

GETTIN' LAID

"Time travelling is just too dangerous...
better that I devote myself to study
the other great mystery of the universe...
women!"

Doc Brown
1985

*"& what is better than wisdom? Woman...
& what is better than woman? Nothing"*

*"Women always inspire us with the desire to do masterpieces, but
always prevent us from carrying them out."*

Oscar Wilde

APPEARANCES

Meeting a partner is rather like going hunting, & the first thing a hunter should establish is what his prey actually looks like. The human sexes are very similar & if aliens came to earth they would probably have trouble telling us apart, the physical difference between the sexes being very little. This may explain why women put so much effort into their appearance, to distinguish their pretty selves from the unkempt, unwashed masses of men. Perhaps it is all down to mating, for when fertile most female animals put on some kind of 'show' to attract a partner; our feathered friends preen themselves, the males putting on a mating dance rather like drunken grooving on a dancefloor, while lady chimpanzees form crusty red swellings round the anus & the vulva. In the world of the Homo Sapiens, both sexes will groom themselves in order to make them attractive to the opposite sex.

However, with very few exceptions, for every minute a man spends getting ready a woman will spend ten. Virtually all Birds are unhappy with their appearance, plagued about body image to such an extent that in their quest for feminine perfection even flawless supermodels endure plastic surgery. The lesser lookers are bombarded through Television, billboards, magazines & newspapers by a deluge of beautiful, brilliantly attired actresses & models. All Birds know that the Bees find their looks all too important & this promotes a 'dress war' amongst them, to see who can bag the most admirers. But impressing men is not the main reason they glam up, there is a lot of self-respect that comes with a woman's attire... they wish to show they take pride in themselves, for when a bird thinks she looks good, from her hairlines, nail-butts & pores to her necklace, leg-wax & her two-by-fours, then she will be a confident cookie, for a bird's sexiness is also her power.

The Bees are also conscious of their looks, knowing full well that if they want to pull a real 'looker' the better they look the better their chances. However, in accordance to their relative simplicity as a species their choices are rather limited. These are confined to the following;

Face - Shaven / stubble/ beard
Hair - Long / short / skinhead
Clothes - Suit / tracksuit / jeans & t-shirt
Footwear - Shoes / trainers

As we shall soon see, this is paltry fare when compared to the plethora of cosmetics that the Birds utilise in their quest to look good. For, while men wake up as good-looking as when they when to bed birds somehow deteriorate throughout the night! There are two kinds of Bird - High Maintenance (great time, care & effort) & Low Maintenance (not that much). Whenever a woman is going out her room is turned onto a dressing room, complete with an impromptu catwalk in front of the mirror. Ever since the Hetaerae, female priests & courtesans of ancient Greece, devised formulae to nourish the skin & hair, beauty has been an art form. Today the modern Bird has a vast multitude of products to choose from. Scientific research in Belgium asserts that if you line the beauty products of the world end-to-end they would stretch as far as Jupiter!

ASSETS

So how to compare individual Birds & Bees. Each ones looks are ascertain'd by an evaluation of the ten Assests, which we all possess in varying degrees. When combined they give a total picture, which conveniently gives us all a mark out of ten. However, our two species have slightly different assest - it would be unfair to mark most men on their boobs, as it would be to mark women on their facial hair. Their fairness & beauty of Birds has always served as a sweet & pleasure-giving tonic to Bees (dwell as men do in a world of hard work, testosterone & booze) & as they invest a large portion of their time & money into the accentuation of the ten assets, those physical traits which can bowl men over at fifty paces, we shall begin with them.

The Female Assets

Ass
Tits
Legs
Eyes
Smile
Looks
Sex-Appeal
Hair-Do
Style
Curves

The first three assets are known as the prime assets, those which are looked for first & valued the most. Most men specialise with these in the same way that they take their fast food. As the Maccy Dees man will rarely venture into a Kentucky Fried Chicken the Ass-Man will only begrudgingly admire a pair of tits. Yet despite the popularity of the prime assets, when it comes to scoring they must be considered as equal to the remaining seven.

Her Ass

Situated at the top of the legs, to many Bees the best asset a girl can possess... & they are not called ass-ets for nothing.

Her Tits

Tits are a girls greatest asset(s) & as important to them as the penis is to men. From the jordans to the love-dumplings, bahootas, wahootas & gongs, the hypnotic effect those mounds of flesh have on men is unbelievable. Also, at the end of each tit one can find a nipple, another point of lurid fascination for the Bee

Her Legs

When lithe & long a woman's legs are glorious, but when cellulite, varicose veins & hair invade then its best to wear a pair of |(non-purple) tights

Her Eyes

The windows to the soul... A Bee may be a fierce warrior with a murderous reputation, but one look from a bird can turn him to honey

Her Smile

Gleaming white teeth, all arranged in a perfect row & the sparkle of a woman... her natural gemstones

Her Looks

The aggregate combination of nose, ears, lips & bone structure & eyes all proportioned together & obviously accounting for taste

Her Sex-Appeal

That mysterious factor X which turns men to jelly around birds. It is present in the way she moves, sings & speaks, as an electric atmosphere follows her where-ever she goes. With Sex-Appeal a girl, fresh from a jog, hair tangled & sweaty, could still walk into a room full

of beautiful woman dressed to the nines & grab all the attention.

Her Hair-do

Hair is another of the prime occupations of birds. They spend a fortune on 'getting my hair done,' which most men find hard to comprehend, & to certain high maintenance birds the invention of the hair straightener is the best thing that has ever happened in history. But there is more to it than a simple wash & blow. From Toni & Guys to Sharon's Salon the trip to the scissors is a social event. For what to them is a reasonable fee, they will be pampered, made the centre of attention for half an hour or so & thrust into the hub of the local community's gossip. Her hair can be slicked, fluffed, glossed, set & perm'd... some birds will even take great care over messing up their hair. A hair-do can be a work of art, elegantly styled with seductive curls hanging by the cheek. Color is an equally important facet of a hair-do - witness the horror when they discover their first grey hair. There is a grain of truth in 'Blond girls have more fun,' as many Bees prefer our golden haired angels. Yet different colors bloom in certain seasons. Blond for Summer, Auburn for Autumn & Brunette for winter. In the Spring everything. This dying of hair in a myriad of shades led to a comic moment in my dating years. I attached myself to what appeared at first glance to be a brunette - but as things progressed I was confronted with a tangled mound of bright Ginger pubes. Red hair is beautiful on women, but not expecting rosily glowing cheeks my titters of mirth *almost* killed the mood.

Her Style

Style is very important to birds... it reflects their personality & 'hides' their imperfections, for if one is not a work of art then one should *wear* a work of art. No poet would ever dare, in depicting the pleasure caused by the appearance of a great beauty, separate the woman from her dress. Style is contained in the way she walks, talks, & most of all, what she wears. All Birds will change their personality according to what they have on. Boyish & companionable in ski pants, a sex-kitten in a slinky jersey & an ice maiden in a smart suit. The general sentiment behind a woman's glamming up is to leave men thinking "*We-should-be-so-lucky*," leave them gagging for it & hoping if they are really good they might just stand a chance. To

assist in this quest the Bird has a very powerful armoury of provocative equipment within her nest, which she shall don at a moments (or three hours) notice. These include;

- Fuck-me-Boots (especially made of Spanish leather)
- Hotpants
- Short dresses
- See-through clothing
- Zip up tops
- Tiny G-Strings
- Not wearing bras so her nipples are protruding
- White & lacy bras just showing through her blouse
- Padded bras
- Off the shoulder tops (is she wearing a bra?)
- Skirts with a slit in the sides (wow her legs go all way up!)

Her Curves

Her figure is many-a-woman's obsession. She will know exactly how many biscuits she has consumed in a day & if she treats herself at a restaurant she will diet like hell the next day. This constant desire to be slim or slimmer can lead to dangerous forays into bulimia & anorexia. Birds seem always to be on some kind of diet, counting the calories & watching the figure. But all that effort is worth it as curves can be wonderful, from the sloping hips to the naked neck, & are the guiding lights of a bird's beauty. The chart below will give you a rough indication of how well her figure matches her height.

SIZE	HEIGHT		
	5.2	5.5	5.8
8	<i>lovely</i>	<i>thin</i>	<i>very thin</i>
10	<i>perfect if small</i>	<i>thin</i>	<i>v slim</i>
12	<i>curvy</i>	<i>perfect</i>	<i>slim</i>
14	<i>very curvy</i>	<i>curvy</i>	<i>perfectly curvy</i>
16	<i>chubby</i>	<i>statuesque</i>	<i>scary</i>
18	<i>dummy</i>	<i>frumpy</i>	<i>puts the ass in massive</i>

The stigma that is attached to her curves produces a certain worldly irony. A chubby bird will only have to fork out a couple of quid for a

big set of bloomers. Yet for a wee slip of a g-string, containing twenty times less material, she will have to pay twenty times the cost!

The Male Assets

Tall
Goodlooking
Nice ass
Pot bellies
Moustaches (honest)
Sense of Humour
Lust for excitement
Quirky looks
Baldness
Kindness
Uniforms
Femine aspects - like long eyelashes
Atheletic
Men in overalls
Dirty workclothes & grease
Hairy chests
Tall
Nice eyes
Cleanliness
Hard Working
Politeness
Ability to Listen
Tenderness

Good looks are not rated as highly as they are with men, tho of course it helps. You see birds hold little regard for the statuesque Dionysis, for vanity in men is a turn off & they threaten the bird's traditional position as the desirable goddess. So as you can see, everybody gets a chance, although mingers are still mingers. But don't worry, the ten pint beautiful rule applies to men as well. You do not have to be rich or handsome to pick up a chick, just be yourself for they rate personality higher in the long run. It is a strange state of affairs, but if a man has a girlfriend he suddenly becomes more desirable to other birds. To know they have won & can maintain a

relationship is proof of the man's virility & brings out the competitive element in the ladies. But men are far from perfect in the eyes of a woman. Here are a few of the traits they don't like;

Overconfidence
Arrogance
Bully
Liar
Dishonesty
Pot bellies
Selfishness
Hard-mouthed
Pig-headedness

Birds often find men are too demanding, too bullish, too heavy-handed & are insensitive to just about everything requiring any emotional thought. Yet luckily birds also love us for our defects & if we have enough of them they'll forgive us everything.

To determine how attractive your bird is simply mark them on each of the assets. If a bird possesses the asset, but does not excel in it, give her half of a point. If beauty is abundant in the asset, as in Cameron Diaz's eyes, then give them a full point. If they are weak in the asset, such as in long jumpers tits, then give them a zero (very crap).

Scoring

All these assets are based upon first impressions. Obviously they can change with time & distance. I shall assay a bird's other qualities later in the book, but at the moment we are only concerned with how she looks. Remember that if she is beautiful she may not also be interesting. For a general rule the uglier the bird the sounder she will be, her personality making up for what she lacks in looks. So, after totting up the scores, simply look on the chart below to see how fit your bird is;

0	<i>French (on principal)</i>
.5-1 - .5	<i>Minger</i>

2 - 3.5	<i>Rough</i>
4 - 6	<i>The Ladies</i>
6.5 - 8	<i>Babe</i>
8.5 - 9.5	<i>Stunner</i>
10	<i>Aphrodite</i>

When marking you should take into account such spoilers as varicose veins, dirty hair & hairy nipples, marking down accordingly. Her complexion is also important, it's no use having a perfectly proportioned face when the skin is wrinkly & full of craters. However, drinking alcohol inevitably increases a bird's desirability. On average, for every beer a man drinks, the birds around him will all be full-marked in an asset, until ten pints have been downed & every woman becomes Aphrodite... the common term for this is TEN PINTS BEAUTIFUL. How many times has a man woken up in the morning next to a warthog, the beer goggles having fallen off in his sleep.

FASHION

Accessorize! Accessorize! Accessorize! It is almost as if these words are forever piping up in the ears of birds. Your average bird will buy seven tons of pointless stuff throughout her life-time, which to her is very vital indeed. It is a common sight at airports of women, who are only going away for a weekend, to be weighed down by many large bags indeed. Even when simply leaving the house the handbag is stuffed with many positively vital things. Though an expensive past-time accessorizing is a major part of every bird's life, & remember it all has to be co-ordinated too! Fashion is of paramount importance & a sign of status from the expensive label to the hippy hand-me-down. All the colours must blend well together & if one item is a Dolce & Govvanna, then all the rest must be too. Many items are kept simply out of sentimental value... an old friend or lover gave it to them & they cannot bare to part with it. Before we look at the major accessories, here are a few others to show the grand scale of accessorizing ...

Pretty sparkly things
Hats

Purse
Sunglasses
Sexy tattoos
Bags
Belts
Gloves
Shawls
And so on...

Gold, silver, rubies, emeralds, sapphires, diamonds.... You name it, birds love shiny precious jewels, going giddy in their presence. They wear them round their neck, wrists & ankles... & thro piercing put them from their navel to their ears, lips & even tongue. These are the ultimate accessories for any bird, designed to complement whatever outfit they are wearing. The general concensus is that wearing expensive jewellery makes the bird feel valuable...

Only guys in the fashion industry recognize the expense & social statement of a pair of classy shoes. Most men don't know their Reebok Classics from their Gucci, but this doesn't stop women spending a fortune on shoes. Unless working or doing sports Birds do not rate the comfiness of a shoe as important. Even if they are only to be worn once they can never be thrown away, retaining a sentimental value that makes them priceless.

It is contrary to popular opinion that birds love men the most. It is in fact the wardrobe which receives the full amount of care & affection of l'amore. In fact, on a number of occasions men have gone missing when venturing into a particularly cavernous wardrobe. The 'creations' which lie within are sometimes unspeakable horrors, garish affairs of terrible taste. But birds look great in clothes... they accentuate their natural curves.... & a tight top over a bra-less bird is one of man's greatest pleasures.

To most men a shave & a good nasal pluck is the limits of their fine tuning. This is not the case even with your low maintenance bird. The amount of things birds can do is phenomenal & the range of products available to them vast. Every women needs, the basics, moisturiser & deodorant.

From the wide-eyed mascara to the curled eyelash the perfection of the female face is paramount. The application of make-up is a highly sensitive issue. Some birds will even slap some on if they are going to the shop for some milk. Make-up is a kind of chain round a birds neck, her conscious self-respect seemingly addicted to the brightening of her looks that make up ensures. Even if a bird feels down she'll slap on some make up, putting on face to show the world. It is intended to make the bird prettier, a sort of war paint in the battles of beauty, which like most painting is good from a distance but bad close up. Birds often don 'the mask' when seeing family, especially their father, for it exudes a level of self-respect & care & shows they have made an effort.. As a last point, most men will not notice, but half of the time a bird isn't wearing any make up, in fact she is. The natural effect takes a ton of work & many subtle shades of make up.

Others include;

<i>Lipstick</i>	<i>Perfumes</i>	<i>Hair removal</i>
<i>Plucking eyebrows</i>	<i>Spotstick (to hide zits)</i>	<i>Wrinkle Cream</i>
<i>Waxing</i>	<i>Fake tan</i>	<i>Foundation</i>
<i>Bronzing Powder</i>	<i>Eyeliners</i>	<i>Lipgloss</i>

MEN

So you are a man! Being male makes you the ultimate point of want for a bird, as most of them have had drilled into them the ideal of finding a perfect soul mate, a partner for life & you might just be him. Men, (or to give them another name, wallets), mean a lot to the bird, they make them feel good about themselves, placed at the centre of attention & an object to be desired. Without men who would appreciate a woman's beauty - birds don't buy other birds drinks just because they have a nice ass.

The general consensus among women is that men are great, but can also be fuckwits, they have their uses but mess up the world, they're great in bed but then again they're all bastards, we either use too much or too little deodorant. Yet at the end of the day men are vital to

the re-population of the world & women begrudgingly accept that they need them as much as men need birds.

Now birds have always had a powerful effect on men, their mere presence can send a once proud & upright specimen hobbling out of a room trying to hide his erection. They appreciate they hold most of the cards in the sexual dynamic, they know we need them & this is where their power lies. We all go as dumb animals to the slaughter, while they've got what we want & hold us spellbound until we get it. They are the objects of our desire & wish to see how far we are prepared to go before we are rewarded. Birds think men are to be manipulated, quite easy prey as our tongues send buckets of drool dripping to the floor.

Most women identify two types of men they are attracted to. Those they want to fuck (nice body - the lover) & those they want to get to know (nice eyes - the provider), reacting instinctively to each type. A bird may go for a rugged romantic Heathcliffe type, both fanciable & a challenge to tame, as much as she will go for a quiet, marriable type. Although the idea is a little old fashioned, the latter sort becomes the traditional source of security. While she tends to the home his natural hunter instincts are channeled into the world of work. For this reason birds tend to like older men, their wallet size cancelling out the wrinkles & terrible fashion sense he has acquired.

In general a bird will be attracted to the gleam of virility, strength, manner, wealth, cultivation, intelligence, wealth, power, fame, exclusivity, creativity & the very essence of manhood. Some will even be attracted to men who they know will treat them badly. Sexually, the ideal is a man in his late twenties... still frisky with youth but old enough to know how to touch all the buttons.

Birds like men to fulfill a need, or a role in their life. For example the Traveller bird is often looking for short flings. Woe betide the man who falls in love with her, she will be off on the next bus in a flash. Some women only want a man to be a sperm bank (& later through the CSA a money bank), so she can have her child without the hassle & often outright ridiculousness of living with a man. Some go for clingy men as they crave the attention. Certain birds who have been through a traumatic time will often take a gentle, hassle-free man,

even if he is a little dull & not her type. He will act as some sort of therapist to her.

A bird can be attracted to any man as long as he possesses that je ne sais quo that makes her tick. If they see something in a man that's good for them, they will be interested, it is all a matter of taste. But don't get too big for your boots fellas, some birds think they're better off with a hand-held, & I'm not talking about Gameboys. Here are some of the assets & traits that birds find attractive in a man;

Tall
Goodlooking
Nice ass
Pot bellies
Moustaches (honest)
Sense of Humour
Lust for excitement
Quirky looks
Baldness
Kindness
Uniforms
Femine aspects - like long eyelashes
Atheletic
Men in overalls
Dirty workclothes & grease
Hairy chests
Tall
Nice eyes
Cleanliness
Hard Working
Politeness
Ability to Listen
Tenderness

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not have to be rich or handsome to pick up a chick, just be yourself for they rate personality higher in the long run. It is a strange state of affairs, but if a man has a girlfriend he suddenly becomes more desirable to other birds. To know they have won & can maintain a relationship is proof of the man's virility & brings out the competitive element in the ladies. But men are far from perfect in the eyes of a woman. Here are a few of the traits they don't like;

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Pig-headedness

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PULLING A BIRD

"Water, water everywhere nor any drop to drink"

This famous line from Coleridge's *Ancyent Mariner* can be perfectly applied to the situation men often find themselves in. Surrounded on all sides by birds & incapable of 'catching' himself one. Yet a bird can snare most men with a piercing glance or gracious body movement, activating some mystical groin-stirring power, leaving men wide-eyed & panting like frisky, young dogs. For the man to attract a woman he must endure a far more difficult & soul eroding process. For starters centuries of moral conduct have made it up to the man to make the first move. Secondly, all the birds know this.

So, lads, how do we pull a bird? First of all I thoroughly recommend having a wash. Birds are sticklers for cleanliness & would rather not

kiss a man with curry breath & stinking of booze. Birds do find a little rough around the edges sexy, especially stubble, but only in small degrees. Secondly, put yourself in the right zone. You are not going to meet a bird at the 22nd annual Grimsby Pigeon Fanciers congress (that doesn't fly). They can be found in many places, such as work, college, parties, down the gym, dinner parties & on holiday. Yet the prime location to meet a bird, when they're dressed to the nines, up for a good time & looking their best, is on a night out. The best ones to go for are those on the prowl themselves, strutting around, fingering their glass & eying up the men with a Byronic underlook. With these half the battle is already won, but latch on to her quickly before she's snapped up & remember, he who hesitates, masturbates.

So you have seen her, stood against a bar or swaying sexily on the dance-floor. You should have a bit of time to suss her out, psyche yourself up & go in for the kill. She's hot, but have you caught her attention as well. If she's sat down with her knees pointing at you it means she likes you. Constant glances or direct & prolonged eye contact are even better. Yet when a woman returns your looks you will have to contend with what seems like an imaginary army. A lot is going on at that moment, including a total evaluation of your marital prospects, for within one look, or maybe two, a woman has made her decision.

Remember the hottest birds are rarely the most interesting or outgoing, looks aren't everything! Never be intimidated if she's an absolute goddess, these women want confident men & all birds are the same inside. Try not to approach those with boyfriends, as a smack in the face usually ensues. Don't be put off if she is out with her friends as your courage in approaching her will often count for you. In fact a little light flirtation with her friends will make her want you more.

Before you go in, try to be overwhelmed by this gorgeous bird before you. Simply memorise a few of these little nutmegs & your confidence will be maintained during the chatting up process.

Your ass is never a factor in a job interview.

Your orgasms are real. Always.

Your last name stays put.

The garage is all yours.

You never feel compelled to stop a friend from getting laid.

Hot wax never comes near your pubic area.

Same work ... more pay.

Wrinkles add character.

You don't have to leave the room to make emergency crotch adjustments.

People never glance at your chest when you're talking to them.

The occasional well-rendered burp is practically expected

*A pair of new shoes will seldom cut, blister, or mangle your feet.
One mood, ALL the god damn time.*

A five day holiday only requires one suitcase.

You can open all your own jars.

You can go to a public toilet without a support group.

You can kill your own food.

If you are 34 and single, nobody notices.

You never feel the need to wash your underwear because they are "slightly soiled." Just throw them in the dirty clothes with everything else.

Three pairs of shoes are more than enough.

You almost never have strap problems in public.

The same hairstyle lasts for years, maybe decades.

You have the freedom of choice when concerning growing a moustache.

Christmas shopping can be accomplished for 25 relatives, on December 24th, in 45 minutes.

& finally,

The world is your toilet...

When approaching a bird remember she doesn't know you from Adam. You know that you are a nice guy, but she doesn't - respect her comfort zone & break the ice with a little humor. That is real comedy, not what you think is funny! However old fashioned it may seem a bird will always fall for a gentlemanly kiss on the hand. If you have clicked, even ever so slightly, then you may begin to talk. At this juncture I would like to add that I do not believe there is such thing as love at first sight, only lust. I believe you cannot love someone if you do not know them... but getting to know them begins right here. So you've approached her, smiled, asked after her name, gave her a twirl, offered to buy her a drink, said something witty, whatever suits your own personality. These moments are ever so important, as a good first impression will back-up all your future banter & her fresh formed opinions of you will tend to persist for a long time. Now is not so much about saying the right thing, but avoiding the wrong things. Slipping your tongue in her ear while pinching her ass & saying, "*I've heard you're a great fuck!*" seldom works away from Barnsley. A good opening line is, "*It's obvious I can't stop looking at you, would you like a drink/dance*" or "*Hey, haven't I seen you down the...*" insert appropriate place for the bird in question. Use your imagination & try not to say '*strip club,*' '*bookies*' or '*porn shop.*'

Once introduced, & your Mediterranean beauty does not turn out to be a man or possess a very broad Yorkshire accent, then the flirting may begin. This is a natural, instinctual process of getting along with someone, a sort of second conversation between sexualities. By flirting you are seeing whether she likes you without the commitment, whereby if she's not up for it your ego remains unbruised. I believe it is paramount to look a bird in the eye when talking to her & if she is interested in you her pupils will dilate. Staring at her breasts while you speak is surprisingly off putting, but if she is wearing a low cut top an occasional glance is OK, she'll expect it! Don't forget to smile! They are contagious, will set her at ease & lighten up your own face, giving you a much better chance than the moody, miserable guy. Connect with the psycho-sexual depths of a bird's brain by sitting confidently with your legs apart & tuning in to her conversation... she'll be putty in your hands!

Show her a due respect, she won't be fooled by your pleasant patter & knows full well you're trying to pick her up. Be direct & let her know exactly what you want, for by doing so you will come across as confident, open & a straightforward guy. In social situations give her your full attention & make her feel like she's the only person in the room. Even if it's boring try & listen to what she has to say, everyone likes to be heard & it will increase your chances immensely. There is one point of great importance. How many great meetings have been spoiled at the first hurdle by a man instantly forgetting his target's name. When she tells it you repeat it out loud & in your head, so it sticks... getting laid could depend on it. Try & associate the name with something familiar to you. For example Chelsea is a football team, Sarah is your sister's name, you used to go out with a Louise & so on.

It is a cliché but chatting up technique is rated quite highly in a bird's opinion of a man. They will remark less on the content but more on the manners & eloquence of his speech. Try not to be too serious, odds are she's out to have a good laugh & if you can assist in this with a little light-hearted playfulness then she'll rate you much higher. Be confident for they will detect any glimmer of desperation in your demeanor. Try not to stand too close, but the occasional lean & quiet whisper in her ear will add electricity to your meeting. Her being

pissed will also help your cause, so buy her a drink (or six). Corny lines such as *"Did it hurt?" "When?" "When you fell from heaven" - "Get your coat love, you've pulled!" & "Can I smell your fanny?" "No you can't!" "It must be your perfume then!"* seldom work these days but a well-timed killer line oozing a little style & sophistication, simmering with heat, will often win the day.

However gorgeous, witty & sophisticated you are, it is possible fellas that a bird might not be into you. How can that be possible, I hear you think. Folded arms, looking elsewhere while you speak, yawning & looking at her watch are all bad signs. If she gives you the finger it does not mean she wants you to indulge in a little foreplay. But if she pulls a funny face, don't worry too much, it might just be indigestion.

If you are rejected you have two options. Number one, take it gently, thank her for her time & quickly move on to the next bird... obviously not the one sitting next to her... but that might be funny! Secondly, & the course the author always takes, is reply with a *"No! What do you mean no! Are you mad or something, you should be locked up girl!"* & storm off shaking your head in sheer shock muttering *"birds!"* underneath your breath. Below are a few things a bird will say when she is rejecting you, & what she is really thinking. A no means no & whatever you might try once a bird has made up her mind then it's too late. Unless you win the lottery & then of course she might grow to love you.

"There's a difference in our ages!" - I don't want to do my dad.

It's not you, it's me - It's you

Let's be friends - I think of you as a brother

I'm not attracted to you in 'that' way - She doesn't fancy you

I've got a boyfriend - She prefers cats, videos & ice-cream

The Phone Call

Unless you are seriously attracted to each other & rush off to the bedroom, the all-elusive phone number becomes the chief object of

this first meeting. You want to arrange to see her again, under circumstances a little more 'romantic.' The best way to initiate this is to take her number. I suggest ringing her up on your mobile straight away & tell her that she's now got your number & will ensure that you haven't been sold a dummy. Try not to let her just take yours, as it is generally up to you to make the first move & she may never call.

You might become a tad excited about ringing her up & asking her out, but guaranteed she will be about a hundred times worse. Birds get themselves worked up into quite a lather waiting for call & some have even reported out of body experiences the moment the phone rings. In certain dating circles there is a time sequence of when to call, so as not to sound too eager or desperate. Yet, this has been set by people who are strangers to you, so I suggest go with your instinct. Don't be too shy to call early, though obviously not five minutes after you parted company. On top of this, attempting to woo a bird with 40 text messages a day seldom works, as does stalking.

When asking her out try & open with a compliment, something like how nice it was to meet her & how her face is still fresh in your memory. Also it helps to have a rough plan of where you're going to go if she agrees - although mystery surprise dates are always fun. The good news is a bird will rarely say no to being asked out, the flattery alone being too much for them.

The Date

So she's said yes & you're going out together. Asking her out was a major deal, for her a major source of gossip & excitement. Chances are they have spent hours & a small fortune preparing for the date on the premise that you might just be 'the one.' From the male point of view at some point in the future you might, just might, get lucky. Unfortunately until then you have to go through all the formalities of charming the pants off her, but don't fret this can be great fun!

Women want to be whisked off their feet, pampered & chased & made to feel special. When you take her out the vibe you create with a bird is very important. For example, taking her to a boxing match will fill the date with energy, or sensuousness at a romantic restaurant. The key to a good date is a shared feeling of

togetherness, you both wanting the same thing & the chemistry crackling between you. If you can connect with her then the part of a woman that longs for love & acceptance shall be stirred as your desirability rating soars.

Dating a bird is like treading a battlefield. You possess several weapons to assist you in the battles to come, such as cool friends, a car, a flat (preferably tidy), cool clothes & so on. Don't hesitate to employ them as she will be coming at you with everything she's got like Rommel & his Panzers. The encounter is the equivalent of mental fencing, the two combatants pleasantly sitting & conversing are actually locked in battle, looking for weak spots in each other's personality. Most men don't realize the mind-games that are being played, which is probably a good thing.

Unfortunately the dating game is full of many pitfalls, rather like a minefield waiting to go off. First of all a bird is allowed to be late, but keep her waiting & you'll know about it. When she finally turns up a comfy environment is paramount. I find Standing outside in the rain watching a footy match will not endear a bird to you. When dating it is very important to make her feel good & making an effort for her will contribute to this. It is how she feels when she is with you that counts the most, not your bulging wallet & shiny car. It is not the expense, but the quality of the evening that matters.

So where to take her? Aside from the traditional haunts of the movies, pubs & restaurants there are many alternatives. Why not cook her a meal, women love to be pampered this way & the bedroom is never that far away. Romantic walks, in the countryside, down by the sea or through bustling markets (her fave) can be very inspiring. If you are going to the movies, be a gent & watch something she would like, at the end of the day chick flicks aren't that bad & a movie about cheerleaders will lower you in her esteem, however funny.

Music will always help the mood, birds love to dance & the physical movement will soon have her aroused. Money is essential - enough for food, drink & transport. If you have a motorbike, take her for a spin, the adrenalin rush will soon be converted into sexual longing for another engine between her legs. Also brush up on your bird drinks;

for example fancy names for your wines & whiskey gets her pissed; others are

*White wine spritzer
Champagne*

*Bacardi breezeers
Vodka & red bull*

*Baileys
Gin & tonic*

So how to act? You must always praise her outfit when you first meet, & then lace the date with a gentle smattering of compliments. Be confident, the key to a woman's heart & remember, faint heart never won fair lady. It will be to your advantage if you can make her heart flutter, her thighs tremble & her fanny quiver in anticipation. A little spontaneous flirting helps, but not too much. If you come across as desperate for to get laid she will run a mile. Yet some birds are only after a shag, so this is where conversation helps. There is no point in walking the walk if you cannot talk the talk.

& what to say? I cannot put words in a man's mouth, only you can do that. I recommend losing the awkwardness & making proper eye contact - especially when followed by a compliment. Don't go on about yourself the whole time, but listen to them as much as possible & however boring try & show an interest in what she's saying. Be yourself... the birds are no suckers & will spot straight away any acting on your part... lying is bad (when they find out they'll be mad), but a few 'extensions' of the truth in order to impress her are fair game. Injecting a little poetry into your patter can help (my, what an elegant sway, ecliptical eyes you have), but avoid the cheesy schmaltz. You must appreciate that every detail of your time together will soon be dissected by your bird & her mates, so it is up to you to give them something to talk about. Within every bird is the little princess she used to be, who used to phantasize about exploring secret gardens & magic kingdoms. Try & recreate the excitement of these dreams with wonderful & surprising moments on your date. Her eyes will light up & she will become great fun. On the following page are a few more pointers to help you date go swimmingly;

Find out & talk about shared interests

A little sensitivity goes a long way

Talk about her family & past

Eat desert from the same spoon

Birds love music - well-timed pussy chords on the guitar will destroy knicker elastic at fifty paces, plus smoochy dances rule

Make a bird feel like a woman

Make her feel cheeky

Tell them a couple of choice, adventurous tayles (but best not to tell them about your criminal record for GBH just yet)

If not prude talk suggestive & coarse, birds love innuendo,

Try & guess her star sign - you've a one in twelve chance & this guarantees sex

Try not to respond to a lengthy story with a simple grunt or "cool!" - they want to know you have been listening

I cannot speak highly enough of the power of an open fire

Admit to being nervous - they will warm to you

Get a friend ring up an hour into date - just in case she's mad
The best way to spend your time together is when you are both smiling & feeling relaxed. Then what better than to litter the date with a few choice gags. However;

Why do women have small feet?
So they can get to the kitchen sink!

What do you do if a bird craps on your car?
Don't take her out again!

How many feminists does it take to change a lightbulb?
20 - 1 to change the bulb & 19 to make the documentary!

My wife says to me the other day, darling I need a holiday... I want to go somewhere new, somewhere exciting, somewhere exotic... I said

try the kitchen!

No, don't get me wrong, I love my wife, I take her out with me everywhere I go... she always manages to find her bloody way back though

Is just the type of sentiment that will cause her offence. Making her laugh is very important as man cannot rely on his good looks alone. Unfortunately they have a different sense of humor to the man & this should be appreciated. In general birds find men talking about sex funny, as well as when they are being flirty & charming. Blackpool style smut goes down well, but birds do not appreciate sarcasm or laughing at other people's expense. Being able to laugh at the funny things in life is a sign of a good woman, & the man who can induce this laughter her real treasure.

Now I do realise that conversing with birds can be difficult. They don't understand the offside rule & you can't talk about how fit the bird on the other table looks. They are also masters of the grand digression, giving you the life stories of every one involved in a particular anecdote, how they're all connected & talk so fast they often lose sight of the crux of the story. On top of this you must never judge them. I once commented on a bird's choice of tunes with what I thought was a healthy C minus, which looking back was the beginning of our end.

If you feel she is hiding something from you try not to worry about it too much. Whatever it may be at this stage it really doesn't matter & talking about it will only make her uncomfortable. Only 1 in 3,000,000 birds are crazy man-killers so odds her 'secret' won't be too bad. If you wish to probe a little deeper you can try playing "tit for tat" over drinks, where you get to ask each other questions, giving truthful answers in return. Through this method, by finding out how many men she has slept with, you will get a measure of her 'promiscuity,' a good indicator of your chance of getting her in the sack.

Be careful with birds on the rebound, they are usually only after sex with no strings attached - great! She has either been dumped or left her boyfriend to have some fun & would like her ego stroking through this emotional time. She may be a little fragile but will still be up for it, however rushing them into anything is a big no-no. Sex with these

birds is often easy & wild, but be wary of the baggage she will be carrying. Try not to delve too deeply into her ex & their relationship & be prepared for a sudden end to your fling. O yeah, her boyfriend might turn up at any given moment.

The Result

By the end of a date you should have a good idea of what she is about, though what she is really like will probably be hidden. Try & avoid birds who moan a lot or chatter incessantly - especially about babies & ex boyfriends. Shy away from those checking out your husband potential & if a bird appears finicky about things, get rid for she will soon become intolerable. The same applies to those birds that come across as mad, especially if she froths at the mouth & has audio & visual hallucinations! She will have a lot on her plate & probably a large side salad as well - potential nuclear bombs! Also avoid those who by some crazy coincidence bump into their ex-boyfriend in the pub. This Machiavellian maneuver is the sign of a true loon.

There is one true way to find out if the two of you are compatible, & that is the kiss test. Await a suitable moment, when your eyes are locked & your lips only a few inches apart. Then gently lean in & let the fireworks happen. By now she will have marked you on your own assets but the kiss test will always upgrade or downgrade the mark by as many as 3 points. You must remember that you can never kiss a girl unexpectedly - only sooner than she thought you would!

If she gets the green light then hopefully she will soon be giving herself to you in a carnal fashion, the true aim & delight of the dating game Plutonic relationships are all well & good, but I find them rather like having spaghetti with none of momma's sauce. Maybe tonight you will only walk her home, but hopefully you will have a chance to be alone & intimate together.

If you are going to her NEST, then ignore the tartan pyjamas, teddy bears & mirrors full of photos, for these come with the package. Don't worry about photos of men, most images of ex-boyfriends are consigned to either a scrapbook or the bin. Though it will be wise to at some time enquire as to who those men in the photos are, just in

case it was your date before the 'operation'. Look around you. If her place seems too pristine & tidy then I suggest scarpering quickly after any action has taken place as the bird will probably be neurotic.

If you go to your place remember that birds like tidy rooms & will connect the bathroom to the man, going as far as looking in his cupboards. If there is any chance she will be coming back, get rid of the slime in advance & for god's sake hide your porn. Sit next to her with a few nice words & a little gentle touching will break down the barriers between you. Obviously do not try to kop a feel at such an early stage, but I do suggest brushing your lips against her soft skin. Knowing when to steal a kiss is instinctual, but if she allows you to rub her hair gently against your lips, then she is probably ready. On one occasion while I was entertaining a Swedish Blonde I just had to lay a gentle kiss on the neck, "*That's dangerous!*" she said & the date turned out to be a successful one. If her hair is up in a pony-tail, try letting it down, a very intimate way of saying you think she is beautiful & she should relax. Birds enjoy men making their moves, it makes them feel like wanted prey & appreciate the effort they are making. Hopefully after all your barrage of seduction she will have caved in & feel ready to take the next step. Maybe it was going to happen all along & she was just playing hard to get. Who cares, it's time to get funky.

SEX

So the date has gone well, be it the first one, the tenth, or even the night you met, all the signals are there & it's time to consummate your mutual attraction with the glorious exchange of passion that is sex. For the first time with a new man most birds would like what is called a good SEXPERIENCE, when all her gaskets blow as waves of pleasure surge thro her body in a deluge of physical, sensual expression, her gasps in rythym to her squirts of exstasi. In general birds would prefer not to do the work, rather to be on the receiving end of a good fuck - & it is important to them that you are a good fuck! But no pressure lads, this isn't as hard as it sounds.

First of all appreciate what's just about to happen. Throughout virtually every day of her life as a bird many men would have ogled her, phantasizing about what it would be like to get her in the sack.

Now she's giving herself to you... yes you! Be grateful & tell her so, for you are about to share in the most intimate thing that a woman can do. Most men rarely think beyond the phallogentric juvenilia of having a quick orgasm, but if you are taught well (older birds make the best tutors) & know exactly what to do, sensing what a woman wants & what she likes & if you are not too self-absorbed you can really turn a woman on. I know it sounds crazy, but genitalia is not that important to a woman. They like to be built up before the genitals are touched; don't just leap from the mouth, to the tits to the fanny - stroke & kiss her all over. Exploring her neck, her back & her thighs, really helps to get them in the mood. So here we go - all that time, money & flattery has finally paid off & you're finally getting down to the nitty-gritty.

When undressing her show a sense of style. They pick underwear to arouse you & can be disheartened as you rip them off in an instant. For example, if faced with a lacy bra one should run a finger along the lace, deftly unfasten the thing then stroke & cup her naked breasts. Birds are especially impressed by men who can undo a bra with one hand - practice.

To know a bird intimately is a very significant indicator of the spiritual bond between you; if it feels right then she probably is right. Don't worry too much about your performance. As long as she likes you it won't matter (this time). Unless you are having a one-night stand future sex sessions will evolve with each other's personality & should a whole lot better.

Not every bird is a porn star & many will be anxious about being seen as a sack of potatoes. Birds are very nervous about their little physical idiosyncracies, so if she wants the lights off, turn them off. When she's supposed to be relaxing beneath your embrace stuff like *"Does he like me," "What if he hates my mole?" "Does my fanny smell?"* & *"I hope he doesn't think I'm fat"* will be running thro her brain, completely daunted by the moment. If this is the case then a little gentle re-assurance is needed - & if a woman says she thinks she's fat, for heaven's sake never agree with her.

At this juncture I would like to say there is no worse a violation than the rape of a woman. If she says no, she means no, even if you're as

horny as a dog on heat, go & relieve yourself in the bathroom & be a man about it. However gentle, forcing the issue is wrong, illegal & destroys all the magic of sex.

Give in to your lust. A couple of frantic minutes is fine if the passion is there. If you will continue to see the bird then inevitably, at some point in the future, the fires will dwindle down. It is then that you should try to fulfill her completely with a series of earth shuddering multiple orgasms. To ensure you do get a crack at her again after your thirty second sprint simply say *"You're so damn sexy I just couldn't hold on!"* it never fails.

SEXUALITY

*"Prepared for fight, expectingly she lies
With heaving breasts, & with desiring eyes
Bare was her bosom, bare the field of lust..."*

Ask a bird what her favorite thing in the world is & nine times out of ten she'll reply sex! Obviously they have never known the amazing delights of watching Burnley FC score a goal, but why *do* birds love sex so much? Apart from the obvious physical pleasure she gains & the spiritual intimacy with her partner, she benefits in many other areas. For a start sex disguises the effects of aging! Did you know that you can tell from the skin whether a person is sexually active or not. Sex is a beauty treatment for when birds make love they produce amounts of the hormone oestrogen, which makes her hair shiny & skin smooth. The sweat she produces cleans the pores & makes her skin glow. All that adds up to free beauty treatment!

On the fitness side every muscle is stretched & toned without having to slip into too-tight lycra leggings while all those excess calories are being burnt away. Sex is also an instant cure for mild depression, releasing endorphin into the bloodstream, producing a euphoric sense of well being, & as a tranquilizer is ten times more effective than valium. Lovemaking also relieves headaches by releasing the tension that restricts blood vessels in the brain & by being a natural antihistamine helps combat asthma & hay fever. On top of that sex is the key to that perfect moment of bird bliss, the time when she is face to face with god, the reason they exist, moaning like a lowing heifer,

coming like a railway train... her orgasm.

If a woman is having good sex there will be a benefit in other areas of her life, she will feel alive in every other department. For birds sex can become a creative act & they gain satisfaction from the ability to please a partner, to be valued & appreciated through this apex of individual expression. Yet birds do not need sex as often as men do. This is because the act is more physical for men and more emotional for women. Just knowing that the man wants to have sex with her fulfills an emotional need & re-inforces her attractiveness. To gratify & comfort their emotional want intercourse allows men in physically & spiritually, the love pouring back any woman's delight. While men just enjoy sex birds intellectualise about it - women need a reason, men just need a place!

Birds sometimes feel an overriding need to be shagged senseless, preferably by some tasty foreigner who does all his talking in the bedroom. She will come across as frustrated, with a yearning want for intimacy, & you should assist if you can. But you have to be someone she likes, the majority of birds do not possess the laissez-faire attitude of men that allows them to sleep with mingers.

Your average woman will have about 2,500 penetrative sexual experiences in her lifetime. She will become better at sex in later life attaining a level of experience & confidence as to what she enjoys. Her pleasure should be your pleasure too & there is no sweeter sight than buttocks abounding in pleasure, though avoid bouncing boobs for they can injure. In an inequality of nature birds can also conjure up the flowing feelings which arise from sex at will... the sensual, the genital, the sexual & the emotional.

THE FEMALE ORGASM

No man will ever know what it feels like when a bird is coming. They can hear it - & there is no sweeter sound - they can smell it, they can feel her quiver, but what goes on inside them as the bomb that is the female orgasm goes off man will never understand. The best way to describe the O is a great dance party in her head followed by waves of pleasure surging down the body leading to abdomen explosions as the muscles in the uterus & vaginal area contract at peak of arousal.

Birds are there to receive orgasms from men & it is every man's duty to give them - even if they are fake. Although the author has never been in this situation I have it on good authority that pretence can be spotted by mechanical moaning, unerratic breathing & a quick nip to the toilet once it is finished, needing two minutes to let the blood return to her legs

Unlike men birds do not have to have a refractory period between orgasms & can keep coming like a train, hence the term multiple orgasm. Most feel a minor orgasm when eating chocolate & a small percentage of birds cannot stop coming all day. They have a condition known as PSAS - Permanent Sexual Arousal Syndrome - & will have on average 288 a day. Below are the seven steps to heaven. When having sex with your bird grab a quick glance of this book to help you find out how close to coming your bird is during sex. As she climbs the ladder she will be very reminiscent of a boiling kettle. Warm at first, silent with a still surface, then slowly increasing in volume & movement until the screeching scream as she becomes a bubbling barrel of lust...

THE STAIRWAY TO HEAVEN

First Gasps

Her voice becomes laced with an electric sigh

Early Stages

Her muscles begin to tense, her breaths become deeper & she begins to utter cute little noises

Liking It

She will start to affectionately stroke you. You should stroke her back & offer words of encouragement

Loving It

As she builds up to her orgasm her nipples become erect, her breasts

will swell & her whole body becomes slightly dusky

On The Edge

Her genitalia become engorged with blood & just before she comes the clit goes under foreskin. She will be begging you to finish the job off. Come on lad, you can do it...

World War III

Her muscles twitch & she releases screams & moans from a lip-biting, grimacing face & then your bird shall know nirvana!

A LADIES QUIM

A proper gentleman will take the time & effort to make a lady come. A woman can derive pleasure from any part of her body, if you give it the proper sensual attention. Yet the path to the orgasm is all about pressing the right buttons, the main action going on downstairs & a quick tour of www.vaginaverite.com will show you where everything is. There are three main points of pleasure inducement, the clitoris, the vagina & the ass-hole. Stimulating all three at the same time can result in a Trigasm, the most powerful form of orgasm known to (wo)man!

The Clitoris

Birds don't have an orgasm every time. All the conditions must be right before she can come, such as mood & partner - but one thing that can be said with a certainty is that Clitoral stimulation is the key to an orgasm. The clitoral glans being the same as the penile glans, only smaller, & packed with nerve endings. Fifty percent of birds had their first orgasm while fiddling down below themselves & they love men who enjoy going down on them.

Cunnilingus, that intense tickling received by tongue, is an acquired taste (literally) & the only part of intimacy which leaves you with pubes in your teeth. Yet this is the moment to give her all the attention she needs & deserves. Here are a few tips to make the moment go swimmingly, but beware, some birds have been known to

urinate when climaxing, so you might end up swimming in piss! On the page opposite are a few hints on the ancient art of muff-diving

Put a pillow underneath her - she will be comfier & raised up to meet you

Do not stop until she wants you to

Use your tongue like the wandering & flickering flame of a candle

Talk or hum during oral sex - the extra vibrations will drive her wild

Strengthen your tongue by using it to eat yoghurt from the pot twice a day

Get her to sit on the edge of the bed & kneel between her legs

Use an electric toothbrush or the tip of a vibrator

Suck on the clitoris

Use the flat of your tongue with a strong upward stroke - pretend you are licking a lollipop

Kiss her vaginal lips too

Slip your fingers inside her while your tongue is working

Nuzzle & kiss the area between vagina & anus

Use your tongue like a snake's, up & down, fast & furious

THE VAGINA

It is no coincidence the Portuguese word for fanny also means sewer - they stink. But please don't let this put you off as fannys can be wicked! When dealing with the interior try shallow strokes, the first third of the vagina is the most sensitive. Also ask her to tighten her vaginal muscles around your penis, believe me this is better than any blow job.

Inside the vagina - about two inches up the front wall - you can find the collection of cells known to women-kind as the sacred G-spot. Not all birds possess one, but if you feel something different inside her, about the size of a ten-pee piece, raised up & a bit spongy, then bingo! If you can angle your penis (banana nobs are best for this) to touch it she will be very happy indeed. Otherwise, conducting a beckoning motion toward you with your fingers will satisfy this special sensation of hers. By putting the palm of your hand just below her navel you can massage it from the outside.

It is advisable for every man to watch a bird masturbate - treat it as a lecture in love. Observe how she is lying, where she puts her fingers & the type, size & pressure of movements. Men can only 'toss' standardly, in the bath or with the left hand, yet with birds any part of her body can be a source of arousal, from riding bicycles to having a pee! With over a hundred non-genital ways to masturbate & up to fifty orgasms a session birds have a far greater sexual capacity than men. Once she has finished the job cuddle up with her & talk about it, then do it yourself. Caress her inner vaginal lips, gently insert & rotate your fingers or dildos - taking great care not to get them stuck!

SEX LIFE

Let us begin at the beginning. You must never underestimate the power of foreplay when with a bird. They are rather like clockwork toys, the more you wind them up the longer & harder they will run! Foreplay will take sex from the great to the oh-my-god! Apart from taking her to an expensive shop & buying her a very expensive gift, there are many different ways to keen up your lady. If you are due a night of love, then a couple of erotic phone calls or text messages telling her what you are going to do to her when you get home will start the ball rolling very nicely indeed.

Getting into the mood for love is a very important part of foreplay. Music, wine, soft lighting & gentle touching all help to heighten the sexual senses & if the head is turned on then the eventual lovemaking will become an intense experience. The Indian's called it

'wooing in the pleasure room,' when amidst fragrant & floral surrounds her body relaxes, she closes her eyes, her bashfulness goes & it's time to get busy. Wine & dine her - one lover of mine was poor in the sack, but after showering her with feasting & affection she became a rampant sex crazed mistress - an amazing transformation.

A great way to start is by massage. A good massage is half ambience & half technique. Turn off all distractions, like mobile phones, & put on some soft music. Lie her face down & rub in a little oil in a tender circular fashion. Then with light touches on her back & sides see how her muscles respond in order to identify the points of tension. Then, while she is breathing deeply, use your knuckles, thumbs, flats of hands & fingertips to ease her into pleasure. Explore other parts - such as the feet & inner thighs - & never rushing as you do so, for suspense is all fleeting touch can be more stimulating than a firm press. Birds think men with good hands are a jewel - she won't want to lose you & will never forget you

Another great way to relax her is washing her feet with soap & warm water. Birds love this, one of the heights of pampering, & there is nothing like massaging a slippery, soaped up foot to totally get her going - no bird has ever said no to sex after a proper job. Fill a bowl with warm water & apply the soap sensuously to her feet. The soap will turn the water milky & it is all very erotic. Better still washing her feet in warm milk is the *crème de la crème* of decadence. Now you can happily kiss her feet without fear of foot-rot fungus!

When alone & naked together let your hands explore her body & with your mouth lick, blow, stroke, touch & caress everywhere but her genitals. Then, as you are reaching the last lap you should approach her clitoral area, bring her to the edge of orgasm, then complete the job with a damn good seeing to. During this act it can heighten then sensation for her if you toss in a few presses, rubs & slaps, while the more adventurous may bite & dig their nails in. If it seems like she would rather be doing the knitting then perhaps it's time to inject a few new ideas into your love making. Burn some incense & scatter a few petals on the bed & enquire of her favorite things to do, what turns her on, where are her bullseyes, what induces bliss & what misses the mark. All the talking about it is great foreplay, it shows her you care about her pleasure, & remember they

spend enough time masturbating so they should know. Experiment & find out what works best for each other. If she lacks confidence, gently guide her through what you want to do. Compromise is important &, remember, if she's having a great time then it is more than likely that *you* will be having a great time!

If you are receiving fellatio from your bird don't thrust your penis into her mouth as though it was just another fanny, simply relax as her cock worshipping gusto spreads through your body. Most birds go about it with relish & enjoy it thoroughly, despite the cheese. A few words of encouragement & a ruffle of her hair are all you need to do to ensure she will do it again, but let her know when you are about to come.

Sex can be a very erotic experience, according to taste. You may prefer the gentle kinkiness of tying her up with silk scarves, teasing & tickling her to the edge. On the other hand you may be into whips, leather, chains & gimp masks, spanking each other senseless. If a blindfold is on the scene then anticipation of the next touch & the thrill of the unknown can send her sexuality into delirium! The author's fave is licking food from a naked lady - sex & munchies at the same time, great! However, if she straps on a plastic penis & takes you from behind that still counts as being a bit gay.

Kissing

*"He's too old, he has too many children & I'm not interested...
then he kissed me on the back of my neck
& it sent this rush right through me & I thought "O shoot!"*

Men enjoy kissing, but would rather be playing with more fun parts than the mouth. However, birds love to snog & a man's ability in this department is very important. The mouth is second only to the genitals in sensation. As the million nerve fibres that congregate upon the lips tingle with pleasure the bird is sent into a whirlpool of sensuality & a well-timed & aimed kiss can paralyze a bird! Kisses, those messengers of love, can be passionately vigorous or tenderly gentle, but for her equally as wonderful. They are also a good indicator of personal chemistry between two people, rather like a thermometer. If they are cool then the relationship is cooling, but if

they are wild & heated then the passion will still be there.

When kissing try not to give her wet, sloppy teenage kisses but remain tender & passionate.

I suggest slipping your teasing tongue in between her lips, thus simulating the penis entering another pair of lips. Also, two tongues dancing together in a passionate clinch can be a precursor of what is about to happen. Gentle nips & nibbles of her lips with your teeth is also advisable. However, if you have even got the remotest chance of bad breath, brush your teeth or buy some mints immediately, as for a bird there are fewer bigger turn-offs! Yet for the man he has to contend with all that lipstick & gloss, so messy & gooey is the sensation that it is rather like kissing a bowl of trifle.

A kiss always marks the beginning of any couples meeting & is highly significant. A cool kiss on your cheek rather than a warm one on the lips shows for some reason your bird is not too happy. A good kiss can send shock waves thro a bird for days, especially if it was a long lingering one in a romantic location. A kiss can be a meeting of the souls & a way of speaking what words could never say. Kissing can be a highly erotic experience, as during sex, or beautiful, as the make up kiss, when lips taste of tears. They can be highly poetic, such as when the lashes of a lady flutter against your cheek in what is known as the butterfly kiss. As the kiss marks the beginning of a meeting so does it mark the end, the farewell kiss that resembled greeting, but laced with the sorrowfulness of parting.

When moving away from her lips here are a few other erogenous zones. Simply do to them what you were doing to her lips - slowly & tenderly being best!

Crook of arm

Toes

Hands

Thighs (rapid kisses)

Nipples (flick with tongue)

Earlobes

Bosom

Neck

Cheeks

Forehead

Navel

Back of knees

Roots of Ears

Feet (sexy soft on instep)

Birds, especially Spanish birds, love it if you gently sink your teeth into the fleshy part of her buttocks but there is nothing more

tantalising for her than slipping your tongue gently within her ear. I recommend blowing softly in there as well, or sucking breath in. As the air washes over the tiny hair follicles within the ear she will be moan with must.

If your bird is happy in the bedroom then your life will be made a hell of a lot easier, so pleasing her is well worth the effort. See how a bird feels a flowing surge of serotonin as your penis roams inside her. A short delicate glide will send her pleasure nodes surging as equally as a deep, hard thrust will. When riding the current you should let your bodies manoeuvre into position as naturally as possible. If one of you wants to take the lead, let them. After a while their partner may want to try something different out. Go with the flow, but favorite positions are not favorite for nothing. There are few sweeter expressions of love than when a couple climax together, one persons orgasm often triggering off the others so they both come at the same time. Thanks to the plasticity of position there are countless ways for a couple to reach those heights. However, there are several main 'positions', being;

Missionary

The Classic back-scratching position of the Western World. Although a little inhibitive the face-to-face value of the position can be very endearing to lovers. The drawback of the position is it's lack of novelty & birds breasts always appear small... & the more larger pairs will gravitate to her armpits.

Her-on-Top

When the woman is on top she has the power. She has been given license to dictate the whole pattern of intercourse & I recommend letting her do it! Again there are many variants, but I do not advise doing it if you have a small member, it is liable to keep sliding out.

Spoons

Taking your bird from the side gives your hands plenty of opportunity to roam over your lover & is probably the best position if you want to give her pleasure. When a hand stimulating her clitoris, a hand

squeezing her breasts & your lips nibbling on her ears combine with the deeper penetration you achieve from the spoon angle, then all is good in the world of love.

Doggy Style

Taking her from behind, known by the Indians as the congress of the cow, is many couples favourite position. Women feel the vulnerability & abandonment exciting while for men the view of her back, neck & shoulders is great! Your hands are free to stroke & massage your bird, & also to stimulate her clitoris as you thrust. For birds they feel the penetration more & there is a very good chance of hitting the G-spot from this angle. There are many different variations, the authors favourite being the Congress of a Herd of Cows (many birds doggy style).

Lotus-Style

Doing it lotus style means a face-to-face encounter, legs entwined around each others bodies. This is a good position for lovers as you can gaze meaningfully into each other's eyes while fucking the living daylights out of each other. Again there are many variants, from sitting on a chair to your traditional lap-dance. After the doggy style these positions allow for the deepest penetration.

Sex Tips

If you are feeling feisty I thoroughly recommend fucking a bird around the house. Be a man & take her on a tour from the fireside rug to the settee, to the kitchen table to the bedroom. Chuck in a bit of wild physical gesturing, always be in charge & just give her a damn good seeing-to. Trust me, she'll love it.

Visit www.sexualpositionsfree.com It is one of the best sites on the web. How about having a night in with your bird trying them out, it's fun & educational too!

If she is innocently lying naked on her stomach reading, climb aboard the love train & start the wagons rolling.

Take a cup of tea to bed - it warms the tongue!

Slip a well lubricated finger up her ass as she comes

Indulge in a little water sports! Taking a shower can be very erotic, the irresistibility of a wet, slippery bird is second to none. Besides, sharing saves water! Having a bath together can be a very sensuous affair, with soft music & candles flickering. But sex in the bath is often a case of her doing some serious wobbly aquarobics, the water splashes everywhere.

Bring some champagne into bed... she will love the decadence

Take her shopping before you get busy - for the birds it is their favorite form of foreplay

Some girls like it hard & fast & some like it slow & sensual - go with the flow. If she seems to like it, stay at that pace

Do your best to have a big nob - but it's not the size of the ship it's the motion in the ocean

Try more than one position & stay with the most comfortable

A little sensual music will sex up the mood (not Iron Maiden)

If you are giving her oral sex listen to the Ooo's & Aaahs... this means you have hit the spot & should stay where you are

Try not to be drunker than her

Take the lead. Injecting a little passion should be the spark that sets her on fire - but try not to be like a rampant terrier humping her leg

She will go wild if you stand up & lift her onto you, supporting her with your sheer strength.

Try taking her from behind whilst leaning out of the window. It helps if the view is kinda poetic. It doesn't help, however, if your housemates are just coming home from the pub down the street.

Hold hands whilst making love, better still gaze longingly into her eyes

Do it somewhere a little more exotic than the bed. Having sex al fresco can be a turn on, but obviously not in a busy street. Sex on a blanket in the snow is very romantic, your heat keeping you warm but the cold making you extra sensitive. Doing it in your neighbors garden can be exiting & doing it in the sea sensuous. The motion & vibrations of a moving plane, boat, hot air balloon or a train can accentuate any sex. From waterbeds the to flowery meadows, experiment! I do not advise the beach, however, as insect bites & sand under the foreskin can cause irritation!

Using toys & gadgets such as vibrators, digital cameras & female strap-ons can be great fun & pleasurable too!

Be dangerous! When in a restaurant why not try grabbing a quickie in between the starter & the main course or sneak from your classes to meet your student lover

Filming your sessions allows you to indulge several passions at once. You can fidget with technology, play the voyeur & be a porn star all at the same time!

Fur lightly brushed over skin is highly sensuous, as are feathers stroking the skin & doing it on a rug

Sex is great in the morning when she's all sleepy & floppy & your testosterone levels are through the roof... why not set your alarm clock fifteen minutes before normal & wake her up with a surprise

Suck & lick her nipples during love making

Place an ice cube in your mouth & tingle her to death. Better still insert one in her fanny before sex, the sensations for both of you will be wild

Leave her saucy notes around the house... but obviously not when her mother is staying

Give her a tongue bath by licking every part of her body - then blow on her skin for a heightened pleasure

Talk to her whilst you are making love (not about the football), remind her she is beautiful is a good thing to say - try & get her to visualize what you are doing or will soon to do to her

Having sex in a car can be very sparkling, though often laced with a twist of discomfort. Astin Martins are the classiest, Land Rovers have the most space & Mini's are a little too cramped. But at least with the C reg onwards the seats tilt back. Cars with a cage, such as the Escort Mexico, are also good as the bars give something useful to hold on to.

Having sex in every room in the house will provide you with several mental photos to smile about... & every time you pass the spot you may even get a hard-on!

Try a little Tantric style sex. Each 'circuit' consists of nine or more thrusts. With nine thrusts the first circuit has eight shallow ones followed by one deep, the next circuit seven shallow & two deep & so on until the last circuit of nine, long, deep thrusts... watch her squeal in pleasure. However this technique is so powerful it must be used with caution as a bird will often fall in love with you immediately afterward!

Close her legs when you're on the job, she'll love it

Listen to Barry White to get the best rhythm to please a bird

Don't forget the post-coital embrace (before you go to sleep)

If you're fed up with getting pubic hair in your teeth every time you go down on her, why not talk her into getting a Brazilian done. Better still, do it yourself! If she needs convincing then simply dress up as a doctor... it helps to wield a very long stethoscope. To perform this very funny 'operation' you need the following; surgical spirits, cotton wool, fabric wax strips, spatula, sauce pan & an electric razor. After heating the wax in a sauce pan lie her down on her back & clean the

area to be shaved with the surgical spirits. You should trim any pubic hair that is long. Then spatula the wax strips onto the necessary areas & whip them off with a deft flick, not forgetting to wax her bum cheeks. Then find an electric razor & after a few moment of sensuous humming you will have finished the job!

Tell her she's a tiger in bed... the suggestion will often soon turn her into one - grrrr!

Food & sex can be great fun! The only utensils you will be using are your tongue & teeth. Licking cream & chocolate off her naked body is great fun, as is sucking out grapes placed 'inside her' - seedless of course. Drinking cold champagne from her belly button is very decadent... but best is when you smear your old man with chocolate & let her feast! Always remember to take a shower together after all this banqueting... the veritable icing on the cake.

Get over any inhibitions you might have by playing roll play games. Pretend to be someone else, you get to act like a kid again, dressing up as perhaps a pirate or something equally as cool. You can also get to have sex with birds like Marilyn Monroe, I your bird is good enough an actress.

If you still fancy the pants off her grab as many quickies as you can, she will love them. Sex is best when it is at its most thrilling & dangerous. With a quickie comes the urgent want of lust, just overwhelm & take her, bowing to your primal, animal instinct. Remove one breast from her bra, pull her panties to one side & away you go. The passion will soon lubricate the vagina so foreplay will not be not needed

Why not try her ass as an alternative entry point. Earning your brown wings is one of those moments in life for a man, like having your first whore or your first tropical disease. Birds love it, but plenty of lubricant is needed... & yeah, it's all a bit smelly.

Obviously you shouldn't have to orchestrate everything yourself. But sometimes birds need a gentle prodding in the right direction. Here are a few suggestions you can make to her on how she can get you going;

Basques & stockings, peep-hole bras & crotchless knickers, boob massages & tit wanks, 69ers & mirrors

If she is good at them, ask her to do a striptease or a sexy dance... what's the point in seeing a lapdancer if you do not get one for free

Show her your perineum. It is the area between the bum & balls & if she strokes it she's actually connecting with your g-spot from the outside

Ask her to come round to yours wearing her high heels & a coat... not wearing any knickers

Get her to practice her deep throat technique on a cucumber

Show her how to do a good 'midnight shuffle yourself...

Get her to tighten her vaginal muscles

If you like kinky outfits buy her one

If you say a porn movie was critically acclaimed you might get away with watching it together

NOTE : Drinking pineapple juice sweetens your semen taste.

BIRTH CONTROL

Yet lads, it can be extremely difficult to think about birth control when you have a raging beauty naked & gagging for it right in front of you. People get carried away & before you know it you will be hearing those fatal words, "*I'm pregnant!*" So, unless you really want one having a kid around can be a real pain in the ass. They need constant feeding, care & attention & you are going to come a very poor second in your bird's affection. Birds live to have babies & get all clucky at the mere whiff of a full nappy. Albeit at some point, if you love your bird, it will probably happen, but for god sake do not rush into it. Try & do all the things you want to do for yourself in life first & enjoy your relationship with your bird when it is just the two of you. The time to

have a baby will come, but until then you've got to be aware of birth control. Don't just let the bird do all the work either, sharing in this decision is important to the bird & tells her you're really a nice guy. Women have the option of going on the pill, but this can effect her hormones & may heighten her moods to a horrific extent. You should never pressure her into taking the pill & instead try alternative methods. There are four main choices open to you;

Coitus Interruptus

The withdrawal method should only be attempted by men who can show self control. As soon as the first electric pangs of ejaculation begin to tingle the man makes himself ready to slip out of the lady & come, usually on her belly. Only the true master should wait until the last possible moment before leaving his lady as there is always a chance of slipping out too late. Obviously there is also a small chance of a little leakage, but this is the chance you take. Besides, unprotected sex is the best way to pick up an ungainly disease or a kid, so overall the method is not highly rated.

Condoms

Despite losing a little sensitivity condoms are an effective way of preventing pregnancy, & clean to boot. People have been using makeshift sheaths for centuries, slowly evolving from wolly sock like devices to ribbed & flavoured varieties. These days we have polyurethane, which conducts heat & is considerably thinner. When using one always make sure the condom comes with you when you withdraw, as all that lubricant tends to make them a little slippery. If you have an active sex life then they will hit you in the pocket, but by taking a trip to your nearest health centre you can get boxes of them for free...

Vasectomy

Snip! but they can be reversed & all the worry is removed.

Chastity

It won't last

Kids

“Do we *really* want another one?”

The most extreme measure is the *morning after pill*, to cancel out any fertilization that might be happening, but these are not good for the bird & should be used rather like a goalkeeper, in the last resort. But contraception is not perfect as four in ten of all pregnancies are unwanted ‘accidents.’

SO NOW WHAT

“*Sex always ends in kids, disease, or what’s worse, relationships*”

Aha! you have slept with the bird. If it went well & she’s not just after a good dose of sex then there is a very good chance she’ll be oozing for you, little love-tingles already shooting up her quivering spine. Birds tend to fall for a guy instantly, especially after good sex. “*Does he like me?*” “*Will he call again*” “*Where is all this going*” & other such questions will already be racing through her excited mind.

There is special bond that exudes from the intimacy shared thro secret & private intercourse. The more emotional bird regards the act as a consummation of your feelings & even an ice maiden can be thawed. The love of a woman is both wonderful & fearful & once she gives you her heart, her body will always follow, though that is not always necessarily a good thing.

Many men have speared a bird, only for her to escape his clutches before she falls in love with him - the one that got away. To these men I can only say try, try again - not every bird will be right for you, but never give up hope. I was recently talking to a man who met the love of his life at seventy, & he believes that there is someone perfect out there for us all. When a bird does fall in love with you then your

hunt is finally over & she has been won.

HOW TO HANDLE THE BIRDS

“Birds are like cars, coax them to get the best performance, correct & treat gently, & on a particularly difficult circuit give them a damn good thrashing!”

Said the World Formula One Champion Jackie Stewart. Yet in the 21st century these testosterone, fume-filled words hold little credence. Now then lads, the world is full of lads, so be a man. Doing a bird will often lead to a relationship!!!!!!! In this instance, the birds need constant care & attention & are to be handled carefully. I know they can be both excruciatingly desirable & a downright pain in the ass but to get more of the former from your bird you have to play ball. The grief men get should be all the spur we need. The key to handling a bird is honesty. Be genuine & offer her your trust. Men should never lie, a woman's radar can easily sense doubt & will weasel it out eventually & turn it against you. Any jealous actions will soon destroy a relationship. Here are a few other pointers;

Romantic getaways... a trip to somewhere like Rome will do your relationship a world of good as it is both a chance to be intimate, see a few sights & get one over her girlie pals

Don't turn over TV when they're watching it (unless it's an important football match)

Make her feel like she's still got it - occasional ass slaps will do the trick

*Make her feel special with a romantic dinner... make them feel important & they'll be eating out of your hands
If she seems a bit tetchy do not tell her she is, as it your impertinence is bound to spark her off on a crazy rant*

They love music & poetry... every bird dreams of having sweet nothings whispered in her ear

Alabama scientists have proven that four hugs a day is the minimum a bird needs to feel loved

Let her win at board games

Send flowers to her at work

When you make the bed don't forget the decorative pillows

When at a social engagement, don't stay by her side all the time, but don't go & spend it with 'Tiffany,' especially if she has breast implants... it's best to give each other winks & touches & with an occasional moment together

Try not to develop a noticeable pot-belly. If you do, working out will impress her, Hawaiian shirts & baggy jeans wont

Show an interest when she returns from work, ask her how did her day go... empathise with any bad vibes

Leave her be... never patronise birds, they are not children

Never disturb a woman doing her housework

*Invite her out with your mates from time to time
Never interfere with a bird's shopping system*

Make time to spend a little quality time with her & just because she is your wife does not mean she will not need a good wooing

Have non-sexy cuddles (if you are lucky they might lead to sex)

If you love her tell her so

Show her affection & be considerate in public

Let her know where you are going & if you are going to be late

Share household chores, & when she is ill do everything she cannot

be bothered to do

If she feels rough & does not want to be kissed, then don't

Tell her you missed her - physically & spiritually

Leave the toilet seat down - thought the fact that birds never put the seat up for blokes may never be mentioned

Utilise the polite flush (the flushing of a stool the moment you've pooped to extinguish any potential threat of smell)

Try not to drool

Take wine to her dinner parties

Talking cures everything

Avoid cliché when being romantic - cooking her a meal yourself is better than a takeaway or restaurant & never give her flowers from Tesco

Telling them you'll be in later than you will be & thus arriving early will make them over the moon

When chicks turn on her sexy style then her self confidence will be fragile. Even if her thighs hang over her stockings be receptive & whatever you do, don't laugh

Her haircut is never bad.

If a woman asks you her age always take ten years off & even if she's rough never tell her she's rough

If she likes to give you head, trim your bush mate

Flattery gets you everywhere. Birds are suckers for praise & the best thing is compliments are free. They build up a bird's self-esteem But they must be genuine. Practice on shopkeepers as they give you your goods, notice something nice & tell them about it & watch them smile. With your bird, anything they are wearing is a must, & things like

complimenting her on her skin is a winner - they think you are taking deeper attention in them.

Remember complimenting a bird's children is as good as complimenting them

If she's tired, do not try to have sex with her

*When applying sun tan, not too much & softly
Try & give them something to impress her friends by creating a little drama- better still do something cool & provide her with a little one-upmanship*

Don't be scared to confront issues within relationships

Although both are biologically impossible, try to refrain from acting laddish with the lads & cut out chasing other birds

If she thinks she's a slapper tell her she wouldn't be the person she is now, so worldly & relaxed, her past experience makes her the girl you find irresistible

If she's worried about something try not to say "Don't worry about it!" they'll think you think that what they worry about isn't important

If she asks "Is she prettier than me." Never say yes or even weigh up the answer for more than three seconds

If she asks your ex-girlfriends were ever nicer, prettier or better in bed

Her excellent cooking is not an excuse for you not to cook

If you are surprising your bird when you return home late at night, for god's sake make sure it's her before you begin... her mother may have paid a surprise visit & got your bed because of her sore back.

*No beans several hours before bedtime.
Burping the alphabet is not sexy*

Don't blame PMT for every bad mood

Always suck up to her brother.

Silk boxer shorts & clean socks.

If she drops a hint, take it

Remember Valentine's Day & any, "cheesy" anniversaries - eg the day we first kissed day or the first day you said 'I love you!' day

Be happy!

You must remember that birds need constant re-assurance. The typical thought path is ... he hasn't told me he loves me for two days now, has he found another women?

When buying her a gift, be thoughtful & spend some money, to her cheap is crap, but nothing too extravagant. If she's mentioned something in the past then buy it. Throw in her favourite chocolates once in a while, but never after a row.

The best presents are travel vouchers. You are saying lets go away but giving them control. The best gift I recommend every now & again is a good hard pampering. Cook for her meal, wrap them in silk negligee, wash her feet, scatter roses on the bed, read her a little poetry, put on some soft sounds then give her cunnilingus for an hour. They love it.

Never tell a single mother how to bring up her children. You should try & forge relationships with the children at her pace

When a birds is pissed off with you don't walk thro the door to the land of argument that they open for you, but take them to one side, speak softly & butter them up

Birds need caressing & flattering into a lovely state of mind -, they are adorable when like this. Make her a cup of tea, provide her with a little peace & quiet & tell her you love her

Go camping... preferably on an open fire on a cliff above the ocean below a majestic pantheon of stars

Try to give her little gifts that say "I am thinking of you when we aren't together."

Women want to mould you --- a little give & take saves a lot of aggravation

Classy hotels from time to time never fail to leave her happy

Do not confront a bird with a lie - she over exaggerates compensates makes a scene to cover her guilt, twists it like what, you never believe anything I say

If you are too tired to do the job, give her a bar of chocolate, preferably a galaxy

Finally be happy! But if your bird is moody then it is best to hide this happiness as it will often irritate her