

Unleash **Bedroom Confidence**



www.DrLoriEbert.com

10 Tips to Feel Confident & Comfortable in Bed!



#1. Start noticing the voice in your head. Would you talk to a child or friend that way? Not likely! Simply say: STOP IT! Begin to reprogram You.

#2. Start getting your flirt on again! Flirt with a clerk or waiter... bring your playful smile to the surface and bring it home to a partner, or you!

#3. Dress in whatever makes you feel sexy! Sexiness comes from within so Birkenstock to Manolo Blahniks it doesn't matter, just feel it!

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



#4. Learn your body and what pleasures you first. If you don't know, then you can't show or tell him. When you do make sure it's fun and playful!

#5. Get comfortable naked and raw! Be naked! Sleep naked. Go without makeup or a bra! Wear a tight shirt, no bra or skirt no panties...and tell him!

#6. Men's brains are like silo's and when there is a naked woman in front of them, they lose sense of all reason. All they're thinking is I want some of her!

Unleash and master your own pleasure!



#7. When you are naked, remember men only see naked and focus on what they like about you, curves, breasts, legs... not your rolls or cellulite!

#8. What thing makes you feel the sexiest? Dresses? Shoes? Hair? Nails? Find your one go to (red shoes for me!) and DO THAT. A LOT.

#9. Ditch the frumpy clothes. ONLY buy what makes you feel sexy! Skirts, low cut tops, short shorts or shoes! Your style doesn't matter as much as how you own it and work it!

#10. Explore erotica... read Fifty Shades out loud, visit an adult book store, watch erotic foreign films. Buy a new pleasure toy! Make effort to grow your own sexiness by trying new things!



If you want to unleash for deeper connection, playful passion and more toe-curling ecstasy check out my [online workshop!](#)

Most importantly *Make Love to Life!* today!

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