

An Excerpt from  
**Her Secrets**

**Seduction Secrets  
For Irresistible Women**

**By Valerie Barry**

Excerpt from Her Secrets – Seduction Secrets for Irresistible Women

First Edition - Copyright © 2002

Second Edition – Copyright © 2010 by Valerie Barry

Work by Mimi Tanner Copyright © 2005 - 2010

All Rights Reserved. No part of this work may be copied, distributed, or reproduced anywhere without the specific written permission of the author.

[www.her-secrets.net](http://www.her-secrets.net)

Copyrighted Material – All Rights Reserved

## Table of Contents

Chapter 1 - How to Have the Self-Confidence You Need to Become a Great Lover

Chapter 2 - How to Make Men Find You Irresistible - In Bed and Out of Bed!

Chapter 3 - How to Kiss Your Man - It All Starts Here

Chapter 4 - Guide to Giving Your Man Oral Sex

Chapter 5 - How to Touch Your Man

Chapter 6 - PC Movements - the Tantric Miracle

Chapter 7 - How to Find and Excite Your Man's Hot Spots

Chapter 8 - Your G-Spot

Chapter 9 - Female Ejaculation

Chapter 10 - Love Games Guaranteed to Make Him Adore You

Chapter 11 - Lovemaking Positions that will Drive You Crazy

Chapter 12 - Erotic Massage - How To Be Indispensable to His Happiness

Chapter 13 - Bedroom Tips

Chapter 14 - How to Find a Man to Love

Chapter 15 - After the First Date

**YOUR QUESTIONS:** How to Understand Your Man

**HER SECRETS INCLUDES A SPECIAL BONUS FROM MIMI TANNER:**

- ◆ Excerpts From "Secrets of Flirting with Men"
- ◆ When Men Run Hot and Cold
- ◆ Where Is Your Guy? Feel Like Tracking Him Down? Don't!
- ◆ When Should You Bring Up Marriage?

## **A message from Valerie Barry:**

I'm here to help you become the best lover your man could ever know.  
Thousands of women have discovered "*Her Secrets*"!

You'll find out exactly how easy it is to take this information to heart. Whether you use this information tonight or next year, you will find it **unforgettable**.

You'll feel as though what you're doing is second nature to you - in no time. That's because great lovemaking is, in many ways, effortless.

A woman who practices these secrets takes on an aura that is unmistakable whether you're out shopping, or alone with your man. With this guidebook, you will see the difference in your love life and in your outlook. You'll feel prepared for any situation that comes your way.

### **Be Sure To Enjoy the Bonus!**

From Relationship Expert Mimi Tanner:

- ◆ Excerpts From "Secrets of Flirting with Men"
- ◆ When Men Run Hot and Cold
- ◆ Where Is Your Guy? Feel Like Tracking Him Down? Don't!
- ◆ When Should You Bring Up Marriage?

# Her Secrets

## Seduction Secrets

### For Irresistible Women

By Valerie Barry

Her Secrets is for women who want to learn what men want and how to make them happy sexually.

You're already the kind of woman a man wants most – because you have a desire to know how to please a man. This sets you apart from other women in two important ways.

First, your interest in how to be a good lover gives you a certain aura that men can't miss!

Second, many women make an effort for a while with a man – while they're trying to “get” him – and then they lose interest in sex and stop trying. This is one of the worst things a man can experience!

More than almost anything else, a man appreciates a woman who makes an effort to please him in bed. To a man, this shows him that you understand how vitally important sex is to him – and it is.

When you care about pleasing your man in bed, you become the one woman he may ever know who truly loves sex and who wants to make it exciting.

Sex is only one part of a relationship, but if you care about pleasing your man, you have the recipe for his undying devotion, and his forgiveness of the times when you may not be so easy to live with!

The desire to learn is what brought you here, and it shows already that you're the kind of woman who wants to uncover the secrets that make a man want to stay with a woman. Whether you have a man in your life now or not; whether you're sexually active now or not, you want to be prepared and know what you're doing – for his sake and for yours!

### **Only What You Want and When You're Ready**

Learning about sex does not mean you have to do anything about it.

You'll still send out a wonderful “vibe” that gets you a boyfriend, at any age. Men find it hard to miss this vibe. You're sensuous, whether you're sexually active or not.

When you love yourself and feel that you are naturally sexy, you emit this to everyone you meet, and men take notice. They pick up on your inner confidence and sexiness, and you don't have to say a word.

Sex is a natural part of life, but so is fire. We must handle both fire and sex with respect and caution. We must know what we're doing – or we can get burned.

When it comes to sex, it's important that you always do only what you are truly comfortable with. It's okay to say NO to any sex act at any time - and you don't need a reason except that you don't want to! A man who loves and respects you will not pressure you to do something that either you do not want to do - or you are not ready to do.

Lovemaking is the most special and intimate act of all. So much is at stake. Your safety and health are the most important considerations, if you happen to be single. It takes time to find out if a man is worthy of your trust and the most “private parts” of your life.

One of the biggest problems I hear about is when women feel that they rushed into sex with a man who later disappeared. Don't let this happen to you. The answer is to take plenty of time getting to know any person you become sexually intimate with.

If you're already in a marriage or an intimate relationship, you can start immediately to put these techniques to work for you - as soon as today. Enjoy!