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# 75 SPICY POSITIONS

EXPLORE **75 WAYS** TO FEEL CLOSER IN BED



BY DR. NEHA MEHTA

FEATURED IN



TEDx

FOX STORY  
INDIA



# Before you read.....

This book is dedicated to all couples out there wandering for excitement and love in their life. People often stumble upon a phase of marriage where you need to push love inside the heart of your part to keep the warmth in your relationship.

Dr. Neha has consulted more than 7500 people who are struggling with the same situation as you are in right now. We know how it feels when you are in so much mood that you can even break the bed, but your partner says no to you. To keep that harvest of love fresh, you need new ideas and new occasions every day. Which might not be possible without the help of our books.

“Sex is a sensitive topic, and it is difficult for people to discuss it openly and honestly. But having conversations about these topics can help to reduce the stigma around sex and will create an environment of open communication and understanding.” Says Dr. Neha.

In this book, we will dive into some of the kinky stuff you can do with your partner and make your marriage happen again.

# 75 Positions with Your Love

***“Love is an ice cream sundae, with all the marvelous coverings. Sex is the cherry on top.” – Jimmy Dean***

Sex is an important part of a romantic relationship. Sex is an opportunity to bond with your partner, an opportunity to show your partner love and affection. Sex makes your love life fun and pleasurable.

It makes your partner feel more secure in your relationship if you're having sex often. And, of course, one of the most important reasons for performing sex in an Indian Society is bringing your progeny into this world; thus carrying forward your lineage.

As a practicing Consulting Psychologist, I know Sex brings in a lot of emotional intimacy between the two partners. It gives a sense of belongingness and accountability towards each other.

Many people have emotional motivations for having sex. There are a variety of other emotional benefits of sex as well. It improves your self-confidence. Sex helps you connect with your own body in a pleasurable way. It prevents you from intense stress and anxiety.

Sex helps you bond with your partner, and is an excellent way of expressing love and care for them. It brings in feelings of trust and loyalty between the two partners involved in a romantic relationship.


After the emotional benefits of sex, let's have a look at the physical benefits of sex. It can be good for your body and physical health, too. Some research suggests that sex can make your immune system strong.

No wonder more sex will better equip you to fight with flu and fever this winter. A 2004 study showed that people who had sex more frequently had better immune systems.

Planning to shed some extra calories after a party or wedding? What if I told you that sex could help you burn some extra calories!

Sex is a light form of exercise and can help you shed the weight of the wedding season. A 2010 study has shown that having regular sex may reduce the risk of developing heart disease.

What more do you need to convince yourself of having a better sex life? If you entered your golden age, which is crossed fifty, then having a good sex life can improve your memory and thus boost cognitive function.



A 2016 study has proved that sexually active people aged 50 to 90 years old had a better memory. Well having sex regularly with your partner can relieve your regular headaches and migraine to a certain extent.

It is normal to experience some changes over time, with age. One of the most common reasons for low libido is the increased Stress in today's lifestyle. . Stressful events, and stressful lifestyles, might dampen your sex drive.

Relationship difficulties like frequent arguments, fights, dishonesty, and a lack of trust could lead to lower sex life among couples. Age is another important cause of lower sex drive in individuals. Lower strength, and less stamina as you age decrease the frequency of sex among couples.

Hormonal changes, Menopause, and pregnancy are other events that adversely affect your libido. Many medications for Chronic diseases like Arthritis and coronary artery disease bring down sexual activity in people. Also, a Traumatic experience causes psychological stress, which can lead to difficulties for one or both partners.

In any of the above cases, there are a couple of steps you can take to improve your sex life. You can't wear the dress every day, nor can you go to the same restaurant every weekend; neither can you holiday at the same destination every year. It makes your life monotonous and boring.

Similar is the pattern with your sex life, the same position can bring dullness in your love life. As a Sex Counsellor, I come across so many patients who ask me how to keep the spark alive in their sex life or their romance life. I often help them with tips and tricks to improve their relationship.

Here in this Book, I have compiled 75 Sex positions that are a must-try to spice up your Love Life. There are 52 weeks in a year. One new position each week and you have a fancy and sexually romantic year. You can save the best one for the 52 nd week. How does it sound? Exciting!

Here goes the list:



# 01 69



## How?

Make your partner lie on a bed, couch, or kitchen table if you are looking for more excitement. Then the other partner climbs on top over the romantic partner below. Now you're facing away from their upper body.

Your genitals should be facing your partner's mouth, and your genitals should be facing yours. This way, you both will end up looking like the number 69. The couple can also try to go for a side-by-side position.

## Why Choose 69:

So why choose 69? Well, it is of the best position which is equally pleasurable for both the Male and Female partner. It is a great position for trying Oral Sex and gives to a chance to enjoy your partner's whole body and vice versa.

## Make it More Exciting:

The mouth-to-genitals stuff for both partners is the best part about this 69 position. But don't forget to add a little bit of innovation too. You can experiment with a sex toy to enhance pleasure. You might fight hard to concentrate on all body parts, but here the sex toys come in handy.

# 02 Corkscrew



## How?

Let the female partner lie on the edge of a bed or bench. Their hips & forearms rest on the bed or couch and their thighs are pressed together against each other. The male partner stands behind the female partner and straddles her, gently entering from behind.

Well, you don't need your bedroom for this sex position. You can go ahead with the living room couch or the dining table. It is one of the best positions if your partner loves Anal Sex. It is best if you are planning to make her feel special this weekend.

## Why Choose Corkscrew:

Needless to say, the Corkscrew position is best if you and your partner are in for Anal Sex. If your partner gets more excited about Anal penetration, this position is definitely meant to please her.

## Make it More Exciting:

Make your Anal Sex experience better. Don't forget to use a lot of foreplay to excite your partner. Don't let your male partner do all the effort. Thrust your hips to match up the Energy.

# 03 Doggy Style



## **How?**

In this position let the female get down on all fours. Then the male partner can sit down on their knees, having their upper body straight or slightly lowering on the other partner (like a humping dog).

## **Why doggy style:**

This sex position is one of the favorites for couples who love anal Sex. Well, there are many more benefits of Doggy Style. It allows the male partner to dominate in the act of love: it allows for deep penetration.

For couples, who prefer that the male partner should be the controlling one, this is the perfect and easy one. Another benefit of the doggy style is that it can be performed by people of all ages and sizes. Besides it also gives the complete view of the back of your partner to the male partner.

## **Cherry on the Cake:**

This position allows you to be creative during your performance, the male partner can stimulate the clitoris or the female can lend a helping hand. You can also try running an ice- cube or chocolate over your partner's spine and licking your partner's skin on the way.