



Christian Bernard

# How to become sexier in adulthood

Sexual attraction in  
adulthood

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**How to become sexier in adulthood.  
Sexual attraction in adulthood**

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**Bernard C.**

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According to sexologists, the closer a woman to mature age, the more sexual it becomes. At this time, her sexual activity is at the highest level. Do not be discouraged that it is already at an age. The best start talking with men. And, how often you communicate, the better it will be for you.

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# **How to become sexier in adulthood**

## **Sexual attraction in adulthood**

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## How to Acquire Sexuality at Age

What should be done to have an intimate life in adulthood. According to many women, at the age of intimate life may not be.

Toward the age of 30, many women begin to feel a sense of fear that they are becoming old, and are no longer as sexy as before. But, do not cost to load your brain with these thoughts. And, if such thoughts start to slip occasionally, you should immediately switch your attention to something else.

Human life is not so long to be upset, so you need to learn how to enjoy life.

According to sexologists, the closer a woman to mature age, the more sexual it becomes. At this time, her sexual activity is at the highest level.

Do not be discouraged that it is already at an age. The best start talking with men. And, how often you communicate, the better it will be for you.

In their 30 years almost all women know exactly what they fell in love with. Therefore, if you want to have a close relationship with your man, you need to tell him about your dreams, and what you like.

Do not be shy. The partner should always be aware of what you like in sexual relations.

No matter how busy you are, do not forget to rest. Many people live only in home and work. But, if in your thoughts there is a dream to make love, and at the same time to have fun, then you need to rest after work, and not coming home to load other work.

Always on advantage there will go an ordinary walk along the street or in the city center. Also, you can go to visit. Do not cost every day in the same routine. If you think about your health and take care of yourself, then there will be no problems in life of an intimate nature.

No less important role is played by nutrition. Before you engage in sexual intercourse, you need to eat something. Food should be light. It is better to eat fruit or other products that contain an aphrodisiac.







## **Sexuality in adulthood**

Sexuality in adulthood has a character of stability. At the age of the main criterion is to establish a stable relationship. The basis of this is the psychological and emotional state of intimacy. Over the years, both in women and men, sexual stability and need change.

If you look at the age category, then during adolescence in boys there is a so-called high sexual activity. So, for a day a young guy can do about 8 orgasmic discharges per day.

In women during adolescence, on the contrary, sexual activity is slightly reduced. However, by the age of 30, women are becoming more active. And, some may even exceed male sexual activity. Then in most, it is women who begin to initiate intimate contact.

## **Конец ознакомительного фрагмента.**

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