

MAKING YOUR SPOUSE SEXUALLY ADDICTED TO YOU

MEND THE MARRIAGE: ADVANCED COURSE

BONUS BOOK #4

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Making Your Spouse Sexually Addicted To You

Do you want to be the sexy vixen or cunning heartthrob that your spouse can't get enough of? Are you tired of feeling like your sex life is "good" but not "great?" If so, that's all about to change.

Believe it or not, it doesn't take knowing all the Kama Sutra positions, dressing like a Victoria Secret angel or having loads of experience in the sac to make your spouse sexually addicted to you. Instead, it's a matter of tackling some some more realistic factors. Becoming a sexual addiction may seem like a challenge, but once you have the information you'll need you spouse won't be able to resist you!

To keep it simple I've broken down the process into four sections: Looks, feelings, behaviours and sex.

Looks

Although you've probably heard the expression "looks aren't everything," the truth is that looks do in fact play a role when it comes to making your husband or wife sexually addicted to you.

Every man loves when his wife makes an effort to look good for him, and to some degree, it is a symbol of respect. Similarly, there's nothing that turns a woman on more than when her man gets dressed up, smells good and is clean shaven. Presenting yourself to your spouse in a way that shows you respect your body and have high self esteem is one of the most important steps to making your husband or wife sexually addicted to you.

To get started, think back to when you and your spouse first got together. You probably went on dates, spent time at each other's homes and attended events together. Regardless of if you were going to dinner and dancing, or their place for pizza, you always made a point to look good to attract your lover. Now look at your

current situation. Do you both still make an effort, or have your looks become a lower priority?

Whether you're still holding your appearance to high standards or you've settled into some stagnant habits, here are some key areas to focus on to make your spouse sexually addicted to you.

Look Good, Everyday!

Have you ever noticed how much better you feel about yourself when you make an effort to look good? Believe it or not, how you feel has everything to do with how you look. That means if you're spending time hanging around in sweats and oversized t-shirts it's no wonder your body isn't screaming "sex."

While you don't have to dress to the nines or put on the most provocative thing in your closet, it's important to dress to feel fresh, clean and attractive. Maybe it means throwing on some nice fitting jeans or your favourite sleeveless shirt, whatever you choose, dress for the occasion and be comfortable in what you're wearing. A big part of

being sexy is looking the part, so if you want to make your spouse addicted to you, then it all starts with a little self love and care.

Work on Your Body Language

Body language is a kind of nonverbal communication, where thoughts, intentions, or feelings are expressed by physical behaviours, such as facial expressions, body posture, gestures, eye movement, touch and the use of space. When you're communicating with your spouse, it's important to be aware of what your body is saying, because often times, it can be tell something completely different than the words coming out of your mouth.

Nothing is more attractive than showing your partner that you want them. Now, this doesn't mean you have to jump their bones or try to physically seduce them, but rather show them how much you want them with your body language. Use your eyes to captivate your spouse in your "smizing" glare, and show your partner you're interested by giving them your undivided attention. Sit up tall, shoulders back, chest

out, arms uncrossed and relax into the most beautiful or handsome stance possible. If it helps, pretend you're posing for a life drawing.

Smile Often

Contrary to popular belief, your smile is your sexiest feature. From pure joy to a sexy flirt, your smile speaks long before you even get the chance. It changes how your spouse sees you, gives you a confidence boost, brightens



your face, makes you look younger and reduces stress in the body and mind. Best of all, smiles are completely natural and they let your spouse know whether you're having a good time or not.

Smiling is one of the most significant acts you can do to catch someone's eye when you're single, so it's little wonder that smiling at your partner once you've

married will move them in the same way. Looking friendly, pleasant, and happy are keys to making your spouse feel attracted to you. To truly “wow” your spouse, put on your best smile and wear it often. Doing so can be a major turn on for your spouse, especially when it’s a result of something they’ve said or done. A smile is a reminder that you love being with your spouse, and each time they see you smiling, it can make them want you even more.

Hygiene

While basic hygiene skills like brushing your teeth and washing your hands may seem like obvious options, these are actually more important than you may think. For instance, bad breath can put the brakes on romance fast, while washing your hands and nails before and after sex to prevent transfer of germs and bacteria to your genitals.

When it comes to attraction and lovemaking, there are some other sexual hygiene habits to follow. For example, going to bed clean. When a husband and wife

make the effort to clean themselves before bed, they are more comfortable and uninhibited in enjoying each other's bodies, which is why a lack of personal hygiene can be a big sexual inhibitor in a marriage.

To make sex more enjoyable for your spouse make sure that your genitals are clean and tidy. Depending on your personal preference, trim the hair in your private parts. This is especially important during summer when heat and sweat can result in boils and skin problems. It's easy for marriage to become a super relaxed place where we let personal hygiene habits slide, but you'll be surprised by what a difference devotion to personal hygiene can make in your attraction to one another and in your sexual intimacy. After all, it's one thing to get sweaty during sex, but it's a completely different to have sex with a sweaty person. Plain and simple, good personal hygiene is a turn on.

Undergarments

Whether you know it or not, what you wear under your clothes can be a powerful tool for getting your spouse hot and bothered. To make them sexually addicted to you, make a point to wear your sexiest bra or briefs, especially when you know you'll be getting intimate together.

Finding the right underwear can be a struggle, and it's important to discover a healthy balance between what he or she likes — and what you like. For the ladies, consider going with your partner to a lingerie store and actually try some things on. It may take out the element of surprise, but at least you'll know that what you're buying (or what he's buying for you) is comfortable and fits well, but also turns him on.

Women aren't averse to being sexy. In fact, they like to feel sexy, but not always at the expense of comfort. Most guys like sexy, lacy, frilly, skin-baring lingerie and whether it's comfortable or not is beyond the point. The best pieces of lingerie not only look good and enhance your specific body type, but they make you feel good and

boost your confidence. There's nothing worse than slipping into something your husband or wife got you hoping to feel like a sex god and instead feeling more like you've been squished into a too-tight, uncomfortable costume. Also, make a point to throw out any underwear that has holes, is well worn, or simply seen better days; Ratty panties can be a major turn off.

Feelings

Making your spouse sexually addicted to you begins with you and your emotions. Once you learn how to keep your emotions in check and start showing your best self, your husband or wife will without doubt be overwhelmed by their sexual addiction to you.

There's no doubt that when you feel good, you look good, which is why feelings play such a big part when it comes to sexual attraction. To bring your sexiest self to your marriage, it's important that you take the time to sort through all of your

emotions, and find the ones that serve you well and make you feel best. Those are the ones that will tantalize your spouse.

Whether you're already bold and beautiful or need some work on getting your disposition straight, here are some key areas to focus on to make your spouse sexually addicted to you.



Be Confident

Confident people are noticeable and have a certain air about them that makes you want to get to know them. They're intriguing, charming and frivolous. So how do they do this? Signs

of confidence are a reflection of how you feel inside. For instance, if you feel sexy, then you will be sexy. Whereas if you don't find yourself desirable, then you'll always be

second guessing yourself and your spouse, which demonstrates the opposite of confident: Insecure.

No matter how solid your marriage is, a lack of confidence can ruin even the strongest relationships. Even if you think your insecurities are well hidden, your spouse can see through any sort of facade you put on, especially when it comes to sex. A lack of sexual confidence can be damaging to a marriage, so instead of focusing on your flaws or physical blemishes that make you feel poorly about yourself, take a good look at your attitude and revamp areas that need some love. Once you recognize how great you are and your ability to sexually arouse your spouse, your confidence will go soaring, along with your spouse's libido and addiction to you.

Know Your Worth

Knowing your worth is key to being sexy, so sit back and think of all the amazing things you have to offer your husband or wife. Understanding that you're deserving of their love is the first step, but it's equally as important that you make sure that your

energy and attitude confirms this belief. Showing that you are worthy of a committed, intimate relationship will do wonders for your sexiness, so let your spouse know how wonderful you are by smiling lots, laughing often and living life to the fullest.

The real secret to attractiveness is regular and compassionate self care, so build habits around doing things that are not only good for you, but also feel good and maximize your inner and outer beauty. When your spouse sees that you recognize your worth and treat yourself like a king or queen, they'll too realize how prized and sexy you really are. Once this happens, they'll be devoted for life.

Know Your Likes

Although it may sounds a bit like a taboo thing to do (depending on your morals), exploring your body and discovering what feels good through masturbation is a great way to hook your husband or wife. That's because when you're in tune with your body and aware of what turns you on, you'll be a better lover and sex will become even more amazing and enjoyable. If you're worried about the old myth that

masturbating will ruin your sex drive, don't fear, it won't. In fact, quite the opposite will happen.

If you pay attention, your body will let you know what it desires so keep track of your sensual thoughts or feelings. Having fun with yourself is a great way to get comfortable in your own skin, and can help you discover what makes you tick. Sharing your desires and needs with your spouse will not only "let them in," but it will also make them feel more connected to you. Like joining a secret club, they will be the only other person who knows your body as well as you do, and that is sure to keep them wanting more.

Avoid Jealousy

One of the more common, yet unattractive emotions spouses can feel is jealousy. Unfortunately, this green-eyed monster has a sneaky way of creeping into relationships. At the root of jealousy is the fear that you don't have self-value, which in turn can result in possessiveness, a lack of trust and the belief that others are preferred

or better than you. If you cannot love yourself, you won't believe that you are loved and will always think it's a mistake or luck that your spouse is with you. Instead of feeding your jealous streak or requiring reassurance and attention from your spouse (which by the way is unattractive), focus on ridding yourself of those negative feelings and replacing them with self value.

When you find self-value and are comfortable with yourself you'll have no reason to feel jealous if your partner talks to someone of the opposite sex or spends nights out with friends. The sense of freedom your spouse will feel when you learn to let go of any jealous behaviours will remind them how lucky they are to have such a loving, supportive partner. Your strong, sexy side that comes with this type of confidence will keep your spouse wanting only you.

Be Relaxed

A big part of being sexy is feeling relaxed, free of stress and dramatics. Think for a moment, what do you find more attractive, someone who is uptight and stressed about the little things, or someone who can roll with the punches, laugh at their self and admit to their shortcoming. Obvious answer, right?



Everyone loves being around people who make them feel relaxed and content, and being the type of person who can move through life with ease is an incredibly desirable trait. Neither men or women want to get wrapped up in hearing about their spouse's problems or gossip. In fact, it can be quite draining and is a major turn off. Instead, choose to focus on the positives of your life and stay out of other people's drama. Doing so reflects a kind of level headedness that's mature, poised and sexy.

Surrounding yourself with like-minded friends can be helpful, and eliminate those from your life that cause you stress.

Behaviours

How you behave plays a big part in how your spouse sees you and the level of their sexual attraction to you. If you act distant, arrogant or conniving they probably won't find you very appealing. This doesn't mean they don't love you, but it can make it difficult for them to want to engage in sexual activities with you. On the other hand, if you're the kind of person that radiates positivity and is genuinely gracious and kind-hearted, you will captivate your spouse in ways you didn't think possible.

Looking not just at sex specifically, but rather your marriage as a whole, a kind, giving attitude will go a long way when it comes to making your spouse want you. It's also possible that your behaviours can influence your spouse's behaviours, and when you have to passionate people your sex life can be intoxicatingly intimate. At the end of the day a loving personality will not only make you feel good about yourself, but your

spouse will feel it too. To make your spouse's sexual appetite for you soar through the roof, consider the following.

Be Present

There is a special, nearly mystical quality to people who are truly grounded in the present moment. This kind of groundedness brings with it a sense of awareness that so many of us fail to practice. Developing the ability to bring your mind into full contact with the present moment is a skill that can take you a long way in your marriage. While it's commonly used for creating sparks with someone new, it also does wonders for sustaining vibrant relationships over the long-term.

Present moment awareness is a key skill to awaking the irresistible qualities you possess, so try to discover various ways you can experience the richness of the moment. Being present in your marriage tells your spouse that you are there with them, you respect them and they're worth your time. The feelings of desire it creates can be a major turn on for your spouse. To get started, free yourself of distractions and

put aside thoughts about the future or past. When you do so you'll find contentment, peace, ease and love come flowing through you. Next focus on your marriage and exist 100 percent in the moment together. The happiness and comfort will pull your spouse in and get them aroused like no other.

Be Appreciative

Everyone likes to be praised for their efforts, but how exactly does saying "thank you" or "good job" fit in when it comes to sex? The truth is, it doesn't matter whether you're a man or woman, humans in general crave appreciation. When you let your spouse know that they've done a great job or that their effort is noticed, it will not only boost their confidence and encourage them to step up their game even more, but it will also do wonders for their sex drive.

A great way to make your spouse sexually addicted to you is by "feeding their ego" so to speak. When it comes to sex, tell them when it's great and let them know your favourite positions. Don't be afraid to say what's on your mind in the bedroom,

and always let your spouse know how much they mean to you. Vocalizing your praise and wishes can be an incentive for mind-blowing and long-lasting desire.

Be Playful

There's nothing like being with someone who makes you feel young and alive, whose youthful and full of energy. Since most of us already face enough challenges on a daily basis, being the kind of spouse who is vibrant, carefree and living life fully is extremely attractive. Be the type of person that makes others feel energized and good about themselves. Carry a flirty, playful vibe, tell jokes and go with the flow gracefully through life rather than getting dragged down by



negativity. You'll not only attract your spouse, but others will be drawn to your positivity, too.

When it comes to making your spouse sexually addicted to you, there are a few things you can do. But first, it's important to be comfortable with sexual joking, comments, and playfulness, and not to take offence easily. Next, consider using code words or touches that are exclusive to the two of you. Build your own sexual language and use it to get your spouse intrigued. Lastly, make an effort to be more affectionate when you aren't having sex. Touch goes a long way so whether it's a gentle graze of their arm or cuddling on the couch, being physical outside of intercourse will make sex all that much better. Getting courageous with your sexual playfulness can have a pleasant outcome so consider adding some friskiness to your marriage when you're doing everyday tasks. Perhaps you try a playful caress in an arousing area of the body or a mild comment while you're in the kitchen cooking.

Focus On Your Good Bits

We're all our own worst critics and it's rare to find men or women in this world that are 100 percent happy with their bodies. Instead of stressing over trivial imperfections, focus on you best attributes and magnify them. Once you learn how to see the best bits of you, you'll be radiating with sexiness.

You've heard the infamous line "Do these jeans make me look fat?" The reason this phrase is so dangerous is because it not only points out your unfavourable physical traits, but it also lets your spouse know you're uncomfortable with your body. Once they know you're not satisfied with it, it's easier and more likely that they'll notice your less favourable areas, too. Instead, keep their image of you pure, avoid highlighting the areas of yourself that you're not overly happy with, and rather show off the bits of you that you do love. Maybe you have killer legs or arms to die for; it's these attributes you want your spouse to see, and it's your self-love for these attributes that will boost their attraction to you.

Be Connected

So many couples fall into the trap of designating their bedroom as their love palace. While it's common to associate intimacy with the bedroom, avoid developing the mentality that it's the only place to affectionately engage your spouse. Instead, take time to build bonds, both physical and emotional, in other areas of your life. This may mean going for walks together or exploring new interests with your spouse. Whatever you choose, do so with an open, unbiased mind and enthusiastic behaviour. Once you connect on this level, your sex life will improve tenfold.

Seek out quality time with your spouse and value the moments you do spend together. Schedule dates, check in throughout the day and make your marriage a priority. Fully engage with your spouse and take the time to notice their unique features, interests, desires and dreams; it's these tender moments that will do wonders to your lovemaking.

Sex

A big part of making your husband or wife sexually addicted to you is having the right moves between the sheets, on the counter, floor, or wherever else you may do it. Treating your spouse to mindblowing sex will have them craving more and more from you. When they're with you they'll have their hands all over you (or at least want to,) and when they are away they'll be counting the minutes until they can have you again.



You may think that becoming a sex god or goddess is an impossible task, but believe it or not, it's pretty simple. Just keep the following in mind and before you know it, you'll have your spouse addicted.

Keep An Open Mind

When it comes to sex, trying new things can be intimidating. However, if you take them on with an open mind your sex life will explore endless possibilities of pleasure. Even if ideas like props, role playing or costumes don't sound like your thing, give them a chance, you may be surprised by what you and your spouse end up enjoying. Sex is meant to be fun so make sure yours an adventure with no stone unturned.

Being judgemental of your spouse's desires or suggestions will without doubt cause them to hold back or bite their tongue in the future. Since the point of sex is to feel connected to your partner, pushing them away with your critical comments is not going to serve you well. Instead, be open to their fantasies and turn-ons, put your judgements aside, and listen attentively. You'll be surprised by how much of an impact this can have on your marriage and sex life.

Be Innovative and Adaptable

Whether you and your spouse have been doing the same thing for the past year or decade, make a point to switch things up. Your partner won't know what hit them if you spring some S&M on them or ask to indulge in their fantasies. Bringing excitement and passion back to your lovemaking is key in becoming a sex magnet. To do so, add new moves, places, times and positions into your sex routine. For instance, if you usually do it in the bedroom, opt for the shower. If you're usually passive on the bottom, get aggressive on top.

Look around your home with new eyes and make note of any props or spaces that would make for an interesting sexy time. You may be surprised to find that you've been living in a sexual jungle gym all this time!



Don't Be Self Conscious

As I've already mentioned, confidence is the sexiest thing you can wear, and this is especially true when it comes to sex. Think about it for a moment; Would you rather have

sex with someone who was timid and avoiding your touch, or with someone who was comfortable in their skin and open to exploring each others bodies? Simple, right?

To have amazing sex leave your insecurities at the door. If you're focused on hiding areas of your body, turning off the lights or complaining about your appearance it'll not only rob you and your partner of the full intimate experience, but it's also a turn off. Amazing sex needs passion, enthusiasm and sex appeal, so bring those to the party. Even if you have to fake your confidence, so do. You'll be surprised at how good it feels to be completely open to love and your partner will find your boldness irresistible.

Be Spontaneous

One of the hottest things you can do is take the reins and surprise your spouse with spontaneous sex. Whether it's waking them up with oral pleasure or seducing them as they walk in the door, the little things that are out of the norm are great ways to get hot and steamy. Not every moment of your sex life needs to be scheduled or planned. In fact, it's those unexpected sessions that keep things feeling fresh. When you feel an urge or instinct coming over you, act on it. Doing so will take sex to a whole new level, and your spouse will not soon forget them.

So many people fantasize about things like being sexually dominated or blindfolded and rubbed down. Surprise your spouse and try some of these acts. Even if it's completely out of character for you, that will only turn them on more. Whether you're pretending to meet each other for the first time or you're role-playing as your naughtier, sexier persona, getting your spouse sexually addicted to you has never been easier.

Put Their Needs First

Practicing compassion and selflessness in the sac are key qualities of a great sex partner. To hook your spouse, make a point to put their needs first every once in awhile. It doesn't mean that you don't get in on the action, but it can be super alluring to focus on pleasing your spouse without expecting anything in return. The point is to rock their world and surprise them with a side of you they may not have known existed.

Whether it's trying a position they love, treating them to oral, having sex in the morning or doing it in a space they enjoy, your generosity won't go unnoticed. In fact, this kind of love and benevolence will sexually addict your spouse for good.

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