

First edition

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Cover by CMA

Cecilia May Agu is happily married and blessed with two lovely daughters.

She is a counsellor and marriage coach with focus on but not limited to bedroom matters.

She has been married for almost seven (7) years now and is passionate about helping both men and women live and enjoy their marriage through selfless service to each other and using Godly principles to elevate and give hope to troubled homes.

She has helped over a hundred wives rediscover the pleasures of intimacy in their marriages by challenging them to discover the enormous powers that lies within them.

Haven birthed BEDROOM MATTERS in August of 2017, Cecilia shows no sign of stopping seeing how far her message is reaching and helping homes.

Introduction.

You do know that sex can be fun if you allow it to be right? Spicing things a little in the bedroom can have the most incredible and calming results anyone could ever think of.

It begins with you being open about the subject with your husband. The fact that you are in a sexually active relationship means that the both of you are flexible enough to discuss anything or try anything for that matter. For a starters, make it a point of talking to your husband and know what he would love for you two do to spice things up. Also, let him know that you're taking the (20 ways to initiate sex) course and that your learning to be better in bed. You don't want him freaking out about this **new you** if you don't already initiate sex in your marriage.

Then, make sure that enough time is dedicated to staying close to your husband and have an open heart because men are bound to find out, but we women rarely talk openly about their fantasies as regards to bedroom matters.

Acknowledgement

I want to first thank God almighty for the grace and strength to be able to dive into this vital area of marriage that many run away from. For using this multiple rape victim as an instrument to teach and bring peace to homes. I am humbled.

I want to thank my husband MC Amana for being a pillar of support and for letting me use him for my practicals *wink*

I want to say a massive thank you to my mentor and spiritual mother Mrs. Nkechi Harry Ngonadi for your consistent prayers, encouragement and push. And also for the confirmation of the name "bedroom matters", for being there through every instagram live class, your type is rare mama and i honour you.

What can i say about my coach, Miss Mfon Ekpo, convener of BLUE PRINT OF HOW, and the deployment queen. Thank you for so many opportunities given to me and for leading me on this path of writing. You woke the writer in me and I am deeply in your debt.

To you, Sparkle queen Naomi Osemedua for helping me through it all, Toyin Ogunkanmi, Adeola Daniels, Sarah Ize-Iyamu, Tricia Yusuf, and so many more too numerous to list out, I love and celebrate you all.

5 sizzling sex positions

(guaranteed to make your husband go wild)

This is simply a healthy way to add some fun and more happiness in our bedroom bonding time. Missionary style is good, but it gets boring and a little change every now and then wont hurt, in fact, it will spark something nice filled with electrifying feelings that is capable of releasing bobo's assurance level by 100% *blushing*.

I implore you to have an open mind while trying out these sex positions especially if you have never engaged in any style other than missionary. You and your husband will ask for my account details to bless me, trust me. But if you're a pro like me, then lets take this up a notch in the VIP whatsapp group *high five*.

Let's get right into this fun, new, sexy you:

1. Missionary with a twist.



Most of us love the missionary sex position, it's a comfort zone. And it's no surprise, considering that man-on-top makes it totally intimate, allowing you and your king to make

constant eye contact and easy access to kissing. Plus it's relatively relaxing for you putting him in control as you lie back and enjoy."

Missionary position doesn't mean you have to lie still like a rock o, as he moves. As a queen, try bending your knees, planting your feet on the mattress or floor (depending on where the action is happening and moving your hips!

Position type: face to face, man on top.

Stimulation: clitoral stimulation, P-spot stimulation

Penetration: deep penetration Petting: breast kissing, kissing

Activity: man active Complexity, easy level.

2. Gemini



Type : face to face, sitting.

Stimulation: clitoral stimulation, P-spot stimulation

Penetration: middle penetration

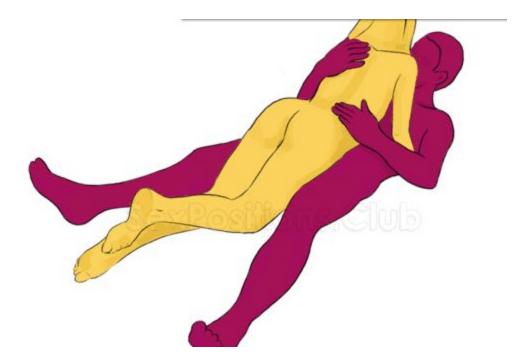
Petting: breast kissing, breasts touching, kissing

Activity: man active, woman active.

Description: Two excited bodies, double hugs, burning eyes of two pairs of eyes, this position makes every sensation multiplied by two, and this is a very significant reason for mega delight. The husband sits on a flat surface with legs outstretched, slightly apart to the side and bent at the knees. The wife sits facing her husband, throws her legs on his hips and bends them at the knees. The husband supports himself by his hand on the backwards; his woman repeats after him and puts her hand backwards, placing it at the his feet. He hugs her just above the waist; she puts her hands around his neck, as if pulling him, drawing to a double delight.

This is pretty easy and keeps you two love birds looking into each other's eyes lol.

NOTE: try to be flexible, you can throw both hands backwards and your hair too, so that he can take a better look at your body. This position also gives you a slimmer look when you stretch backwards for those who worry about their weight.



Position type: face to face, lying down, woman on top.

Stimulation: clitoral stimulation

Penetration: shallow penetration

Petting: play holding her buttocks, kissing tight, hugging

Activity: woman active

Complexity: easy level.

Description: Here is a very sensible position for all you shy queens. You drive but your husband controls. In this position, your husband lays down and straddles for his wife to lay down between his legs and cuddles tightly with her hips, leaning on your arms to look into husband's face and to be able to kiss him. This position is very sensible, the bodies are cuddled up to each other, and your husband can touch you, kiss you and move his hips in tune to make the penetration deeper.

4. Backwards cowgirl.



Position type: cowgirl from behind, sitting woman on top.

Stimulation: P.spot stimulation, clitoris stimulation.

Penetration: medium level

Petting: breasts touching & squeezing, buttocks squeezing.

Activity: wife active.

Description: It is important to control not only your body, but also emotions and feelings, to saturate him with intimacy and passion, then he will be completely at the mercy of your shackles. Your husband sits, his legs are straight and slightly driven apart, you are located straight. You sit on top of him, your legs are bent in knees and lied along his buttocks. Your hands are outstretched forward, you are located slightly below the knees of your husband and use them as support, back is arched and his head is turned to the half-turn to see you. Your husband takes in his palm your breasts and fondles it during sex.

When you're a woman in reverse cowgirl, you will feel worlds more confident. Since you're on top, literally, you'll feel on top emotionally, as well. If you're someone who doesn't exactly feel comfortable about her body *even though you should be proud of it* reverse cowgirl allows you to face away from your husband, only giving him the amazingness that is your behind. He can also squeeze your buttocks or spank them if your don't mind. All they get to see straight on is the view of your booty moving up and down. Honestly, what more could a guy ask for? Not only do they get the joy of that, but you get the joy of knowing that your husband is enjoying the view.

5. Doggy



Position type: doggy style from behind kneeling, rear entry.

Stimulation: A-spot, G-spot stimulation.

Penetration: deep penetration.

Petting: hand clitoris stimulation, holding her buttocks.

Activity: man active

Complexity: easy level

Description: Direction is constant, that is passion, desire and pleasure, and of course the man directs, but in this position even the woman can drive. The wife stands in doggy-style, bending her elbows and knees spreading them on sides, she holds her head straight. The male partner is behind her, kneeling down, he takes her by her waist, and penetrates not only moving his muscles, but his buttocks, by the beat of his movements. This position is "favorite" one for most people, because of the comfort, possibility to penetrate deep and the wife feels great if proper communication is maintained. In addition, your husband has the opportunity to observe the process that could lead you to the edge in a matter of minutes.

This position is another one of my favourite because Your husband's penis is naturally tilted slightly downwards and, in doggy style, it rubs up against the G-spot as a result, you hit orgasm hard! Some women even squirt more during a doggy.

With this position, it also give your a sexy curvy back look. Try looking at yourself in the mirror when doing this style and give me your feedback when your done.

In conclusion.

These are just 5 out of over two hundred (200) sex positions that will blow you both away.

The idea is not to try out too many acrobatic styles but to be intimate regularly with your husband and that you both flow with each other.

It is my desire that you use the information contained in this book to improve your marriage and ssexual life style.

Don't forget to follow me on:

Instagram @ceciliaagu and @bedroommatters and please request to be added to the VIP whatsapp group where we will do a comprehensive follow up to be sure that you do what you must for your happiness and that of you husband.

I am Cecilia Agu, your intimacy queen!!!