Seduce Me!
How To Ignite Your Partner’s Passion

Darcy A. Cole

Where Couples Discover The Secret To Ultimate Sexual Pleasure!
“Seduce Me! is such a quick read. I couldn’t wait to get to each new chapter. If you love your partner, read this book!”

- Dorrie E.

“Finally, a book that helps me understand women! A must read for all men who want better sex.”

- Don A.

“Where was this book 10 years ago? Every man and woman needs to read it. Especially a certain ex of mine!”

- Pat S.

“The seduction stories seduced my thoughts, my feelings, and my body. Now it’s my boyfriend’s turn!”

- Tiffany G.

“This book is excellent! The process is simple, yet really hits the mark. I’ve thoroughly enjoyed it.”

- Michele D.
To the love of my life – this book’s inspiration – and to my cherished family.
Thank you for your love, support, and talents, without which nothing could be accomplished.
# TABLE OF CONTENTS

## INTRODUCTION

INTRODUCTION ........................................................................................................ 7

## 1. WHAT HAPPENED?

1. WHAT HAPPENED? ...................................................................................... 13

## 2. SEX, HOW IMPORTANT IS IT ANYWAY?

2. SEX, HOW IMPORTANT IS IT ANYWAY? .......... 21

## 3. GETTING YOUR PARTNER READY

3. GETTING YOUR PARTNER READY ................. 29
   - Arousal Differences between Men and Women ...... 30
   - Seduce Her Mind and the Rest Will Follow ......... 35
   - Overcoming Obstacles.................................................. 37

## 4. THE SEDUCE ME! PROCESS

4. THE SEDUCE ME! PROCESS ......................... 61
   - Step 1: Date Night .......................................................... 65
   - Step 2: Tailored Seduction Scenario .................... 70
   - Step 3: Bonding ............................................................... 80
   - Step 4: Analysis .............................................................. 83
   - It’s Not Too Late! ............................................................... 85

## 5. SEDUCTION SCENE STRATEGIES

5. SEDUCTION SCENE STRATEGIES .................. 87
   - Slowing the Pace .............................................................. 89
   - Improving Body Image .................................................... 92
   - Gradual Romantic Seduction ........................................ 93
   - Acting Out Exhibitionist/Voyeur Fantasies ............ 97
   - Providing Extra Pampering .......................................... 99
   - Overcoming Negative Sexual Messages ............. 100
   - Role-Reversal ................................................................. 103
Introduction

All across America there has been a renewed commitment to long-term relationships. Understanding that 50% of marriages will end in divorce, more and more couples are seeking professional counseling and training to learn the skills necessary to keep their relationships intact.

Yet, many are dissatisfied with the sexual component of their relationships. The National Health and Social Life Survey determined that 43% of women and 31% of men have some type of sexual dysfunction. Moreover, experts estimate that over 40 million women have lost their desire for sex!

What is happening with these relationships? Why do so many committed couples struggle with such an essential and pleasurable part of their relationship?
It turns out that in addition to psychological and sociological factors, our biochemistry plays a role. A great deal has been written to help couples understand relationships from a psychological point of view, but not as much about the biological forces that significantly impact our sexual arousal processes. Scientists have discovered that certain biochemicals increase our desire for sex and others decrease it. And while researchers are discovering more every day, not enough of what scientists have already determined -- and how couples can apply this research -- has been broadly disseminated to the general public. Until now.

Hormones and neurotransmitters affect the way we think, act and feel. We’re all familiar with adrenaline, which surges in response to threatening situations. For instance, if we suddenly perceive danger, adrenaline is released as our fight or flight response system kicks in, causing our hearts to beat faster and our blood pressure to rise. We start taking short quick breaths and our senses become more acute as our bodies prepare for rapid response.

People pumped with adrenaline have been known to perform superhuman acts. Eventually, the threat of danger disappears and our bodies return to normal. The initiation of the adrenaline process is not a conscious one. We don’t tell
ourselves to release more adrenaline in order to respond with fight or flight. In the face of danger, our bodies go on a form of autopilot in order to prime ourselves for optimal response.

This is an example of how our bodies perceive external stimuli and respond with biochemical changes that affect the way we perform. Several other biochemical reactions take place in our bodies in response to external or internal stimuli. *Seduce Me!* explores those that specifically affect sexual arousal, both positively and negatively.

In addition to helping us understand the role of biochemical and psychological factors in our libidos, *Seduce Me!* presents methods that can reactivate the body’s sexual arousal systems. You can learn how to ignite – or re-ignite – your partner’s passion and regularly experience ultimate sexual pleasure.

- *Seduce Me!* is for couples who have lost the spark they once had and want to get it back.
- *Seduce Me!* is for couples who never fully developed their sexual selves and are ready to learn.

______________________________

Seduce Me!
• *Seduce Me!* is for couples who are currently having sensational sex, and want to make sure it will continue.

*Seduce Me!* demonstrates that sensational sex does not require having sex 5 times a day, having multiple simultaneous orgasms, or having 60 minutes of intercourse. It doesn’t require model-perfect looks or body-builder muscles and you certainly don’t have to be young. It doesn’t even require partners that are experts on the latest techniques. All it takes is a true desire to understand your partner’s needs and a willingness to explore ways of meeting them.

Inside every man is a potential Don Juan and in every woman, the passion of Lady Chatterley. Unfortunately, he’s often too busy being “Mr. Hardworking-breadwinner-without-enough-time-for-family,” while she’s trying to balance Murphy Brown, June Cleaver, and Martha Stewart.

But even in our hectic, complicated, and overwhelming work and family lives, there is room for passion and intimacy. In fact, passion and intimacy can help keep our relationships strong enough to handle the day-to-day chaos.

__________________________

Darcy A. Cole
Most of us have had passionate sex at least once in our lives. If you had it before and now don’t – you can get it back...if you’ve never had it, you will soon!

If sex is such a natural phenomenon, how come there are so many books on how to do it?

-- Bette Midler

Seduce Me!
We used to have sex in the house, outside the house, in the car, in the park. You name it, we explored it. It didn’t take hours of foreplay to get Marcia ready for me. Now, I have to work hard at getting her interested in sex, and sometimes no matter what I do, she still doesn’t want it.

John, age 28

Remember in the beginning of your relationship when you couldn’t keep your hands off each other? When you could hardly concentrate on anything because your mind was always on your partner? When all you had to do was think about your partner and you became aroused?

Seduce Me!
How often do we hear, “Before, I didn’t have to work to get her in the mood. She wanted sex as much as I did! I still do, but she’s changed”?

What happened? Where did the passion go?

Many couples worry that they’re no longer attracted to one another and begin to fear that the relationship is in trouble. What isn’t well known, however, is that there is a scientific explanation for some of these changes and there may not be anything at all wrong with their relationships.

Our body’s chemistry changes during the course of a love relationship and it is these chemical changes that dramatically affect our desire for sex. When we’re in the initial, or infatuation, stage of a relationship, several chemicals are coursing throughout our bodies changing the way we think, act, and feel. Scientists have discovered that during infatuation, our bodies increase production of dopamine, norepinephrine, and phenylethylamine (PEA). These natural chemicals combine to cause us to feel what scientists call a “love high.” In addition to increasing our desire for sex, they cause our bodies to have

- Racing hearts, dilated pupils and sweaty palms

__________________________

Darcy A. Cole
• Feelings of euphoria
• Obsessive feelings towards our partner
• Decreased hunger
• Problems sleeping
• Blindness to our partner’s flaws

Sound familiar? Remember staying up all night on the phone with your new love trying to talk each other into being the first one to hang up the phone? “No, you hang up first.” It wasn’t that you’d both suddenly become the most brilliant chatters on earth that kept you on the phone all night, it was these infatuation chemicals that caused you to feel a love high whenever you connected with your new partner.

We’ve all witnessed the powerful effects of infatuation on our friends as well. I recall the reaction of one of my friends, who was “madly in love” with her new boyfriend, to his gift to her of a new Harley Davidson toilet seat cover. “Isn’t that the sweetest present?” she gushed dreamily. Hmm, sounds suspiciously like the work of certain infatuation chemicals.

Seduce Me!
Falling in love is such a wonderful feeling: from the ever-present smiles on our faces to the instant arousal whenever we think of our new partners. We fondly remember the passionate sex of the beginning, but we forget how much time we spent thinking and daydreaming about our new loves. In fact, romantic love triggers in us similar biochemistry to that of people with obsessive-compulsive disorder, according to Dr. Helen E. Fisher of Rutgers University. Her research (as cited in Barclay, 2001) reveals that this biochemistry results in some of us spending up to 85% of our waking hours thinking about our new partners!

No wonder we could hardly get anything else done during that stage!

Eventually we move out of the infatuation stage to the enduring love stage. This takes place usually between six months and three years into our relationships, along with a decrease in the chemicals that caused us to feel powerful love highs and instant sexual desire for one another.

At this stage, different chemicals take over and our love becomes deeper and richer. We nurture each other and develop a comfortable attachment. In this stage, we become more intimate, sharing our true selves. Our hormones don’t

Darcy A. Cole
drive our passionate sex as much as our feelings of connectedness (Liebowitz, 1983).

We just celebrated our 9th anniversary and we spent it at a nice hotel in the city. It wasn’t the same intensity as it used to be, but our lovemaking was very good. He knows me and my body so well now. Sometimes I miss the ‘can’t-wait-to-rip-your-clothes-off’ feeling, but I like what we have now also.

Susan, age 37

In addition to the drop in the infatuation chemicals, several other biological changes begin to interfere with our sex drives. In her remarkable book, The Alchemy of Love and Lust (1996), Dr. Crenshaw discusses several of the hormones that affect our libidos. She helps us understand that various chemicals have significant effects on our desire for and enjoyment of sex. Some affect men more than women and vice versa, and some increase our desire while others decrease our desire.

One culprit is the hormone prolactin, which is known to decrease desire for sex among both men and women. Many couples report a sharp decline in their sex lives after having

Seduce Me!
children and prolactin may be a primary reason. During pregnancy and nursing, prolactin increases considerably, as much as 10 times the normal level!

Another major sex drive destroyer is the hormone progesterone. Progesterone inhibits our desire for - and enjoyment of - sex (Meston & Frohlich 2000, Crenshaw 1996). Progesterone levels fluctuate during a woman’s menstrual cycle and pregnancy. Its synthetic form is the primary ingredient of Depo Provera, Norplant, and several oral contraceptives, and is given during hormone replacement therapy in menopause.

Progesterone has such a negative impact on our sex drives that it has been dispensed to criminals as a form of chemical castration! How many women are deeply troubled by their lack of sexual desire and wonder what’s wrong, when the cause might easily be the negative effects of their choice of birth control?

Stress is another factor that causes changes in our libidos. Remember that prolactin, which increases during pregnancy and nursing, has a strong negative impact on our desire for sex. Prolactin also increases during times of

__________________________

Darcy A. Cole
psychological stress, and is so effective in reducing our libidos, it can even cause impotence.

Stress also lowers our levels of dehydroepiandrosterone (DHEA) and testosterone. Because these are two hormones that increase our sex drive, stress has a twofold negative impact by increasing a hormone that lowers our sexual desire, while lowering the level of two hormones that increase our sex drive.

I don’t know what’s wrong with me, but I’m never in the mood anymore. For years, I loved having sex with my husband, but ever since my 2-year-old daughter was born, I just haven’t been able to get excited for sex. I keep telling him it’s not him, but I don’t really know what it is. He’s lucky if we have sex once a month. I love my husband very much and I can’t imagine my life without him. I’m so afraid he’s going to leave me for someone else. I worry about it constantly. I know he’s frustrated with me and I’m running out of excuses.

Linda, age 31

Seduce Me!
Linda doesn’t realize that her worrying about not meeting her husband’s sexual needs is actually exacerbating the problem. The more she worries and stresses about him leaving, she is provoking changes in her hormones that lower her sex drive even further.

It’s no wonder that couples start wondering what happened. Birth control, financial worries, work stress, illness, childbirth, and relationship problems all affect certain hormones in our bodies that decrease our desire for sex.

Men and women think something is wrong with the relationship because they don’t feel the same instant arousal as they did before. But as you can see, it may just be a matter of biochemistry.

Regardless of the causes, however, it doesn’t mean that the passion in long-term relationships has to end. In fact, as you will soon learn, sex can be better than before and as passionate as ever.

__________________________

Darcy A. Cole
CHAPTER TWO

2. Sex, How Important Is It Anyway?

My boyfriend wants us to have sex at least once or twice a day. I could easily get by with once a week or even less. Don’t get me wrong, our sex is good. It’s just that he thinks there is something wrong with us because we’re not having sex every day. I’m tired of fighting with him about it. There are more important things than sex.

Carla, age 27

On average, American couples have sex about once a week, however, there is a wide variance. Some couples have sex every day and others only a few times a year. Many couples disagree about the level of importance sex should have in a

Seduce Me!
relationship. This is especially true after the infatuation period ends and arousal isn’t as easy as it was before.

So how important is it? It depends on whom you ask, the partner who is happy with the couple’s sex or the one who isn’t!

Experts tell us that sex shouldn’t be the essence of a relationship, but it is a physical expression of the relationship. Making love can be very beneficial to relationships by helping couples

- Strengthen intimacy
- Communicate desire and attraction
- Express love for one another
- Bring pleasure to one another
- Learn about each other’s needs and wants
- Relieve stress
- Experience mutual delight
- Communicate needs

Darcy A. Cole
• Discover new pleasures together

Furthermore, scientists have found that sex causes several chemical changes in our bodies that are helpful to our health and well-being. Sexual activity increases our bodies’ production of endorphins and oxytocin, two chemicals that have profound effects on our bodies.

Endorphins are the body’s natural painkiller. When they were first discovered in the late 1970s, they were named “endorphins”, from the two words “endogenous” and “morphine” because they mimic the positive effects of morphine, but are produced naturally in our own bodies.

During sex, endorphin production increases by as much as 200%!

In addition to relieving pain, endorphins are the cause of that euphoric feeling after sex. They have been shown to

• Reduce stress
• Improve our immune systems
• Heal tissues
• Create a sense of well-being

Seduce Me!