

She Comes First PDF

Ian Kerner



SHE COMES FIRST

the thinking man's guide
to pleasuring a woman



IAN KERNER, Ph.D.



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About the book

Book Overview: "She Comes First" by Ian Kerner

In a society where immediate pleasure is commonly celebrated, Ian Kerner's "She Comes First" offers a groundbreaking perspective by prioritizing female sexual satisfaction as the key to genuine intimacy. The book merges scientific evidence with empathetic advice and a dose of humor, making the intricate world of female desire accessible and understandable.

Kerner not only enlightens readers on the importance of cunnilingus but also reshapes traditional views about sexual relationships. He promotes a more considerate and generous approach to lovemaking, which can lead to richer, more meaningful sexual connections. This work serves as a vital guide for men seeking to improve their attentiveness and confidence as lovers.

"She Comes First" encourages readers to delve into an important yet frequently ignored dimension of erotic fulfillment, ensuring that pleasure is a shared experience. Embrace the opportunity to redefine intimacy and transform your romantic life.

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About the author

Profile: Ian Kerner

Who is Ian Kerner?

Ian Kerner is a notable sex therapist, relationship counselor, and best-selling author recognized for his compassionate and insightful approach to sexual health and relationships.

Educational Background:

With a PhD in clinical sexology, Kerner is well-equipped to tackle the complexities of sexual discourse.

Career Focus:

Throughout his career, Kerner has worked tirelessly to dismantle the stigmas associated with sexual topics, striving to make conversations around sexuality more open and accessible to everyone.

Media Presence:

As a licensed psychotherapist, he is frequently featured on prominent media outlets, including major television networks and respected publications such as The New York Times and CNN.

Notable Work:

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His influential book, "She Comes First," has gained acclaim for its forward-thinking perspectives on sexual intimacy, emphasizing the vital roles of pleasure and communication in relationships.

Mission:

Through his private practice and public initiatives, Ian Kerner continues to empower individuals and couples on their journey toward fulfilling and pleasurable sexual experiences.

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She Comes First Summary

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She Comes First Summary Chapter List

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1. Chapter 1: The Importance of Female Pleasure in Sexual Relationships

In "She Comes First," Ian Kerner emphasizes the critical role that female pleasure plays in sexual relationships, a topic often neglected in discussions surrounding intimacy. Throughout the book, Kerner advocates for a shift in focus towards women's sexual satisfaction, arguing that it is not only essential for their well-being but also enhances the overall quality of sexual experiences for both partners.

Kerner opens by underscoring the common misconception that heterosexual sex primarily revolves around male pleasure. This perspective, he argues, neglects the complex realities of women's sexual needs and desires. By prioritizing female pleasure, couples can foster deeper connections and improve their sexual dynamics. Kerner asserts that recognizing and valuing female pleasure is not merely beneficial but vital for achieving a mutually satisfying sexual relationship.

The famed sex therapist points out that societal norms and taboos surrounding female sexuality have long led to a culture in which women's needs are sidelined. Women often experience pressure to conform to male-centric models of sexual expression, which can lead to feelings of inadequacy and frustration when their own desires remain unfulfilled. Kerner discusses how these societal narratives can affect women's

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self-esteem and bring about disconnect in intimate relationships.

One of the key arguments Kerner presents is that prioritizing female pleasure can improve communication between partners. He notes that open dialogues about desires and sexual preferences can pave the way for healthier and more satisfying sexual experiences. For instance, he mentions couples who engage in conversations about their sexual wants and boundaries often find themselves developing stronger emotional bonds and a greater understanding of each other's bodies. This exchange not only helps women feel more empowered but also aids men in learning how to bring satisfaction to their partners.

Kerner also highlights the physiological and psychological dimensions of female pleasure. Women often require different types of stimulation—and typically more foreplay—to reach orgasm compared to their male counterparts. By educating themselves about female anatomy, partners can better appreciate the intricacies involved in sexual pleasure. Kerner advocates for patience and practice, encouraging partners to take their time in understanding and responding to their partner's unique preferences. He uses anecdotes from real-life relationships to illustrate how a focus on female pleasure can transform the dynamics in bed significantly.

Kerner also echoes the sentiment that when women experience genuine

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satisfaction, it fundamentally enriches the sexual experience for men as well. He explains that a woman's enjoyment often leads to increased intimacy and excitement in their sexual encounters, thereby enhancing both partners' pleasure. This creates a positive feedback loop—when women feel good, men are likely to feel good as well, which can heighten attraction and connection.

In practical terms, Kerner suggests that men armed with this knowledge approach intimacy with a primary goal of ensuring their partner's satisfaction. He encourages men to engage in various stimulating activities, explore different techniques of pleasure, and embrace the idea of sexual experiences that may diverge from their previous understandings. By cultivating an atmosphere where female pleasure is prioritized, relationships can shift from transactional sexual encounters to pleasurable, enriching exchanges.

In conclusion, the first chapter of "She Comes First" serves as a powerful wake-up call for readers: understanding and prioritizing female pleasure is not just a moral obligation; it enhances the sexual relationships' richness for all involved. Kerner's emphasis on mutual satisfaction lays a foundation for deeper intimacy and growth, encouraging couples to embark on a journey that celebrates both partners' desires.

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2. Chapter 2: Key Anatomy Knowledge Every Partner Should Have

Understanding female anatomy is crucial for any partner who desires to enhance the sexual experience for their significant other. Ian Kerner in his book "She Comes First" emphasizes that sexual pleasure is not merely about the act itself but about being knowledgeable and respectful of a woman's body. This chapter seeks to delve into the key anatomical components that are essential for partners to understand in order to create a fulfilling and pleasurable environment.

First and foremost, it is imperative to understand the clitoris, often regarded as the epicenter of female pleasure. The clitoris is not merely the small external nub that is visible; it is actually a complex organ that extends into the body and envelops the vaginal canal. Its primary function is pleasure, as it contains an abundance of nerve endings—approximately 8,000—making it the most sensitive area of the female anatomy. Kerner stresses that stimulating the clitoris, both externally and through various forms of penetration, is vital to achieving orgasm for many women.

Furthermore, the anatomy of the vagina should not be overlooked. The vagina is a muscular canal that connects the external genitals to the uterus. Within its walls are layers of tissue that respond when stimulated but may require different types of touch or pressure to create pleasure. Understanding

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that different women respond to different types of stimulation is fundamental. For instance, some may enjoy more gentle caressing near the vaginal opening, while others may prefer deeper pressure towards the back.

Kerner also discusses the G-spot, a controversial area located on the anterior vaginal wall. It is believed that stimulation of the G-spot can result in heightened sensual pleasure and even orgasm for some women. The G-spot tends to feel textured or slightly different from surrounding areas and can be located approximately two to three inches inside the vagina. Partners should remember that every woman's body is unique; experimentation and open communication are critical in uncovering what works best for their partner.

Another vital component of female anatomy is the pelvic floor muscles, which play a significant role in sexual arousal and orgasm. These muscles can be strengthened through exercises, such as Kegels, promoting better blood flow and enhancing sexual responsiveness. As Kerner highlights, a partner should be aware of how their approach can influence their partner's ability to engage these muscles during sexual activity.

Overall, being knowledgeable about female anatomy allows partners to engage with confidence and care. Understanding that pleasure for women often requires more attention to detail than for men can enhance the sexual experience for both individuals involved. For example, a case study

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presented in the book illustrates how a couple overcame a plateau in their sexual relationship by dedicating time to explore and discuss each other's anatomy, preferences, and barriers. This newfound knowledge and communication led to significant improvements in mutual pleasure and satisfaction.

Kerner concludes this chapter by urging readers to view their partner's anatomy not just as a set of organs, but as a pathway to greater intimacy and connection. The more a partner understands and appreciates this complexity, the better equipped they will be to create a loving and pleasurable sexual connection. Thus, developing this anatomical knowledge serves as a foundation not only for physical pleasure but also for emotional deepening, culminating in a more satisfying sexual relationship.

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3. Chapter 3: Techniques for Pleasuring Women: The Art of Foreplay

In Chapter 3 of "She Comes First," Ian Kerner delves into the essential techniques for pleasuring women with an emphasis on the art of foreplay. Foreplay is not merely a prelude to sex; it is an integral part of the sexual experience that can significantly enhance arousal and intimacy between partners. The chapter outlines various techniques that can be employed to ensure that women feel valued, desired, and sexually fulfilled.

Kerner emphasizes the importance of taking the time to engage in foreplay, arguing that many men overlook this critical phase of intimacy. He points out that women often require more time than men to become fully aroused, and that rushing into intercourse can lead to dissatisfaction for both partners. This understanding reflects a broader message about the necessity of patience and communication in sexual relationships.

One of the key techniques Kerner discusses is the importance of kissing. He posits that kissing is not just an expression of affection but also a powerful tool for arousal. The chapter advises partners to explore various kissing styles, ranging from soft pecks to passionate lip-locks, while also paying attention to the sensitivity of a woman's lips, neck, and ears—areas often overlooked yet ripe for stimulation. Couples are encouraged to experiment with different rhythms and pressures to find what ignites their partner's

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desire the most.

Another technique highlighted is the art of touch. Kerner urges men to understand the significance of their hands in the foreplay process. Gentle caresses, strategic massages, and playful touches across a woman's body can evoke powerful feelings of pleasure. He suggests beginning with less erogenous zones, such as the back or sides, and gradually moving toward more sensitive areas. This gradual build-up can heighten anticipation, making the eventual stimulation of erogenous zones—such as the breasts and clitoris—more intense and enjoyable.

Kerner also places significant emphasis on communication during foreplay. He encourages partners to talk openly about their likes and dislikes, prompting a playful dialogue that can turn a routine foreplay session into a personalized pleasure experience. Phrases like "Does this feel good?" or "What do you like?" can create a more intimate atmosphere and ensure both partners are synchronized in their desires. For instance, a couple might decide to explore the dynamics of temperature play by introducing ice cubes or warm oil into their foreplay routine. Such conversations can stimulate creativity and lead to new experiences that might otherwise go untried.

Moreover, Kerner advocates for incorporating elements of fantasy and role-play, encouraging couples to embrace their sexuality freely and

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imaginatively. He notes that foreplay can be an opportunity to explore different personas or scenarios that spark excitement and novelty in the relationship. This exploratory approach can foster a deeper emotional connection, as partners feel more liberated to express their authentic selves.

Throughout the chapter, Kerner stresses the value of focusing on the entirety of a woman's body rather than fixating solely on the genitals. A holistic approach to foreplay, which involves kissing, touching, and whispering sweet nothings, can create a richer experience. For example, a well-timed compliment about her appearance or sensual movements can elevate a woman's arousal, making her feel more cherished and adored.

The chapter wraps up with Kerner's reiteration of the idea that foreplay is about more than just performing a series of techniques; it is an art form that requires attentiveness, intuition, and a genuine desire to connect with one's partner. By mastering the art of foreplay, not only does a man enhance the pleasure of his partner, but he also enriches the quality of their sexual relationship, paving the way for mutual satisfaction and deeper intimacy.

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4. Chapter 4: Overcoming Common Obstacles to Female Orgasm

In "She Comes First," Ian Kerner delves into the multifaceted challenges that can impede a woman's ability to experience orgasm, highlighting the importance of understanding and addressing these obstacles to enhance sexual satisfaction.

One of the primary hurdles often mentioned in discussions around female orgasm is the psychological barrier. Stress, anxiety, and self-consciousness can play significant roles in a woman's sexual response. For instance, women might feel pressured to perform or achieve orgasm, leading to performance anxiety. Kerner emphasizes the importance of creating a relaxed and pressure-free environment. He suggests that partners engage in open communication about their desires and fears, fostering a comfortable atmosphere that encourages exploration without the added burden of expectation.

Physical factors also come into play when discussing obstacles to female orgasm. Health-related issues, such as hormonal imbalances or medications, can affect libido and arousal. For example, certain antidepressants can decrease sexual desire or arousal. Kerner encourages women experiencing such side effects to consult their healthcare providers about possible alternatives or solutions. Furthermore, the importance of understanding and

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addressing pelvic floor issues is highlighted. Conditions like vaginismus or pelvic pain can create significant barriers to orgasm. Kerner suggests that seeking help from a qualified therapist or pelvic floor specialist can be beneficial in overcoming these physical challenges.

Another obstacle prevalent in female sexuality is the lack of knowledge and experience with self-exploration. Many women are unsure about their own bodies, which can limit their ability to communicate what they find pleasurable to their partners. Kerner encourages self-discovery as a vital step towards overcoming this barrier. He provides examples of techniques such as mindfulness and using mirrors during self-exploration to enhance awareness of one's body and preferences, thus fostering better communication between partners. When a woman understands her body, she is more likely to articulate her needs, helping to eliminate confusion and create a more fulfilling sexual experience.

Furthermore, social and cultural factors can significantly influence a woman's ability to achieve orgasm. Societal norms and expectations regarding female sexuality can create stigma around pleasure. Kerner discusses how cultural narratives often position female pleasure as secondary to male pleasure, leading to feelings of guilt or inadequacy when a woman seeks her own pleasure. He encourages readers to challenge these societal expectations and to cultivate a mindset that embraces the right to

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pleasure, supporting a healthier view of sexuality that prioritizes mutual satisfaction.

Additionally, the nature of sexual experiences themselves can hinder orgasm. Kerner discusses how monotonous sexual routines can lead to decreased excitement and arousal, thereby impacting a woman's ability to climax. He advocates for variety in sexual experiences, suggesting that both partners take initiative in experimenting with different positions, locations, and forms of stimulation. This also aligns with the practice of foreplay, which he elaborates on in previous chapters, as extended stimulation can significantly enhance arousal and lead to stronger orgasms.

In summary, Chapter Four serves as a crucial guide to overcoming the various obstacles that many women face in achieving orgasm. Kerner emphasizes the importance of communication, self-awareness, and an understanding of both psychological and physical factors. By addressing these challenges with empathy and knowledge, partners can create a more fulfilling sexual experience that prioritizes female pleasure, setting the stage for deeper emotional connections and intimacy.

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5. Chapter 5: Building Emotional Connections for a Fulfilling Sexual Experience

Building emotional connections is a cornerstone for cultivating a fulfilling sexual experience in intimate relationships. In Ian Kerner's "She Comes First," the emphasis is strongly placed not just on the mechanics of sexual pleasure, but also on the emotional bonds that enhance such experiences. Emotional connection serves as the foundation for intimacy, trust, and deep satisfaction during sex, particularly when it comes to female pleasure.

At the heart of creating a robust emotional connection is effective communication. This encompasses not only the verbal exchange of feelings and desires but also non-verbal cues, which can play a significant role in establishing intimacy. Partners should feel comfortable discussing their likes, dislikes, and any anxieties surrounding intimacy. This exchange helps demystify sex and encourages a focus on mutual enjoyment rather than performance. For instance, a couple might engage in an open dialogue about their experiences during foreplay. By explaining what feels good and what does not, they can align their expectations and tailor their efforts towards creating an enjoyable experience for both.

Building trust is another critical component of emotional connectivity. Trust fosters vulnerability, which is essential for a fulfilling sexual encounter. When partners feel safe, they are more likely to express themselves freely

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during intimacy. This involves not just physical trust but also emotional reliability. For example, if one partner has experienced trauma that affects their sexual response, having a trusting relationship can allow for candid discussions about boundaries and needs, leading to a more nuanced approach to intimacy that respects those boundaries.

Another aspect of emotional connection is shared experiences outside the bedroom that strengthen the relationship. Engaging in activities together, such as cooking, hiking, or even attending workshops about intimacy and relationships, can deepen emotional bonds. When partners invest time in each other and create shared memories, they build a reservoir of emotional closeness that can enhance their sexual encounters. Couples who share laughs, challenges, and triumphs outside the bedroom often find it easier to connect physically, as they carry that emotional warmth into their intimacy.

However, it's important to acknowledge that not every intimate encounter can be an emotionally charged experience. Life stresses, anxiety, and busy schedules can create barriers. In those situations, it's essential to prioritize emotional connection in small, consistent ways. Simple gestures like cuddling, holding hands, or even exchanging compliments can help maintain emotional intimacy, ensuring that partners feel valued and connected even when sex is not on the table.

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Furthermore, Kerner highlights the role of empathy in enhancing emotional connections. Empathy allows partners to tune into each other's feelings and perspectives, promoting a deeper understanding between them. For example, if one partner is feeling insecure or self-conscious during a sexual experience, responding with kindness and reassurance can significantly increase feelings of safety and comfort. Recognizing and validating each other's emotions not only fosters a supportive environment but also enhances sexual experiences by allowing individuals to engage freely without fear of judgment.

Lastly, Kerner discusses the importance of emotional regulation. Individuals bring their emotional states into their sexual experiences; thus, managing emotions such as anxiety, resentment, or fear can influence the level of intimacy achieved. Couples can practice emotional regulation by employing techniques such as mindfulness, breathing exercises, or taking a moment to check in with each other before becoming intimate. These practices can help partners remain present, enhancing their emotional connection and leading to a more fulfilling sexual experience.

In conclusion, building emotional connections is vital for a fulfilling sexual experience. Couples are encouraged to communicate openly, establish trust, create shared experiences, show empathy, and manage emotions. By cultivating these aspects of their relationship, partners can overcome barriers

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to intimacy, enhancing not only their sexual encounters but the overall quality of their relationship, reinforcing the idea that pleasure, particularly female pleasure, flourishes within a context of trust and emotional connection.

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