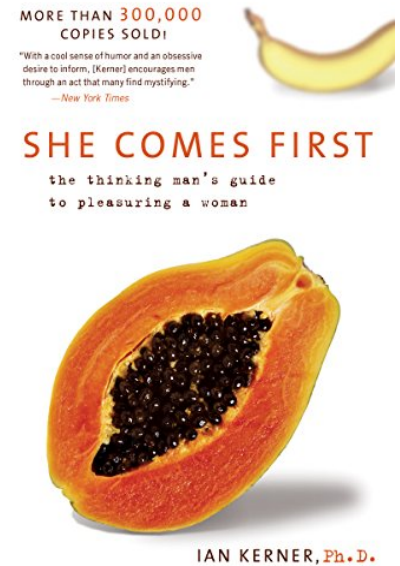


# She Comes First Book Summary (PDF) by Ian Kerner, PhD

Ready to learn the most important takeaways from She Comes First in less than two minutes? Keep reading!



## Why This Book Matters:

She Comes First explains to women the idea that their pleasure should come first when it comes to sex.

## The Big Takeaways:

1. **A woman can achieve an intense orgasm from oral sex.**
  1. If Letting a woman feel the real joy of intercourse is an art that should be fueled by immense care.
2. **The moments a woman is enjoying sex the most should be realized and understood by her partner.**
  1. There are multiple steps in making a female orgasm; these steps include foreplay, coreplay, and moreplay.
3. **There are proper techniques partners should utilize when having sex with a woman.**
  1. Both partners should be able to enjoy every second

sex, and it can be only be made possible if both of them are comfortable during foreplay.

**4. How to continue foreplay is another art that requires a gentle approach and care.**

1. Starting from establishing a gentle flow and rhythm, it is compulsory for the couple to have sexual tension build between them.

**5. When it comes to moreplay, the second phase of female orgasm begins.**

1. This stage deals with getting back to the beginning point and engaging with her in such a cuddly manner so she can reach the climax of another orgasm.

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