Stroke of Genius:
The Ultimate Handjob Handbook

A Special Instructional Report
by Cassidy Lyon with insight from Michael Fiore

Introduction

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Introduction

Hi, I'm Cassidy Lyon, and here's my big, ballsy (heh) promise to you... Once you read this short (but content-packed) report and learn how to use its skills on the man of your choice...

...You'll feel like your hands have suddenly transformed into lethal weapons of sexual pleasure, illegal in fourteen states, subject to at least three UN sanctions, and definitely NOT allowed past airport security.

Okay, maybe that's a little bit over the top, but I do promise that you're going to keep this program in your sexual bag of tricks for the rest of your life.

You're going to get over any "handjob anxiety" you might have now, so you'll never again hesitate to put your hands anywhere on (or in) your man's body.

You'll find out how to use your new "handjob" skills to give your man a boost of confidence and ego.

You'll discover how it's possible to make giving your man a handjob a rewarding and enjoyable experience for both him and YOU!

You’ll realize a handjob can be useful in overcoming "boring" phases in your love-making routine, keeping things spicy and "different."

Any man who's lucky enough to have you use this on him will be so shocked and grateful that you'll never again have to ask him to do the damn dishes or take the trash out.

You're going to learn how to finally get rid of the crippling anxiety that creeps up on you when you touch a man's cock...gain the incredible confidence to know EXACTLY how to touch him even better than he touches himself...and be so good that he feels nauseous and dizzy at the idea of watching porn or having somebody else jerk him off.

You'll have the power to keep him sexually addicted to you, even when you can't or don't want to have "sex," be able to get him off in as little as two minutes (tops), or extend his pleasure over agonizing minutes or even more than an hour...until he’s crying and BEGGING for release.

You'll feel the pride and power of having a man become putty in your hands and touch him in a way that makes him gasp, squirm, scream, and look at you with absolute adoration, lust, and even love. You'll NEVER feel like you don't know what you're doing again.
You'll realize that a man's penis in your hands is the ultimate feeling of power. You can FINALLY put yourself in the driver's seat and be in complete control by simply taking hold of the gearshift (shaft?).

When your man looks at your hands, he'll no longer conjure up images of a woman who does housework, or mothering, or taps away at a keyboard all day long. The mere thought of your soft, sensuous hands stroking his cock will make him want to be MORE of a man for you. He'll become a diaper-changing, toilet-cleaning, house-cleaning dynamo with the simple snap of your cock-loving fingers.

And when your hands have this much power over his cock and his mind, just imagine what he'll do to bring you to explosive, mind-bending orgasms any time you want. He'll want to be on you and in you.

His sole focus? Ravishing every inch of your body until you are literally limp and quivering with delight, and so worn out you might need help walking.

Whew, is it hot in here?

That sounds like a lot of big promises, doesn't it? Well, don't worry. I will fulfill EVERY promise here – and more – which you'll discover as we dig down deep into this material.

Sound good?

Before we get to the actual “hands on” part of this little program, we have to talk about three somewhat uncomfortable topics:

1. Why men LOVE good handjobs (and why their penises literally shrivel and recoil from bad ones) and why giving great “hand” is such an important part of a woman's sexual skill set.

2. Why most women (even women who think they're GREAT at giving handjobs now) absolutely SUCK at manually stimulating a man (even though he's WAY too polite—or scared of hurting your feelings—to tell you that).

3. How men touch themselves and what women can learn from a guy's secret masturbation ritual.

Soooooooo, that's a lot of information we're going to cover! Do me a favor right now: go to the comments section below and tell us about why you're here. Why did you buy this program?

Do you want to “level up” your hand game?

Have you had a negative handjob experience and you want to get over handjob anxiety?

Do you feel neglected in the bedroom and want to please your man, in hopes he'll reciprocate that attention?
Do you have other reasons?
The more open and honest you are about “your Big Why,” the more receptive you’ll be to understanding the male sexual psychology, learning, and applying these techniques.

Yours,
Cassidy Lyon

P.S. Oh, I almost forgot! You might be thinking: “Cassidy, that sounds AMAZING but don’t I need to have a husband or a boyfriend to use this stuff?” I don’t want you to worry about that AT ALL because I’ve included an entire lesson for you that teaches you how to use all the toe-curling, mind-blowing techniques while you’re single and dating (and believe me, any guy you date is going to fall for you HARD once you use this stuff on him. I’m super excited for you).
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Self Evaluation Worksheet

Website: http://www.DigitalRomanceInc.com
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Worksheet #1: Self Evaluation

Let’s start off the Stroke of Genius program by exploring your motivations for taking this course. Remember, this little exercise is meant to be stress-free and fun.

I created this worksheet to make sure you go into the course knowing what you want to get out of it. You’ve heard it before, but it’s worth hearing again: “You need to be clear on your goals in order to hit them.”

So here’s what you need to do next:

Print out this little worksheet. Set aside a few minutes to reflect on your handjob experiences and how you felt during and after the act. Find a private, personal space, and go to town!

1. **List the top three reasons why you’re taking this course. What are your goals? Why do you want to get better at giving hand jobs?**

   Here are some examples:

   - *I want to put the variety and spice back in my marriage or relationship.*
   - *I want to keep him faithful and save our relationship.*
   - *I want to improve sexual connection for times sex isn’t convenient.*
   - *I want more options for when I don’t feel like having sex.*
   - *I want to have one thing I’m REALLY good at.*
   - *I want to feel more powerful in the relationship.*

   Those are other people’s reasons. List YOUR reasons below. And if you have more than three, add as many as you want. This is for your eyes only.
2. How do you feel when you’re giving a handjob?

For example: Julie has only given a few handjobs in her life. Looking back, when she was a teenager, her handjobs were always awkward, fumbling, backseat experiences. She only gave handjobs to get a boy to back off the pressure to have vaginal sex. She’s always associated handjobs with a sense of “giving in” or compromise.

Today, Julie still feels awkward giving handjobs.

Your experience might be different. How do you feel when you’re giving a hand job? Put your answer below. Take as much space as you need.

When I give a handjob, I feel:

3. What goes through your mind while you’re giving a handjob?

Here’s another example from Julie: When Julie gives a hand job, she wonders, “Am I doing this right? Should I be doing something with my face? Should I smile? Is this too fast or too slow? Is this hurting him? Crap, my arms hurt.”

What goes through your mind when you’re giving a handjob?
4. Do you know what is going through your man’s mind when you give him a handy?

Here’s Julie again: “Matt must be thinking, ‘This feels good. I wish she’d go a little faster...Should I take over for a second and show her what I like? Why is she being so quiet? I wish she’d talk. A little dirty talk would really help me get into this a little more.’”

What do you think your man thinks about when he’s receiving a handjob? Put your answer in the space below.
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Module 2: Why Men Love Good Handjobs (And Why You Should, Too)

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Module 2: Why Men Love Good Handjobs (And Why You Should, Too)

If you get most men drunk and honest enough, they'll admit to having one experience they wistfully drift back to again and again and again: the greatest handjob they've ever had.

One very sexy male friend of mine got this wistful look in his eye when I asked him about it. His whole body posture changed, and a grin pulled at the edges of his mouth. He whispered a woman's name (an ex-girlfriend) with reverential, almost worshipful awe as he remembered back a full ten years.

I snuck a glance and could see the bulge growing in his pants just at the thought of what this woman did to him and how she made him feel.

When he spoke, his voice was a mix of gratitude and wonder and devastation, because as amazing as this one handjob he'd had so long ago was, he'd never met a woman since who could even come close to measuring up.

I asked him what made her so good at giving him a handjob.

“She was a sign language interpreter, and she had the most dexterous and amazing hands. I mean, she had so much control over her hands and fingers.”

But it wasn’t her hands that made the whole experience so incredible for my friend. It was her enthusiasm, the way she paid attention to and read his body. And it was how much glee she showed in what she was doing and how she was making him feel.

He told me, “As a guy, I’m used to having to be dominant, in control, and the active one when it comes to sex. Most women want to be ‘taken,’ or they have too many hang ups to really do this, but this woman really got off on giving ME pleasure—which made me desperate to make her feel just as good.”

He told me it was “intoxicating.”

“Giving me a handjob didn’t seem like a chore or something she was doing to get out of sex or out of pity. It was like making me feel good – making me come – was a glorious mission, but a mission with no rush. She tickled and teased and stroked and her hands roamed to other parts
WHY MEN LOVE GOOD HANDJOBS

of my body (some parts I didn’t even know I WANTED touched) and it just woke up every inch of skin.”

When he reached to touch her, she’d move his hand away with a smile and say, “Not yet.” He could only lie back again and groan, totally involuntarily. It was fantastic torture – being so vulnerable in her hands, feeling muscles in my whole body contract or even spasm against his will, feeling so open.

And then when she was ready, she locked eyes with his, sped up, and talked dirty, asking him, telling him, and then ordering him to come for her.

“And I did. HARD. I can’t even describe the noises I made or the explosions that went off in my mind, but she gave me what was probably the most intense orgasm of my life, and she loved doing it.

“I’m one of those guys who’s generally difficult for a woman to get off. A lot of women I’ve been with over the years have never been able to get me to come at all, and I’ve had to ‘finish myself off’ more often than not. But not with her.”

Looking back, he says, she wasn’t physically as attractive as some women he dated, and they really weren’t compatible as a couple. “In the month-and-a-half we were dating, I think we only had penis-in-vagina sex maybe twice, and I was completely fine with that. It was all hands and fingers and occasionally mouths between the two of us.”

And yet “I’d rank her as one of the greatest lovers I’ve ever had in my life.”

“When we broke up, even though I knew it was 100% the right thing and that we didn’t work, I felt this sense of loss, like a junkie losing his drug of choice. A decade later I’ve had some great sexual experiences, but no other woman has ever given me a handjob like THAT, and I’ve resigned myself to the fact that no woman is going to.”

Whew, did it get even hotter in here?

Let’s pick apart what my friend—let’s call him Bob—is saying here, because his story is similar to what I’ve heard other guys say again and again.

Bob loved the handjob this woman gave him because:

1. PSYCHOLOGICALLY it was about his physical pleasure.

   Most men never really feel desired by a woman or objectified in the way they secretly crave.

   The fact that this woman WANTED to give him a handjob and ENJOYED giving him a handjob kept him rooted and fixated on her and completely present in the experience.
WHY MEN LOVE GOOD HANDJOBS

Think about a time when you've asked a boyfriend (husband, lover, whatever) to "go down" on you. Hopefully, your man was eager to please. “Yes, ma’am!” Some men love it. Love it! They wake up in the mornings already wondering, “When is the next time I get to literally devour my woman’s body?”

But some men think performing oral sex is disgusting, and they’ll come right out and tell their woman, “That’s gross. No way.” Or they’ll go downtown for a short while, and then they’ll say, “Is that enough?”

Think for a moment about how that would make you feel. What if the idea of getting up close and personal with a part of your body disgusted your lover? How is it possible that a man could make his woman feel “less than?” It happens all the time to both men and women who ask for specific needs and desires to be fulfilled.

Just remember this: Eagerness is a powerful thing.

2. Notice how Bob talks about how much CONTROL she had in this encounter. He’s right when he says most women want to be “ravished” and “taken,” and it’s true that most guys are naturally more dominant sexually (at least the sexy ones are). But with a handjob, the balance of power shifts dramatically. When you’re sending so many incredible signals through a man’s body (and his cock really is like a remote control for every nerve ending he has), you have an absolutely intoxicating amount of power. A man is never more open and vulnerable than when he's “putty in your hands.”

Most men want a RELIEF from being the dominant one all the time. Men relish and bask in finally being able to sit back, relax, and completely “check out” from all responsibilities. Men, by nature, want to take charge in almost every aspect of life. Most men feel “weak” if they’re vulnerable or exposed, but they find it EXTREMELY rewarding to finally give up control and let someone else take charge.

3. This exchange of power is truly INTIMATE. There’s a huge element of trust happening here when you think about it. You are literally taking away his stress and responsibilities and absorbing into your hands.

In some ways, when a man gets a handjob, time stands still. The whole world is shut out. It’s just you and him. This is one of the few sex acts where the woman is truly in control, and even if the man COULD take control, he wouldn’t want it.

4. Did Bob really say she was one of the greatest lovers he ever had, even though they barely ever had sex? Yep. Amazing, huh? Many women think that all a guy wants to do is get in your pants . . . and a lot of guys don’t even realize that eroticism can be something more
than just “straight sex” until the right woman slows him down, takes control, and introduces him to this whole new world of erotic feeling.

What’s truly glorious is that once you "train" your man to be able to receive pleasure and sensuality this way, it bleeds over into other areas. You’ll notice he’s more attentive in the way he makes love to you. He’ll take extra care to make sure you have a more powerful orgasm, or he’ll ask what YOU want him to do to you.

And you’ll even notice smaller gestures. He’ll be more helpful around the house, hold your hand at the movies, and randomly text you throughout the day, “I love you, baby. Thank you for last night.”

5. The fact that this woman WANTED to give him a handjob and ENJOYED giving him a handjob kept him rooted and fixated on her and completely present in the experience.

Which leads us to:

Why most women suck at giving handjobs (even if they think they’re great at them)

Okay, here’s something kind of scary.

When I was getting ready to write this Stroke of Genius manual, I did a ton of research. (Yes, I gave my man a whole bunch of handjobs, which he didn’t seem to mind at all. Miles is a lucky guy and he knows it . . . not to mention the best research subject ever.)

Another part of my research involved surveying a bunch of people. I ended up talking to both women and men, so I could really get a broad view of “the state of the handjob” in all our sexual lives.

What I discovered kind of shocked me, kind of depressed me, and kind of got me all hot and bothered. Mostly, I got me really excited me to get this thing created and HELP people.

I asked women:

“On a scale of 1 to 10, with 5 being average, 1 being WAY BELOW average, and 10 being WAY ABOVE average, how good are you at giving your boyfriend/husband/lover a handjob?”

Can you guess the results?
Maybe it was pride, maybe it was delusion, maybe it was hope, but the vast majority of the women I surveyed actually rated themselves a 7 or above, making comments like “Oh, I’m great at that,” or “I’ve certainly never had any complaints.”

And a BUNCH of women said they were definitely 9's or 10's in the Handjob Olympics.

Shockingly, I only had three women (out of 200) rate their ability below a 5.

(This reminds me of the statistic that says that 90% of people think they’re above average drivers. Which is, you know, statistically impossible.)

Just out of curiosity, before you started reading this, where would YOU have ranked yourself? Think about it for a second. Be honest. You’re going to get a lot better, anyway.

I asked men:

“On a scale of 1 to 10, with 5 being average, 1 being WAY BELOW average, and 10 being WAY ABOVE average, where would you rate your girlfriend/wife/lover at how good she is at giving you a handjob?”

Can you guess the results?

Do you think they lined up with the seven-or-above “magic hands” numbers we saw from women?

Or do you think they were maybe a little lower?

How about A LOT lower.

Out of all the guys, only eleven rated the women in their lives above a 5 on the “Handjob Skill Metric.”

Ten of those guys placed their ladies in the 6 or 7, in the “slightly above average” range.

Only one guy said his woman was an 8.

NOT ONE GUY said he was getting handjobs from his current partner in the “toe-curling awesome” 9 or 10 range.

(And yes, quite a few of the men and women surveyed are actually couples, but they never saw each other’s results.)

You know what’s even worse?

A whole bunch of guys rated their women in the 3 or below range.

Some even said zero and made comments like, “I have no idea what you’re talking about. She’s never given me a handjob.” Or “She’s so bad at it I don’t even let her try anymore. It’s just uncomfortable.”
WHY MEN LOVE GOOD HANDJOBS

One just wrote “—”.

So sad!

(By the way, when I ask guys how good THEY are at various sex acts, they're totally delusional, too. Guys seem to think they're all AMAZING in bed. So ladies, don't be too hard on yourself here.)

I went back to the guys and asked WHY their women were SO BAD at giving them handjobs. Here’s a sample of what they said:

“She just treats it like a chore, like I'm really putting her out by wanting her to do it in the first place, and she's doing me some great favor. And then she basically runs to the bathroom to wash her hands when I'm done and comes back with a wet towel. Makes me feel kind of dirty and disgusting. I don't feel good. I just feel kind of weird and like I owe her something.”

“I don't know if she had a boyfriend who was into pain before me or what, but she grabs my dick SO HARD and goes all “shake weight” on me. I'm a tough guy, but I do not want my cock treated like that. And when I got some lube out of the drawer and asked her to use it, she just looked at me like I was insulting her. Like she knows my dick better than I do or something, or she read some cock-and-ball torture technique.”

“The only time my wife gives me a handjob is when we're having sex, and she does it exactly long enough to get me hard to fuck her. I'm not complaining too much, because we do have a pretty active sex life compared to a lot of couples. Maybe I sound selfish, but I think I'm a pretty good lover and really spend time to make her feel good, and I don't think she realizes how awesome it would make me feel if she would just focus on me for a while.”

“Two words: No lube.”

“She says her arm gets tired after two minutes and stops. Then I have to get in there and finish myself off, and we both feel like losers.”

“She just seems bored by the whole thing. She acts like she'd rather be scrubbing trash cans.”

“She used to be pretty good actually. When we were dating it was something she would do. I mean, she gave me a handjob in the bathroom at a party once, and it was SO hot and we had AMAZING sex later that night. Now it just doesn't happen much, if at all. Maybe it's my fault? Maybe I'm not giving her enough of what she needs?”

“She says she doesn't want to do it because she's bad at it. Doesn't seem to want to learn, either, so I just jerk off and watch porn. Easier.”

“You know, she's actually REALLY good and I love it when she does it, but I'm one of those guys that just cannot come from somebody else
jerking me off, but when I reach down to 'finish the job' she gets pouty and thinks I'm not enjoying what she's doing. I tried explaining but . . . well . . . women, right?"

. . . And a bunch more.

OK, let's break this down.

According to our guys, the vast majority of women are AWFUL at giving handjobs because of:

- No enthusiasm / treating it like a chore.
- Treating HIS cock like EVERY cock. (Ladies, what if your man treated your vagina like it was “just another vagina?” What if he touched you, went down on you, or made love to you the exact same way he’s done it with every other woman he’s been with? Would you feel “special?” Would you feel connected and “tuned in” with him? Or would you feel like another wet spot on a mattress?)

Just like women, every man is different, but as you’ll see, certain principles and tricks ALWAYS apply, and I’ll show you how to learn a lot from your guy.

- Only giving him a handjob as a prelude to sex. (Here’s a guy actually ASKING for foreplay and not getting it.) Think about “Bob” from my earlier story. He ONLY wanted hand jobs from this particular girl. Not just because she was good at it, but she LOVED doing it! It brought her enjoyment, so he felt good giving her what she wanted!

NOTE: I didn’t mention earlier, that Bob gave me the sticky details on what he did for that sign language interpreter to make her equally, ecstatically, erotically happy! (Maybe that should be its own guide!)

- Lack of endurance/giving up too soon. (You do, in fact, have to have certain muscles in shape in order to do this, especially if your guy takes a while to release. An awesome handjob is a bit of a workout – good for your relationship AND it tones your arms! Win-win!)

So, knowing all of that . . .

If he’s not actually ENJOYING the handjob you’re giving him, why doesn’t he just SAY something?

Bob was one of my survey participants. And his “current” girlfriend? Well, she’s not so good at giving “handys.”

“Bob, why don’t you just say something to her about it? Tell her how much a good handjob would mean to you?” I asked.

Bob’s answer?
“Seriously? She’ll think I’m comparing her to the other women I’ve been
with. She thinks she’s good at giving handjobs. I don’t want to hurt her
feelings. It’s just not worth all the hurt feelings and tears.”

He thought for a minute. “My God, if I say something, she’ll get pissed,
and she’ll cut me off from all affection and sex for weeks! Seriously, I
don’t want to rock the boat.”

What do you notice here? Of course Bob’s worried about backlash and
sexual repercussions. But his FIRST concern is about how this bad
news will make his girlfriend feel. Even a man who loves, worships, and
adores his girlfriend the way Bob does can still be sexually unsatisfied in
some areas. Men know most women have VERY low self-esteem around
their sexual abilities and their ability to make their man feel good. Lots
of women get frustrated because handjobs should be “easy.” Think about
the name: “handjob.” How hard could it be? And then the first time
they try it, well, you know.

Just like the relationship itself, keeping sex interesting and exciting can
require effort from both of you.

The good news is, giving a good handjob doesn’t have to feel like effort
or a “job.”

“Before I learned how to give a handjob, I felt like the only two
things in my bag of tricks were sex and blow jobs. And there’s
plenty of times I just don’t feel like having sex. When I perform
oral sex I feel subservient and slutty – just weird. But once I
learned some basic handjob techniques, I realized I could feel
‘in control’ of the situation. It’s a very powerful feeling. I’m
almost addicted. Oh, and my husband likes it too.”
Marina, 41, Dayton, Ohio

“I have to laugh a little when I think about my handjobs ‘before’
leaving good technique. I mean, I just felt awkward and never
thought I was doing it right. I just wanted to get it over with
and felt like I was racing a clock. Now, when I’m in a new
relationship, I can keep things hot without going all the way too
early. I really feel like I have the ‘upper hand’ sexually.”
Tara, 35, San Diego, California

“If there was a Handjob Olympics, I’d score a 9.9. Thank you!”
Bertha, 62, Abilene, Kansas

So now that you’ve seen what’s waiting for you, let’s get our grubby little
hands on lesson #2, shall we?
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Module 2: Why You Should WANT to Give the Ultimate Handjob

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Module 2: Why You Should WANT to Give the Ultimate Handjob

Okay, you're here. You're reading this. I know you WANT TO KNOW how to do this.

You want to become a “Handjob Mistress” using the techniques I’m going to teach you because:

1. **It adds spontaneity, thrill, danger, and fun to your sex life.** Once you learn the “Rules,” you’ll be able to get your guy off – fast or slow, hard or subtle – or just get him all worked up and yearning for you but not quite push him over the edge, as easily as you type a text message on your phone.

And you can do it (at least a little) just about ANYWHERE without messing up your makeup.

2. **It creates a deeper bond with your man and is one more way to draw all his erotic attention where it belongs: to YOU.** What my friend Bob said? It’s been TEN YEARS, and he’s still thinking about that one woman.

When you have mastered the art of handjobs, you have the power to literally wipe his memory clean of other women.

You should already know this, but it’s important to repeat: sex doesn’t make a guy fall in love with you, but it does REINFORCE how he already feels about you.

There’s that old adage that says that women need to feel connected to have sex and men need to have sex to feel connected, and scientifically, when you look at the brain chemistry of the two sexes, that’s 100% true.

Even the most gifted scientists in the world don’t fully understand the human brain. It’s packed with neurons, pathways, hormones, chemicals, and all kinds of goo. It’s so complicated; scientists have barely scratched the surface.

**Dopamine**

Dopamine is a neurochemical released when the body performs certain activities. Dopamine is tied to just about anything pleasurable: love,
WHY YOU SHOULD WANT TO GIVE THE ULTIMATE HANDJOB

lust, desire, sex, food, etc. Dopamine plays a factor in “bad” pleasure too – stuff like drugs, gambling, alcohol, and other addictions. (But we’re not going to focus on the Debbie Downer side of dopamine.)

Dopamine squirts a reward signal to the brain, which result in glorious, ecstatic, euphoric feelings.

Let’s pretend you go on a game show, like “The Price Is Right.” They call YOUR NAME to the stage. The potential prize is a NEW CAR! (There’s always a new car, isn’t there?) Now, imagine you play the game, and win, and you get the NEW CAR! Then imagine you get to hug and celebrate with those new luscious male models they have on the show now.

And then after the show, one of those male models took you out for drinks, and you end up making mad, passionate love in the back of your NEW CAR! You have orgasm after orgasm, until you’re limp and exhausted, the seats on your NEW CAR are sticky and need to be replaced, and it’s time to fly back to Omaha (or wherever).

When all this good stuff happens, your brain sprays dopamine like a fire hose. You’d probably be walking on clouds for days, right? THAT is what dopamine is all about.

Dopamine gets activated by doing something pleasurable, like having sex, drinking, or eating chocolate. It’s also released by just seeing (or hearing) triggers because the brain learns to predict the pleasurable activity and reward.

Oxytocin

When people fall in love, dopamine levels shoot up. Generally, when you fall in love, you have more sex, which can raise your dopamine levels significantly. But only for a little while. After orgasm, your dopamine levels drop. Then “oxytocin” comes into play. Oxytocin is called the “cuddle hormone,” and its job is to create emotional bonds between people.

Oxytocin runs higher in women than men, because mothers need to bond with their infants to care for them. The good part (or bad part, depending on how you look at it) about oxytocin disparity, is that women tend to get more emotionally bonded to a man we’ve had sex with than a man would get bonded to us. (Hey, thanks, Darwin!)

These two chemicals work in tandem and ideally balance each other out so that people fall in love, enjoy sex, and also develop a connection to each other.
WHY YOU SHOULD WANT TO GIVE THE ULTIMATE HANDJOB

But as time passes by, without a conscious effort to keep your sex life spicy and interesting, sex can become predictable, stale, and less enjoyable. That’s one of the reasons you’re here, right? To bring some more passion into the relationship, right? To get that dopamine squirting all over his brain, to the point he equates you – and only you – with immense levels of excitement and sexual pleasure?

Whew, sorry, time to put away the lab coats, beakers, and clipboards. Science time is over (for now). Now we’re back for the third reason: why should you want to learn how to give the ULTIMATE Handjob?

3. Speaking of dopamine and oxytocin, these two hormones do WONDERS for a man’s self-esteem. When his brain takes a bath in these chemicals, he is emboldened with confidence and swagger.

Want to give your man a “boost” of confidence before he goes to the office to give that killer client presentation? Or make him feel like a beast that can “wow” them at an important interview? Give him a hero of a handy before he walks out the door, and he’s almost guaranteed to close the deal. YAY for handies!

4. It gives you an amazing pleasure option when you’re not able to or not interested in “having sex.” Kids are screaming. Aunt Flo is visiting. Maybe you just had a baby and it’s too early for him to get inside you. You have to get up early. You haven’t taken a shower (or HE hasn’t taken a shower, so there’s no way you’re giving him a blow job).

“Frisky? Now? The kids are going to be home in ten minutes! Okay, come here. I want to do something for you now. You’re going to return the favor tonight!”

OR

How about those holidays when you’re staying with family (gasp – the in-laws!), and it just feels weird doing the down-and-dirty-tango in the guest room or the bedroom you grew up in. You can let your man know, “Hey, it’s a little weird trying to have sex with the princess and unicorn mural over there staring at me, and my parents are upstairs in the room directly over us, but I still want to make tonight special for you. Take off your damn pants!”

A confident handjob option is like having an “orgasm gun” in your back pocket and the ability to give your guy a RUSH of dopamine and oxytocin WHENEVER YOU WANT.

5. Having this kind of power at the tip of your fingers (and palms) is great for YOUR self-esteem, too. Seriously! When I learned this stuff, my sexual self-esteem shot through the roof!

And my boyfriend was in CRAZY LUST-MODE for me just because of the way I touched his cock.
6. **It's great for the getting-to-know-you stages.** If you're dating someone new and you're trying to not go “all the way” for a little while, but you also want to keep him satisfied and intensely interested, stopping mid-make out (while your loins are burning and yearning), putting a coy look on your face, and saying, “I'm not going to fuck you, but...” and then going all Stroke of Genius on him is INSANELY FUN.

He'll be thinking, “If she can do that to me with JUST her hands, what's it going to be like when I finally get the rest of her?”

Okay, you’re sold.

One more section to go before we get to the nitty-gritty of the technique.

You might wonder, how do I deal with his come?

I mean, come is the byproduct of this whole experience, isn't it? If you want to do the Handjob Exercise, you're going to come into contact with come.

Hand-to-come contact is completely harmless. Now, it is possible to get shot in the eye with an errant squirt, which really f**king burns (or so I've heard...from a close friend...who shall remain nameless.)

I'll go into the “come” issue more in a bit more depth shortly.

For now, let’s move on to Module 3, and let’s talk about the penis and lube...

Warning: do not skip this section!
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The Ultimate Handjob Handbook

A Special Instructional Report
by Cassidy Lyon with insight from Michael Fiore

Module 3: Penis 101

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Module 3: Penis 101

Let’s break this marvelous member down a bit.

- The glans is the head or “helmet” of the penis. It’s the most sensitive part of a man’s cock by far, and is basically just a giant, overgrown version of the female clitoris. His glans actually has the same number of nerve endings as you have in your clitoris. Of course, your clitoris is a lot smaller than the head of a man’s penis, which is why the clitoris is so INCREDIBLY sensitive.

- The corona is the ridge at the bottom of the penis. The underside of the corona responds extremely well to a deft finger.

- The shaft is the rest of the erect penis from right under the ridge of the glans all the way to his pelvic bone.

  The shaft generally isn’t as sensitive as the glans and corona, though the underside of the shaft responds to a light touch or gentle teasing with a fingernail. You can also stroke JUST the shaft to tease your guy or to let off the gas pedal if you think he’s getting too close to orgasm too soon.

- The foreskin is the loose “raincoat” that covers and protects the sensitive glans. (Circumcision is the removal of the foreskin. I’ll get more into circumcised versus uncircumcised penises and how it affects your handjob technique below.)

- The frenulum is the little strip of soft and sensitive skin that connects the glans to the foreskin. For most men the frenulum is VERY sensitive and responds wonderfully to light touch.

- The testicles and balls (aka los testiculos, aka bolas, aka cojones) are the workhorse of the male reproductive system. It’s where sperm and testosterone are produced. For this reason alone, they deserve plenty of love and attention. They’re extremely sensitive to the touch, and (most) men love having their balls tickled, licked, teased, played with, or simply stared upon with fascination.

  The only other parts of the penis we have to talk about here are the parts you can’t see.

  The penis is an “attached” organ, but it actually continues inside the body.

- The prostate gland produces all of the main components of semen outside the actual sperm. It is located at the base of the urethra, connected to the ejaculation ducts. Massaging the prostate is quite pleasurable for him.
The point underneath the penis (basically where it enters the body) is called the “bulb.” It’s basically the whole area from the penis to his anus.

A note on lube, foreskin, and doctors with knives

Circumcision is the act of removing most (or all) of the foreskin from the penis.

It used to be that almost all guys in the US got circumcised, while guys in Europe and some other nations didn’t. Circumcision rates in the US have dropped a LOT in the last thirty years, though, and many women are having their first encounters with “the raincoat.”

Some people say it helps prevent STDs, some people call it institutionalized genital mutilation, some say you can’t get into heaven if you have a foreskin, and some guys spend their whole lives wishing they had their foreskin back, feeling exposed without it and even going to Herculean lengths to stretch whatever skin they still have left up and over the glans (seriously).

I’m not here to get on a soapbox about circumcision one way or the other, but it matters if he has one or not when we talk about handjobs.

Your guy is going to fall into one of three categories:

1. Uncircumcised:

   If a guy is uncircumcised it means two things for our purposes:
   - You could (possibly, potentially) successfully stroke his dick without lube just by using foreskin, though it’s not likely.
   - His glans may be more sensitive than on an uncircumcised man (since the head of the penis is protected when it’s not erect). Be a bit careful at first.

2. “Loosely” circumcised:

   A “loosely” circumcised guy had a circumcision performed, probably when he was just a few days old, but the doctor who did the procedure was kind enough to leave some skin.

   “Loosely” circumcised guys probably can’t pull the remnants of their foreskin all the way over the glans when erect, and the glans is still exposed to the world when he’s flaccid, but he has skin left to be
able to masturbate or receive a handjob without massive amounts of lube.

3. “Tightly” circumcised:

A “tightly” circumcised man has no remaining foreskin at all. He’s out in the cold without his coat. When a “tightly” circumcised man is erect, there’s no loose skin of any kind. It’s downright cruel to stroke a “tightly” circumcised man’s penis without lubrication (natural or otherwise).

Some men are actually TOO tightly circumcised, which means they have less skin left than they have penis to fill it. These men can actually experience pain when erect as the skin stretches. We just feel bad for them. (Let’s have a moment of silence, for those men and their penises, shall we?)

For circumcised guys you just need to know:

• The glans MAY be less sensitive overall than uncircumcised guys. Why? Because without foreskin to protect it, the glans is constantly exposed to the world and rubs up against things like underwear or out-of-place walls. All that extra exposure can cause keratin (tough skin) to build up on the glans, making it less sensitive. Quite a few older circumcised men complain about having less sensitive penises, and this may be why.

• While, strictly speaking, many loosely circumcised guys CAN be stroked to orgasm without lube, it’s really not a great idea.

• As some men get older, their cocks can become “keratinized,” especially if he’s circumcised, which causes his glans to lose sensitivity. While we don’t need get into the full WebMd breakdown of keratinization, understand it’s very much like a callous.

If your man suffers from keratinization, you can apply a little shea butter on it daily. This should ease the keratinization and restore sensitivity over time. You can even make a little game or ritual out of it. “Honey, let’s get your cock back in working order, shall we?” Just imagine how eternally grateful he’ll be to the woman who fixed his dick.

Noteworthy: Some men have strong feelings about their circumcision. It’s probably the first major decision parents make for their newborn son. Many men feel angry that they didn’t have a role in this critical, permanent decision. Before you make comments about any extra foreskin – or lack thereof – make sure you have an idea about how he feels about this emotionally (and physically) sensitive issue.
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Module 3: Lube 101

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Module 3: Lube 101

No matter what kind of guy you’ve got, when it comes to giving an incredible handjob, generous amounts of lube and a good “hand” towel are your absolute best friends. You’ll also want a regular sized towel to lie under his body, because otherwise somebody is going to have to sleep on that wet spot. (You dig?)

I really can’t stress this enough. For 99.9% of men, the more lubed-up your hands are, the more he’s going to enjoy the experience. Wetter is better! Lube is important. You must have lube handy when giving a “handy” (if you’re interested in doing it right, and that’s why you’re here, isn’t it?).

There’s a tremendous variety of lube on the market, and it’s really totally up to you what brand you use. You can find a good bottle of lube tastefully packaged in the “feminine care” aisle of any drug store. Keep one in your bedside table.

Psst: Some brands also have easy little “single applicator” tubes or packets, which you can easily carry in your purse. These are “handy” for the “on-the-go handy!”

Water-based lubricants

Just like it sounds, the first ingredient is usually water. Water-based lubes are adequate for handjobs, but you might need to reapply frequently, depending on how long he lasts. Make sure you have a good amount “handy.”

Some people think it leaves a bit of a sticky residue, so your man will probably want to shower off afterwards (but he was probably going to do that anyway, right?).

Silicone-based lubricants

Most users find silicone-based lube is highly “slicky,” with very little “sticky,” making it great for handjobs. Plus, it’s the “go-to” lubricant for gay men, which should tell you a little something (it’s good.) Some top brands include Gun Oil, Spunk, and Astroglide. Silicone-based lube is latex, condom, and sex-toy friendly, so it’s a good all-purpose lube.
Oil-based lubricants

You might be tempted to shy away from oil-based lube, because it’s not “condom friendly.” But if you’re only using the lubricant for handjobs, give oil-based lube a try. Some say it requires a little more “elbow grease,” and you might need to reapply every five to ten minutes.

We’ve done all our prep work and research – time to graduate. (Cue graduation music!)

In the next module, find out what you can learn from your guy’s masturbation ritual. (Really!)
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Module 4: What You Can Learn from a Guy’s Masturbation Ritual

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Module 4: What You Can Learn From a Guy’s Masturbation Ritual

First things first:
All guys masturbate.
All of them.

(And all women SHOULD masturbate. Knowing how to make love to yourself is key to being able to be a great lover with someone else, and being able to teach your man exactly how you need to be touched is also important.)

Here’s a quote from one guy I interviewed:

“So many women seem to think the orgasm is the whole point to a guy, but, seriously, I’m forty-two years old and have been masturbating since I was fourteen. I know having an orgasm is hard for a lot of women, but as a guy I can have an orgasm ANY TIME I WANT in about two MINUTES behind a closed door. Heck, I’ve even done it at the office just as a quick stress reliever. Nobody knows more about getting ME off than ME. I mean, I’ve got DECADES of experience doing it.

I also know some guys RUSH to get off with a woman as quickly as they can, but that’s never made a lick of sense to me. Getting off is easy. It’s the JOURNEY to getting off that’s fun. It’s the JOURNEY to getting off that’s the best part of sex.”

Okay, that sounds like a man who’d be a pretty great lover: a guy who takes his time.

But he also makes a really important point: every man is the absolute master of getting himself off.

**Male sexuality**

Men learn about masturbation at a very young age. Depending on your man’s age, he might have learned about masturbation from old-school soft-core porn, magazines, steamy late night HBO videos, or straight up late night Skinemax.
Now, with the popularity of internet porn, there are no limits to what young men can find online, and what turns them on. The age that men start masturbating is usually around the time their “love map” and “sexual fetishes” are imprinted.

**A few quick facts about male masturbation...**

1. The vast majority of guys start masturbating before they even know what masturbating is. If you have sons, you already know how early they start touching their “private parts” (and how inappropriately!).

   You might even know someone who has an ultrasound of their in-utero little man-baby holding his little weanus. Because it feels good? Because it’s something to grab onto? Who knows! You can make your own decision on that one.

2. Guys start having “ejaculatory” orgasms during puberty. They figure out how to engineer these orgasms pretty damned quickly, all on their own and without anybody teaching them. And yes, as a mom, this terrifies me.

3. How often guys masturbate varies wildly. Some guys are once-a-week types and other are three-or-four-times-a-day types.

4. Men don’t actually use masturbation as a replacement for sex. In the minds of most men, masturbation and “partnered” sex are as different as apples and prime rib.

   Logan Levkoff, PhD a sexologist and sex educator, says:

   “The most damaging myth about male masturbation is that it’s a sign something is wrong in your relationship. The fact is that most guys masturbate. They masturbate if they’re single, in a bad relationship, or in a great relationship. It’s just something they do that has nothing to do with their partners. Masturbation isn’t only about sex,. For many, it’s a routine way of relieving stress, getting ready for work, or going to sleep.”

5. His masturbation CAN have an impact on your sex life in one HUGE way. With all that said, after years (and decades) or experience, a lot of men fall into habits and rituals around masturbating and develop specific grips, levels of pressure, and methods for getting themselves off. (Sort of like how some women, after using the same
vibrator for so long, can only orgasm with that vibrator at that exact speed.)

Now, I'm NOT saying that you should stroke him the exact same way he strokes himself (you shouldn't).

But trying to be great at giving a handjob to a guy without knowing how he gives a handjob to himself is like trying to tie your shoelaces with your tongue: not easy.
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Module 4: Serious and Sexy Research Project
Number 1: The Internet

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Module 4: Serious And Sexy Research Project
Number 1 – The Internet

Like I said, all guys are different and all guys are the same. The first thing you need to do is see what “solo sex” for a guy is really all about...and if the guys you watch just happens to be absolute beefcake gorgeous, all the better.

See, we live in a magical time with a thing called “the internet.” And on the internet, you can find anything you want to see (and many more things you DO NOT want to see, but we’re going to avoid the not fun parts).

Here’s what I want you to do next time you're alone with your laptop, where nobody else can see your screen:

(I know I’m going to get blowback from this one. Read what I have to say here, and then after that I promise I’ll answer the RAGING OBJECTION in your head.)

1. Go to one of the popular porn sites like Pornhub, Youporn, Redtube, or whatever else you want to use. You can also just use Google, but make sure any “adult content” safety restrictions are off.

2. Search for “Solo Male” or “ManoJob.” Those are the magic phrases to finding what we’re looking for here. You’ll be presented with a veritable cornucopia of strong-jawed guys, so...

3. Pick a video with a guy you don’t mind looking at and watch it.

Okay, yes. I am telling you to go watch porn. It’s pretty timid as far as porn goes, but I know you may think porn is evil or destroys relationships, or that your man is addicted to porn—maybe he is—but the fact is that porn exists and this is valuable research for you becoming a sex ninja. And it’s going to be fun. If you’re still not sure, here are some key points to help you on the issue of porn.

- Most sexual psychologists agree that watching pornography is a healthy part of most men’s sexual development.
- Most men who watch porn don’t become “addicted.”
- Men's brains are wired for easy arousal.
- According to general surveys, 70% of men and 30% of women watch porn.
Many women in sexually satisfying relationships watch pornography with men and say it helps sex life and intimacy. It’s not important whether you get turned on or not while you’re watching, but it IS important that you pay attention. And if you DO get turned on, take notes on exactly what you found arousing about that particular scene.

Women in pornos tend to look enthusiastic and eager to please. Women in pornos never complain about their arms hurting from giving a handjob or their jaw getting sore from giving blowjobs. We’ll talk about this a little bit later...

To a certain degree, the guy you’re watching is putting on a performance, and in general the camera angles are all chosen for hyper-visual gay men (so be prepared for lots of pec and butt shots and an obsession with the cock most women simply don’t have. Though if you do, that’s a nice win for everybody).

But watch how the guy on screen touches himself. Take notes.

Does he establish one tempo and keep it the whole time?

Does he switch his grip and angle, or is it pretty consistent?

Does he touch himself in other places at all or is it all about his cock?

What about his balls? Does he tug on them? Does he touch them at all, or does he ignore them?

Does he pinch or rub his nipples? Bite his lips?

When he’s heading towards the “big finish,” what does he do?

Is he lying down? Is he standing up? Some guys like one or the other, or alternate between standing, sitting, and lying down. Many men NEED one specific position to be able to achieve orgasm.

You’ll probably notice that as he gets closer to his orgasm, his chest muscles flex in a manly way, his back arches, his muscles tense, and he speeds up, coming almost to a gallop before he finally has his orgasm.

You might also notice that he closes his eyes as he gets closer to the edge.

This doesn’t necessarily mean he’s drifting away or thinking about something (although guys tell me they pretty much always fantasize when they masturbate, since that’s what they’ve been doing for so long). It shows that he’s concentrating on the sensations he’s giving himself as he builds to his ejaculation.
After he “finishes,” look closely at how relaxed his body is. A lot of guys get this totally unconscious smile on their faces as the dopamine flushes through their brains and makes all their muscles get as loose and pliable as spaghetti.

4. If that wasn’t TOO traumatic, find another guy to watch (or even the same guy in a different video). Observe again. Ask all the same questions.

Do you see any commonality from guy to guy? I bet you do!

You might wonder, “Cassidy, what if my guy catches me watching PORN?”

I promise you, he will NOT be upset. Most guys dream of being with a woman who watches porn. He’ll think he’s won the lottery (though he might be disappointed if you never watch again).

Once you’ve looked at a few guys and gotten your observations, it’s time to move on to Serious and Sexy Research Project Number 2!
Stroke of Genius: The Ultimate Handjob Handbook

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by Cassidy Lyon with insight from Michael Fiore

Module 4: Serious and Sexy Research Project
Number 2: Watch Your Man Pleasure Himself

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Yeah, umm... this is kind of hot for everybody involved. And, actually, I hadn't thought of including this project, but Mike insisted. And he makes an excellent point: you can't REALLY know how to take control of a man's orgasm unless you know how he touches HIMSELF.

Every guy is just a LITTLE BIT different at how he touches himself and what kind of technique he uses to get himself off.

So how do you get your guy to masturbate for you?

You ask him.

You say to your guy, in a slightly husky voice and with a gleam in your eye, “I want to watch you jerk off.”

Then get a little giggle of glee and a smile as you see the wonderfully shocked look on his face.

(If you don’t like “jerk off,” you can replace it with “masturbate” or “give yourself an orgasm.”)

WHEN do you say this to your man?

That’s up to you.

You could do it at dinner (just not when he’s trying to drink something, unless you want it all over your dress).

You could do it if you walk in on him watching porn. (He'll probably try to cover up what he's doing, especially if you're against porn. But if you say, “No, keep going. I just want to watch you,” you'll be happily surprised at the results.)

You could do it when the two of you have been rolling around a little, making out. At the point when he thinks things are going to “the next level,” push him away (gently, sexily), look him in the eye, and say, “I want to watch you jerk off,” or “I want to watch you make yourself come,” or whatever other variation you like.

You could even just walk up to him while he's reading a book or playing a videogame around the house on a lazy Sunday and whisper it in his ear.
Try surprising him by hopping in the shower with him, or mention it offhandedly while he’s driving (just be ready for him to slam on the brakes!).

No matter WHEN you ask him, unless he’s REALLY disconnected from you, you’re going to get his attention.

What if he freezes and asks you why? Just smile and say, “Because I want to. I think it’ll be hot to watch you masturbate and get yourself off.”

And then maybe bite your lip a little. Or twirl your hair.

If you need to, follow up with, “You do this for me, and I’ll do something very special for you.” If he asks what, say, “Nope. Do this for me first and then you’ll get your surprise.”

What to do if he says “no”

Though not likely, it’s possible your man will say “no” to your proposition. It’s important to remember, that “No” doesn’t mean “No, never.” It probably just means “No, for now.” Maybe it’s a matter of timing, just too much going on in his head right now. There could be something happening at work or he could be worried about someone in his family. You don’t know until you ask.

If he says, “No,” you still have an opening to deepen your intimacy – and that’s really what you’re trying to accomplish here, isn’t it?

Ask him what’s going on. Just let him talk. Sometimes simply talking about what’s bothering him can lift a huge weight off his shoulders.

Will he want to start masturbating for you immediately? Probably not, but opening up a conversation can help relieve his stress. He will DEFINITELY ask about your motivation to watch him masturbate. Again, this is your chance to emphasize how important his happiness is to you, and strengthen your connection.

It’s a good time to find out if it’s something he would be open to doing in the future. “Baby, I think this would make you feel good, and I really want to do it for you. Maybe right now isn’t a good time, but would you consider it when the timing is better?”

If he still gives you “pushback” here, then he might be carrying some shame or baggage about masturbation. You’ve heard those stories about little boys and teenagers getting punished or teased for masturbating? Well, it really DOES happen, and it can scar a man emotionally and sexually for life.

Just remember, “No” doesn’t necessarily mean “No, never.”
You should (hopefully) get a “yes” eventually. And when you do...well, check out the next module, “Masturbation Ritual Observation,” to find out!”
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Module 4: Masturbation
Ritual Observation

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Module 4: Masturbation Ritual Observation

Okay, here we go! Remember in college when you were assigned a research project, and you thought, “Ooooh Gaaaaawd, I hate research projects!” Well, that’s not the case with this assignment. This is probably the most exciting, interesting, and arousing research assignment you’ll ever have in your life!

This worksheet was designed to make sure you observe various aspects of your man’s masturbation technique. You want to pay attention to his cock, naturally, but also observe what’s going on with the rest of his body.

If you find your husband or boyfriend or lover (or that special “friend” you asked to do this for you) attractive, this may get you pretty turned on.

But remember: THIS IS RESEARCH!

We are doing SERIOUS RESEARCH! ;)

Warning: most guys find this super-duper hot.

Seriously, guys in general don’t feel lusted after and visually appreciated by women.

Your little research project is going to teach you a LOT about your guy, AND it’s going to blow his mind and be great for your sex life in general.

But before we get to the worksheet you’re going to have to lay down some ground rules:

1. **You should keep your clothes on.** He may ask you to take a few things off for “inspiration,” and if you REALLY want to that’s OK, but I don’t want this to become about you performing for him (you can do that later). You’ll muck up the data if you get too involved. As much as possible, make this something close to what he does and how he touches himself when he’s alone.

2. **You don’t touch him AT ALL.** No kissing. No tracing a finger along his side. No running a tongue across his nipple. Stay at least five feet away from him so that you’re not tempted and he can’t reach you. (Touching and kissing your guy while he gets himself off is also super hot and fun, but again, this is RESEARCH.)

3. **If he makes eye contact with you, hold it.** But if he closes his eyes, don’t freak out.
Most guys have EXTREMELY active sexual imaginations that fuel their masturbatory fantasies. They’ve trained themselves to fantasize while masturbating. It’s become automatic for them. “I touch my dick and the pictures start in my head,” one guy I surveyed said. There’s no point in trying to interrupt it or take it personally. He might even be fantasizing about YOU, even though you’re right there.

I did this with my boyfriend (as part of SERIOUS RESEARCH, obviously) and afterwards I asked him what he was fantasizing about. He went into details I’m not at liberty to share here, but I was delighted to find that I was part of the “scene” in his head.

4. **Stay a quiet observer.** Make mental (or otherwise) notes.

Actually, if he trusts you and you want to, you could even take a video of him doing this, which will add another level of wonder to the whole thing.

### Masturbation ritual observation checklist

**How does he get started observations**

- Does he start off sitting or standing?
- Does he prefer a certain room in the house?
- Does he set the scene with any kind of music?
- Does he watch porn? What kind of porn?

**Physical observations**

- What sort of stroke does he start with? Does he start slow and build up or does he just GO for it?
- Does he focus on the shaft?
- Does he focus on the head?
- How firmly is he gripping himself?
- Is he using his whole hand or just a few fingers and his thumb? (He probably uses his dominant hand, leaving his other hand free. What does he do with it?)
- What do his feet do? Are they still? Do they move?
- What about his leg muscles? Flexing or loose?
Do the muscles in his stomach flex?

Is his jaw tense or loose?

Does he touch other parts of his body?

Does he touch his balls or pull gently down on them?

Do his nipples get hard? Does he touch them?

The big finish observations

As he gets closer and closer, really pay attention to what muscles in his body TENSE. Almost all guys start tensing as they get closer to the edge. Chest, thighs, stomach, neck, back, arms, feet, (and my favorite) butt cheeks (it's just so CUTE!!)

Does he breathe heavier when he gets close to climax?

Does he make noise, or say anything?

Does he try to involve you in keeping him stimulated with eye contact or dirty talk?

When he comes is he loud and expressive, or is it "non-eventful?"

Does he just lie there, or does he immediately clean up his cum?

If he doesn't go there on his own, tell him to come for you.

Notice I said TELL him, not ASK him.

Sometimes when doing this research project, a guy will hold back his orgasm because he (understandably) thinks it's all an insanely-hot prelude to mind-bendingly-awesome sex, and it might become that in the future, but right now, you want to OBSERVE him all the way through the experience.

Here are some phrases you can say to help him come:

*Come for me, baby.*

*I want to watch you come.*

*Get it, baby.*

And then watch closely, asking yourself all the same questions about how he acts and reacts.

**Post-orgasm**

This can be the end of your little research project, or you can take advantage of his post-orgasmic vulnerability.
Men are never more open and relaxed than right after an orgasm, and this could be your sneaky chance to find out more about who he is as a sexual being.

So if you want to go on a little advanced adventure, here's what you do.

1. **Get a towel, some paper towels, wet wipes, or whatever, to get him cleaned up.** This is mostly for your benefit, but it also reestablishes a physical connection between you two after you (sexily) took that away. If he's lying there, basking a bit, and feels a warm towel on his stomach, that's a great way to bring him back to reality, especially when all his senses are still in that state of blissful arousal.

2. **Once you've “destroyed the evidence,” lie down next to him and gently run your hand up and down his chest, arms, sides, back, etc.** Do not touch his penis. It's probably overly sensitive, and the last thing you want to do is get him turned on and ready again. That will ruin the rest of “the plan.” (Taps fingers and grins, evilly.)

3. **Thank him.** He did do what you said, after all. Acknowledge that with something as simple as “Thanks. That was incredibly hot to watch,” followed by a deeply passionate, tender kiss.

4. **Praise him.** Follow up with something like “You're so damned sexy,” and then get a little more detailed. Tell him your favorite part. “I loved how your pecs flexed when you were just about to come,” or whatever. Be honest. What did you like about what you saw?

5. **AFTER you've praised him and told him how much YOU enjoyed the experience (which will make him feel like a rock star of a man), you can ask him some questions about what you saw him do.** Just take your observations and what you picked up on and make them into comments and questions.

While you're lying there all intimate, say something like:

“Do you always touch your balls like that when you masturbate? You seemed to really like it.”

“I never knew you liked having your nipples touched like that.”

“I liked how you started off really slow and then at the end you closed your eyes and were just going for it. Do you remember what you were thinking about right then?”

He might not answer everything, but what he DOES answer will give you fantastic insight.

One of the reasons for watching porn before this exercise is to prepare yourself for these “unexpected factors.”
The really fun part here is that you'll probably be asking him about things he's not even consciously aware of himself.

For a lot of men, their masturbation ritual isn't something they think about anymore. It's totally automatic, like walking or typing or anything else he's mastered over years and years.

He probably has NO IDEA that his feet turn little circles when he's really enjoying himself, or that he lets out a delicious groan right near the end, and he might be completely unaware that his butt cheeks clench while he's coming.

This is important: Whatever you do, DO NOT criticize him in any way and DO NOT take this as an opportunity to feel hurt if he does things differently than you've done them to him.

I shouldn't have to say this, really, but If you see your man do something that "surprises" you, do NOT react with disgust or awkward laughter. This could really bruise his ego, and possibly permanently damage your relationship. If he rubs his nipples or puts a finger in his ass, it's because it feels good. You're not here to judge. You're observing.

And then what?

That's really up to you.

You've built up a ton of intimacy with your man doing this little research project, so if you want to act on that in some way, I'm sure not going to tell you not to.

In some cases, your guy might turn the tables and ask you to masturbate for him. If you're up for it and have time, you should. It'll bring you both even closer.

If that's not something you're up for, say, "Not today. This was about you."

But later on, when you're alone, I recommend you write what you observed in as much detail as possible. Not because you need a "reference guide," but because writing these observations down—either on a computer (you should probably password-protect it) or with an old-fashioned pen and paper—will burn into your mind how he pleasures himself.

And once you've got that information internalized...well, that's when you get super powers.

Note about rituals: For most men, a "masturbation ritual" isn't a big built up, formal thing with mood music and aromatic candles, like in the masturbation scene from "The Forty-Year-Old Virgin." So don't be surprised if your man just starts "going to town" immediately after you ask. It goes without saying, but don't be surprised by anything either.
One woman's notes (an example)

Jeff was surprised by the handjob discussion, but he seemed pretty excited by the whole thing. He practically dragged me into the bedroom and wanted to get started immediately. He started off kissing me, sort of making out. Then he turned on some music (Nine Inch Nails to be exact) and took off his pants. He reached into the nightstand and pulled out some lube, and slicked up his whole cock.

He started off kind of playing with the tip, swirled around the tip a bit. Then he used his right hand, and gripped his hard cock. (I was actually getting horny watching the whole thing.)

He just stared at me real sexy while he was doing it. He varied between fast and slow, and there wasn’t a whole lot of “creativity” to it, I guess. But he was really into it. He played with his nipples some.

I wondered why he didn’t mess with his balls any since I’ve heard they’re really sensitive. So when he got close to coming, he pulled me close and started kissing me, really passionately. He made this huge groan when he came. Some of it got on me. I didn’t mind, which is weird, cause before reading Stroke of Genius I would’ve been pretty grossed out.

I said, “Wow babe, that was incredible.” Then I asked him some questions.

Note: if that’s too much for you, use short bullet points:

- Used a LOT of lube right from the beginning
- He probably didn’t notice, but his left hand was circling his belly.
- Right before orgasm, EVERYTHING tensed up – from his toes all the way up to his head.
- Held his balls with his left hand and pulled a little right before he came
- Used short little strokes for a while, just from the base to just below the ridge, like he was teasing himself
- Seemed to REALLY enjoy stroking slowly over his glans while making eye contact with me
- Pulled foreskin down; head of dick seemed VERY sensitive
- Can’t get over how cute he is when those butt cheeks tighten up!
Stroke of Genius:  
The Ultimate Handjob Handbook
A Special Instructional Report  
by Cassidy Lyon with insight from Michael Fiore

Module 5: The Ultimate Handjob Timeline

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Module 5: The Ultimate Handjob Timeline

Excited?
You should be.
I mean, seriously, if you did the Serious Research I told you to and didn't get at least a LITTLE excited, one of us is doing something extremely wrong. M
Okay, it's time to get down to the nitty-gritty and teach you how to make your man PUTTY in your newly super-powered hands.
Why do I call this the “Stroke of Genius” technique?
Because once you learn what I'm about to teach you over the next few pages, you're going to know how to give your man more pleasure with just your hands (and inspire him to give YOU more pleasure) than any other woman could with her every cell of her body. Once you've learned these basic (and some advanced techniques), you'll be so anxious to get your hands around your man's penis and show off your newfound Genius-Level skills.
Once you are done with this module, you will truly be an expert!

The ultimate handjob timeline

Like anything in life, giving a great handjob to a man has an order to it, and distinct phases.
You can also mix what you learn here into your sex life in general: radically enhance a blowjob you're giving your man, move from handjob to intercourse and back again, or bring him to Phase Four and then leave him there, panting with desperate desire while you walk out the door to work with a smile and a “see you later.” (You sexy vixen, you!)
But for now, let's just assume that you're JUST going to give him a mind-blowing handjob all the way to completion.
In that case, you've got six phases to the complete experience.

  Phase 1: Letting him know he's getting a handjob (This sounds silly, but it won't in a second.)
  Phase 2: Inspiring his erection
Phase 3: The Play
Phase 4: The Gallop
Phase 5: The Orgasm
Phase 6: The Satisfaction

Okay, let’s expand each of these phases so you know EXACTLY what you’re doing.
Stroke of Genius:
The Ultimate Handjob Handbook

A Special Instructional Report
by Cassidy Lyon with insight from Michael Fiore

Module 5: Phase 1 –
Letting Him Know He’s Getting a Handjob

Website: http://www.DigitalRomanceInc.com
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PHASE 1 – LETTING HIM KNOW HE’S GETTING A HANDJOB

Module 5: Phase 1 – Letting Him Know He’s Getting a Handjob

It sounds even sillier the second time I type it, but this is actually CRITICALLY important.

See, here’s the problem: If you haven’t already established with your guy that you give truly ASTONISHING handjobs and enjoy giving them—or if you’ve been with him a while and just now discovered this program—it means he doesn’t have “handjob” filed in his brain as a distinct and wonderful thing that happens.

If you just grab his cock and start using the techniques below, he’ll enjoy it, sure, but he won’t RELAX into it to get the full and fantastic experience.

Why?

Because unconsciously he’ll be thinking this is prelude to intercourse or a blowjob. And if he’s like a lot of guys, he’ll try to take control, touch you to get you turned on, pull you up and try to take your clothes off (if you’re wearing clothes), etc.

Don’t forget, most guys aren’t used to “letting go” and relaxing. Asking a man to “just relax” and “let me do this for you” is like asking a shark to stop swimming. Men are hardwired to dominate and control. It’s in their DNA. I’m not saying this will be impossible. He’ll want to try, but you might have to remind him (repeatedly), that YOU are the one in charge of Operation Handjob.

Or if you’ve never done this kind of thing before, he’ll be scared that you’re going to get him all riled up and then leave him, or get mad at him because he doesn’t reciprocate, or, as Mike says, “The anxieties of men are many and frightening.”

A little Handy-J story from Mike:

“Does it feel good?” she cooed at me as I gritted my teeth and tried to keep from screaming.

I really liked Tara. She was beautiful, intelligent, fun. We’d met through some mutual friends during a night of sweaty dancing and had ended up giggly and half-drunk at my condo at the end of the night.
“Just lay back and relax,” she said with a smile. I was confused. I was so used to having to be ‘in charge’ with women all the time: always being the one ‘driving’ and making sure she was enjoying herself. The idea that a woman just wanted to make me feel good was heady and exciting and confusing. I didn’t know what to do with my hands so I spread my arms wide and dug my fingers into the soft flesh of the couch.

“I love giving hand jobs,” Tara purred as she pulled my underwear down revealing my achingly hard cock.

“Do you have any lube?” she asked as she ran her fingernails lightly along the underside of my balls. I felt goose bumps rise on the sensitive flesh and the thick muscles in my legs tense uncontrollably.

“In the...in the drawer,” I breathed. She reached into the end table, grabbed the bottle of lube, and poured a generous amount over my cock like she was pouring chocolate syrup on delicious ice cream. The lube was cold and slick and made me shiver as it flowed like molasses down the sides of my cock.

Tara giggled as she watched the muscles in my stomach and chest convulse in uncontrollable anticipation.

“Ready?” she asked coyly, her mouth just inches from my cock.

“Yes. Please,” I whimpered.

“My ex-boyfriend always said I gave the most amazing hand jobs. I mean, he barely wanted to do anything else. All he wanted was for me to jerk him off.”

A pause.

“Of course, you’re a little bigger,” she said and I felt my cock swell just a bit bigger right along with my ego.

And then her hands were on me. Warm, wonderful hands caressing me, tickling me, squeezing me.

Squeezing me really, really fucking hard.

“Yeah, you like that, don’t you?” she whispered with confusing confidence, as she white-knuckled her small, terrifyingly-strong hands up and down my cock.

I saw the muscles in her forearm pulse and flex with every stroke. Sweat broke out on her chest and flowed down her lovely breasts. She closed her hands so tight I thought she was trying to strangle my cock. Her hands pistoned faster and faster up and down, a huge smile on her face, taking the tenseness
of my muscles and my rapid groans as signs she was doing a "good job."

But she wasn’t. She was torturing me, pulling the skin of my cock in unnatural directions, over-stimulating the sensitive head and SQUEEZING so hard I felt like my cock would just deflate at any moment to get away from her.

I closed my eyes and grit my teeth. I thought of threesomes and girls who had never given me the time of day. I ran my own personal pornography in the movie theatre of my mind. I concentrated as hard as I could, willing myself to tighten and convulse and come.

“Tell me how much you like it,” she ordered as I bit hard into my own tongue.

“Please let me come, please let me come,” I begged and prayed in my head, too scared of hurting her feelings to tell her that her ex-boyfriend was obviously some kind of masochist, that strangling my cock like it’s an annoying rooster did not feel “good” to me and that all I wanted at that moment was to come so she would feel satisfied that she’d done a “good job.” I lay there and suffered and endured and fantasized about when it would finally be over so I could limp my way to the bathroom and take a long, cool, soothing bath.

All of which comes down to: every man (and every man’s cock) is different and just because one guy you’ve been with LOVES having his dick treated roughly (or really softly, or having panties wrapped around it, or having it totally ignored while you touch every part of him, or . . .) is a mistake with potentially disastrous results. This is why Cassidy and I made sure to put your “homework” in here where you watch your man pleasure HIMSELF. It’s really the only guaranteed way to find out what YOUR guy actually likes. Now, do your homework . . .”

Remember, chances are, your man has had some pretty God-awful handjobs in the past, either from an ex-lover or maybe even from you. So you want to clean the slate – or wipe his computer’s memory clean – of those awful experiences. He’s about to get reprogrammed.

So how do you let him know you’re going to give him the best damned handjob of his life, and that he should just sit down, relax, and let you do the work?

You tell him.

With words.

You can do it while you’re making out after a long night with a guy you’re dating but not quite ready to “sleep with” yet, or out of the blue,
whispered in your husband’s ear.

Just look him in the eye (no blinking) and in a steady, sexy voice he can feel from his frenulum to his prostate, say, “I really want to give you a handjob.”

Notice the word want there. That word is key. It shows a level of eagerness right off the bat and establishes that he’s giving you what you want by “letting you” give him pleasure. You can even say, “I NEED to give you a handjob. I want to so badly.” And if you think about it, “I really NEED to give you a handjob,” makes it sound like he’s helping you by playing along. (What kind of gentleman wouldn’t want to help his woman?)

He’ll probably respond with something like “Really?” or “Here?” (if you’re at an amusement park or on an airplane or something) or “OK!”

Now, there’s a chance he could say “Why?” If he asks “why,” your job is to make it clear to him that you want to give him an amazing, erotic experience he’ll never forget, and you also get off on the idea of giving him a handjob.

Here are a few more creative ways to “drop the bomb.”

At dinner, or wherever, hand him a bottle of lube and tell him exactly what you’re going to do to him later (or as soon as you get the chance).

If you’re at the grocery store together, go through the personal care aisle and grab a couple different brands of lube off the shelf. “Which one do you think is best? Oh, didn’t I tell you? I’m going to make your cock hard tonight and stroke it like it’s my new pet. After tonight you’ll never look at me (or my hands) the same way again!”

Remember though, when you drop these little “bombs” on him, you need to tell him that he’s going to have to lay back and enjoy it. This is NOT a prelude to a blowjob or sex. This is about him and his penis.

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**Establishing the ground rules**

No matter what he says, from here, you establish your ground rules for the whole experience.

“Yes. I really want to give you a handjob. I’m not going to fuck you. I’m not going to give you a blowjob. I don’t want you to touch me—in fact, you aren’t ALLOWED to touch me. If you do, I’m going to stop. My panties are staying on, and your pants are coming off. All I want you to do for the next fifteen minutes is sit back, relax, and let me do what I want to do.”
PHASE 1 – LETTING HIM KNOW HE’S GETTING A HANDJOB

For added emphasis, you can say all of this (or your own variation on it) with your hand resting lightly on his belt, a few fingers curled into his pants, teasing the skin there, or you can lightly skim your fingers along his crotch through his pants.

You can also say something like, “I want to make sure you LISTEN. You need to understand this is ONLY a handjob. So I think I need to tie you down, and you’re going to have to lie there like my little cock doll, okay? You’re here to receive, not give. You already give me so much and I want to give you this in return.”

Either way, don’t go ANY further until he agrees to your rules.

And no, he can’t just nod or whimper. He has to say “OK.” If you want to make things really sexy, you can pull out a premade contract – a binding legal agreement – that obligates him to sit back and enjoy this moment. (But good luck finding someone willing to notarize it for you.)

You say something like, “So how about it? Can I give you an amazing handjob? JUST a handjob, like I said. The moment you try to make it something besides a handjob, I’m going to stop. Remember, I’m in charge, OK?”

And then, unless he’s insane, he’ll say an enthusiastic “OK!”

Or “Yes ma’am,” if that’s what you’ve commanded him to say.

(These are YOUR rules, and YOU can break them if you want to. If halfway through the handjob you decide you really do want things to go further, go ahead. If he says, “I thought it was just going to be a handjob?” you reply with a sexy little “I changed my mind.” or, even naughtier “The whole thing just made me so horny, I guess you made a liar out of me.”)

Once he’s agreed, you do a few things:

1. You “position” him (do you want him standing up, sitting down on the couch, or laying on his back? In general, “bent” positions like sitting in a chair can be awkward, so he’d really end up half laying down while being propped on the pillows a bit.) Remember that towel I mentioned earlier? Yeah, you’ll want to put that under him, especially if you’re using a pillow, right?

Your notes from before might come in “handy.” (I mean, I just can’t stop with the “hand” comments!) If you know your guy masturbates in a particular position, you can put him in that position.

How do you position him? Easy. Just like before, you tell him what you want him to do or pull him by his belt to where you want him.

Here’s something you might discover (or he might just come out and tell you.) Some men have difficulty orgasming while in certain posi-
PHASE 1 – LETTING HIM KNOW HE’S GETTING A HANDJOB

tions. If you paid attention during your Masturbation Observation session, this shouldn't be a problem.

Of course, YOUR comfort here is important too. If you're on the floor when he's standing up, you might want some kneepads or pillows to kneel on. If you're lying on the bed, do you want to lay on your side or straddle him? Facing him, or not facing him?

Go with what feels right, and remember, it's okay to change up your position to get better leverage and access to his balls. You want him to get off, but you don't want to get carpal tunnel syndrome or arthritis in the process, so get comfy!

If you watched porn with him, what positions were the women in when they performed handjobs? You took notes on that too, right? Of COURSE you did!

2. Get his pants partly or all the way off.

You can do the work here if you want, unzipping him and pushing his pants and underwear down.

Or, if you're enjoying the thrill of power and control, you can command him again.

Look him in the eye and in that same sexy voice say,

“Take your pants off.” Or have him start by taking off his shirt, then his pants, socks, and finally his underwear. (If you want to be weird, leave the socks on.)

For added emphasis you can say, “Take your damn pants off. Now.”

Or you can tease him a little and say, “I don’t think I can do it through these pants. Don’t you want to take them off?”

Either way, for added effect, watch him strip. Really look at him as he does it. Devour him with your eyes. Objectify him, particularly when his “subject of this course” comes into view. And if the tension and excitement has been building the way you've planned, his little (or big) soldier should be standing at full attention. “Ready to take orders and follow commands, ma’am.”

Want to make it a little extra fun? Ask him to make the whole event into a little “strip tease.” Play some stripper-esque music, ask him to give it a little “flair” and bust out the one-dollar bills. (Nice and crisp, please, not wrinkled.)

3. Decide how much you want to or don’t want to be wearing. If you really are “just” giving him a handjob, I recommend keeping your panties on at the very least, but otherwise it’s up to you. You can
stay fully clothed, you can take off your shirt – whatever you feel most comfortable with.

In a lot of ways, whoever is wearing the most clothes has the most power in a situation like this, at least psychologically. Some men really get off on the woman being fully clothed, and from my experience, it’s always gotten the best results. So I recommend staying MORE clothed than he is, at least the first time you do this.

You can use this as a role-play opportunity if you want. How about a doctor-patient scenario? Grab yourself a clipboard, a nice jacket, and a pair of nerdy glasses? Voila! You’re a psychiatrist! Get as creative as you want, or go Plain Jane. He should be happy to play along with just about any plan.

4. Grab your lube bottle from your purse, coat, drawer, or wherever you’ve got it conveniently stashed.

If you’re not at home and he says, “You came prepared,” just say, “I told you, I really want to give you a handjob.”

Okay, before we get to Phase Two...

A quick note on eye contact from Mike:

Men are extremely visual creatures, way more than most (but not all) women.

You want to establish and maintain eye contact as much as possible all the way from Phase One to Phase Six.

Keeping eye contact keeps him focused on YOU, gives him a visual he’ll find intoxicating (you giving him a handjob and enjoying yourself), establishes firmly in his mind that YOU are the one giving him such incredible pleasure, AND it lets you read every twitch, gasp, and widening of his eyes as you play him like a violin.

Now, undoubtedly, at some point, he’s going to close his eyes, probably because something feels REALLY good.

When that happens, you can either let him (and enjoy watching the looks that wash across his face), or you can stop what you’re doing and using that same low, hypnotic voice, tell him, “Open your eyes,” or even, “Open your eyes, (his name), or I’m going to have to stop. You don’t want me to stop, do you?”
PHASE 1 – LETTING HIM KNOW HE’S GETTING A HANDJOB

That should do the trick.

Okay, that’s enough outta you, Mike. It’s Cassidy. I’m back!

Hey ladies, isn’t he great? Now, before we move on to Phase Two: Inspire His Erection, go ahead and do two things for me here.

First, download this little template for your official “Release of Control” Handjob Agreement. Notice there’s an area to add some specific clauses, conditions, and penalties for violating the agreement. Even if you don’t plan to take this fun little step, you can show it to him later. “See how far I was willing to go, to make sure you were a good boy?”

Second, if you’re excited about moving to the next step, please share your excitement in the comments section. Of course, if you have questions, put them in there too.

All righty, are you ready to dig deep into Phase Two, and learn how to Inspire His Erection?
Stroke of Genius:
The Ultimate Handjob Handbook

A Special Instructional Report
by Cassidy Lyon with insight from Michael Fiore

Module 5: Phase 2 – Inspire His Erection

Website: http://www.DigitalRomanceInc.com
Email: support@digitalromanceinc.com
Module 5: Phase 2 – Inspire His Erection

Okay, honestly? If you do everything I said in Phase One, Phase Two may have already taken care of itself.

But if you get his pants off and aren’t greeted by a raging, incredible hard-on, it’s not a big deal.

*Newsflash:* Penises aren’t magic. Ask any guy who’s had his for a while, and he’ll tell you that these things are kind of unpredictable, and that he can be feeling INSANELY turned on and attracted to a woman and NOT have a hard-on.

In fact, some men, due to age or some other reason, have lower testosterone and sometimes need a little help to get things cooking.

Or he can be not turned on at all, but have an awkward boner that just won’t go away at the supermarket (forcing him to spend an hour in the produce section by the cucumbers).

Either way, if he IS already hard, you simply “lube up” and move on to Phase Three.

If he’s NOT hard or is only semi-hard, that gives you the opportunity to tease and torment him even more.

So how do you get him “ready for action?”

**You’ve got a few options, each using a different sense**

You can use any or all of them to get the firm, ready erection you want to work your magic on.

1. **Dirty talk.** You might want to check out Felicity Keith’s *Language of Desire* and this is the PERFECT time to use it. (One of the great things about giving a handjob is that it leaves your mouth free to whisper—or shout—naughty things.)

   Tell him how sexy he is. Tell him how beautiful his cock is! Think back to when you watched porn with him. What were some of the things that really stood out? And what things made his dick stand up?
PHASE 2 – INSPIRE HIS ERECTION

Say some things like,

“I love your big cock. I can't wait to wrap my hands around it.”

“Tell me how you want me to touch him.”

“When I’m done with your cock he’s gonna be sooooo sore.”

2. **Visually tease him.** This is where you may want to shed some of your own clothes. Just be sure to do it slowly, languidly, giving him time for his eyes to explore every newly exposed inch of flesh.

Use some stripper moves. Undulate your hips in long, slow circles, much like an aerobics warm-up.

Walk around topless, just wearing your panties. Hold your hands over your breasts, pretending to be “shy.” Bend down to pick up something off the floor.

Let him watch while you shave your bikini area. Ask for his input on what he’d like to see.

If you’re not entirely comfortable with these visual tactics, try playing some sexy music in the background. It can help ease tension and relax the mood.

You probably already knew that men get intensely aroused by watching women masturbate. So touching yourself is a great way to help him get things started.

And of course, you can always start things off with some porn. If he watches porn, you probably have an idea as to what “flavor” porn he prefers. He'll appreciate the event even more if you can have the TV or computer queued up and ready to go.

3. **Tactilely.** If he’s even a little hard (or even if he’s not) there are a few techniques you can use to cause a rush of blood to his little head.

Even if you don't immediately get the “rager” out of him you want, men can still get a great amount of pleasure from having their flaccid or semi-flaccid penises touched.

Here are a few “tactile” techniques:

**The Kiss of the Fingernails:**
This one is super simple but often very effective. Simply take the fingernails of one hand and very lightly run them along the underside of his penis. Apply as little pressure as you can, so your fingernails are just barely “kissing” his flesh. For added stimulation
and tease, start down by the bulb of his penis, run your nails along his balls, up his shaft and stop JUST SHORT of his glans.

Repeat this action while whispering some of the dirty words and phrases you picked up from watching porn, or you can use Language of Desire techniques on him.

Note that The Kiss of the Fingernails works equally as well on other parts of a man’s body: his chest, nipples, thighs, and back. The lighter you touch a man, the more sensitive and “awake” his skin becomes.

**The Soft Stroke:**
With “The Soft Stroke,” you take matters, quite literally, into your own hands.

Lube up (I’ll explain that in a second) and use the overwhelming slickness to slowly and lightly stroke his shaft. For added bonus points you can use your free hand to tickle his balls. If his shaft isn’t hard enough to truly “stroke,” then focus just on the glans, using the lube to send little shocks of pleasure through his system.

**Bust out The Big Guns:**
Ladies, put them titties to good use! This is just to get things started, remember (he might want to get carried away). Rub his (flaccid or semi-flaccid) cock in between your tits or all over your tits. Even if your boobs are on the small side, rubbing your nipples against his shaft or head will probably be enough to activate the launch sequence.

**If that doesn’t work, you have three MORE options**

1. Let him do it. Like you learned before, men are absolute masters of their own genitalia, and he probably knows exactly how he needs to be touched to get hard. Let him. You can say, “How about we break the rules just a little bit and let you get this party started.”

   Don’t put pressure on him. That will totally act against you.

2. Touch everything BUT his penis. A man is more than just a penis, and focusing on OTHER parts of his body might allow him to relax enough to give you what you want. Skim your hands and nails across his body. Dig your nails in teasingly. Bring your body close to his while continuing to tell him that he’s not allowed to touch you.
If none of that works, then it means he’s really nervous, or distracted, or whatever other of the millions of reasons that can impact sexual function.

Don’t make it a big deal. Whatever you do, do NOT get mad!

3. Here’s another thing you can try if his penis doesn’t want to “play along.”

Keep in mind, the whole reason you’re learning this hand job exercise in the first place is to increase the intimate bond between you and your man. You want to show him how much his happiness and pleasure are important to you. You want him to feel desired and needed. (And you want some reciprocity too, right?)

Just lay there and touch, stroke, and caress his penis and balls. Take the pressure off the table. “I don’t even need to see you get hard right now, baby. I love doing this for you.”

Ask him about anything. Talk to him. Or don’t talk. Watch TV or listen to music. Go with what feels right. Most men will let you do this for hours. I did this one time with Miles. We sat on the couch watching football while I rubbed his cock and played with his balls all day long. Even though it was almost a decade ago, it’s a day we look back on fondly. In fact, I can just reference that day – “Hey, remember the time we watched football all day while I played with your dick?” – and he’ll get a raging erection.

What if he STILL can’t get hard?

So if your man’s penis isn’t in the mood, don’t let that ruin the day or cause strain in the relationship. Like I said before, men can be super turned on without having an erection. He’ll appreciate all the attention he’s getting from you (and your hands).

Now, think about the techniques you’re most comfortable with

Write down some of the verbal techniques, visual techniques, and tactile techniques you think will work best for inspiring your man’s erection. Keep these ideas “handy” and you’ll be setting yourself up for success by having more than one ace up your sleeve.
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Module 5: Phase 3 –
The Play

Website: http://www.DigitalRomanceInc.com
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Module 5: Phase 3 – The Play

Phase Three is where the real “art” and technique of the handjob comes into play. Here’s something to keep top of mind during this whole handjob exercise: this isn’t ultimately about “getting him off.” It’s about the experience. Most men can have an orgasm any time they want. Sharing the experience with a woman is what makes it special.

This is where you use everything you’ve learned about your man’s body and you select from a “grab bag” of mind-shattering handjob techniques to give him levels of pleasure he’s probably never experienced before.

This is also where you put your powers of observation into overdrive, reading his obvious (and not-so-obvious) signals, so you can control what he’s feeling and when he goes over the edge.

The first thing to do to start “The Play” is to Lube Up.

Like I said before, no matter what kind of penis your man has, lube is your best erotic friend.

Ideally you’ll have a bottle of store-bought lube on hand (and a towel to place under him to keep everything from getting too messy.)

If you don’t have “real” lube, your next best option is coconut oil (all natural AND delicious). If you don’t have coconut oil, then you’ll be limited to using your own saliva. Licking your palm will give you enough to get things going, but it won’t be as good as “proper” lube.

What I’m basically saying here is make sure you have a bottle of lube.

As far as how much lube to use and where to apply it:

1. You want to use enough to coat the entirety of his penis (but not his balls) and to keep your hand (or hands) completely slick. “Over-lubing” can be messy, but is otherwise pretty harmless.

2. With his erection lying on his stomach (if he’s lying down), squeeze a line of lube from the base to the glans, almost like you’re squeezing ketchup onto a hot dog.

Then push the palm of your hand across the base of his penis and wrap your fingers lightly around his shaft. This should coat your palm with the lube. Gently and lightly (as lightly as you can for the most deliciously torturous effect) twist your hand around his shaft until it and your hand are completely covered in lube, then stroke upward to the glans.
(If he’s standing up, either run the line of lube along the top of his penis or pour it directly into the palm of your hand.)

Remember to keep your grip LIGHT at this point. Just enough pressure to get the lube where you need it.

Depending on what type of lube you’ve got, it may or may not last particularly long. Keep your bottle handy to re-apply to your hand or to his penis as needed.

If you’re using BOTH hands (which you will for some techniques) you’ll want to pour lube into one palm and then clasp your hands together to properly coat them.

Once you’re lubed up, the play truly begins...

Important: Your goal during The Play is not to bring your man to orgasm. Your goal during The Play is to use your mastery of his cock to send waves of pleasure (sometimes torturous pleasure) through his body and directly to his mind.

There are five keys to making “The Play” truly mind-blowing for your man...

1. **Vary the speed and pressure of your strokes.**

   If you remember the research you did online and with your man, you’ll remember that most guys reach orgasm by sticking to fast, relatively firm strokes while tensing up whole other parts of their body. Since we’re NOT trying to give him an orgasm right away, that means that during The Play it’s best to start with a VERY LIGHT touch and a VERY SLOW stroke. From there you can increase the tempo and/or pressure, depending on what kind of reaction you’re getting from him. Going from very slow and teasing to VERY FAST, so he ALMOST comes to the edge, and then slowing down again isn’t just great fun for you, it’s frustratingly amazing for him.

   A good rule of thumb: don’t go more than ten or so strokes in a row without switching tempo and/or pressure.

2. **Switch up your technique by transitioning to different kinds of strokes.**

   There are wonderful handjob strokes to choose from (listed below), but remember not to stick to any one type of stroke or stimulation for too long. (Until you’re ready to get him off, that is.)
There’s no “number of strokes” rule here, but use your judgment and your own endurance (your arms can get tired, after all) to determine when to switch things up.

3. **Maintain connection to him through frequent eye contact, talk, and observation.**

This should be pretty self-explanatory at this point. We already know why we want frequent eye contact. Remember, dirty talk is highly effective. It doesn’t matter if your man is an uptight, starched collar, magic-underwear-wearing preacher, he’s going to like dirty talk. If you need ideas or inspiration, go back and watch some porn. Those ladies are highly skilled at “dirty talk.”

But beyond dirty talk, also ask him if he’s enjoying what you’re doing, and pay attention to his body language to find out what kind of manipulations he responds best to.

It’s a bit like being a sexy detective.

There’s nothing wrong with simply asking him what he wants you to do or how he wants you to touch him. “Where do you want me to touch you? Like this? Or this?” Or “Does this feel good? Can I put my finger here? I knew you’d like this.”

Whether you actually listen to him is totally up to how naughty you’re feeling at the time. After all, you’re the one in control here, not him.

4. **Use your “research” from when you watched him masturbate.**

(You did that, right? Because you really should.)

If you had that particular hot experience with your guy, use what you learned.

What did you learn that he likes? Use those tactics, but there are probably some things he’s never tried that he WILL like. Some guys get so locked into their “routines” they don’t think of trying new things.

Just because he doesn’t touch his chest or his pelvis above his cock doesn’t mean you shouldn’t. Most men are VERY disconnected from their bodies sexually and seem to think sexuality begins and ends at their penis.

If you paid attention (and hopefully took notes) while watching porn, you should have some good ideas.

You should have a mental catalog of his pre-orgasmic “tells” so you know if you’re close to pushing him over the edge and you know
PHASE 3 – THE PLAY

something about what kind of techniques, tempo, and firmness he uses to get himself off.

During The Play, avoid his specific “get to orgasm” technique as much as possible... or slip into it briefly, only to back off and switch gears completely (or even stop stroking him at all for a moment) when you see him start to show his tells.

You should also know from watching him if he likes other parts of his body touched.

Note: Review your notes before getting all this started. (Take it from my “first hand” experience; your guy won’t appreciate you pressing the "pause" button to go check your Cliff’s notes.)

5. **Focus your handjob beyond just his penis.**

   *Touch his other body parts.*
   If you’re only using one hand on his cock, that leaves your other hand free for “extra curriculars,” such as tickling or lightly tugging on his balls, scratching your nails down his chest, or stimulating his nipples.

   A lot of men say they enjoy having the pelvic area right above the penis lightly tickled with nails or rubbed. Lightly touch your nails down his chest and across his pelvic bone. Also, kiss or stimulate his nipples. Mother Nature gave men nipples for a reason – they’re little “feel good buttons!”

   Quick note here: some men don’t like having their nipples touched. Period. They might be fully aware their nipples sensitive, and built for pleasure. But ask him before touching his nipples.

   *Kisses never fail.*
   Also kiss his neck and lightly nibble on his ears. Most men’s inner thighs are incredibly sensitive. Try lightly touching and kissing his inner thighs, slowly working your way closer and closer to his cock. If his thighs aren’t clean for some reason (like he works construction and just got home from work, for example), go for it anyway. You can take a shower together afterwards, and that can be its own special experience, right?

   *The ‘ole standby.*
   Bring your mouth or pussy VERY close to his cock but don’t let him enter. Rub his cock against the outside of your pussy (and only the outside) – remember, we’re still building up to a handjob.

   *Talk, talk, and more talk.*
   Tell him what you find physically sexy about him. Of course you can talk about how much you love his cock and how it’s a beautiful
specimen, but you can also talk about his chest, his stomach, and his butt.

Describe what you find “hot” about his looks and his expressions.

Men love to be adored, and most men don’t feel appreciated visually. They’re shocked and ecstatic when women shower them with this type of attention.

Don’t neglect the other senses. It goes beyond visual appreciation, too. “I love the noises you make. Don’t hold back, baby.”

Does his skin feel soft? Electric to your touch? Does it turn you on to touch his muscles? Then TELL him!

“You smell delicious, baby. I wish I could taste you right now.” This is POSITIVE reinforcement of his eroticism – every bit counts.

A note about hands: One more little note about prepping for the big moment. Give yourself a manicure, or at least trim down your nails so they look nice. Use plenty of lotion for a few days to soften the hands up. Generally speaking, unless there’s some weird farmer or truck stop waitress fetish going on, your man probably doesn’t want gnarly, dry hands all over his cock. No one expects you to have the hands of a hand model, but a nice, clean manicure helps set the stage.

How long should The Play go on?

As long as you want it to, as long as you have time for, or as long as you feel like he can stand it without SNAPPING and ravishing you right then and there.

Before moving on to the next phase, I want to remind you that it’s important to keep your guy in the “present moment.” Yes, you want him to fantasize, of course, but you also want him focused on YOU. You’re doing all the work here, shouldn’t you get the credit?

Go ahead and download The Importance of Keeping Your Guy “Present” for some tips on keeping him his focus where it belongs.

But when The Play is over, it’s time to move on to Phase Four.
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Module 5: Basic Techniques

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Module 5: Basic Techniques

Here’s several tried, tested, “man-pleasing” techniques you can use during The Play to drive your man absolutely wild.

“The Twister”

What makes The Twister so much fun is that it provides intense stimulation to your man in a variety of ways at once. It’s a fantastic basic stroke not many women seem to know about or use (though men sure do wish they would).

To perform The Twister, wrap your hand around his penis with medium-to-hard firmness. (You can try going super light with this as well, but it’s a whole different sensation for him).

Then, stroke up and down his penis while simultaneously twisting your hand around his well-lubricated shaft. The extra friction of your hand twisting around his penis provides a tremendous amount of stimulation and can easily elicit a wonderful gasp.

Remember, you are twisting your hand AROUND him, not actually trying to twist HIM.
The Tip Swirl takes a similar principle to The Twister, but ups the intensity by applying it to the glans.

This can feel SUPER intense to some guys, so be careful about overusing it.

To perform The Tip Swirl, wrap your lubricated palm around the base of his penis, thumb and forefinger on top.

Move your hand up the length of his shaft and when you reach the top, swivel your palm in a circular motion across and around the head. Then continue moving your palm back down the shaft. Your thumb and forefinger will now be facing downward.

As with all techniques, varying the amount of pressure or speed of The Tip Swirl keeps his body guessing. You can also squeeze and release your hand during a stroke, almost "pulsing" to add a new sensation to the mix.
“Two Hands on the Wheel”

Using both of your hands allows you to massage both the glans and the shaft at the same time.

You’ll want to be in a position where you can balance without resting on a hand, arm, or elbow. Sometimes being on the mattress may prove too wobbly, so kneeling on the floor might work best.

Wrap one hand around the base and shaft, while the other hand covers the head of the penis. Move your hands up and down while rotating them slightly. Make sure to use a slightly gentler grip with the hand on the head, as it’s extremely sensitive.
“The Okay Sign”

This one focuses solely on the head and the frenulum.

Make the "Okay" sign with one hand. Then wrap the "O" around the head of his penis and move it up and down slightly. You only need to cover about an inch or two of skin here, but the sensation he feels is a biggie, and it’s a totally different feeling then when you use your whole hand.
Remember how I told you that his balls and scrotum like some attention? While giving him a handjob, cup and stroke his balls. You can also tug on them, too. That can be a big turn-on for some guys. Just make sure to start gently and ask if he wants it harder.
If you ever watched Seinfeld, you might know this technique as “The Swirl.”

This is about the prostate. The perineum is nicknamed the "t'aint" because it ain't the balls and it ain't the anus (or on you, it ain't the vag and it ain't the butt).

Massaging the prostate can give him an out-of-this-world orgasm.

All you need to do is run your finger along that little area between his scrotum and his anus. You can press it, rub it in circles, or rub it back and forth. Find a rhythm and go with it.

Depending on how deep his prostate resides, you might actually have to press pretty firmly.

Let him guide you on what feels good.

This little gem can be used in conjunction with a handjob or a blowjob, or even during intercourse, if your arms can reach it.

The other option for prostate massage is to access the prostate by slipping a well-lubricated finger in his anus.

Not every guy is comfortable with this notion, so it pays to give a little warning before you venture forth. However, it’s easy to reach this magic spot via the bum and it provides a crazy intense orgasm. So if he gives you the green light, proceed!
“Scaling the Mountain”

Lightly pull your finger from the base of his penis, all the way over the glans, and back down to the other side to the bottom. Do this over and over again, and every third or fourth time, lightly circle the glans a few times.

(Note: this can also be used to get the erection going in Phase Two. This method stands on its own or can be used to “transition” from one move to the next.)
"The Accordion"

Gently pull the penis with one hand and pull the balls with the other. Try several grip varieties – strong, soft, light stroke or hard stroke. Remember: don't neglect the balls when it comes to the lube. Balls (and their owners) like lube.
“The Piano Man”

Using your fingertips, tap up and down along the underneath side of his shaft, as though you were playing the piano. This sensation will deeply stimulate his nerve endings and increase his cock's blood flow. No Billy Joel music required.
“The Holy Grail (Ball play)”

This one is considered cruel and unusual punishment (sometimes downright torture), and should be illegal in all fifty states and US territories.

Ignore the penis. Just focus on the balls. Pull, lightly squeeze, and “cup” his balls with both hands, using one hand occasionally to massage and rub the perineum area. Periodically take a finger and gently circle the base of his shaft, but otherwise neglect his penis for a while. He’ll love you for this one! (He might hate you a little too, but he’ll forgive you, I promise!)

“Holy Grail (Variation)”

Lube up the balls and rub your palm up and down them while you’re also stroking his cock (or while he is).

When it comes to the balls, attention is good. Even if you’ve never noticed your man playing with his balls before, he should appreciate the Three T’s: “Touch, Tickle, Tug.”

Whew! Just reading this has got to have you all worked up! Go grab a drink of water, ’cause it’s about to get really hot in here.
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Module 5: Advanced Techniques

Website: http://www.DigitalRomanceInc.com
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Module 5: Advanced Techniques

Okay, kids, put on your seatbelts and your helmets. We're about to get into Advanced Handjob Techniques.

“The Fire Starter”

Remember those old TV shows where pioneers could start a fire by rubbing some sticks between their hands? Well, try “starting a fire” (slowly and gently) the same way with your man's erect penis. Start at the bottom, and slowly “smolder” your way up to the tip of his cock. (Naturally you'll want to use plenty of lube here, or else you might really smell smoke). This stroke isn't for everybody, but if your man likes this one, it'll soon be your signature stroke.
“Victoria’s Secret”

Take your bra off and loosely wrap it around the base of his hard penis (alternatively you can use your panties here). Then move on to any of the other strokes listed.
Okay, this doesn't involve your hands, but use this move and your man will never look at your rear end the same way again! Slide his lubed up cock up and down in your ass crack and around your ass (don't go in!). Talk about your ass and how great his cock feels. “Doesn't it feel like home, baby?”

(Alternatively you can do the same thing with your labia. Just don't go in the hole.)
“The Dr. Spock Technique”

Trust me, use this technique, and your relationship is sure to “live long and prosper.”

Using your non-dominant hand, spread your four fingers, making a V with your hand. Use your well-lubed hand “V” to stroke the shaft from the bottom up, slowly. Place your dominant hand above your “V” and simultaneously, move the dominant hand faster up towards the glans of the penis.

Take the forefinger of your top hand, and lightly tickle over the glans. Do this stroke on and off as you see fit.

“Everything but the Hands”

A handjob without using your hands? This may sound weird, but trust me ladies, he will love you for it. Start with any of the techniques above, then move into this unforgettable “no hands” version. Slide his well-lubed cock up and down the inside of your arms, your wrists, and elbows with varying grips and strokes. This is best done slowly, and if you take your time, both you and your man can really get into it. He might not come with this strategy though. If you want him to come, you probably need a more “hands on” move.

Note: This is also a good “Go To” strategy for when your hands get tired.
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Module 5: Visual Enhancers  

Website: http://www.DigitalRomanceInc.com  
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Module 5: Visual Enhancers

So far we've focused entirely on the physical techniques you can use on your man, but remember, men are EXTREMELY visual creatures and a HUGE amount his pleasure comes from looking down at you and seeing your smiling face and stroking hands on his penis.

You can use your man’s highly visual nature to supercharge your handjob in a few different ways.

The Mouth Tease

What makes this one so much fun is that you've already told him he’s JUST getting a handjob...and then you get to TEASE him like crazy by giving a HINT that it might be more.

Performing The Mouth Tease is REALLY easy. While using any of the techniques above (or one of your own invention), look him in the eye and slowly bring your mouth tantalizingly close to the shaft or glans of his penis.

Get close enough that his point of view it looks like you’re just about to take him into your mouth...but don’t.

Warning: He may well unconsciously buck his hips towards your mouth a little. Make sure you have a firm grip at the base of his penis.

You can perform a very similar tease with your tongue, bringing it SOOOOO close to touching him, then shaking your head with a teasing smile.

Adding verbal stimulation here—“No, no, no. I said JUST a handjob”—can drive him wild.

The Tip of the Nipples

This breaks the “hands only” rule a LITTLE bit, but if you're shirtless you can rub the head of his penis against your nipple. It’s a great visual (and sensation) for your guy.
The “Just Can’t Help It”

The tease here is to show him that giving him pleasure is getting you just a little TOO turned on (and maybe it is).

With one hand on his penis and while making sure he’s looking at you, slowly trace your hand down your body and into your panties. Do what’s natural and let him watch (but he still can’t touch you). Just don’t get too distracted to continue the handjob.

Here are a few other visual enhancers that most men find irresistible

For some reason, men love sucking...or watching things being sucked. Suck on your own fingers seductively. Do this for a few moments here and there. If you do it for too long, it could get a little awkward.

Stick your face in the nuzzle of his neck and take a deep smell of his man-musk. His pheromones should help get you turned on, and he’ll LOVE that you love his smell.

Flip your hair like one of the ladies in an old ’80s Slayer video.

Play with your own nipples. Pinch, tweak, and rub the areola. Most men like boobs, big or small.

Talk dirty while you open and cross your legs without panties on. (Think Sharon Stone in Basic Instinct.)

“Personal” Lubricant

Use your own vaginal lubrication to add to the lube already on his cock. (You can also use this to get things going in Phase Two.)

Variation: Stick your finger in your juices and/or slick your finger up in your juices and then slide it up his ass.

Drinking the Nectar

Take a little of his pre-come from the end of his penis, and lick it off the end of your finger. Rub his pre-come on your nipples. Ask him, “Is this hot for you, baby?” Try to elicit a verbal response. You want to find out
what he likes. Men feel very powerful when a woman is turned on by their pre-come.

Wait, WHAT? You might be thinking, “Wait a minute, Cassidy, that is downright disgusting!”

SCREECH!!!

What was that sound? I’m bringing things to a grinding halt here, because before moving any further into the art of the handjob, you need to understand something about a man’s special relationship with his come.

A man views his come as an extension of himself. It’s something he created with his body. In some ways, it’s like a work of art. A lot of time and effort went into its creation. How would you feel if your loved one hollered, “Eew, gross!” every time you shared a work of art or if he refused to even TOUCH your new creation?

A man’s come is “baby batter!” This is a creational mechanism handed to him by Mother Nature. It’s his body’s job to create as much semen as possible!

If you “Eew, gross!” when your man comes, you’re probably going to embarrass him or hurt his feelings. Why would he want to come for you if you’re going to react with disgust? Touch it, smell it, taste it, and learn to love it. His come is part of HIM. He’ll appreciate you even more.

I pinky swear promise.
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Module 5: Dirty Talk Worksheet

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Module 5: Dirty Talk Worksheet

I used to be awful at dirty talk. In fact, my boyfriend still laughs at me because sometimes I try out new phrases and they fail horribly. Luckily, he thinks it's hilariously sexy. But if dirty talk is daunting to you, or you find that you are drawing all blanks, I want to help you out.

First, I want to give you a list of some great dirty talk from porn:

Gonna get that dick nice and hard for me? That's what makes my pussy wet.
Thinking about your hard dick gets me so wet.
I want you to sit back and relax while I stroke that dick.
I want you to jizz all over me.
Your cock feels so good in my hand.
You better come soon; I want your come all over me.
I love how soft your balls are.

You'll notice that their comments focus on the penis itself but there is also great dirty talk you can do that involves other parts of the body!

Dirty talk fill in the blank

Remember Mad Libs? This works exactly the same way! Combine the words I give you below (and add your own!) to come up with your own easy, sexy, dirty talk.

Your body parts
- Tits
- Pussy
- Mouth
- Tongue
- Clit
- Finger
- Hand
DIRTY TALK WORKSHEET

His body parts
Dick
Face
Ass
Balls
Cock
Come
Eyes
Abs/Stomach
Hands

Verbs
Come
Jizz
Suck
Lick
Bite
Tickle
Stick
Taste

Now, mix and match:
I want to put my [your body part] in (or on) [his body part].
Do you want me to [verb] your [his body part]?
I can’t wait for you to [verb] all over my [your body part].
Your [his body part] makes my [your body part] tingle with anticipation.
I want to [verb] your [his body part] until you scream.
I want you to stare at my [your body part] and only my [same body part].
I’m going to play with my [your body part] while I play with your [his body party].
Your [his body part] is/are so fucking sexy.
Baby, I love the way your [his body part] reacts when I [verb] your [his body part].
The your [his body part] looks makes my pussy wet.
[Verb] my [your body part].
[Verb] my [your body part] while I [verb] your [his body part].
These are just a few examples but you get the idea. Have fun with it!
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Module 5: Phase 4 – The Gallop

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Module 5: Phase 4 – The Gallop

The Gallop is the opposite of The Play...it's what you do when you're ready to round the bend towards the finish line and finally let him have the orgasm he's been building toward since you started. (It's gonna be a big one.)

If you've been having the proper amount of fun during The Play and have been paying attention to his reactions, you already know which techniques, tempos, and levels of pressure have brought him the closest to orgasm (before you pulled back to continue the fun).

For most guys, in order to get to orgasm, they need ONE pretty straightforward technique performed at a higher tempo and with medium or firm pressure to achieve orgasm.

If you've watched your man masturbate, you already know what kind of grips he uses. You can revert to his "old faithful," or you can use a technique you've discovered on your own that he seems to really, really like.

Whatever you use, the key here is consistency. Switching things up can throw his "gallop" toward orgasm TOTALLY off the rails, so try to set things up so you're doing a motion you can maintain for a solid minute or more straight. (Just like with a blowjob.)

Once you've started The Gallop, you may notice his hips start to thrust upwards into your hands as well as many of his other "tells" you've become accustomed to.

At this point, it's important to give him permission to orgasm and to let him know that you're not going to pull back again.

This is really simple to do. Just say "That's it, baby. Come for me. I want you to," or any other kind of encouragement you want to throw in.

If you've been building things up, it probably won't take him long from the moment those words leave your mouth for his eyes to snap shut, his head to arch back, his chest and stomach and leg muscles to contract, his butt cheeks to clench, and a manly groan to escape his lips.

Bringing us to Phase Five: The Orgasm.
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Module 5: Phase 5 – The Orgasm

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Module 5: Phase 5 – The Orgasm

At this point, the train ain't stopping and all you really have to do is hold on.

I'm actually going to let Mike chime in here, since he understands better than I do what a male orgasm actually feels like.

The only real things to make sure of during his actual orgasm are:

1. Don't stop what you're doing DURING his orgasm. Whatever stroke or technique you were using during The Gallop, KEEP DOING THAT once he starts to ejaculate, and all the way until he finishes to maximize his pleasure. (If he twitches and says “Okay, Okay, don't touch me. Oh, my God,” then listen to him, because it means he's REALLY sensitive at the moment.)

2. Adding a sudden level of prostate stimulation can dramatically increase the intensity of his orgasm. Obviously, this isn't something you want to surprise a guy with, but a finger placed just a few inches into the “rear entry,” tickling his prostate, can often bring a man’s orgasm from “amazing” to “a-fucking-mazing,” so if it's something you and your guy are up for, the rewards can be pretty epic.

Woohoo! You did it. Almost done...

Thanks, Mike.

So that's what you do during the orgasm...but what do you do with his come? I would take some time to think about what you want to do with his come BEFORE you start. You have a couple options here. You can:

• Aim his penis so his come goes on your body.

• Put your mouth on his penis at the last minute to swallow the come.

• Let it go off like Old Faithful.

• Keep one hand at the head of the penis so you can collect it in your hand.

Whichever option you choose (and feel free to make up your own!) you'll probably want a towel nearby or in the next room to clean yourself or him up. The trick here is that you don't run away or grab the towel the second he is done orgasming. Spend a couple minutes together to revel in the joy of what you just did. If you have his come on your body, you can even get a little sexy with it by using your fingers to wipe it up and
PHASE 5 – THE ORGASM

lick it. Or you can comment on how great your body looks covered in his come. If it’s all over him, you can simply bite your lip, say, “That was amazing. I’m going to get you a towel so I can clean you up,” and then wipe him off. Or if you’re both covered and want to keep the fun going, jump in the shower together to “clean off.”

The main point here is that you should stick with him or try to physically connect after he orgasms. He might have his head back and be living in orgasm glory but stay there. When his eyes reopen make sure you are the first thing he sees.

Why?

Because this keeps the “sexy” going. Sexy didn’t end the minute his orgasm did. This isn’t a chore for you. This is fun! It also shows that you are proud of what you have done, and that is unbelievably hot to men. You ENJOYED getting him off. The pride and confidence will beam out of you and just keep him coming back for more.

Also he may want to thank you with touches or kisses. You certainly don’t want to miss out on those!

But what if. . .?

I know what you’re thinking! “What if you just CAN’T get him off this way?” Look, every penis is different, and many guys have become adapted to a very specific type of stimulation in order to achieve orgasm. He might not be able to come from what you are doing, no matter how good you are. Don’t take that as an insult. This isn’t your fault. It’s possible he’s just not used to coming without being “in charge.” It could take some time and practice to get past this obstacle, but the practice will be fun, right?

Also, guys on some kind of anti-depressants or other meds can have a hard time reaching orgasm, and that’s okay. Again, it’s not your fault; it’s not his fault. It just “is.”

A great way to handle that is to tell your man, “I want to watch you finish yourself now,” at a certain point. You can then “assist” his masturbation by touching his balls, cock, nipples, or kissing his abdomen or neck.

Remember, men – more specifically, their penises – like attention. If your man doesn’t have an orgasm, that doesn’t mean he didn’t enjoy the whole experience. You can just lie there and talk and cuddle.

Ask him what he liked about the whole experience. “What was your favorite part? I liked it when you __________.”
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Module 5: Phase 6 – The Satisfaction

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Module 5: Phase 6 – The Satisfaction

For a lot of women, The Satisfaction is really the reward for the whole experience. In The Satisfaction, you get to look at your man lying there, overwhelmed by pleasure, and know that YOU DID THAT.

You also get to see the look on his face when he opens his eyes. The look of awe and wonder and gratitude and that crazy smile that’s aimed right at you. You have the satisfaction of knowing you’ve strategically placed an erotic imprint, which is now indelibly tattooed into his brain.

You have brought him to a place he never thought he would go. Not only have you satisfied your man physically, but you have also made a deeper connection in your relationship. You have a great new skill set. Go get those hands dirty!

Give yourself a big pat on the back (after washing your hands, of course).

What next?

Hopefully...you have a guy who’s inspired to work as hard and be as focused on YOUR pleasure as you showed you were for his by going through and using this program.

Whew!

And there we have it.

Thank you so much for bringing me along on this journey with you. I am sure your man is going to want to thank you – and me too. I really hoped that you learned something valuable and this helps you and the man (or men) in your life have a spicy and more intimate sex life.

I’d love to hear about your experience with the program as well as any questions you may have or what you think needs to be included in future editions. Please read our FAQ section and if you have any questions we didn’t answer, please send them to support@digitalromanceinc.com and we will get them answered.

To your happiness, love, and pleasure.

Cassidy Lyon
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For the Singles

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For the Singles

If you’ve jumped straight here from the introduction, I applaud your eagerness! I’ve never felt sexier than when I’ve given a memorable evening to a guy I just started to date. However, before you dive into this section, you should really read through the entire program. See, I’m going to be referencing ideas and techniques that I talk more about in the other modules and to really understand what to do – whether you’re single or dating – you need to have a good understanding of the product as a whole.

So go read through the entire program right now. Don’t worry, this will still be here when you’re done.

Go on... go!

All right.

Have you read through the entire program? Good!

Let’s get down to business.

As a single woman, or a woman newly dating a guy, or a woman dating multiple guys, I’m guessing some of these thoughts passed through your head as you read the program:

“Cassidy, I’m not going to ask a guy I JUST started dating to masturbate for me! How can I give him a great handjob if I can’t do one of the main components of the program?”

“How do I know if he even likes handjobs?”

“Will he think it’s weird that I want to give him a handjob?”

“Ugh, Cassidy. This program is only for women in relationships!”

Well, have no fear, ladies, because I’m about to show you how to become a handjob detective!

If you’ve just started dating a guy, you may or may not have had sex. If you’ve had sex, you probably noticed a few things he liked or didn’t like.

If you haven’t slept with him yet, don’t worry! You can still use the detective skills I’m going to give you to figure out what he likes.

The first, and most important thing to remember, is:

**You are giving him something almost NO OTHER WOMAN has ever given him.**

So you’re already winning.
Most men are so excited that they are getting to have sex with you, or that at least it’s gone beyond pot stickers and a kiss outside your door, that they’ll let you do anything. The problem is that “anything” boils down to sex, or a blowjob, or both. For some reason, handjobs don’t fit into most people’s equations. In fact, some men might not even think it’s in the realm of possibility because “women don’t give handjobs.” Or if they do, it’s a happy ending at a creepy massage place.

So, let’s give him a night he’ll never forget.

**Detective Investigation #1: Kissing**

I’m guessing that most of you aren’t going to simply shove your hand down his pants and start going to town. You’re going to want to build up to the handjob. And like the end of any good date, the beginning of this starts with kissing.

Kissing is fun, and it’s easy to get swept up in the kiss, but remember this is detective work. So enjoy the first kiss (you gotta have a little fun!) and then start paying attention to his body.

Look back at the “Masturbation Ritual Checklist.” The same physical things (except those related directly to the penis) that you look for when a guy is masturbating are the things you want to notice when you are kissing. Move your hands around a bit. Does his butt tighten if you put your hand on it? Does he move away from you touching his butt? Do his legs feel like they are tightening or tensing? His stomach?

Using your hands to figure out what turns him on while kissing will give you great clues on other things to do with your hands while you’re giving him a handjob, and also places to focus to see if what you are doing is actually working. For example, if his legs get a little tense when you’re kissing, you can watch what they do while you’re giving him the handjob to see if this technique is driving him wild or if it really isn’t doing much for him.

**Detective Investigation #2: Telling Him He’s Getting a Handjob**

I want you to go back and read the module “Let Him Know He’s Getting a Handjob.” It works the same for singles or women in a relationship.

So what are you investigating here?
FOR THE SINGLES

His reaction.

If you don't know the guy very well you might be thinking, “But what if I freak him out? What if this sends him running for the hills, and he doesn't want to date me anymore?”

Good news. That isn't going to happen. He might be shocked, but he won't be upset. He might, however, say something like:

“Are you sure?”

“Oh, no, baby, I want you.”

“Ummmm...????”

He might even have the guts to (lie) say, “Oh, I don’t like handjobs.”

Remember, you WANT to give him a handjob.

Go back to the “Establishing Ground Rules” section of that module I mentioned to help you navigate those questions.

If you get a resounding yes from him – move! Don’t waste time; get down to business!

If he is hesitant, grab the confidence within yourself and show it to him. You WANT to give him a handjob. Promise him that it will be fun.

Detective Investigation #3: Getting Started

Now that you’re ready to give him a handjob, he’s almost ready to get one. Remember when I talked about watching his body language and how he moves, sits, and/or stands during masturbation? Well, how the heck are you supposed to know any of that if you’ve just started dating him?!

You can figure that out with a few well-phrased questions

“This is going to be fun, so make yourself comfortable.”

“I prefer it when the guy is lying down, but if you’d rather sit or stand, I’m open to trying anything.”

“You ready to have some fun? Why don’t you get settled while I go freshen up?”

(This one allows him to be alone to get situated while you remove some clothing or grab lube or just take a minute to collect yourself)
“You know what’s fun about handjobs? You get to watch me and see the other surprises I have in store for you. Why don’t you sit over here? I think it’ll give you the best view.”

See how he reacts. If you’re sitting, he might want to stretch out. If you’re standing, you’ve found a great way to move things to the couch or bedroom or chair.

Once you’ve found the position, keep paying attention to him. If you notice that he’s slightly uncomfortable, switch things up!

“You know, this next thing I want to try is better if you’re lying down. Why don’t you stretch out?”

You can keep things sexy and focused on the handjob while getting him to move into a more comfortable position.

Detective Investigation #4: The Handjob As we’ve discussed, different guys like different things. But there are some techniques that will always work. Go to “Basic Techniques.” You can’t fail with those.

Of course, knowing all of the techniques is best because you can constantly switch things up, try new things, and keep him guessing. Pay attention to his penis. When you start to speed up does he get harder? Does he get harder when you slow down? Watch his face. What movement is making him close his eyes out of pure pleasure? You’re doing this on the fly, so paying attention to his small reactions is the key.

Remember: If one technique doesn’t work, THAT’S OKAY. Just try another one.

Detective Investigation #5: You

Experiment with touching yourself as you give him the handjob. Does he like it when you touch your breasts? Does he like it when you touch yourself? Does he react when he has a great view of your ass? Start in one position and then move to another. Again, little signals are key here.

I think of it like a game. My goal is to find the winning combination. How quickly can I find it? And there you go! Now, go get ’em, ladies!
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Frequently Asked Questions

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FREQUENTLY ASKED QUESTIONS

Frequently Asked Questions

How do I tell him I want to give him a handjob?

We go into this in extreme detail in Phase 1: Letting Him Know He’s Getting a Handjob. Basically, it boils down to simply telling him.

How do I explain to him why this is important to me?

This is about your sexual connection and intimacy and making your man feel desired and appreciated. You want to keep things interesting (spicy) and add variety to his sexual experience. He doesn’t have to know that you’re programming his brain to laser focus on you – and that he’ll feel compelled to return the favor to you in ways you could only imagine.

When is the best time to tell him I want to give him a handjob?

We cover some ideas on this in the program, but basically any time of day. Breakfast, lunch, dinner, when he’s taking a walk, when he’s in the shower, when he’s about to leave for work...any time. As long as he’s not chewing food, because you don’t want a choking situation on your hands.

This feels “slutty” and “whorish.” Am I supposed to feel this way?

You have the right to feel however you want to feel. Period. However, understand that when a man literally puts his penis in your hands, YOU are in control. With a little shifting of your mind, can you appreciate the feeling of empowerment and authority now in your possession?

What if I do this and he starts “expecting it” on a regular basis?

Well, depending on how you look at it, this could be a good thing. He loves how it feels when you put your hands on his cock! But if he asks you for a handjob, and you don’t feel up to it, just say, “Tonight I feel like ________, baby.” Tell him what YOU want!

I just feel stupid and vulnerable talking about this stuff. How do I get past this fear?

Doing something new can be scary, but that’s why we are here! You now have this great program to help you out. Remember that you aren’t alone. Also, remember that while it might be scary, taking the risk can have huge rewards. Take a deep breath. You can do this!
**Why shouldn’t I just give him a blowjob or have sex?**

We cover this way back in “Why You Should WANT To Learn How to Give the Ultimate Handjob,” but here’s the “blow by blow.” You might feel like a blowjob or sex is too intimate for certain situations (such as a third date). Some men actually prefer handjobs over blowjobs. Everyone is different. It’s a good idea to have another “go to” in your bag of tricks.

**What happens if he says no?**

He’ll most likely say “hell, yes.” But in case he says no, there are some pointers and tips in the “Serious and Sexy Research Project Number Two.” But long story short, no usually just means “no” in the moment, not for the long term.

**Will this save my relationship from breaking up?**

Oh, honey. People break up because something is “broken.” If the sex in your relationship is “broken,” then applying what you learn here in Stroke of Genius could help your situation. However, in most cases, there are other, non-sexual issues on or near the surface that need to be addressed. Again, this will NOT keep a breakup from happening, but you can apply what you learn here to increase your sexual connection and emotional intimacy.

**Do I need a condom for a handjob?**

No, you don’t need a condom to give a handjob. But it’s always good to have condoms nearby in case you decide to get your vagina involved. Remember, you’re the one in control here, and if you’re not one thousand percent confident that someone is free of sexually transmitted diseases, condoms are best.

(Remember, lubes that are NOT water-based will most likely cause a condom to break down very quickly. If you’re moving on to SEX, make sure he washes off his dick really well and use a water-based lube in conjunction with the condom.)

**What if my man doesn’t seem to appreciate all the thought and effort I put into this?**

He might just be surprised. This is probably something he didn’t expect, but he will love it. If you find that he doesn’t like it, it is possible that handjobs aren’t his thing, but I bet they will be once you’re done. Also, remember that everyone shows appreciation in a different way. So if he doesn’t say it with words, he might with actions.
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Conclusion

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Conclusion

Whew!

And there we have it.

You have done an awesome job, and should be super proud of yourself. Remember, gaining skills and knowledge about something that many women pass off as something men don't want is going to put you ahead of the game, whether you are attached or not. They will ALWAYS remember you and your “Stroke of Genius.”

Thank you so much for bringing me along on this journey with you, and I am sure your man is going to want to thank me, too.

Hopefully, you have a guy who’s inspired to work as hard and be as focused on YOUR pleasure as you’ve showed him you are for his by going through this program.

I really hope that you learned something valuable and that this helps you and the man (or men) in your life have a spicy and more intimate sex life.

I’d love to hear about your experience with the program, as well as any questions you may have or what you think needs to be included in future editions. Please read our FAQ section, and if you have any questions we didn't answer, please send them to support@digitalromanceinc.com and we will get them answered.

Here's to your happiness, love, and pleasure.

Cassidy Lyon