



Simple Sex: How to Get Out of Your Head and Into Your Pleasure

David Hrostoski

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Sex books, how-to guides, manuals, and the countless "better" sex positions--men and women alike: we all want more pleasure, deeper intimacy, and to feel good about our sexual performance. *Simple Sex* gives us what we're really looking for: how to never have another bad night of sex again.

The Missing Link from Every "How-To" Sex Manual

If you've read books like David Deida's *The Way of the Superior Man* and *The Enlightened Sex Manual* or Ian Kerner's *She Comes First*, you've been exposed to some of the best sex tips in the self-help industry. Still, even the best tips and tactics can leave us feeling more inadequate than when we started. So what's the *real* difference between feeling like a tantric master and feeling completely inadequate as a lover? Simply put, it's all in the approach. It's the *why* behind the tactics that separates the novice from the master.

In *Simple Sex*, David Hrostoski explores the mindsets of "The Logical Lover," and why the most common approaches to sex often lead to feelings of "not enough" in the bedroom.

In this book, you'll learn...

- How to never have another bad sexual experience again.
- The number one belief holding men and women back in the bedroom--a belief that any logical approach can only make worse--and how to break free.
- How to feel everything and truly experience the here-and-now, whether that's in front of your laptop, a handsome man, or a beautiful woman.
- How to bring sexual tactics into the picture without getting lost in your head, and without the steep learning curves that can leave you feeling inadequate as a lover.
- Three simple strategies to play with the sensation in your body for longer-lasting and stronger orgasms.

More About *Simple Sex*:

David Hrostoski has spent the past five years consuming and integrating thousands of hours of material on dating, sex, love and relationships, and the past three years coaching men and women from all over the world on how to show up better with their partners and in the bedroom.

He's seen it repeatedly both in his own life and in the lives of his clients--how we show up for our relationships is how we show up for the rest of our life. And in a world that largely values success and financial status over happiness and fulfillment, we find an alarming number of people putting their needs and wants aside and subscribing to the many "shoulds" of life instead.

As we take this way-of-being into the bedroom, we end up focusing on how to be better and forget why we're having sex in the first place: to *feel*.

Simple Sex debunks the logical approaches to sex--both the partner-first and me-first mentalities--and offers, as a replacement, a feeling-first approach to sex. And not just feeling and focusing on the pleasure alone.

When the purpose of sex is to feel, we feel everything, including any and all pieces of the wide spectrum of emotions and sensations we're capable of feeling as human beings.

When we learn to feel every piece of our experience in the bedroom, we learn to escape the logic-trap and unlock the best sex of our lives. *Simple Sex* is the book to help you do just that.

"Unlike so many of the "how-to" books on sex out there, *Simple Sex* doesn't focus on what's wrong with you. It's an invitation to open up, and to explore--to feel your way into and through sex, rather to think yourself out of it. David's refreshing, powerful, and oh-so-simple perspective will get you out of your head, into your body, and into as many beds as you desire. Isn't that the way it's meant to be? Read this book. Put it into practice and experience the kind of sex you've been yearning for." -- Brooke Surtees, Coach and CEO at BrookeSurtees.com

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Joel Padilla:

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