urine but rather a combination of other substances such as prostatic fluid and urine traces.



Teach you to Squirt. The no fluff guide to making a woman Squirt. by Nicholas.J Meyer(Kindle Edition)

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It is important to note that not all women are capable of squirting, and it is not the sole indicator of sexual pleasure. However, for those who are interested in exploring this experience, it can add a new dimension to their sexual repertoire.

The Anatomy of Squirting

Before diving into the techniques, it is crucial to understand the anatomy involved in squirting. The key players in this process are the Skene's glands, also known as the female prostate, and the G-spot.

The Skene's glands, named after the 19th-century gynecologist Alexander Skene, are located around the urethra, near the G-spot. These glands are responsible for producing the fluid expelled during squirting.

The G-spot, a sensitive area located on the upper wall of the vagina, is often associated with intense pleasure and the potential for squirting. This erogenous zone can vary in size and sensitivity from woman to woman.

Preparation and Communication

As with any sexual activity, it is essential to prioritize consent, open communication, and comfort between partners. Before attempting to make a woman squirt, have an open and honest conversation about desires, boundaries, and expectations.

Creating a comfortable and relaxed environment is crucial. Ensure that both partners are mentally and physically ready and that there is ample

time and privacy. It is recommended to have towels and waterproof sheets nearby to manage any potential mess.

Foreplay and Stimulation Techniques

Foreplay plays a significant role in helping women reach squirting orgasms. It helps increase arousal, relaxation, and stimulates the Skene's glands. Here are some foreplay and stimulation techniques to try:

1. Build Anticipation:

Slowly build anticipation by teasing your partner with gentle touches, kisses, and caresses. Focus on her erogenous zones, such as the neck, breasts, and inner thighs.

2. Clitoral Stimulation:

Direct clitoral stimulation is essential to prepare the body for squirting. Use fingers, tongue, or sex toys to stimulate the clitoris in a gentle and rhythmic manner. Experiment with different pressures, speeds, and patterns to find what your partner enjoys the most.

3. G-Spot Stimulation:

Once your partner is adequately aroused, focus on stimulating the G-spot. Insert one or two fingers into the vagina, palm facing up, and make a 'come-hither' motion towards the front wall of the vagina. The G-spot should feel slightly rough or textured.

4. Apply Pressure:

To enhance stimulation, apply gentle pressure on the lower abdomen, just above the pubic bone. This pressure indirectly stimulates the internal part

of the clitoris.

5. Experiment with Sex Toys:

Consider incorporating sex toys designed for G-spot stimulation, such as vibrators or curved dildos. These can intensify the pleasure and increase the chances of squirting.

The Squirting Technique

While every woman is unique, and not all techniques work for everyone, below is a step-by-step guide to help you explore and experiment with squirting:

1. Create Relaxation:

Ensure that your partner is comfortable and relaxed before proceeding. Encourage deep breathing exercises and setting the right mood through candles, music, or dim lighting.

2. Foreplay and Stimulation:

Engage in thorough foreplay techniques mentioned earlier, focusing on both clitoral and G-spot stimulation to build arousal and pleasure.

3. Find the Right Position:

Experiment with different positions that allow for deep penetration and G-spot access. Consider positions where your partner can control the depth and angle of penetration, such as woman-on-top or doggy style.

4. Apply Additional Stimulation:

While maintaining stimulation of the clitoris and G-spot, apply rhythmic and consistent pressure on the lower abdomen to intensify sensations and increase the chances of squirting.

5. Encourage Relaxation:

Remind your partner to relax and let go of any expectations. It is crucial to maintain a supportive and comforting atmosphere, allowing her to surrender to the pleasure without pressure.

6. Pay Attention to Indications:

Watch for signs of arousal, such as increased lubrication, muscle contractions, and body movements. These signs may indicate that your partner is close to squirting.

7. Encourage Communication:

Throughout the process, keep an open line of communication. Encourage your partner to express her desires, preferences, and sensations as they arise.

8. Celebrate the Journey:

Squirting may not happen on the first attempt, and it is essential to remember that sexual pleasure is not solely determined by squirting. Celebrate the journey of exploration and focus on overall satisfaction and connection.

Making a woman squirt can be an exhilarating and pleasurable experience for both partners. However, it is crucial to approach squirting with patience, open communication, and a deep appreciation for your partner's pleasure.

Remember that not all women are capable of squirting, and that is perfectly normal. Ultimately, the goal should be to explore and enhance pleasure in all its forms, without putting too much emphasis on achieving a specific outcome.

By following the techniques and building a solid foundation of trust, exploration, and communication, you can embark on an exciting journey to help your partner experience intense squirting orgasms.



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Do you have a genuine interest in squirting? Is this something you just need to know how to do? Does the idea of a woman having a mind blowing, body convulsing orgasm reach a special place inside you? Are you sick of the how to guides that are full of fluff and really do not teach you how to do anything? Well, you are in luck. Here is why.

I'm not an Author and Don't claim to be one. I have no idea how to write an intro, but I did write this because It had to be shared. It is a guide that doesn't fill you with fluff and medical jargon. Plain and Simple. Quick and easy to learn.

Most of my friends know that I can make women squirt, and for years they have wanted me to teach them and I always said no. Just search it, since there are lots of guides, videos, etc. on the internet. Don't be cheap. If you want to know how to do it, pay a professional to teach you. You get what you pay for right? WRONG!!

About a month ago, my best friend, who has harassed me the most, tells me, he has spent more than \$150 on items to learn how to make his woman squirt and still can't do it. Hearing that made me angry. You telling me after all that money you still can't make her squirt? Come on. Out of disbelief, I looked for myself at some of the guides and videos. Now I am not going to knock someone else's hard work, so I won't, but this guide is nothing like anyone else's. You can read those ones and if they don't work, try this one. I have no problem with that. Anyway. I finally caved, "I will make you a guide myself" I told him. But, you can't tell anyone about it. This will be an experiment. That is where this guide came from. The frustration of others. Ones I care about and who have given away their hard-earned money for nothing because I told them to. I am an honest person and believe you get what you pay for, you spend your money for the sole purpose of learning something, then you should learn it. It is an investment. We all work hard for our money, and no one wants to throw it away on something they can't use. Well Guess what? The very first time he tried, she soaked him!! She literally soaked his bed, his arm, even all up the side of his face. It only took about 30 seconds. No Joke! The best part is he was not expecting it at all. So, what does he do? He leaves her there, grabs his phone and calls me. He is so excited that he left her laying naked on the bed to tell me it worked. Is that crazy or what?!

Ok, now I will tell you a little about me. I am literally an average guy. Normal job, couple of kids, normal life, etc. etc. But, I have had the ability to make women squirt my whole life. Once I realized how rare this was, I refined it to

make sure I could always do it. After all, sex isn't just about me getting off. Plus, I love when I do it. Who wouldn't? I dated a lot of different women which made me realize, many women have never had a good orgasm, or even an orgasm at all. It is shocking. All the dating ended when I met my now Fiancé. She also had a crappy sex life. She had very few orgasms other than the ones she gave herself. Honestly, she thought I was full of crap and didn't think I could do it. She said I was just saying I could, so she would sleep with me. She caved. It took less than a minute and the bed was soaked. All she could say was and I quote, "What the hell was that?" That is how and why this guide was created and honestly, I'm not one to talk about myself. Let's just move on to the guide and what it will do for you. No need for any more added filler. This is literally step by step how to make a woman squirt. I had to remove some of the graphic images to allow it to be available to you on Amazon for Kindle. Once you read through the steps, and if you want the unedited copy, I will include my email address. This will give you an opportunity to email me so that I can send you the unedited version, or just answer your questions.



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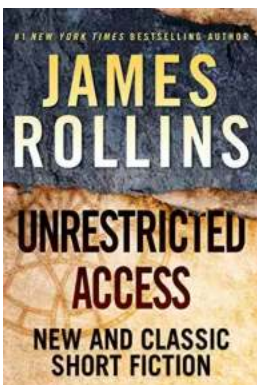
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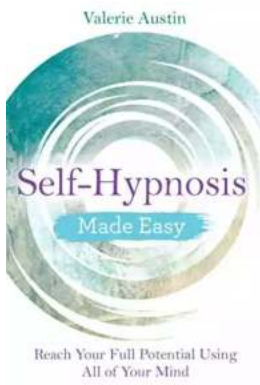
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