



welcome!

Here's what you need to know about this sneak peek.

I am very intentional about not making detailed instruction for sexual acts available to younger audiences or those who aren't ready for it. So, this sneak peek includes a full outline as well as examples of the graphics used in The Pleasure Playbook. Example pages with detailed instruction on technique, however, are blurred to be illegible (because this sneak peek is accessible to anyone).

**THE FULL PLAYBOOK WILL INCLUDE ALL OF
THE DETAILS YOU ARE WANTING, TRUST ME.**



WHAT'S INCLUDED IN THE PLEASURE PLAYBOOK?

100+

Pages of detailed
instruction and guidance

3

Types of sex—oral,
manual, and penetrative

40+

Techniques to explore
in the bedroom

20+

Sex positions to explore
with those techniques

17x

How much more confident
you'll feel in the bedroom
(approximately)

100%

Satisfaction guarantee.
Love it or your money back.

The Reviews

The Pleasure Playbook was released early to 12 couples (volunteers from my social media community, married 1-26 years). **Here's what they had to say:**

"This is a must! I have been married for 11 years and this has all the information I have ever wanted to look up but was too embarrassed to do so. It was detailed but written in a way that does not feel intimidating."

"It was very helpful in helping my spouse and I deepen our sexual relationship. **I was able to orgasm for the first time** with instruction from the playbook."

"I absolutely loved it! It was so helpful, especially coming from a background filled with purity culture. I've never seen another guide like this and am so thankful for all of the effort that was put into it!"

"The Pleasure Playbook is **everything I wanted to know** but was too afraid to google. The playbook is incredible helpful and straightforward. I honestly feel like every couple should read this. It's a great resource."



Participants were asked, *"Did the content feel aligned with your values and beliefs around sex and marriage?"* **Every single respondent replied "yes."**

FAQ

01 I'M WORRIED THIS WILL BE TOO GRAPHIC FOR ME. WHAT DOES IT INCLUDE?

I can absolutely understand that concern. I have carefully crafted The Pleasure Playbook to be informative and detailed, but incredibly tasteful and never crude. There are graphics throughout the guide, including male and female anatomy diagrams and sex position diagrams. All of the diagrams are illustrations and the positions are depicted using simple line-drawing style sketches.

(EXAMPLES AFTER FAQ)

02 WHAT ARE YOUR QUALIFICATIONS TO WRITE THIS GUIDE?

I earned a bachelor's degree in Human Development and a master's degree in Marriage, Family, & Human Development, researching healthy sexual relationships. I am a sex educator and researcher who has spent thousands of hours studying how to build healthy, happy sexual relationships in marriage. And, I'm a Christian who cares deeply about providing couples with helpful, detailed information that aligns with their values and priorities.

03

CAN I PRINT THE GUIDE? OR CAN I ONLY ACCESS IT DIGITALLY?

The Pleasure Playbook is a digital guidebook. Once you purchase the PDF, however, it is yours to use however you would like. Feel free to have it printed (and bound, if you're feeling fancy) if you would like to have a hard copy. As long as you do not share the guide with others, you are welcome to download it and/or print it as many times as you would like.

04

IS THIS A GUIDE FOR NEWLYWEDS OR FOR MORE EXPERIENCED LOVERS?

Both! There are couples who have been married for less than a year and couples who have been married for decades who are LOVING this resource. If you feel any desire to learn new things, increase the pleasure that you and your spouse experience with sex, and experience more joy and connection in your sex life, then this guide was made for you.

05

ARE THERE TECHNIQUES OR POSITIONS THAT GO AGAINST CHRISTIAN VALUES?

This guidebook is written specifically for married Christian couples. There are some individuals who believe that certain sexual techniques and positions are "off-limits" for Christians. What I want you to understand is that those beliefs are opinions and nothing more. It is up to each couple to decide what things will be included in their sexual relationship. If you don't want to implement everything in the guidebook, that's just fine! But the choice is completely up to you (your pastor doesn't get an opinion).

Included *Graphics*



FEMALE ANATOMY DIAGRAMS

The anatomy diagrams are all sketches, detailed but tasteful. Female diagrams include the vulva, full clitoris, and pelvic floor.

Blurred for sneak peak to protect image.



MALE ANATOMY DIAGRAMS

The anatomy diagrams are all sketches, detailed but tasteful. Male diagrams include the full male genitalia (with a flaccid and erect penis).

Blurred for sneak peak to protect image.



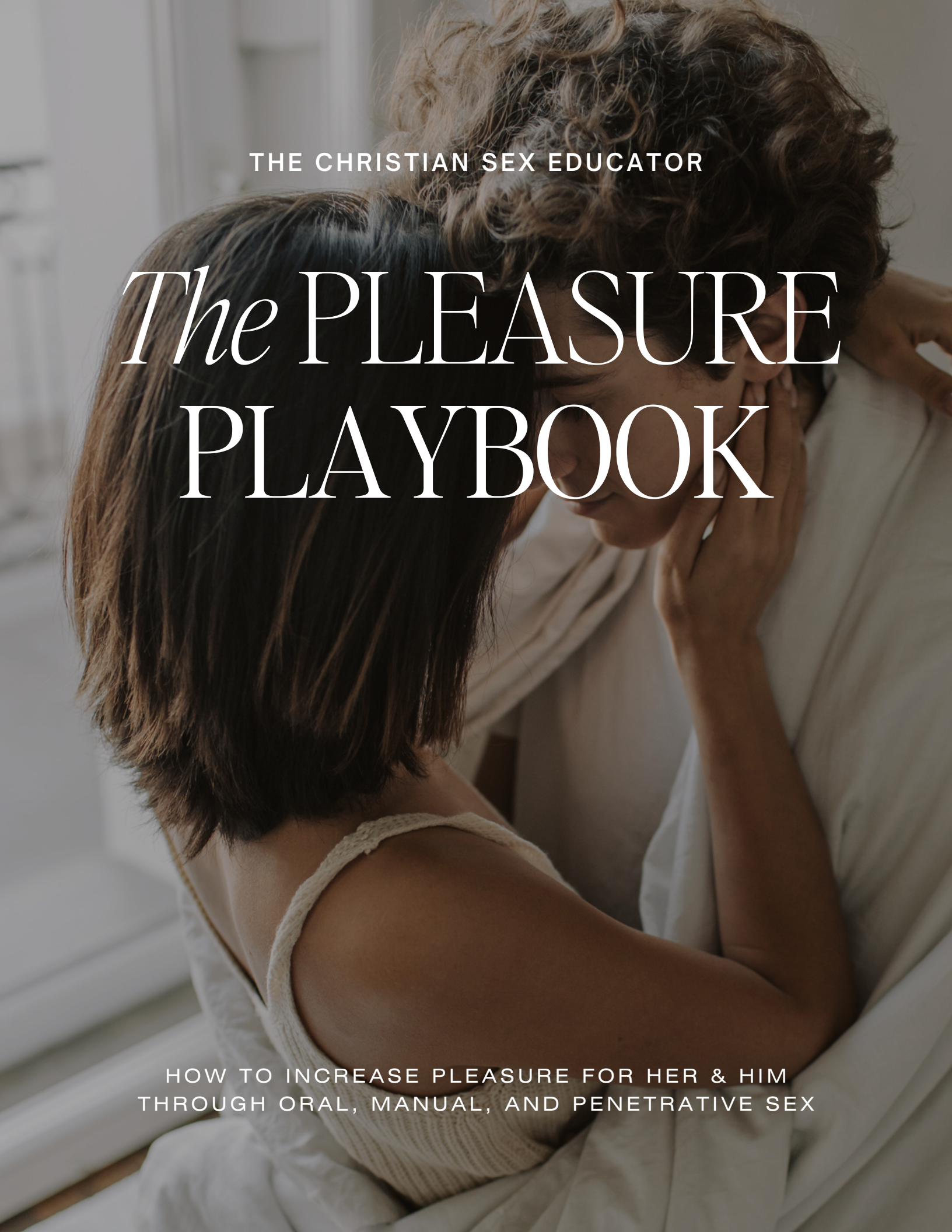
SEX POSITION DIAGRAMS

Sex positions are depicted using line drawings. They are detailed enough to be instructive, but not graphic.

Blurred for sneak peak to protect image.

HERE'S THE
SNEAK PEEK



A romantic couple is shown in a close embrace, partially covered by a white sheet. The woman, in the foreground, has short dark hair and is wearing a white lace-trimmed top. The man, behind her, has curly brown hair. The scene is softly lit, creating a warm and intimate atmosphere.

THE CHRISTIAN SEX EDUCATOR

The PLEASURE PLAYBOOK

HOW TO INCREASE PLEASURE FOR HER & HIM
THROUGH ORAL, MANUAL, AND PENETRATIVE SEX

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SECTION ONE

Preparing FOR PLEASURE

How to **prepare for novelty** together,
while **centering connection**.



ARE CHRISTIANS ALLOWED TO?

One of the most common questions I get as a Christian sex educator is, **“Are married Christians allowed to [fill in sexual behavior here]?”**

Use vibrators. Engage in oral sex. Role play. Use multiple positions. Masturbate. The list goes on.

So, what does the Bible *actually* have to say about these things?

Well, nothing. At least, not directly.

God has given us direction on sex, yes. Based on my understanding, that direction includes that sex 1) belongs within marriage, 2) is exclusive (aka it only includes the married couple), and 3) is loving, compassionate, and fully consensual.

But as far as what behaviors are and are not allowed within that type of relationship? **That is up to each individual couple to decide.**

If you have heard that Christian couples aren’t allowed to use vibrators or engage in oral sex or whatever the behavior might be, that was someone’s opinion.

Is it ok that they shared that opinion? Of course. But does that mean that what they shared aligns with God’s intentions for sex? Not necessarily.

It is up to you, as a couple, to determine what behaviors and tools will be included in your sexual relationship.

THE FOLLOWING QUESTIONS CAN HELP GUIDE YOU:

1

Do you think that [insert behavior or tool] will increase the connection and joy that you experience in your sexual relationship?

2

Do you think that [insert behavior or tool] will increase the desire that you feel for your sexual relationship?

3

Do both of you feel comfortable trying [insert behavior or tool]?

4

How could you incorporate [insert behavior or tool] in a way that fuels connection, joy, and pleasure?

So—are married Christian couples allowed to have oral sex? Use vibrators? Try whatever positions feel good?

The short answer: Yes.

The real question: Do you want to?

That's up to you.



Section One

Navigating Different Preferences

Introducing new things into your sexual relationship can be exciting, but it can also surface **differences in preference, comfort, and desire**. Maybe one of you is really curious about trying oral sex, while the other feels hesitant. Or maybe one of you is eager to introduce a new tool, while the other feels unsure or even resistant.

CONSENT

This is where consent becomes crucial—not just in the broad “no means no” sense, but in the deeply relational sense of **honoring one another’s bodies, boundaries, and hearts**.

So, what do you do when one of you is really excited about something new and the other just...isn’t? (We’ve likely all been there.)

Here’s a **step-by-step process** to help you navigate this with care and compassion:

SECTION TWO

Pleasure FOR HER

How to **explore her pleasure** through
manual, oral, and penetrative sex.



UNDERSTANDING

HER BODY

Here are **7 things you need to know** about your wife's body in order to increase the pleasure she experiences during sex:



The upper respiratory tract is the part of the respiratory system that is located above the larynx. It includes the nasal cavity, the oral cavity, and the pharynx. The lower respiratory tract is the part of the respiratory system that is located below the larynx. It includes the trachea, the bronchi, and the lungs.

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IN THIS SECTION

MANUAL SEX *for her*

Using your hands to stimulate her genitals is one of the best ways to help your wife experience pleasure.

Let me teach you how to do it better.

- ▶ **PREPARING FOR MANUAL SEX**
- ▶ **GETTING INTO POSITION**
- ▶ **STIMULATING THE VULVA**
- ▶ **BONUS TIP**

Stimulating the Vulva

There are many ways to stimulate the vulva. The most common is by using your fingers. You can also use a vibrator or a dildo.

When you use your fingers, you can stimulate the vulva by rubbing the clitoris. You can also use your fingers to stimulate the labia. You can also use your fingers to stimulate the vaginal opening.

You can also use a vibrator to stimulate the vulva. You can use a vibrator to stimulate the clitoris, the labia, or the vaginal opening.

You can also use a dildo to stimulate the vulva. You can use a dildo to stimulate the clitoris, the labia, or the vaginal opening.

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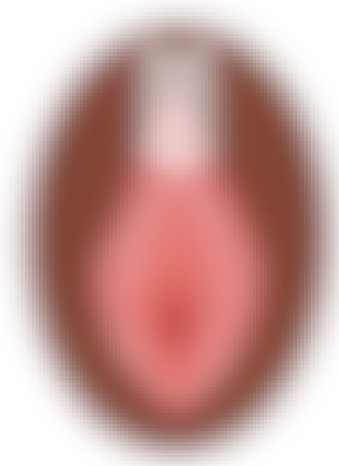
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Introduction

The purpose of this research is to investigate the effects of a new educational program on the learning outcomes of students in a high school. The study will focus on the following research questions:



The study will involve a sample of 100 students from a high school in the city of London. The data will be collected over a period of six months.

Methodology

The research will use a quantitative approach to collect data. The data will be collected through a series of tests and surveys. The results will be analyzed using statistical methods.

Results

The results of the study show that the new educational program has a positive effect on the learning outcomes of students. The students who participated in the program showed a significant improvement in their scores on the tests and surveys.

The study also found that the new educational program has a positive effect on the students' attitudes towards learning. The students who participated in the program showed a significant increase in their motivation and interest in learning.

IN THIS SECTION

ORAL SEX *for her*

Women often report experiencing more pleasure from oral sex than any other sexual activity.

Let me teach you how to do it better (or try it for the first time).

▶ **PREPARING FOR ORAL SEX**

▶ **GETTING INTO POSITION**

▶ **STIMULATING THE VULVA**

▶ **KEYS TO GREAT ORAL SEX**

Preparing for Oral Sex

Oral sex is **the act of using your mouth to stimulate your partner's genitals,**

which can be done with the penis, vagina, or anus. It is a common sexual activity that can be done in many different ways, including using your mouth, tongue, and hands to stimulate your partner's genitals.

It is important to remember that oral sex is a form of sexual activity that can be used to enhance your relationship with your partner. It is a way to explore your own and your partner's bodies and to experience new sensations. It is also a way to build intimacy and trust between you and your partner.

Before you engage in oral sex, it is important to make sure you are both comfortable and ready. This means taking the time to talk to your partner about your desires and boundaries, and making sure you are both safe and protected.

Oral sex can be a fun and exciting experience, but it is important to remember that it is not a substitute for other forms of sexual activity. It is a way to explore your own and your partner's bodies and to experience new sensations.

Keys to Great Oral Sex

While technique is important, it's just one piece of the puzzle! Several other factors will greatly contribute to your wife's experience receiving oral sex.

So, if you want to make it GREAT, here are a several keys to keep in mind:

KEY #1: COMMUNICATION, COMMUNICATION, COMMUNICATION

Communication is the key to a great oral sex experience. It's not just about what you say, but how you say it. Your wife's feedback is crucial to understanding what she likes and what she doesn't like. Don't be afraid to ask for feedback, and don't be afraid to give it. Communication is the key to a great oral sex experience.

Communication is the key to a great oral sex experience. It's not just about what you say, but how you say it. Your wife's feedback is crucial to understanding what she likes and what she doesn't like. Don't be afraid to ask for feedback, and don't be afraid to give it. Communication is the key to a great oral sex experience.

KEY #2: USE YOUR HANDS AND TOES

Using your hands and toes can greatly enhance your oral sex experience. Your hands can be used to stimulate your wife's breasts, thighs, and buttocks. Your toes can be used to stimulate your wife's feet. Using your hands and toes can greatly enhance your oral sex experience.

Communication is the key to a great oral sex experience. It's not just about what you say, but how you say it. Your wife's feedback is crucial to understanding what she likes and what she doesn't like. Don't be afraid to ask for feedback, and don't be afraid to give it. Communication is the key to a great oral sex experience.

IN THIS SECTION

INTERCOURSE *for her*

While typically not the most pleasurable activity for women, penetrative sex can absolutely be something your wife loves.

Let me teach you how to make it better for her.

- ▶ **PREPARING FOR INTERCOURSE**
- ▶ **GETTING INTO POSITION**
- ▶ **STIMULATING THE VULVA**

Preparing for Intercourse

Alright, let's chat about intercourse, shall we? You know at this point that penetrative sex is not typically as pleasurable for women as manual and oral sex. But, it can still be great, right? Absolutely.

When you're ready to have intercourse, there are a few things you should know. First, you need to make sure you're both ready. It's important to communicate with your partner about what you want and need. Second, you need to use lubrication. This will help make the experience more comfortable and enjoyable. Third, you need to use protection. This will help prevent pregnancy and STIs.

There are a few different ways to have intercourse. You can have it in a variety of positions. Some people like to have it in the missionary position, while others prefer the doggy style. It's important to find a position that works for both of you.

It's also important to remember that intercourse is not the only way to have sex. There are many other ways to experience pleasure and intimacy with your partner.

1. **Communication** - It's important to talk to your partner about what you want and need. This will help you both have a more enjoyable experience. 2. **Lubrication** - Using lubrication will help make the experience more comfortable and enjoyable. 3. **Protection** - Using protection will help prevent pregnancy and STIs.

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PLEASE SEE PAGE 10



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SECTION THREE

Pleasure FOR HIM

How to **explore his pleasure** through
manual, oral, and penetrative sex.



PLEASURE FOR HIM

Welcome to the section where we get to explore **how to increase the pleasure and enjoyment that your husband experiences** during sex.

I need you to know that, even if your husband is regularly experiencing orgasms when you have sex, there is still more pleasure, more connection, and more joy for him to experience in the bedroom.

And we LOVE that for him.

There are many ways to increase the pleasure and enjoyment that your husband experiences during sex. Some of the most effective ways to increase the pleasure and enjoyment that your husband experiences during sex are to focus on the quality of the sex, the quantity of the sex, and the variety of the sex.

When you have sex with your husband, it's important to focus on the quality of the sex. This means paying attention to the sensations that you and your husband are experiencing, and making sure that you are both enjoying the experience. You can do this by focusing on the quality of the sex, the quantity of the sex, and the variety of the sex. You can also focus on the quality of the sex by paying attention to the sensations that you and your husband are experiencing, and making sure that you are both enjoying the experience. You can also focus on the quality of the sex by paying attention to the sensations that you and your husband are experiencing, and making sure that you are both enjoying the experience.

Remember that your husband's pleasure is just as important as your own. You can increase the pleasure and enjoyment that your husband experiences during sex by focusing on the quality of the sex, the quantity of the sex, and the variety of the sex. You can also focus on the quality of the sex by paying attention to the sensations that you and your husband are experiencing, and making sure that you are both enjoying the experience. You can also focus on the quality of the sex by paying attention to the sensations that you and your husband are experiencing, and making sure that you are both enjoying the experience.

UNDERSTANDING

HIS BODY

Here are **5 things you need to know** about your husband's body in order to increase the pleasure he experiences during sex:

1. **His penis is not a vacuum cleaner.**

2. **His prostate is not a switch.**

3. **His testicles are not a light switch.**



4. **His testicles are not a light switch.**

IN THIS SECTION

MANUAL SEX *for him*

Using your hands to stimulate his genitals is one of the best ways to help your husband experience pleasure.

Let me teach you how to do it better.

- ▶ **PREPARING FOR MANUAL SEX**
- ▶ **GETTING INTO POSITION**
- ▶ **STIMULATING THE GENITALS**

Getting Into Position

When you're in a position to offer your husband manual stimulation, there are a few things to keep in mind:

1. Be comfortable with the position.

2. Be aware of your husband's comfort level and adjust accordingly.

3. Be aware of your husband's breathing and adjust accordingly.

4. Be aware of your husband's position and adjust accordingly. If you're in a position where you can't see his face, you may want to adjust your position so you can see him. This will help you know when he's ready to come.

So with that in mind, here are several positions that tend to work well for offering your husband manual stimulation:

FYI—You don't need to use all of these. Try a few out and find what works.

IN THIS SECTION

ORAL SEX *for him*

Oral sex can be one of the most exciting, pleasurable, and intimate types of sex for men.

Let me teach you how to do it better (or try it for the first time).

- ▶ **PREPARING FOR ORAL SEX**
- ▶ **GETTING INTO POSITION**
- ▶ **STIMULATING THE GENITALS**
- ▶ **KEYS TO GREAT ORAL SEX**

ORAL SEX FOR HIM

Please Know This

There have been a lot of questions asked about whether performing oral sex is really "gross" or not. The idea of oral sex being "gross" is a common misconception. In reality, oral sex is a natural and pleasurable part of human sexuality. It's all about communication and consent.

Let's start with a simple fact: oral sex is a natural part of human sexuality. It's not something that's "gross" or "dirty". It's just a way of expressing love and desire. If you're interested in trying it, make sure you're both comfortable and consenting.

One of the biggest reasons people are hesitant to try oral sex is because they're worried about it being "gross" or "dirty". But in reality, oral sex is a natural and pleasurable part of human sexuality. It's all about communication and consent. If you're interested in trying it, make sure you're both comfortable and consenting.

it's up to you!

Stimulating the Genitals

Once you get into position, the real fun begins! It's time to stimulate the penis (and other parts of the genital area).

Below is a list of techniques to try when offering your husband oral sex.

1. **Start with gentle stimulation.** Use your fingers to gently stroke the penis, starting from the base and moving towards the head. You can also use your mouth to suck on the penis, starting with light suction and gradually increasing the intensity as you go.

2. **Use your tongue.** Use your tongue to stroke the penis, starting from the base and moving towards the head. You can also use your tongue to suck on the penis, starting with light suction and gradually increasing the intensity as you go.

3. **Use your hands.** Use your hands to stimulate the penis, starting from the base and moving towards the head. You can also use your hands to stimulate the testicles, starting with light strokes and gradually increasing the intensity as you go.

4. **Use your mouth.** Use your mouth to stimulate the penis, starting from the base and moving towards the head. You can also use your mouth to suck on the penis, starting with light suction and gradually increasing the intensity as you go.

QUESTION 1 (10 MARKS)

The following table shows the number of students who achieved different grades in a mathematics examination. The data is presented in a bar chart.

Using the information in the bar chart, complete the following table.

Grade
Number of students
Percentage of students
Total number of students

QUESTION 2 (10 MARKS)

The following table shows the number of students who achieved different grades in a mathematics examination. The data is presented in a bar chart.

Using the information in the bar chart, complete the following table.

IN THIS SECTION

INTERCOURSE *for him*

Intercourse is the bread and butter of sexual pleasure for your husband.

Let me teach you how to make it even better for him.

- ▶ **PREPARING FOR INTERCOURSE**
- ▶ **GETTING INTO POSITION**
- ▶ **STIMULATING THE PENIS**

Getting Into Position & Stimulating the Penis

Does intercourse of any kind usually feel pretty awesome for men? Yes. But are there things that you can do to increase that pleasure? Also, yes.

Here are several techniques—and positions that work well with them—to explore in order to increase stimulation and pleasure for him during intercourse.

TECHNIQUE 1: STIMULATE THE HEAD OF THE PENIS

This technique is a manual, non-vaginal method. First, the head of the penis is the most sensitive part, and the most prone to loss of sensation during intercourse. Second, it's a manual, non-vaginal method, so it's a great technique for couples practicing.

It's a manual, non-vaginal method, so it's a great technique for couples practicing. It's a manual, non-vaginal method, so it's a great technique for couples practicing. It's a manual, non-vaginal method, so it's a great technique for couples practicing.

Recommended Products



COCONU LUBRICANT

I have tried SO many different lubricants and **Coconu's oil-based** is my absolute favorite. Use the code CARLIE15 for 15% off all products. (The wave personal massager is fabulous as well, FYI).



MENTIONABLES LINGERIE

Mentionables is a **model-free lingerie** company (which makes the shopping experience much more fun, if you ask me) and their pieces are stunning. The code CARLIE will save you 10%.



BOUX AVENUE LINGERIE

If you want **bra-sized lingerie**, I love Boux Avenue. This London-based brand carries band sizes 28-40 and cup sizes A-G. Boux Avenue is not model-free (just a heads-up).

SECTION FOUR

Pleasure APPENDIX

All the sex positions from the entire
guide in one easy-to-access place.

