## Ways Women Experience More Pleasure From Vaginal Penetration

(from a nationally representative study of 3,017 women, ages 18-93)



# SHALLOWING

#### 70% OF WOMEN

Touch that stays just inside the entrance of the vagina



## ROCKING

#### 76% OF WOMEN

Stay inside rather than thrusting so the clitoris is in constant contact



## PAIRING

#### 84% OF WOMEN

Reach down to stimulate the clitoris with a finger or toy during penetration



# ANGLING

## 88% OF WOMEN

Rotate, raise or lower the hips to adjust where the penis or toy rubs

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# **How To Pleasure A Woman Manually**

**G Thomas** 

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