



IS FOR ANORGASMIA

Ever find that your, 'Oh, yes!' is more, 'Oh, dear'? Well, you're not alone. According to Dr Lisa Turner, who runs workshops on how to improve your sex life (www.theorgasmcoach.com), up to 50% of women suffer from anorgasmia; in other words, they can't orgasm during sex. Causes can include stress, anxiety, depression, and fear of pregnancy. But, if you follow Dr Turner's three-point pleasure plan, you'll be well on the way to orgasm heaven.

1 It's all about you! Newsflash: good things do not always come to those who wait. Yep, it's time to get selfish in the sack. If he's not touching you right, then gently show him how you like it.

2 Masturbate, masturbate, then masturbate some more. Find what you like, varying speed and pressure. Don't chase an orgasm; just enjoy. Then use what you learn next time you slip into bed with your man.

3 Stay in the moment. Don't think about shopping, or stress about work. Focus on how every touch and thrust feels, and just go with it as you would if you were alone.

