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solutions for women

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# COSMOPOLITAN

## EXPERTS

### sex advice

from Amy Levine, Cosmo's Carnal Counselor

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## "Our sack styles don't mesh"

**Q** My boyfriend needs fast thrusting during intercourse to achieve orgasm, but I like it slow. Plus, it takes me longer to climax. What can we do that will give us both pleasure?

**A** Since you need a little more time and tenderness in the sack than your boyfriend, the best way to get mutual satisfaction is to make sure you get off first. Have your man turn you on with lots of foreplay. When you're totally aroused and ready to do the deed, you can keep him from resorting to his usual jackhammer style of lovemaking by taking the woman-on-top position. This pose puts you in control of the tempo, depth of penetration and motion so you can experiment until you get the type of stimulation you need to send you over the edge. Then, try transitioning into doggy style or missionary mode -- positions that will let your man crank up the pace. If orgasm still eludes you, ask your guy to continue to stimulate you orally or manually once he's climaxed. And remember, nothing turns on a guy more than a turned-on woman, so don't feel guilty about taking your time and luxuriating in pleasure.

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