



Marathon Sex: Incredible Lovemaking Experiences Hotter and Longer Than You've Ever Done It Before

By Sonia Borg

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"Sonia Borg knows how to put the fun back in sex. Playful, provocative, and practical ways for lovers to put more 'don't stop' into date night." - Lisa Schrader, author of *Kama Sutra 52* and founder of www.AwakeningShakti.com

Get the toe-curling sex you've been dreaming of! The only thing that makes a good thing better is more of it. *Marathon Sex* gives you scenarios for prolonged lovemaking sessions that deliver incredible techniques and positions that make sex last longer and build to incredible orgasms. From seduction to foreplay to positions one, two, and three, each of these multi-hour scenarios provide a sex date hot enough to put the sizzle back into any relationship.

- **She Comes Again...and Again...and Again:** Blow her mind with multiple intercourse and oral techniques that hit all of her hot spots.
- **It's a Tie:** Use sensate focus and the coital alignment technique have simultaneous orgasms.
- **Sexalicious:** Spice things up with savory sex techniques that will make your kitchen the second sexiest room in the house.
- **Going (and Coming) Out on the Town:** Build sensation and excitement all night long with your hottest pub crawl ever.

Every scenario gives you hours of moves and lets you explore a different side of sex and intimacy from playful to kinky. *Marathon Sex* gives you inspiration, techniques, and positions from start to finish line.



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Editorial Review

About the Author

Dr. Sonia Borg earned her Ph.D. in human sexuality and masters in public health from The Institute for The Advanced Study of Human Sexuality in San Francisco and her masters degree in communication from San Francisco State University. She is certified as a clinical sexologist by the American College of Sexologists and is a member of The American Association of Sexuality Educators Counselors and Therapists (AASECT). Sonia has been featured on television and radio shows such as Discovery Channel Canada, Playboy Radio, Good Morning San Diego, and programs on KUSI in San Diego. Her authentic, dynamic, and engaging style makes her a sought-after speaker, educator, author, and sex expert. She lives in Lahaina, Hawaii. Visit her website at www.thehappyendingscompany.com.

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The Sexual Response Cycle

The Sexual Response Cycle is a model, so it's not individualized, but knowing how you and your partner generally move from arousal to post orgasm is valuable information. This awareness will help you to train for the marathons, so you better know when to arouse, when to penetrate, and when to cuddle. How long should that cuddling be anyways?

Early Arousal:

- > Heart rate increases and blood pressure rises.
- > Body muscles tighten up.
- > Penis, labia majora, clitoris, and nipples become enlarged and filled with blood.
- > Testicles rise closer to the body.

Increased Arousal:

- > Breathing deepens, and there may be moaning, gasping, or grunting.
- > Genitals get larger as they fill with blood.
- > Perspiration.
- > Vaginal lubrication.
- > Pre-cum appears on the head of his penis.
- > Muscle tension increases, toes may curl, and spasms show on the feet face and hands.
- > As the genitals swell with blood, they may appear darker.

As Orgasm Approaches:

- > Heart rate, breathing, and blood pressure reach their peak.
- > Thrusting reaches a peak.
- > The body flushes, which appears like a rash.
- > The body becomes stiff (generally speaking), and for men ejaculation is inevitable.

During Orgasm:

- > Loss of muscle control.
- > The penis contracts as he ejaculates.
- > The uterus contracts.
- > The contractions may spread throughout the genitals, sphincter, and even into the rest of his body.
- > Men can orgasm with or without ejaculation.
- > Some women ejaculate a fluid.

After Orgasm (Refractory Period):

- > All men and women have a refractory period, the time before they can achieve an erection or orgasm again. The time differs depending on the person.

The better you know your partner's genitals and sexual response cycle, the better a lover you will be.

Users Review

From reader reviews:

Melanie Tuck:

Nowadays reading books become more than want or need but also turn into a life style. This reading habit give you lot of advantages. Associate programs you got of course the knowledge even the information inside the book that improve your knowledge and information. The details you get based on what kind of guide you read, if you want have more knowledge just go with training books but if you want experience happy read one together with theme for entertaining such as comic or novel. The particular Marathon Sex: Incredible Lovemaking Experiences Hotter and Longer Than You've Ever Done It Before is kind of book which is giving the reader erratic experience.

William Fuller:

A lot of people always spent their particular free time to vacation or go to the outside with them family or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, as well as playing video games all day long. If you would like try to find a new activity here is look different you can read any book. It is really fun to suit your needs. If you enjoy the book which you read you can spent the entire day to reading a guide. The book Marathon Sex: Incredible Lovemaking Experiences Hotter and Longer Than You've Ever Done It Before it is very good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can more quickly to read this book from your smart phone. The price is not to fund but this book has high quality.

Catherine Benavidez:

Your reading 6th sense will not betray anyone, why because this Marathon Sex: Incredible Lovemaking Experiences Hotter and Longer Than You've Ever Done It Before guide written by well-known writer who really knows well how to make book that may be understand by anyone who also read the book. Written within good manner for you, leaking every ideas and publishing skill only for eliminate your personal hunger then you still skepticism Marathon Sex: Incredible Lovemaking Experiences Hotter and Longer Than You've

Ever Done It Before as good book not simply by the cover but also by the content. This is one reserve that can break don't ascertain book by its cover, so do you still needing one more sixth sense to pick this!? Oh come on your reading through sixth sense already alerted you so why you have to listening to an additional sixth sense.

Maria Lamotte:

In this age globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of sources to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher that print many kinds of book. The particular book that recommended to you personally is Marathon Sex: Incredible Lovemaking Experiences Hotter and Longer Than You've Ever Done It Before this book consist a lot of the information with the condition of this world now. This book was represented so why is the world has grown up. The language styles that writer make usage of to explain it is easy to understand. The particular writer made some investigation when he makes this book. Honestly, that is why this book appropriate all of you.

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