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# Unleash Your Bedroom Confidence

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# Do These 10 Things to Feel More Confident and Comfortable in Bed



1. Get naked! Sleep naked! Go without a bra. Don't wear panties out to dinner and whisper it in his ear.
2. Remember men only see what they like... a naked woman! They don't see the flaws like women do.
3. When a man sees a naked or pretty woman it's ALL he can see or focus on. Their minds work like silos.

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4. Learn your body and what pleasures you. If you can't tell him, show him in a playful fun way.
5. Practice flirting with a clerk, bank teller and bring that playful smile and sexiness home to your partner.
6. Dress in what makes you feel sexy! Sexiness comes from within so Birkenstock to Manolo Blahniks it doesn't matter.



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10. Explore erotica... read Fifty Shades out loud, visit an adult book store, watch erotic foreign films, etc. Try something new!



If you want to unleash for deeper connection, playful passion and more toe-curling ecstasy visit my website!

[www.DrLoriEbert.com](http://www.DrLoriEbert.com)