

WHY YOU'VE NEVER ORGASMED AND WHAT TO DO ABOUT IT

ThePleasureDoctor

*Why*

YOU'VE

NEVER  
ORGASMED

— AND WHAT TO —  
*Do About It*

Real Talk.  
Real Answers.  
Real Pleasure.



— ThePleasureDoctor —

# **Why You've Never Orgasmed and What to Do About It**

By ThePleasureDoctor

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## **INTRODUCTION: My Sister, You Are NOT Alone**

Baby girl! Yes, you are my baby girl irrespective of whether you are 18, 25, 30, 42 or even 50. If you picked this book, it is not by mistake. I know you have been asking yourself questions you are shy to say out loud.

“Why is it not happening for me?”

“Why have I never creamed or squirted?”

“Is something wrong with my body?”

“Why does it look easy for other women to reach orgasm and not me?”

Or maybe... you have just been quiet about it. You smile. You act like everything is fine, but deep down, you know something is missing and I want you to know that you are not alone.

I remember a lady who sent me a message a few months back and this is me writing it the way I received it from my inbox.

She said,

“Doctor, I am married. My husband is trying sexually but I don’t feel what people talk about. I just lay there and hope it will finish quickly. My friends talk and laugh about it, but I don’t understand what they are feeling.”

Now, this story is very common and from my years of experience and encounter with different women, the majority are on this table.

But the truth is there is nothing wrong with you.

You are not broken.

Your body is not faulty.

You did not miss anything in life.

Sex is sweet...very sweet and you should enjoy that sweetness!

The reality is that in many homes, anything about sex is “don’t talk about it. In church, you hear, “be a good girl.” In school, they skip the real details for morality sake. So, you grew up with silence... confusion... and maybe even shame.

How can you understand something nobody explained to you?

This is exactly why I had to write this book. Because too many women are suffering quietly. Good women. Smart women. Single women and even married women and they think it's just them. No, my sister. It is not just you.

I need you to take your time to read this book. Every word and every chapter. This is years of my experience and that of others, including Dr Grace, penned down into writing. After this book, I assure you that something will change.

You will understand your body in a simple way.

You will stop blaming yourself.

You will see clearly what has been missing.

And most importantly, you will feel more confident and orgasm the way you want to. Don't worry sis. Just relax, take your time and read this like you are talking to a friend who truly wants the best for you.

Because that is exactly what this is. I am your friend and your pleasure doctor so, let's start this journey together!

## **PART ONE: THE TRUTH NOBODY TOLD YOU**

“Before anything can change, you need to understand what has really been going on. So, what is going on”?

## CHAPTER 1: So You Think Something Is Wrong With You?

We live in a world that shows us the finish line but never teaches us how to run the race.

Think about it. From when you were small, what did anyone tell you about your body? About pleasure? About how a woman's body works? Probably not much.

Girl, now that you are grown, how do you feel after sex? Have you ever just laid there quietly and thought... *"Was that it?"* No fireworks? No shaking? No squirting? No creaming? No "oh my God..." Just... nothing... nothing special?

And then you start to wonder. *Is something wrong with me?*

Maybe you've never said it out loud but you've thought about it. It has crossed your mind late at night or when you go in the shower to clean up. Or maybe when your friends are laughing and sharing stories and you're just nodding along like you understand.

Baby girl, I will hold your hand and I need you to hear this clearly: **Nothing Is Wrong With You.**

And I'm going to prove it to you right now.

In my career and years of experience, I met a lady whom I will call Adaeze (not her real name).

Adaeze is 27. She grew up in Enugu (Not her real hometown). A very good girl. She attends church every Sunday. Her mother never discussed anything about sexual intercourse with her, not even once. The closest thing to a conversation was *"don't let any boy near you."*

Fast forward to today. Adaeze is in a relationship and her boyfriend tries. But every time they're intimate, she feels nothing deep. No explosion. No release. She's just there... and she endures it and waits for it to end.

She has googled things she's too embarrassed to ask anyone. She has wondered if her body is somehow different from other women's bodies and she doesn't even know what to do to help herself. So she concluded she is the problem.

Does Adaeze sound familiar?

Because Adaeze is not one woman. Adaeze is millions of women across Nigeria. In Lagos. Abuja. Port Harcourt. Ibadan. Married women. Single women. Young women. Women in their 20s, 30s, 40s and even 50s.

Women who have never been told the truth about their own bodies. It would surprise you to know that most married women, even mothers with kids, have NEVER orgasmed.

Here is the truth.

Your body is not the problem. The silence you were raised in is the problem. Nobody sat you down. Nobody explained anything. You were just supposed to grow up and somehow figure out things that were never taught to you.

How?

That's like someone dropping you in the middle of Lagos traffic with no map, no address, and no driving experience, then getting angry that you got lost.

## **The Shocking Statistics Nobody Talks About**

You need to understand why millions of women have never orgasmed, why it's far more common than you think, and why it is absolutely never your fault.

Did you know that **only 18 to 25% of women** can consistently reach orgasm through penetrative sex alone?

Studies show that only about 18 - 25% of women can consistently reach orgasm through vaginal intercourse alone while 80% require clitoral stimulation, not just penetration, to achieve an orgasm.

That means right now, if you enter a room with 100 women, only about 18 to 25 of them are climaxing from penetration alone. The remaining 75 to 82 women? They cannot get there from penetration alone and that is what almost every woman on this earth face.

Are you surprised? The truth is, not having an orgasm is not a sign of being "broken" or damaged, as sexual response involves complex mind-body interactions.

When most people think about sex, they think about penetration. Going in and out. That is what movies show. That is what most men focus on. That is what most women have been taught either directly or indirectly see as the main event.

I will hold your hand when I say this: penetration alone will never be enough to reach orgasm. Not because anything is wrong. But because of how the female body is actually designed. I will tell you more about the clitoris in the next chapter.

So when you're sitting there thinking you're the only one, I want you to know that you're not.

## **The Difference Between a Woman Who Has Orgasmed and One Who Hasn't**

You probably think the woman who orgasms easily is somehow different from you. Maybe she's more open. Maybe she has a better body. Maybe her partner 'sabi the thing well' while yours don't? Maybe she's a bad girl. Maybe she just got lucky with her wiring. Maybe she's more free-spirited. Maybe her husband is more experienced. Maybe she just got lucky. Maybe that's why she can trap any man through "bedmatics"

No, my sister.

Let me show you two women.

**Bimpe** is 30. Her husband is a good man. Responsible. Tries in bed. But every single time they're together, Bimpe's mind is somewhere else entirely. *Did I turn off the gas? Is the baby okay? Does he think my body looks different since I had the baby? Should I just act like it happened so he feels good?*

She has never orgasmed. She has concluded that she is simply "not the type."

**Sade** is 28. Same Naija background. Same Pentecostal upbringing. Same mother who never discussed these things. But somewhere along the line, Sade got curious about her own body. She stopped feeling ashamed about that curiosity. She learned. She went for knowledge. She explored. She made mistakes. She kept going and figuring out her sexual life.

Today, Sade orgasms regularly. She feels very satisfied after sex. She reaches her climax too. She enjoys sex as much as her partner enjoys it too.

Same country. Same kind of body. Same background.

The difference is not their body structure. The difference is not their husband's skill.

**The difference is Sade knew herself while Bimpe didn't.**

The reason you haven't orgasmed is not because your body is broken. It's because nobody ever properly introduced you to your own body. Not even you. You are actually part of a very large, very quiet group of women who were simply never given the right information.

The only difference between you and the women who have orgasmed is not luck. It's not their body. It's not even their partner. It's knowledge: whether knowledge by accident, by curiosity, or by someone like me showing her the way.

And now, you're getting yours too.

## **Why "Just Relax" Is the Worst Advice Ever Given**

Has anyone ever told you to "*just relax*"?

Your partner. Your friend. Maybe even yourself.

And did it work?

Of course it didn't.

Because "just relax" is the most useless, most annoying advice anyone can give a woman who has never orgasmed. And here is exactly why.

You cannot relax when nobody has ever explained your own body to you.

You cannot relax when sex has always felt like something you do *for* someone else.

You can't relax your way to an orgasm if your mind is full of shame. Shame from your upbringing, your church, or your culture that tells you wanting pleasure makes you a bad woman.

Telling someone to "just relax" in that condition is like telling someone to sleep peacefully in a room that is on fire. The advice sounds nice. It solves nothing.

Relaxing is what happens **after** you feel safe. After you feel free. After someone finally explains to you what your body actually needs.

It is not the starting point. It is the result. So the next time someone tells you to "just relax", understand that they are not giving you a solution. They are just transferring the blame back to you for something that was never your fault in the first place.

## CHAPTER 2: This Is Your Own Body and You Don't Even Know Each Other

Imagine you have lived in a house for 27 or even 32 years. You sleep there every night. You eat there. You call it home.

But there is one room in that house you have never opened. You're aware the room exists but you have never seen the need to go in there and check it out. So you just walk past it every day without knowing what is inside.

That is exactly what has happened between you and your own body.

You have lived in this body your whole life. But there is a whole room; a whole part of you, that nobody ever introduced you to.

Right now, we are going to open this room and explore it together.

Cast your mind back to secondary school.

Biology class. Your teacher is on the board. You are copying diagrams of the reproductive system into your notebook. Fallopian tubes. Uterus. Ovaries.

And then the teacher explains briefly and moves on.

No explanation of pleasure. No mention of what actually makes a woman feel good. Just the parts involved in making a baby and nothing else.

At home it was even worse. The female leads in your life never explained anything about the vagina to you. The message was always the same. *"Protect yourself." "Don't do it before marriage."* And if you were lucky, maybe a warning about pregnancy.

That was it.

Nobody told you about pleasure. Nobody told you about your body's design. Nobody told you that your body was built with the capacity for incredible feeling, and that understanding it was your right, not a sin.

So you grew up. You started having sexual experiences. And you were completely in the dark about the very body those experiences were happening in.

### **The Anatomy Lesson You Deserved Years Ago**

Now, let us start from the very beginning.

A woman's genitals are made up of two parts. The **external** part: the ones you can see, and the **internal** parts: the ones hidden inside the body.

The external parts together are called the **vulva**. Many people call the whole area "vagina" but that is actually incorrect. The vagina is just one part, which is the internal canal. The vulva is everything on the outside.

The vulva includes:

The **labia majora**: these are the two outer folds of skin. Think of them as the outer doors.

The **labia minora**: these are the two inner folds of skin just inside the outer ones. They are thinner and more sensitive.

The **vaginal opening**: this is the entrance to the internal canal.

The **urethra**: the small opening where urine comes out. It is separate from the vaginal opening. Many women do not know this.

And then, the most important one: the **clitoris**.

We are going to spend real time on the clitoris.

### **The Clitoris: The Most Misunderstood Organ in the Human Body**

If someone asked you to point to the clitoris right now, where would you point?

Most women point to a small visible bump at the top of the vulva, just above the vaginal opening. And yes, that is part of it.

But that small visible part? That is just the tip.

The clitoris is actually a much larger internal organ. And for most of history, even in medical textbooks, the full picture was hidden, ignored, or simply not taught.

Here is what the clitoris actually looks like inside your body.

The visible tip called the **glans**, which is what most people know. It is small, round, and extremely sensitive. It contains approximately **8,000 nerve endings**. To put that in perspective, the tip of a man's penis has about 4,000. The clitoris has double.

But underneath the skin, the clitoris continues. It has a body that goes upward, then splits into two long arms called **crura** that extend several centimetres inward and wrap around the vaginal canal like a wishbone. It also has two bulbs called **vestibular bulbs** that sit on either side of the vaginal opening.

The entire clitoral structure, from tip to internal arms, is roughly **10 centimetres** in length.

Ten centimetres. Inside your body. That nobody ever told you about.

When a woman becomes aroused, the entire clitoral structure fills with blood, just like an erection in a man. It swells. It becomes sensitive. It is actively engaged.

This is your body doing exactly what it was designed to do.

And here is why this matters so much.

Because most of this structure, the arms, the bulbs, the internal parts **cannot be directly reached by penetration alone**. The angle, the position, the movement during regular penetrative sex simply does not make full contact with this organ the way it needs.

Which brings us to the next thing you need to understand.

## **Internal vs External Pleasure: What Is Actually Happening**

There are two ways a woman can experience pleasure. External and internal. And most women have only ever experienced one or neither.

**External pleasure** comes from direct stimulation of the visible part of the clitoris. The glans. That sensitive tip at the top of the vulva. This is the most direct and reliable route to orgasm for

the majority of women. When it is touched, rubbed, or stimulated in the right way, with the right pressure, rhythm and consistency, the body builds toward climax.

This is why many women who have experienced orgasm report that it happened through direct touching not through penetration.

**Internal pleasure** is different. It comes from stimulation inside the vaginal canal, particularly from areas where the internal arms of the clitoris sit close to the vaginal walls. You may have heard of the **G-spot**. This is not a separate magical button. It is simply an area on the front wall of the vagina, about 5 to 8 centimetres inside, where the internal clitoral structure sits very close to the surface. When this area is stimulated correctly, it can produce deep, intense pleasure.

Some women respond strongly to internal stimulation. Others respond more to external. Most women respond best to **a combination of both**.

The important thing to understand is this.

Your body has multiple pathways to pleasure. Not just one. And until you understand those pathways, you cannot expect your body to arrive at a destination it has never been shown how to reach.

## **Why Penetration Alone Rarely Does the Job and Why That Is Completely Normal**

Think about the way penetrative sex typically happens. The movement is in and out. Inside the vaginal canal. Back and forth.

Now look at what you just learned about the clitoris.

The most sensitive part, the external glans, is sitting **above** the vaginal opening. Not inside it. Penetration does not touch it directly. In many positions, penetration does not come close to it at all.

The internal arms of the clitoris sit along the sides of the vaginal canal. Depending on the angle, size, and movement during sex, they may receive some indirect stimulation. But it is inconsistent. It is not targeted. And for most women, it is simply not enough.

This is the biology. Plain and simple.

Remember the statistic from Chapter 1. Only 18 to 25% of women can consistently reach orgasm through penetration alone. And 80% require direct clitoral stimulation.

That is not a small number. That is almost every woman.

So when you have been lying there during sex wondering why nothing is happening, now you know why. The stimulation that your body actually needs to reach orgasm was simply not part of the equation.

Think of it this way.

If you are trying to start a generator and you keep pressing the wrong button, the generator will not start. It is not a bad generator. You are just pressing the wrong button.

Penetration has its own role. It can feel good. It can create intimacy. It can produce some internal stimulation. But for the majority of women, it is not the button that starts the generator.

The clitoris is that button.

And now you know where it is.

Please baby girl, I want you to take a moment with everything you just read.

You are not reading anything shameful. You are not doing anything wrong. You are simply learning basic facts about the body you have lived in your whole life.

Facts that should have been taught to you years ago.

Facts that doctors, schools, and parents should have made normal but didn't.

The women who orgasm are not special. They are not more free or more sinful or more lucky than you. They simply somehow, somewhere got access to this information. And their bodies responded because they understood what their bodies needed.

In the next chapter, we are going to go deeper. Because your body is only one part of the story. Your mind is the other part and for many women, the mind is actually the bigger obstacle.

## CHAPTER 3: Your Mind Is Blocking What Your Body Wants

You now know your anatomy. You now understand the clitoris. You understand why penetration alone is not enough for most women. So why is it still not happening?

For many women, the missing piece is not in their body at all. It is in their mind. And this chapter is going to show you exactly what is going on up there and how to fix it.

### Why Your Body Needs to Feel Safe Before It Can Feel Anything Else

Let me explain something important as a doctor. Your brain is the most powerful sexual organ in your body. Yes. You read that right and I said it! Not your vagina. Not your clitoris. Your brain.

Here is why.

When you are in danger or when your brain *thinks* you are in danger, your body activates what scientists call the **fight or flight response**. Your heart beats faster. Your muscles tighten. Your body is on alert.

In this state, your body has one job. Survival. Pleasure is not survival. So your body shuts pleasure down completely.

Now here is the important part.

Your brain cannot always tell the difference between a *real* threat and an *emotional* one. A lion chasing you is a real threat. But shame? Guilt? Anxiety? Fear of being judged? Your body treats those the exact same way.

So when a woman is lying in bed carrying guilt from church, anxiety about her body, fear of being seen, or shame about wanting pleasure, her nervous system is already in survival mode.

And no matter what happens physically, her body cannot fully open up. This is not weakness. This is not her fault. This is pure biology.

The scientific term for the state your body needs to be in to experience pleasure and orgasm is called the **parasympathetic state**. It is the opposite of fight or flight. It is the state of rest, safety, and calm.

In this state, blood flows freely to your genitals. Your clitoris becomes sensitive. Your body produces natural lubrication. Everything your body needs to build toward orgasm becomes possible.

But you cannot force your way into this state. You can only *arrive* there when your mind feels truly safe.

## **The Mental and Emotional Blocks That Are Quietly Preventing Your Orgasm**

Most women who have never orgasmed are not dealing with a physical problem. They are dealing with a pile of invisible blocks that have been building up since childhood.

Let me show you what those blocks look like.

**Block 1: Shame about wanting pleasure at all.** Many Nigerian women were raised to believe that a good woman does not enjoy sex too much. Sex is for your husband. Sex is for babies. A woman who enjoys it too much is somehow loose, cheap or an “*olosh*o”. So even when your body starts to feel something good, a voice in your head whispers *“You shouldn’t be enjoying this.”* And just like that, your body shuts down.

**Block 2: Performing instead of feeling.** Many women have spent so many years focused on making their partner happy that they have completely disconnected from their own experience. They are watching themselves from the outside. Monitoring. Checking. *Does he like this? Am I doing it right? Does he think I look okay?* When your mind is watching, your body cannot feel. You cannot be the audience and the performer at the same time.

**Block 3: Distraction and mental noise.** The gas. The children. The meeting tomorrow. The message you forgot to reply. Nigerian women carry a lot. And the brain does not automatically switch off when sex begins. If your mind is in the kitchen while your body is in the bedroom, your body will not get there.

**Block 4: Anxiety about whether it will happen.** This one is very common. You have tried before. Nothing happened. So now every time, there is a voice monitoring progress. *Is it happening yet? Why is it taking so long? Something is wrong with me.* That anxiety is the very thing blocking the orgasm. It is a cruel cycle and we will talk about how to break it shortly.

## **How Religious Guilt and Shame Shut Down Pleasure Before It Starts**

This section is important. And I want to handle it with respect.

Nigeria is a deeply religious country. Most of us grew up in church or mosque. And for many women, the messages received about sex in those spaces were heavy.

*Sex is dirty. Your body is a temptation. Good girls don't think about these things. Wanting pleasure makes you sinful.*

These messages go deep. Even when a woman is married and when sex is now completely permitted but the shame does not automatically leave. It has been wired into her brain since she was a young girl.

So she gets married. She is now allowed. But her brain still fires the old alarm.

*This is wrong. This is shameful. Stop enjoying this.*

Let me be very clear about something here. Wanting to experience pleasure in your own body is not a sin. It is not dirty. It is not shameful.

Your body was designed with the capacity for pleasure. The clitoris, as we discussed in Chapter 2 is for pleasure. If pleasure were shameful, why does the organ exist?

Many women find it helpful to consciously separate the spiritual from the physical. Your faith is yours. Your body is also yours. Understanding your own biology does not conflict with your values. It just means you are no longer carrying false shame about something that was never wrong.

The shame was taught. It was not born in you. And what was taught can be unlearned.

### **Why Trying Harder Makes It Worse**

I need you to read this one slowly.

The orgasm is one of the very few things in life where trying harder makes it less likely to happen.

Think about it.

When you are desperate for sleep, can you force yourself to sleep? The more you try, the more awake you become.

It is the same with orgasm.

The moment you turn it into a goal, something to chase, something to achieve, something to prove, your brain shifts into performance mode. And performance mode is the enemy of pleasure.

Here is what happens in your body when you try too hard.

Your mind starts monitoring. *Is it happening? Why isn't it happening? It's been twenty minutes. What's wrong with me?*

That monitoring creates anxiety. Anxiety triggers the fight or flight response. The fight or flight response shuts down your parasympathetic state. And without the parasympathetic state, orgasm is physiologically impossible.

You have literally thought your way out of it.

This is called spectating, a term used in sexual medicine. It means you have stepped out of your own experience and become a watcher instead of a participant. And it is one of the biggest reasons women cannot reach orgasm.

The solution is not to try harder. The solution is to try *less*.

To focus on what feels good right now. Not on where it is going. Not on whether it will arrive. Just what feels good in this moment.

Orgasm is not a destination you race toward. It is something that happens naturally when you stop running and simply allow your body to feel.

## **Body Image and the Orgasm Connection Nobody Talks About**

Have you ever been in the middle of intimacy and suddenly become very aware of how your body looks?

Your stomach. Your thighs. Your skin. The rolls. The stretch marks. The parts you wish looked different.

And in that moment, did you pull back? Cover up? Disconnect?

If yes, I completely understand. That moment of self-consciousness was costing you more than you realised.

Research shows a very strong connection between how a woman feels about her body and her ability to reach orgasm. Women who feel shame or embarrassment about their bodies during sex are significantly less likely to experience orgasm. Not because of how their body looks, but because of where their mind goes when they start thinking about it.

The moment you start thinking about your stomach, you have left the experience. Your mind is no longer in the room. And your body cannot finish a journey your mind has abandoned.

Here is the truth about your body.

Your partner is not looking at what you think they are looking at. They are in the moment. They are feeling. They are present. The long list of things you are critiquing about yourself? They are not on that list.

The person judging your body during sex is you. And as long as you are the judge, you cannot also be the one feeling. You do not need a perfect body to orgasm. You need a present mind.

Women of every shape, every size, every age experience orgasms. Your body as it is right now, today, is fully capable. The only thing standing between you and that experience is the story you are telling yourself about what you look like.

## **Signs That Past Experiences and Trauma May Be Affecting Your Orgasm**

Another reason why you haven't reached orgasm is trauma and your past experiences. This might not apply to everyone but it's real.

Some women have experienced things in their past that have made their body associate intimacy with fear, pain, or danger. This could be sexual abuse or assault. It could be a very painful or humiliating sexual experience. It could be years of sex that felt forced or joyless or like something done to you rather than with you.

When these experiences are unprocessed, the body remembers them.

Even when you are now in a safe situation, your nervous system can react as if the old danger is still present. It can cause your body to tighten, shut down, disconnect, or feel nothing at all.

This is not weakness. This is your body trying to protect you the only way it knows how.

**Here are some signs that past experiences may be playing a role:**

- You feel anxious or fearful during intimacy even when you feel safe with your partner.
- Your body physically tightens or feels numb during sex.
- You find yourself mentally leaving the experience, almost watching from outside your body.
- Certain touches, positions, or words trigger discomfort or panic that you cannot fully explain.
- You feel shame or disgust after intimacy even when nothing wrong happened.

If any of these sound familiar, I want you to know that it is not permanent. This is not who you are. And this is absolutely something that can heal.

But healing this kind of deep-rooted response often requires more than a book. It requires speaking with a professional, a therapist or counsellor who is trained in sexual trauma and women's health. There is no shame in that. You can also send me an email at [thepleasuredoctor2@gmail.com](mailto:thepleasuredoctor2@gmail.com) and I will try the best I can to help you out.

Seeking help is not weakness. It is the bravest and most intelligent thing a woman can do for herself.

If this section touched something in you, please do not skip over it. You deserve to be fully well not just physically, but emotionally too.

## **The Mental Shift That Changes Everything**

So what is the answer to all of this? **Stop making orgasm the goal. Make feeling the goal!**

That is it.

Instead of going into intimacy wondering "*Will it happen tonight?*" go in asking "*What feels good right now?*"

Instead of monitoring your progress, follow your sensation. Instead of watching yourself, come back into your body. Instead of performing, participate.

This shift sounds simple. But for many women, it is the single thing that finally unlocks everything.

When you stop chasing the orgasm and start chasing the feeling, something remarkable happens. Your nervous system relaxes. Your body opens up. Blood flows where it needs to go. Your clitoris becomes sensitive. The tension releases.

And the orgasm which was never far away finally arrives. Not because you forced it. But because you stopped blocking it.

Think of it like trying to remember someone's name. The harder you try, the more it escapes you. But the moment you relax and stop forcing it, it comes to you on its own.

Your body already knows how to do this. It was designed for it. You just have to get your mind out of the way long enough to let it happen.

Baby girl, everything we have covered in this chapter is real and it is treatable. Whether it is shame, anxiety, body image, distraction, or something deeper, none of it is permanent. None of it makes you broken. All of it can shift.

## **PART TWO: NOW, LET'S TALK ABOUT YOUR MAN!**

You have done the hard work. You now understand your body. You understand your mind. You know what has been blocking you and why none of it was ever your fault.

This part of the book is not about blaming your man. It is not about turning him into the enemy.

It is about giving you the language, the understanding, and the tools to finally bridge the gap about how to satisfy you.

Because a man who understands a woman's body is not just a better lover. He is a better partner. And you deserve both.

## CHAPTER 4: Bad Sex, Wrong Approach

Now let us talk about what is actually happening in that bedroom. Sometimes (most of the time), the problem is the approach. The technique. The communication. The dynamic between two people who have never actually talked honestly about what one of them needs.

### Why Many Women Are Not Actually Enjoying Sex

A large number of women are having sex regularly and enjoying almost none of it because the sex they are having was never designed around their pleasure in the first place.

Think about how sex typically goes in most Nigerian bedrooms.

Some kissing. A little touching. Penetration. A few minutes. He finishes. It is over. That is the standard script. And it works perfectly for him. For her? She has barely warmed up.

Researchers call this the **orgasm gap**.

And the orgasm gap exists largely because the way most couples have sex was built around male pleasure, male anatomy, male timeline, male finish line.

Nobody designed it that way on purpose. But nobody questioned it either.

Until now.

### The Biggest Mistakes Men Make Without Knowing

Your partner is probably not a bad person. He is most likely doing exactly what he was taught by friends, by movies, or by his own experience without ever realising that what he was taught was incomplete.

Here are the most common mistakes men make:

**Moving too fast.** Many men go from zero to penetration in a matter of minutes. But a woman's body does not work on that timeline. As we covered in Chapter 2, the full clitoral structure needs time to fill with blood, become sensitive, and prepare for pleasure. Rushing past this stage is like turning on a generator before adding fuel. Nothing will happen.

**Focusing only on penetration.** We already know from Chapter 1 that 80% of women need clitoral stimulation to orgasm. But most men spend the majority of their time and energy on penetration: the one thing that works least for most women. This is not their fault. Nobody told them. But it has to change.

**Thinking that if she is not complaining, she is satisfied.** Many women have mastered the art of silence. They do not complain. They do not say what they need. They just endure and move on. A man who takes silence as satisfaction is operating on wrong information. And he will keep operating that way until someone tells him otherwise.

**Treating sex like a task to complete.** Some men approach sex with a beginning, middle, and end and that end is always his orgasm. Once that happens, the session is over. Her needs, her timeline, her pleasure were never part of the plan. This leaves women feeling used rather than loved.

**Not paying attention.** Your body gives signals during intimacy. Your breathing changes. You shift position. You tense or relax. A present and attentive partner reads these signs and adjusts. A distracted or selfish partner does not notice them at all.

### **How Your Partner, Your Communication Style, and Your Relationship Dynamic Affect Your Orgasm**

The quality of your relationship outside the bedroom directly affects what happens inside it. A woman who does not feel heard by her partner during the day will struggle to be open with him at night.

A woman who feels dismissed, disrespected, or taken for granted carries that feeling into intimacy. Her body remembers how she was treated. And her nervous system which needs to feel safe to allow pleasure will not fully relax with someone who makes her feel small.

The emotional connection between partners is not separate from the sexual experience. For women especially, it is deeply woven into it.

Research consistently shows that women in relationships where they feel emotionally valued, respected, and heard report significantly higher sexual satisfaction and are far more likely to experience orgasm than women in relationships where those things are missing.

Your orgasm is not just a physical event. It is an emotional one too. And your relationship dynamic is either building the conditions for it or quietly destroying them.

## **How to Tell Your Partner What You Need Without It Becoming an Argument**

This is the part most women dread. Not because they do not know what they need. But because they do not know how to say it without their partner taking it as criticism.

*"You're not doing it right"* sounds like an attack. But *"I would really love it if you touched me here"* is an invitation.

The difference is everything.

Here are practical ways to communicate your needs without starting a fight:

**Do it outside the bedroom first.** Do not wait until you are in the middle of intimacy to bring this up. Choose a calm, relaxed moment, maybe after a good meal, when you are both in good moods — and have the conversation as two adults who want to make things better together.

Use "I feel" and "I would love" instead of "you never" and "you always." *"I would love more time before we get into it"* lands very differently from *"You always rush."* One opens a door. The other starts a war.

**Make it about the two of you, not about his failure.** Frame it as something you want to explore together. *"I've been learning about my body and I think there are things we could try that would make it even better for both of us."* That kind of language invites him in rather than shutting him out.

**Show, don't just tell.** Sometimes words are harder than actions. Gently guiding your partner's hand. Telling him *"yes, that"* when something feels good. Giving positive feedback in the moment, these things teach without lecturing.

**Pick your moment wisely.** A man who is tired, stressed, or defensive will not receive this conversation well. Choose a moment when he is open, relaxed, and not distracted.

A man who loves you and wants to be a good partner will listen when he feels safe to do so. Give him that safety and you may be surprised how willing he is to learn.

## **The Foreplay Problem: Why It Is Skipped and Why That Must Change**

Let us talk about foreplay.

For most women, foreplay is not the thing that happens before the main event. Foreplay IS the main event. It is during this time that the body prepares itself. The clitoris fills with blood, the vaginal walls lubricate, the internal structures expand and become sensitive. Without this preparation, the body is simply not ready.

Skipping foreplay for a woman and expecting orgasm is like skipping the warm-up before a race and expecting your best time.

It will not happen.

So why is it skipped so often?

Several reasons.

Many men were never taught its importance. Many women never asked for it because they did not know they needed it. Time pressure, habit, and the same old routine all play a role. And in many Nigerian homes, sex is already a rushed, secretive thing that happens quietly in the dark.

Most women need a minimum of 20 minutes of arousal before their body is fully ready for the kind of stimulation that leads to orgasm.

Twenty minutes. Not two. Not five. Twenty.

If that number surprises you, share it with your partner. Because it may be the single most useful piece of information he has ever received.

## **Emotional Safety and Why You Cannot Orgasm With Someone You Don't Trust**

I want to revisit something from Chapter 3 but through a different lens. We talked about how your brain needs to feel safe for your body to experience pleasure. Now let us apply that specifically to your partner.

You cannot fully let go with someone you do not trust. This is not a preference. This is physiology.

Full orgasm, especially the deep, releasing kind, requires a level of vulnerability that your nervous system will not allow unless it feels genuinely safe. Safe from judgement. Safe from ridicule. Safe from pain. Safe from consequence.

When a woman is with a partner who has mocked her in the past, dismissed her feelings, cheated on her, been rough without care, or made her feel small, her body holds onto that. Even if she has forgiven him with her mind, her nervous system has not forgotten.

And so she lies there. She tries. But something deep inside her will not let go.

It is not stubbornness. It is protection.

This is why emotional intimacy and sexual intimacy cannot be separated for most women. They are the same thing.

If you want your body to fully open up with your partner, the relationship outside the bedroom has to be a safe place too. Respect. Trust. Emotional availability. These are not romantic extras. They are biological requirements for your pleasure.

If your relationship does not feel emotionally safe right now, that is worth addressing. Not just for your orgasm, but for your overall wellbeing.

### **What to Do If Your Partner Is Unwilling to Listen or Learn**

Now. What if you have tried to communicate and he refuses to hear you? What if he gets defensive? Dismisses what you say or makes you feel like your needs are too much? Or simply does not care?

A partner who consistently refuses to consider your pleasure is telling you something important about how he sees you. Not with words. With behaviour. And behaviour does not lie.

Here is what I want you to consider if you find yourself in this situation:

First, try again, differently. Sometimes the first conversation does not land because of timing, tone, or his defensiveness. Try again. Use different words. Write it down if speaking is hard. Give him time to process.

Second, consider whether this is a pattern. Is he generally dismissive of your needs in the relationship, not just in the bedroom? A man who does not listen in life rarely listens in bed. The bedroom is usually a reflection of the relationship.

Third, do not shrink yourself. Your pleasure matters. Your needs are not too much. You are not asking for something unreasonable. Any partner worth keeping understands this.

Fourth, consider speaking with a couples counsellor. Sometimes a neutral third party creates the space for a conversation that two people cannot have alone. There is no shame in this. It is wisdom.

Finally, and I say this with great care, know your worth. A woman who understands her body, knows what she needs, and is willing to communicate it is a woman who deserves a partner who is willing to show up for her.

You cannot pour from an empty cup. And you cannot orgasm in a relationship that consistently tells you your needs do not matter.

My sister, the conversations in this chapter are not easy ones. But they are necessary.

Because the best thing that can happen for your pleasure is a partner who is informed, present, and genuinely invested in your experience. And the best thing you can do is stop staying silent about what you need.

In the next chapter, we are going to talk about why self-exploration is not something to be ashamed of. It is actually the fastest path to your first orgasm.

## **CHAPTER 5: The Practical Pleasure Guide and What Actually Works**

We have done a lot of groundwork. You understand your anatomy. You understand your mind. You understand the role your partner and your relationship play in your pleasure.

Now it is time to get practical.

This chapter is the one many women have been waiting for their whole lives. Actual, honest, step-by-step guidance on what to do and how to do it.

### **Solo Exploration: Why It Matters and How to Start Without Shame**

If you have never explored your own body alone, you are trying to give someone directions to a place you have never been yourself.

How can you tell your partner what you need if you do not know what you need? How can you guide anyone toward your pleasure if you have never found it yourself?

Solo exploration, learning your own body through touch, without a partner, without pressure, without performance is the single fastest path to your first orgasm.

This is not a controversial opinion. It is what sexual health research consistently shows.

Women who are comfortable exploring their own bodies are significantly more likely to experience orgasm both alone and with a partner than women who have never done so.

Now. I know what some of you are thinking.

*"Doctor, I was raised in church. This feels wrong. Are you encouraging masturbation?"*

I hear you. And I respect your faith deeply.

But let me ask you this. Is it wrong to understand the body God gave you? Is it wrong to know how you work? A doctor examines a patient's body to understand it and help it heal. You are simply doing the same for yourself.

Understanding your body is not sin. It is stewardship and here is how to begin:

Create privacy and time. Choose a moment when you are completely alone. No noise. No interruptions. Lock your door. This is your time.

Remove the orgasm goal entirely. You are not trying to orgasm. You are simply exploring. Curiosity only. No pressure, no deadline, no outcome required.

Start with your whole body. Run your hands over your skin. Your stomach. Your thighs. Your neck. Notice what feels pleasant. Your body has many sensitive areas beyond the genitals. Your inner thighs, lower stomach, and the back of your knees can all carry surprising sensation.

Move slowly toward your genitals. There is no rush. When you are ready, begin exploring the external parts of your vulva, the labia, the area around the clitoral glans. Use gentle, slow touch. Notice what feels good and what does not.

Keep breathing. This is important and we will talk about it in detail shortly.

Do not judge what you feel. If you feel pleasure, that is good. If you feel nothing yet, that is also fine. This is your first exploration, not your final exam.

Repeat this as often as you are comfortable. Each time, you will learn something new.

## **Breathing, Relaxation, and Body Awareness Exercises**

Most women hold their breath during intimacy without realising it.

Or they breathe in short, shallow bursts, chest only, which keeps the body in a state of low tension.

This matters more than you think.

Deep, slow breathing is one of the most powerful tools for sexual arousal. Here is why.

When you breathe deeply, your body activates the parasympathetic nervous system, the same state of safety and calm we discussed in Chapter 3. Blood flows more freely. Muscles relax. Your genitals receive better circulation. Sensation increases.

Shallow breathing does the opposite. It keeps your body slightly tense and guarded even when nothing is wrong.

**Here is a simple breathing exercise to practice:**

Lie down comfortably. Place one hand on your belly. Breathe in slowly through your nose for four counts. Feel your belly rise, not just your chest. Hold for two counts. Breathe out slowly through your mouth for six counts. Repeat this ten times.

Do this before any solo exploration or before intimacy with your partner. It takes less than two minutes and it genuinely shifts your body's state.

**Body awareness exercise:**

After the breathing above, with your eyes closed, slowly scan your body from your head to your toes. Not looking for anything. Just noticing. Where are you holding tension? Your jaw? Your shoulders? Your thighs? Consciously release those areas one by one.

Many women discover they have been clenching their pelvic floor muscles for years without realising it. This tension directly blocks orgasm because the rhythmic contractions of orgasm require muscles that are relaxed enough to move freely.

**Pelvic floor awareness:**

Your pelvic floor is a group of muscles that sit at the base of your pelvis like a hammock holding everything in place. These muscles contract during orgasm. But when they are chronically tense, they cannot contract properly.

To locate them, these are the same muscles you use to stop the flow of urine. Gently squeeze them. Hold for three seconds. Then fully release. That release is what you are practising. Full release. No holding.

Practise squeezing and fully releasing these muscles daily. Not to tighten them, but to teach them the feeling of letting go.

**Touch Techniques: What, Where, How, and For How Long**

Now let us talk about the practical part. Again, read this as a doctor teaching you about your own body. That is exactly what this is.

**Where to focus:**

As we established in Chapter 2, the clitoral glans. The small, sensitive external tip located just above your vaginal opening is the most direct route to orgasm for the majority of women.

This is where your attention should begin.

### **How to touch:**

Start with a very light touch. The clitoral glans is extremely sensitive. In the beginning, direct pressure can actually feel too intense and cause your body to pull back rather than open up.

Begin by touching the area *around* the clitoris, the clitoral hood, the area just to the left and right of it. Use one or two fingertips. Small, slow, circular motions.

As sensation builds, you can move closer to the glans itself. Pay attention to what your body responds to. Some women prefer circular motions. Others prefer up-and-down strokes. Others prefer side-to-side. There is no single correct technique. Your body will tell you what it likes if you listen.

### **Pressure:**

Start lighter than you think you need and increase gradually. Many women find that medium, consistent pressure, not too light, not forceful, works best once they are fully aroused.

### **Consistency and rhythm:**

This is one of the most important things I will tell you in this chapter. Do not keep changing what you are doing.

This is the most common mistake. Something starts to feel good, and then the touch changes, different motion, different pressure, different location. And the building sensation disappears.

When something feels good, stay with it. Keep the same rhythm. The same pressure. The same location. Let the sensation build without interrupting it.

Think of it like loading a generator. You keep the fuel flowing consistently. The moment you stop and start repeatedly, the engine cannot build up enough power to run.

### **For how long:**

There is no fixed time. But understand that most women need sustained stimulation for anywhere between **10 to 30 minutes** to reach orgasm, sometimes longer when starting out.

This is completely normal. It is not a sign that something is wrong. It is simply how the female sexual response works.

Do not rush it. Do not watch the clock. Stay with the sensation.

## **The Role of Lubrication and Why Dryness Is Killing Your Pleasure**

Dryness during sex or exploration is extremely common and extremely underaddressed.

Let us understand why it happens.

Natural lubrication is produced by the walls of the vagina when a woman is aroused. But several things can reduce this:

Insufficient arousal time: the body has not had enough time to prepare. Hormonal changes, including those related to the menstrual cycle, breastfeeding, and perimenopause. Certain medications, including some antihistamines, antidepressants, and hormonal contraceptives. Stress and anxiety which restrict blood flow to the genitals. Dehydration: the body needs water to produce lubrication.

When there is insufficient lubrication, touch and penetration become uncomfortable, even painful. And pain is the fastest way to shut down arousal completely.

The solution is simple. **Use lubricant.**

Not palm oil. Not Vaseline. Not body lotion.

A proper water-based lubricant available in pharmacies. Look for products labelled *water-based personal lubricant*.

Using lubricant is not a sign that you are broken or not attracted to your partner. It is a tool. Like a good moisturiser for your skin. It makes everything more comfortable, more pleasurable, and more effective.

Apply a small amount directly to the clitoral area and the vaginal opening before and during stimulation. Reapply as needed.

If you are using condoms, always use water-based lubricant. Oil-based products degrade latex condoms and make them ineffective.

Many women who have struggled to orgasm for years discover that lubrication alone changes their experience completely. Do not underestimate it.

## **Positions and Approaches That Actually Work for Women**

When it comes to sex with a partner, position matters more than most people realise.

Remember, the clitoris is the key to orgasm for most women. So the best positions are the ones that allow for direct or indirect clitoral stimulation during sex.

Here are the approaches that research and clinical experience show work best for most women:

**Woman on top (not for virgins).** This position gives you complete control of depth, angle, speed, and pressure. You can position yourself so that your clitoral area is in contact with your partner's body, creating the friction you need. This is one of the most reliably effective positions for female orgasm because you are in control of the stimulation.

**Modified missionary with a pillow.** Placing a firm pillow under your lower back or hips tilts your pelvis upward. This changes the angle of penetration and brings the front wall of the vagina, where the internal clitoral structure sits, into closer contact with your partner. Small but significant difference.

**Rear entry with hand stimulation.** This position allows easy access to the clitoris, either for you or your partner during penetration. The combination of internal and external stimulation simultaneously is highly effective for many women.

**Side by side.** Both partners lying on their sides facing each other or in the same direction. This position is slower, more intimate, and allows for easier manual stimulation of the clitoris. It is also a lower-pressure position, good for women who find performance anxiety a challenge.

### **The most important point across all positions:**

Add direct clitoral stimulation. Whether by hand, yours or your partner's or by maintaining intentional friction. Penetration alone, in any position, is unlikely to be sufficient for most women.

Do not be afraid to use your hand during sex. This is not interfering. This is participating in your own pleasure. Which is exactly what you should be doing.

## **How Long It Should Realistically Take And What to Do If It Is Taking Longer**

Let us clear up some expectations.

The average time for a woman to reach orgasm from the beginning of sexual activity with adequate stimulation is between **10 to 30 minutes**.

And for women who are new to orgasm, or who are working through mental or physical blocks, it can take longer. This is completely normal and nothing to be alarmed about.

### **Here is what to do if things are taking longer than expected:**

Do not announce it. The worst thing you can do is say out loud or in your head: *"It's been so long, why isn't it happening?"* That thought alone will push the orgasm further away. Keep your mind on sensation, not on time.

Change stimulation slightly. If a particular touch has stopped feeling productive, make a small, gradual adjustment. A little more pressure. A slightly different angle. Not a complete change. Just a gentle shift.

Release your muscles. Scan your body. Are your thighs clenched? Your stomach tight? Your jaw locked? Release everything. Tension in the body is tension in the pelvic floor. And tension in the pelvic floor blocks orgasm.

**Come back another time.** Sometimes it simply will not happen in a particular session. And that is completely fine. It does not mean you failed. It does not mean something is wrong. It means your body was not fully ready that day. Respect that. Come back tomorrow. Consistency over time builds the pathway.

Every time you explore your body with patience and without pressure, you are building a neurological pathway. Your brain is literally learning. And the more you practise, the shorter that pathway becomes until one day, the orgasm arrives not at the end of a long road but quickly and naturally, because your body now knows the way.

Girl, this chapter asked something of you.

It asked you to be brave enough to know yourself. To take your pleasure seriously. To treat your own body with the same care and attention you give to everything and everyone else in your life.

In the next chapter, we are going to talk about what happens after your first orgasm. How to make it consistent. How to make it deeper. And how to build a pleasure life that actually lasts.

## **CHAPTER 6: When It Is More Than Just Technique**

You have done everything right but something is still not clicking. And you are starting to wonder if something deeper is going on.

You may be right.

Because for some women, the block is not in their mind and it is not in their technique. It is in their body chemistry. Their hormones. Their medical history. Their daily stress load.

And no amount of technique will fix a biological problem that has never been identified or addressed.

This chapter is about recognising when you need more than a self-help guide. When you need a doctor. When your body is trying to tell you something that deserves proper medical attention.

I am going to explain everything simply and clearly. And by the end of this chapter, you will know exactly what to look out for and what to do about it.

### **Recognising When Physical, Hormonal, or Psychological Factors Need Extra Attention**

First, the female sexual response is not just physical. It is a complex system involving hormones, blood flow, nerve signals, brain chemistry, and emotional state all working together at the same time.

When any one of those parts is out of balance, the whole system is affected.

This is why two women can read the exact same book, follow the exact same advice, and have completely different results. One unlocks pleasure quickly. The other is still struggling.

It is not that one woman is trying harder. It is that one woman has an underlying factor the other does not.

Here are signs that something beyond technique may be at play:

You have tried everything in Chapter 5 consistently and with patience but feel almost no sensation at all. Your desire for sex has disappeared almost completely, not just reduced, but gone. Sex has become physically painful or uncomfortable. You feel numb in your genital area even during stimulation. You are experiencing significant hormonal symptoms, irregular periods,

unexplained weight changes, severe mood swings, hot flashes, or unusual hair loss. You feel exhausted all the time regardless of how much you sleep. Your body feels disconnected from you, like you are living inside a machine you cannot feel.

If several of these describe you, keep reading very carefully.

## **Medical Conditions That Silently Affect Orgasm**

Several medical conditions affect a woman's sexual response, often without the woman knowing the condition exists. These are some of the most common ones seen in women.

### **Hormonal Imbalances**

Your hormones are chemical messengers. They travel through your bloodstream and give instructions to every organ in your body, including your sexual organs.

When your hormones are balanced, your body functions well. When they are out of balance, everything is affected: your mood, your energy, your weight, your skin, your sleep, and yes, your sexual response.

The two hormones most directly linked to female sexual function are **oestrogen** and **testosterone**.

Yes, women produce testosterone too, in smaller amounts than men, but it is critically important. Testosterone in women directly influences libido, your desire for sex as well as sensitivity in the genitals and the ability to reach orgasm.

When testosterone levels are too low, women report reduced sexual desire, decreased genital sensitivity, and difficulty reaching orgasm. Many women are walking around with low testosterone and have no idea because nobody ever checked.

Oestrogen maintains the health of vaginal tissue, keeps the vaginal walls supple and lubricated, and supports blood flow to the genitals. When oestrogen is low, vaginal dryness becomes severe, tissue becomes thin and fragile, sex becomes painful, and orgasm becomes much harder to achieve.

Low oestrogen can happen at any age, not just during menopause. Breastfeeding mothers, women on certain contraceptives, and women with specific health conditions can all experience low oestrogen.

**What to do:** Ask your doctor for a hormone panel, a blood test that checks your hormone levels including oestrogen, testosterone, progesterone, FSH, and LH. This test is available in most hospitals and diagnostic centres in Nigeria. If your levels are out of range, there are medical treatments available.

## **Polycystic Ovary Syndrome (PCOS)**

PCOS is one of the most common hormonal conditions affecting women of reproductive age and one of the most underdiagnosed.

It occurs when a woman's ovaries produce higher than normal amounts of androgens, male hormones, which disrupts the normal cycle of egg release.

Symptoms include irregular or absent periods, excess facial or body hair, acne, weight gain particularly around the abdomen, difficulty losing weight, and thinning hair on the scalp.

But here is what most people do not talk about.

PCOS significantly affects sexual function. The hormonal imbalance it creates, particularly elevated androgens alongside disrupted oestrogen and progesterone can cause reduced sexual desire, difficulty with arousal, vaginal dryness, and impaired orgasm.

Additionally, many women with PCOS struggle with body image and depression both of which, as we covered in Chapter 3, directly affect sexual response.

PCOS can be managed very effectively with the right medical support, lifestyle changes, and in some cases medication.

**What to do:** If you have irregular periods, unexplained weight gain, excess hair growth, or persistent acne, see a gynaecologist. Ask specifically about PCOS. Diagnosis involves a pelvic ultrasound and hormone blood tests.

## **Menopause and Perimenopause**

Menopause is when a woman's menstrual periods stop permanently, usually between the ages of 45 and 55. But the hormonal changes that lead to menopause begin years before the final period. This phase is called perimenopause and it can begin in a woman's late 30s or early 40s.

During this time, oestrogen and progesterone levels decline significantly. The effects on sexual function can be dramatic.

Vaginal dryness and thinning of vaginal tissue called vaginal atrophy make sex uncomfortable or painful. Reduced blood flow to the genitals decreases sensitivity. Libido drops. Arousal takes longer. Orgasm becomes harder to reach and may feel less intense.

Many women going through perimenopause are completely unaware that what they are experiencing has a name and a treatment. They simply believe their sex life is over. It is not.

There are effective medical treatments for menopausal sexual symptoms including vaginal oestrogen therapy, a low-dose oestrogen applied directly to the vaginal tissue that restores moisture, elasticity, and sensitivity without significant systemic effects. This is different from full hormone replacement therapy and is considered safe for most women.

**What to do:** If you are in your late 30s or older and noticing significant changes in your sexual response alongside other symptoms, hot flashes, night sweats, mood changes, irregular periods, speak with a gynaecologist. Do not accept these changes as simply "what happens." They are treatable.

## **Vaginismus**

This is a condition that deserves its own mention.

Vaginismus is an involuntary tightening of the vaginal muscles, happening automatically, without the woman choosing it that makes penetration painful or impossible.

Many women with vaginismus have never been able to have comfortable penetrative sex. Some cannot even insert a tampon. The muscle spasm happens reflexively, the body bracing as if to protect itself even when the woman consciously wants to relax.

Vaginismus is more common than most people realise and it is frequently misdiagnosed or missed entirely because women are too embarrassed to describe their symptoms accurately.

It can be caused by anxiety and fear around sex, past trauma, a painful first sexual experience, or simply the body developing a conditioned response to anticipated pain.

The important thing to know is this. **Vaginismus is completely treatable.** Treatment involves working with a gynaecologist and sometimes a pelvic floor physiotherapist, using gradual, gentle techniques to retrain the muscle response over time. Results are excellent when treatment is followed consistently.

**What to do:** If sex has always been painful or penetration has never been comfortable, please see a gynaecologist and describe exactly what you experience. You do not have to keep living with this.

## **What Kills Your Libido and What You Can Discuss With Your Doctor**

Beyond medical conditions, several common things quietly destroy sexual desire and many of them are things your doctor can actually help with.

**Hormonal contraceptives.** Some forms of hormonal birth control, particularly combined oral contraceptive pills can lower libido significantly in some women. They work partly by suppressing testosterone, which is the hormone most directly linked to sexual desire.

If you started a contraceptive and noticed your desire disappear shortly after, this connection may be real. Speak with your doctor about alternatives. There are many contraceptive options and one of them will suit your body without this side effect.

**Antidepressants.** Certain antidepressants, particularly the class called SSRIs, which includes medications like fluoxetine and sertraline are well known to reduce libido and delay or prevent orgasm in both men and women.

This does not mean you should stop your medication. It means you should talk to your prescribing doctor about this side effect. There are alternative antidepressants and dosage adjustments that can reduce this effect significantly.

**Antihistamines.** Common allergy medications work by drying up mucous membranes — but they do not discriminate. They can also dry up vaginal lubrication and reduce genital blood flow. If you take antihistamines regularly and notice dryness and reduced sensation, mention this to your doctor.

## **The Link Between Stress, Exhaustion, and a Disappeared Sex Drive**

Now let us talk about the thing that is affecting almost every woman reading this book.

Stress. And exhaustion.

Normally, women carry an extraordinary load.

She wakes up early. She cooks. She manages the children. She goes to work or runs her business. She handles the home. She manages family drama. She deals with NEPA, traffic, rising prices, and the mental load of keeping everything together.

By the time she gets into bed at night, she has nothing left.

And sex, which requires presence, relaxation, energy, and mental availability is the last thing her body is interested in.

This is not laziness. This is not loss of love for her partner. This is her nervous system waving a white flag.

Here is the science behind it.

When you are chronically stressed, your body produces high levels of **cortisol**, the primary stress hormone. Cortisol has a direct suppressive effect on sex hormones. High cortisol drives down oestrogen and testosterone. Low oestrogen and testosterone mean low libido, reduced sensitivity, and impaired orgasm.

Chronic stress also keeps your body in the fight or flight state we discussed in Chapter 3, the state that is biologically incompatible with pleasure.

And exhaustion compounds everything. Sleep deprivation reduces testosterone levels in women. It impairs mood. It reduces sensitivity. It makes every physical sensation feel duller.

You cannot orgasm on empty.

### **What to do:**

This is not simply a medical problem. It is a life problem. And it requires honest reflection.

Where is your stress coming from? What can be reduced, delegated, or released? Are you sleeping enough — not just lying in bed, but genuinely sleeping? Are you eating adequately? Are you carrying burdens that belong to other people?

Many women have been conditioned to carry everything alone and in silence. But that conditioning is costing you, not just your orgasm, but your health, your joy, and your sense of self.

Rest is not a reward for finishing everything. Rest is a requirement for a body that works properly.

Protect your sleep. Reduce your load where possible. Ask for help without apology. And understand that taking care of your own body, including your sexual health, is not selfish. It is survival.

If stress and exhaustion have been your reality for a long time and you feel you cannot climb out of it alone, please speak with a doctor or mental health professional. There is support available and you deserve to access it.

Whatever you discovered here in this chapter, please do not sit on it.

Book the appointment. Do the blood test. Have the conversation with your doctor. Advocate for yourself in that consultation room the way you would advocate for your child or your mother.

Your sexual health is part of your overall health. It is not separate. It is not less important. It is not something to be embarrassed about.

You deserve to be fully well. In every way.

In our final chapter, we are going to bring everything together, your body, your mind, your relationship, your health and show you how to build a pleasure life that is consistent, confident, and completely yours.

## CHAPTER 7: Your New Normal. Making Pleasure a Regular Part of Your Life

Oh my baby girl! You made it.

You have come from not understanding why your body was not responding to understanding your anatomy, your mind, your relationship, your hormones, and your daily habits.

However, reading this book is just beginning. Living it is the real work.

This final chapter is about making everything you have learned permanent. Not a one-time experiment. Not something you try once and abandon. A genuine, lasting shift in how you relate to your own body and your own pleasure.

This is your new normal.

### Creating the Right Mental Environment for Consistent Pleasure

The women who go from their first orgasm to a consistently satisfying sex life do not get there by accident.

They get there by deliberately creating the conditions that make pleasure possible again and again.

Think of it like a garden. You do not plant a seed and then ignore the soil, the water, and the sunlight and expect a harvest. You tend it. Consistently. And over time it flourishes.

Your pleasure is the same.

Here is what tending that garden looks like mentally:

**Release the timeline.** Stop measuring your progress against anyone else. Not your friend. Not the woman in the movie. Not some idea of where you should be by now. Your journey is yours. Your body moves at its own pace and that pace is valid.

**Celebrate small wins.** The first time you felt a new sensation? That is a win. The first time you communicated a need to your partner? That is a win. The first time you spent twenty minutes with your own body without shame? That is a massive win. These moments matter so I need you to acknowledge them.

**Stop the negative self-talk.** Every time you catch yourself thinking *"my body is broken"* or *"this will never work for me"*, please stop! Replace it with something true. *"My body is learning."* *"I am building a new pathway."* *"Progress is happening even when I cannot see it."*

This is not positive thinking for the sake of it. This is neuroscience. The stories you tell yourself about your body directly affect how your body responds. A brain that believes pleasure is impossible will work very hard to prove itself right.

**Make pleasure a priority, not an afterthought.** Many women are world champions at putting themselves last. The children first. The husband first. The job first. The church committee first. And by the time everything and everyone is taken care of, there is nothing left for her.

That order needs to change.

Not because you are selfish. But because a woman who is depleted, unsatisfied, and disconnected from her own body cannot fully show up for anyone else either.

Scheduling time for intimacy, whether solo or with a partner, is not strange. It is responsible. It is self-care at its most fundamental level.

## **From First Orgasm to a Fully Satisfying Sex Life**

Your first orgasm is a milestone. But it is not the destination.

It is the door opening.

On the other side of that door is a whole world: deeper pleasure, more consistent response, greater intimacy with your partner, and a relationship with your own body that is grounded in confidence rather than confusion.

Here is how to move from that first experience to something consistent and fully satisfying:

**Repetition builds the pathway.** When you travel a particular route often, you get to know it more, and get familiar with all the corners and short cuts.

Orgasm works same way. Your brain is building a neurological pathway. The more you travel that path, through solo exploration and partnered intimacy, the clearer and faster it becomes. What took forty minutes at first may take fifteen after three months of consistent practice. What felt uncertain becomes familiar. What was effortful becomes natural.

**Explore variations gradually.** Once you have found what works, do not immediately abandon it chasing something new. Stay with what works and let it become reliable first. Then, when you are ready, begin to explore gently. Different positions. Different levels of stimulation. Combining clitoral stimulation with penetration. Introducing your partner to what you have learned. Build on a solid foundation rather than constantly starting over.

**Communicate your growth to your partner.** As you learn more about yourself, share it. A partner who loves you will be genuinely glad to learn.

**Understand that consistency does not mean perfection.** There will be sessions that do not go anywhere. Days when your body simply is not interested. Times when life stress overrides everything else. This is normal. This is human. It does not mean you have gone backwards.

Progress in sexual response, like progress in fitness or skill, is not linear. It has good days and slow days. What matters is that you keep returning to the practice without punishment or shame.

## **Natural Foods, Habits, and Lifestyle Changes That Significantly Improve Sexual Response**

Your body is not separate from what you eat, how you move, and how you live. Everything is connected.

Here are evidence-based foods, habits, and lifestyle changes that genuinely support sexual health and response explained simply.

### **Foods That Support Sexual Health**

#### **Leafy green vegetables like ugwu, spinach, and bitter leaf.**

These are rich in magnesium, which helps dilate blood vessels and improve blood flow, including to the genitals. Better blood flow means better arousal, better sensitivity, and easier orgasm. Ugwu in particular is also rich in iron and folate, both important for energy and hormonal balance.

#### **The Pleasure Smoothie: Pineapple, Dates, Coconut, and Tiger Nuts**

I'm sure your friends have told you about this one or you've probably heard and seen it online. If you want one simple drink that brings many of these benefits together, blend pineapple, dates, coconut, and tiger nuts. Pineapple supports circulation and reduces inflammation. Dates are rich

in iron, B vitamins, and compounds that support oestrogen activity in the body, making them particularly powerful for Nigerian women dealing with anaemia and hormonal imbalance. Coconut provides the healthy fats your body needs to produce oestrogen and testosterone, while coconut water hydrates and supports healthy blood volume.

Tiger nuts are the standout ingredient here. They are packed with zinc, magnesium, vitamin E, and arginine nutrients that directly support hormone production, improve blood flow to the genitals, and boost libido. Taken together, this blend hydrates, nourishes your hormones, improves circulation, and supports your body's natural sexual response from the inside out. Three to four times a week is enough to make a real difference over time.

**Oily fish like mackerel, titus, sardines.** Rich in omega-3 fatty acids which reduce inflammation, support hormone production, and improve blood vessel function. Eating oily fish two to three times per week supports overall hormonal health.

**Avocado.** Rich in healthy fats, vitamin B6, and potassium, all of which support hormone production and energy levels. Healthy fats are essential for producing sex hormones including oestrogen and testosterone. A body that is fat-deprived produces less of these hormones.

**Water.** Consistently underestimated. Dehydration reduces blood volume, impairs circulation, decreases energy, and reduces natural vaginal lubrication. Most women are mildly dehydrated most of the time. Drinking adequate water, at least 2 litres daily is one of the simplest things you can do for your sexual health and your overall health.

### **Foods and Habits to Reduce**

Excess sugar and processed foods. High sugar intake disrupts hormonal balance, promotes inflammation, and impairs blood vessel function. It also contributes to the hormonal chaos of conditions like PCOS. Reducing processed food and sugar is one of the most impactful dietary changes a Nigerian woman can make for her hormonal health.

### **Lifestyle Habits That Make a Real Difference**

Regular physical exercise. Exercise improves cardiovascular health, increases blood flow, boosts mood through endorphins, reduces cortisol, supports hormonal balance, and improves body image. All of these directly support sexual response.

You do not need a gym. Thirty minutes of brisk walking five days a week produces measurable improvements in sexual function. Dancing, which many women already love is excellent cardiovascular exercise that also improves body awareness and confidence.

Strength training in particular has been shown to boost testosterone levels in women and improve pelvic floor strength, both directly beneficial for orgasm.

Adequate sleep. As we discussed in Chapter 6, sleep deprivation suppresses testosterone, impairs mood, and dulls physical sensation. Seven to nine hours of quality sleep per night is not a luxury. It is a physiological requirement for a body that functions well sexually.

Protect your sleep. This may mean setting boundaries around late-night phone use, negotiating a fair division of nighttime childcare responsibilities, or simply deciding that your rest matters enough to prioritise.

Stress management. We know from Chapter 6 that chronic stress drives cortisol up and sex hormones down. Consistent stress management is therefore directly linked to sexual health. You do not need to eliminate stress; that is impossible. You need to actively counterbalance it with restoration.

Pelvic floor exercises. Continue the pelvic floor awareness exercises from Chapter 5, the squeeze and full release consistently. Over time, a well-functioning pelvic floor that can both contract and fully relax significantly enhances orgasm intensity. Women who practise these exercises regularly report stronger, longer orgasms.

Ten repetitions daily is sufficient. The key is the full release.

## **A 30-Day Pleasure and Intimacy Reset Plan**

This plan is designed to be gentle, practical, and realistic even for a busy woman. It builds week by week. Nothing here is extreme or unreasonable. Everything is grounded in what you have learned throughout this book.

### **WEEK ONE: Foundation and Body Awareness**

#### ***Days 1 to 7***

The goal this week is simply to reconnect with your body and establish your daily baseline habits.

**Daily:** Begin each morning with two minutes of deep belly breathing, the four-count inhale, two-count hold, six-count exhale we covered in Chapter 5. Do this before you check your phone. Before you start the day. Just two minutes.

Drink at least two litres of water throughout the day. Not juice. Not soft drinks. Water.

Before bed, do ten pelvic floor exercises, squeeze for three seconds, release fully for five seconds. Notice the difference between tension and release.

**Three times this week:** Spend fifteen to twenty minutes alone in private. No goal. No pressure. Simply explore your body with curious, gentle touch. Use this time to practise the body scan from Chapter 5. Notice sensation without judging it.

**Reflection at the end of week:** Write down or simply sit with one thing you noticed about your body this week that you did not know before.

## **WEEK TWO: Sensation and Stimulation**

### ***Days 8 to 14***

This week we build on the foundation. You now add intentional stimulation to your solo exploration time.

**Daily:** Continue the morning breathing. Continue the water. Continue the pelvic floor exercises.

Add one additional habit; eat one meal this week that includes at least two of the supportive foods mentioned above. Ugwu stew with mackerel. Avocado. The smoothie. A handful of pumpkin seeds. Make it easy and make it something you enjoy.

**Three to four times this week:** During your solo exploration time, move beyond general body touch and focus specifically on the clitoral area. Use lubricant. Use the techniques from Chapter 5, light touch, circular motion, consistent rhythm. Spend at least twenty minutes. Stay with what feels good without rushing.

There is no goal this week except learning. If sensation builds, follow it. If nothing dramatic happens, that is completely fine. You are building the pathway.

**With your partner if applicable:** Have one relaxed, non-sexual conversation this week about intimacy.

## **WEEK THREE: Communication and Partnership**

### ***Days 15 to 21***

This week we bring what you have learned into the shared space.

**Daily:** Continue all daily habits from weeks one and two.

Add thirty minutes of physical movement at least four times this week. Walking, dancing, a home workout, whatever you enjoy. Notice how it affects your energy and your mood.

**Solo exploration:** Continue three to four sessions this week. This week, pay attention to what is building the most sensation. Make a mental note, what position, what pressure, what rhythm. You are gathering information about your own body.

**With your partner:** Choose one session of intimacy this week where you gently guide your partner. Not with a speech but with your hand, with your voice, with your responses. "Yes, there." "A little slower." "Stay right there." Let your body lead the communication.

If you are not currently with a partner, use this week to write down privately, for yourself only, exactly what you want an intimate experience to feel like. Be specific. Be honest. This clarity will serve you.

## **WEEK FOUR: Integration and Sustaining**

### ***Days 22 to 30***

The final week is about integrating everything into a rhythm that can continue beyond this 30 days.

**Daily:** All previous daily habits continue. By now they should feel less like effort and more like routine.

**Assessment:** Look back at where you started. What has changed? What do you understand now that you did not before? What sensation have you experienced that was new? What conversation have you had that needed to happen?

Acknowledge your progress honestly and compare it to where you were on Day 1.

**Going forward:** Commit to just three things that you will continue beyond this plan.

Maybe it is the daily breathing. Maybe it is the weekly solo exploration time. Maybe it is using lubricant consistently. Maybe it is one honest conversation per month with your partner about what is working.

Choose three things you can genuinely sustain. And sustain them.

Because consistency over time is what transforms a first experience into a lifetime of pleasure.

Baby girl!

We started this book with a question you were afraid to ask out loud.

*"Is something wrong with me?"*

And we end it here, with you knowing, without any doubt, that the answer is no.

Nothing was ever wrong with you.

You were simply a woman who had never been given the right information about her own body. You lived in a world that kept you in the dark, through silence, through shame, through cultural messages that told you your pleasure did not matter.

You now know your body. You understand the clitoris, the anatomy, the arousal process. You understand how your mind either opens or closes the door to pleasure. You know the role your partner plays and how to communicate your needs without fear. You know when to seek medical help and what to look for. And you have a practical, realistic plan to move forward.

That knowledge belongs to you now. Nobody can take it back.

Your pleasure is not a reward for being a good woman. It is not something you earn or something you have to justify. It is yours by design. By biology. By right.

You deserve a body you understand. A relationship where your needs are heard. A sex life that satisfies you, not just him.

And now you have the tools to build exactly that.

Go and live it, sis. You have earned every bit of it.

— *ThePleasureDoctor*

## **BONUS SECTION: Questions Women Are Too Afraid to Ask**

### **"Is it normal that I have never orgasmed even after years of sex?"**

Yes. Completely normal. As we established in this book, the majority of women have never been given accurate information about their own bodies or what they actually need to reach orgasm. Years of sex without orgasm does not mean you are broken. It most likely means the right stimulation, the right knowledge, and the right conditions were simply never in place. It is never too late. Women have experienced their first orgasm in their 40s, 50s, and beyond.

### **"Why do I feel like I need to urinate when something feels really good?"**

This is one of the most common reasons women stop themselves right at the edge of orgasm. Here is what is actually happening. The Skene's glands, small glands located on the front wall of the vagina near the urethra, become engorged during arousal. This creates a pressure sensation that feels very similar to needing to urinate. It is not urine. It is your body preparing for intense pleasure, and possibly for female ejaculation.

The sensation means you are close. Very close.

Do not stop. Empty your bladder before intimacy if the anxiety about this is strong. Then when that feeling comes, breathe through it, relax your pelvic floor, and allow your body to continue. What comes next may surprise you completely.

### **"What is squirting and is it urine?"**

Female ejaculation, commonly called squirting, is the release of fluid from the Skene's glands during intense sexual stimulation or orgasm. Research shows that this fluid is distinct from urine; it contains PSA, a compound also found in male prostate fluid, and fructose. However, studies also show it can contain small amounts of diluted urine because the fluid passes through the urethra on its way out.

It is not simply urination. It is a normal physiological response that some women experience and others do not. Neither is better or worse. You are not abnormal if you squirt. You are not abnormal if you never do. Both are completely normal variations of female sexual response.

### **"Why does my vagina make sounds during sex?"**

This is called queefing and it is the release of trapped air from the vagina during sex. It is not gas. It has no smell. It happens because air enters the vaginal canal during penetration and is released when position or movement changes.

It is completely normal. It is not embarrassing. It is not a sign that anything is wrong with your body. It happens to virtually every woman at some point. The best response for both you and your partner is to simply continue without making it a big deal. Because it genuinely is not one.

### **"Is it normal to take a very long time to orgasm?"**

Yes. As we covered in Chapter 5, most women need between 10 to 30 minutes of adequate stimulation to reach orgasm. For women who are new to orgasm or working through mental or physical blocks, it can take longer. This is not a malfunction. This is female biology. The problem is not that women take long, the problem is that most sexual encounters are not designed to accommodate that timeline. Work with your body, not against it.

### **"Can I orgasm from nipple stimulation alone?"**

Yes and this surprises many people. Research published in the Journal of Sexual Medicine confirmed that nipple stimulation activates the same region of the brain as genital stimulation. Some women can reach orgasm from nipple stimulation alone. For others it is a powerful addition to overall arousal. The nipples are highly innervated, rich in nerve endings and should not be overlooked as part of the full pleasure experience.

### **"Why do I feel nothing during sex, just completely numb?"**

Genital numbness during sex has several possible causes like insufficient arousal when the body was not given enough time to prepare. Chronic pelvic floor tension, muscles that are too tight restrict blood flow and sensation. Hormonal deficiency, particularly low oestrogen or testosterone. Nerve impairment from conditions like diabetes. Certain medications including antidepressants and hormonal contraceptives. Psychological dissociation, the mind leaving the experience as a protective response, particularly in women with past trauma.

If you consistently feel nothing during sexual activity despite adequate stimulation, this deserves a conversation with a gynaecologist. It is not something you have to simply accept.

### **"Is it normal to feel very emotional or even cry after sex?"**

Yes. This is more common than most people know and it has a clinical name, **postcoital dysphoria**. It refers to feelings of sadness, tearfulness, anxiety, or emotional overwhelm that occur after consensual, enjoyable sex, even when nothing went wrong.

The exact cause is not fully understood but it is believed to be linked to the sudden shift in neurochemicals after the peak of arousal, particularly the drop in oxytocin, dopamine, and endorphins. It can also be an emotional release, particularly for women who carry a lot of suppressed feelings in their bodies.

It does not mean something is wrong with the relationship. It does not mean you did not enjoy it. If it happens regularly and is distressing, speak with a therapist. Occasional episodes are considered a normal variation of human sexual response.

### **"Can I damage my clitoris from too much stimulation?"**

The clitoris can become temporarily oversensitive or numb after prolonged or very intense stimulation, particularly from vibrators used at high intensity for extended periods. This is temporary and resolves with rest, usually within a few hours to a day.

Permanent damage from normal stimulation is extremely rare. However, using a vibrator at very high intensity directly on the clitoral glans for long periods repeatedly can desensitise the nerve endings over time, making it harder to respond to lighter, more natural stimulation.

If you use a vibrator, vary the intensity. Do not always use the highest setting. And allow your body recovery time between sessions.

### **"Why do I orgasm easily alone but not with my partner?"**

This is extremely common and you are not alone in this experience.

Solo, you control everything. The pressure, the rhythm, the location, the pace. There is no performance anxiety. No concern about how you look. No monitoring of someone else's experience. You are completely present in your own sensation.

With a partner, all of those variables are suddenly out of your full control. Anxiety enters. Self-consciousness enters. The need to perform or appear a certain way enters.

The solution is gradual integration. Show your partner what works for you. Use your hand during partnered sex to add the stimulation you know you need. Create emotional safety in the relationship. And practise being present in your body, not in your head during partnered intimacy.

The gap between solo and partnered orgasm closes with communication, trust, and practice.

### **"Is there something wrong with me if I need a vibrator to orgasm?"**

Absolutely not.

A vibrator provides consistent, targeted stimulation at a level that can be very difficult to replicate manually. Many women find that vibrators make orgasm significantly more accessible, particularly women who have never orgasmed before or who need higher levels of stimulation due to reduced sensitivity.

Using a vibrator is a tool. Like glasses for someone who cannot see clearly without them — glasses are not a sign of weakness, they are a sign of intelligence. Using what works for your body is not something to be ashamed of.

The only caution as mentioned above is to vary intensity and not rely exclusively on very high settings, which can reduce sensitivity to gentler stimulation over time.

### **"Can a woman orgasm during her period?"**

Yes and for many women, orgasms during menstruation are actually more intense.

During menstruation, increased blood flow to the pelvic region means the genitals are already partially engorged. The uterus is also more sensitive. Orgasm during this time can also help relieve menstrual cramps as the uterine contractions of orgasm help expel the uterine lining more efficiently and release endorphins that act as natural pain relief.

Whether you choose to have sex or engage in solo exploration during your period is entirely your personal choice. There is no medical reason not to.

### **"Why does sex sometimes feel painful?"**

Pain during sex called **dyspareunia** is never something you should simply endure or accept as normal.

Common causes include insufficient arousal and lubrication, vaginal dryness from hormonal changes, vaginismus, the involuntary muscle tightening we discussed in Chapter 6, infections including thrush or bacterial vaginosis, endometriosis, ovarian cysts, or skin conditions affecting the vulva.

Pain during sex is your body sending a signal that something needs attention. Please do not ignore it. See a gynaecologist and describe your symptoms specifically, including where the pain is, when it occurs, and how long it has been happening.

You deserve sex that feels good. Pain is not the price of intimacy.

### **"Is it true that some women just cannot orgasm?"**

The clinical term for the inability to reach orgasm despite adequate stimulation is **anorgasmia**. Primary anorgasmia means a woman has never experienced orgasm. Secondary anorgasmia means she previously could but can no longer.

True anorgasmia, where there is a genuine, permanent physiological inability is rare. The vast majority of women who believe they cannot orgasm are actually experiencing situational anorgasmia; meaning the right conditions, stimulation, knowledge, and emotional safety have simply never all been present at the same time.

With the right information, the right approach, and in some cases professional support, the overwhelming majority of women can experience orgasm. The research is clear and consistent on this.

You are most likely not the exception. You were most likely just missing the right information.

And now you have it.

### **"Should I tell my partner how to touch me or will that hurt his ego?"**

This is the question underneath so many other questions.

And the honest answer is that a partner whose ego cannot handle learning how to please you is a partner whose ego is more important to him than your pleasure.

But most men when approached with warmth rather than criticism genuinely want to know. They do not want to leave their partner unsatisfied. They just do not know what they do not know.

Guide him gently. Praise what works. Redirect what does not. Make it a discovery you are going on together rather than a performance review he is failing.

The conversation might feel awkward the first time. But the alternative staying silent for the next twenty years is so much more costly.

You deserve to be touched in the way your body needs. Say so.

No question about your own body is too small, too embarrassing, or too much. Your curiosity about yourself is not shameful. It is intelligent. It is brave. It is the beginning of everything changing.

Keep asking. Keep learning. Keep showing up for yourself.

Here is the closing of the book:

### **A Declaration for EVERY WOMAN who read this book**

#### **Read this out loud with me:**

I am not broken.

I was never broken.

I was simply a woman who was kept in the dark and I have chosen to step into the light.

I understand my body now. I know how it works. I know what it needs. And I will no longer apologise for needing it.

My pleasure is not shameful. It is not dirty. It is not too much. It is mine, by design, by biology, and by right.

I will stop performing and start feeling.

I will stop shrinking and start asking.

I will stop waiting for someone to give me permission to enjoy my own body.

I give myself that permission. Right now. Today.

I deserve to be touched the way my body needs. I deserve a partner who is willing to learn. I deserve intimacy that satisfies me, not just him. I deserve a sex life that is full, consistent, and completely mine.

I am not the woman who suffers quietly anymore.

I am the woman who knows better. Who speaks up. Who shows up for herself in the bedroom and everywhere else.

This is my body.

This is my pleasure.

And this is just the beginning.

*Sign your name here.* \_\_\_\_\_

Now,

I want to take a moment before you close this book.

Writing this book was not just a professional decision for me. It was a personal one. Because I have sat across from too many women; brilliant, beautiful, hardworking women who were carrying shame about something that was never their fault. Women who thought they were alone. Women who had spent years in silence, pretending everything was fine, while quietly wondering what was wrong with them.

Nothing was wrong with them.

And nothing is wrong with you.

You picked up this book. That alone took courage. In a society that tells women to be quiet about their bodies, their needs, and their pleasure, you chose to ask the question anyway. You chose yourself. And I want you to know that I am genuinely proud of you for that.

Everything in this book, every chapter, every explanation, every story, every technique, was written with one woman in mind.

You.

Not a hypothetical woman. Not a woman with a perfect body or a perfect relationship or a perfect life. You. With your real life, your real history, your real body, and your real questions.

I need you to carry a few things with you as you close this book.

Your body is not your enemy. It has been waiting patiently for you to understand it. And now that you do, treat it with the kindness and attention it deserves.

Your pleasure is not selfish. A woman who feels good in her own body is a more present mother, a more loving partner, a more grounded human being. Your wellbeing ripples outward into every relationship and every space you occupy.

Your journey does not end here. This book opened a door. What you do on the other side of it is up to you. Read it again if you need to. Share it with a friend who needs it. Go back to the chapters that spoke to you most. Use the 30-day plan. Book the doctor's appointment. Have the conversation with your partner. Keep going.

And if you ever find yourself sliding back into shame or doubt, I want you to come back to Chapter 1. Come back to the declaration you just signed. Come back to the truth that was always there, even when nobody told you.

You are not broken.

You were never broken.

You were just waiting for the right information.

Now you have it.

Go and live fully, my sister. You have earned every bit of the pleasure that is waiting for you.

With love, respect, and everything I know.

– **ThePleasureDoctor.**