



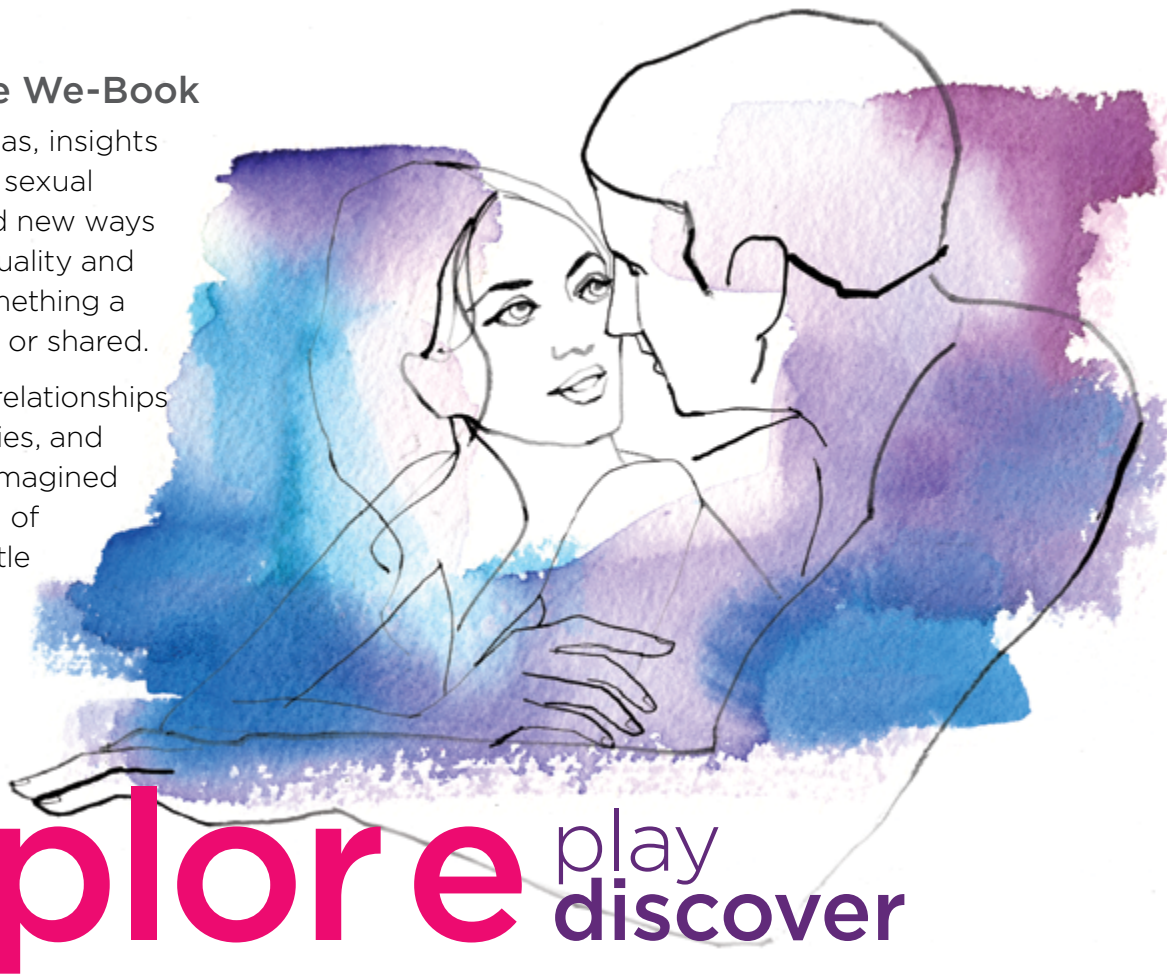
the
we-book
of delights



Welcome to **The We-Book of Delights**

— ideas, insights
and suggestions for sexual
play. Inside you'll find new ways
to explore your sensuality and
inspiration to try something a
little different — solo or shared.

Couples and sexual relationships
come in many varieties, and
certainly not all are imagined
here. There's a world of
possibilities in this little
book — be free to
imagine yourself
in any role.



Explore play discover

Hello!

I'm Dr. Marty Klein.
Welcome to the world of
sexual enhancement.

As a sex therapist and marriage counsellor for 33 years — more than 35,000 sessions — I've counselled individuals and couples on just about every sexual subject you can imagine. I've also been invited to speak about sexuality in 25 countries on 5 continents. And everywhere I go, I'm reminded of the same fact: while most women and men are interested in sex, almost everyone has trouble talking about it in an honest, down-to-earth way. This little book will give you some suggestions on initiating sexual conversations and, I hope, help you become more comfortable discussing sexual topics.

All of us fall into routines — how we sleep, eat, drive — and usually that's fine. But **sexual** routine can undermine the excitement, intimacy and joyful discovery that sex can offer, so it's great that you're open to new products and perhaps new positions or games. No one does or tries everything, of course.



Experimenting is meant to be fun, and you don't need to repeat every sexual experiment you try.

So bring your partner if you have one; more importantly, bring an open mind and a body that's ready for new kinds of pleasure. You can begin right now.

Dr. Marty Klein is the author of seven books on sex and relationships, including *Sexual Intelligence: What We Really Want From Sex - And How to Get It*.

Getting to **YES!**

Conversation starters with Dr. Marty Klein

“How do I tell him I like...”

“What’s the best way to ask about...”

“What does he mean when he says...”

People ask me questions like these every day. We all know that sharing information is the easiest way to make sex more enjoyable. And when you introduce a new device or position into your relationship, communication helps you get the most benefit from it.

People can be shy in talking about sex, but here’s what I tell them: The way to ask is to ask. The way to tell is to tell. How? Try a few of these conversation starters:

To give information:

“What I liked about last time is...”

“The other day I heard this cool thing about sex...”

“I feel self-conscious when...”

To request information:

“What I imagine you’re shy about asking is...”

“What I keep wanting to ask you is...”

“I’m enjoying getting to know you.

Now I’m wondering...”

You can also talk about how you talk about sex:

“It feels great that you listen when I speak.”

“It makes it easier if you look at me when we talk.”

“Thanks for not teasing me when I’m being shy about sex.”

No matter what sexual topic you want to discuss, **remember:**

- Better sex requires more/better communication.
- You don’t have to do it perfectly.
- If you want to know — ask! If you want your partner to know — tell!





Secrets shared & enjoyed

As our **views on sex and sexuality evolve and mature**, more women — and men — are enjoying pleasure products than ever before. If you're interested in talking to your partner about introducing a vibrator into your relationship, here are some facts on the delights they can bring.

Vibrators and their delights

Solo or couple

Whether or not you have a partner, a vibrator can enhance your sexual pleasure and self-confidence. Couples vibrators in particular are about sharing pleasure and enhancing intimacy. Although you can certainly enjoy it on your own, the We-Vibe is specifically designed for use during intercourse. For many couples, discussing solo vibrator use leads to new levels of intimacy, while using a vibrator together enhances pleasure and increases desire.

Will I like it too much?

Some women are concerned that they'll enjoy using a vibrator so much that they will become dependent on it and lose interest in sex with their partner. Fortunately, this is highly unlikely. No matter how good sex with a vibrator feels, almost all women continue to prefer sex with a partner whenever possible. After all, no vibrator can replace a terrific kiss or warm embrace.

Frequent use

Many women find that after using a vibrator a few times, they learn exactly which angle, speed and intensity help them climax. With experience, they reduce the length of time they spend with the device. It is comforting to know that studies show as few as 3% of women experience numbness from vibrator use. This can be a temporary feeling similar to that sometimes occurring after prolonged intercourse. If you feel any irritation or a loss of sensation, give your body a rest for a few days. When you're ready to try again, reduce the intensity and time spent.

Men get the vibe

Think your guy will feel threatened by a vibrator? It's more likely that he'll be turned on — or at least curious. In a recent U.S. study over 80% of women who used vibrators said their partner somewhat or strongly liked that they did, and most indicated comfort in using them as couples.



Vibrators and their delights

Come together

Even with a lover who is skilful and sensitive, it's a fact that more than 50% of women require direct clitoral stimulation to climax. That's the way our bodies are built. The anatomy of your body is unique, and everyone has her own needs. For some women using a vibrator is the most practical way to reach orgasm. Introducing a vibrator that you use together can help you and your partner get more from intercourse, build intimacy and open lines of communication that may lead to new sensual discoveries.



**What's your
pleasure?** Get to
know We-Vibe®
vibrators



We-Vibe for couples
Great sex. Now better.

We-Vibe vibrators help millions of couples around the world experience new levels of pleasure. **She wears it during sex for extra stimulation to her clitoris and G-spot.** Together they both share the vibe.

We-Vibe is slim and flexible at its mid-section, allowing both partners to comfortably enjoy the heightened stimulation during sex. Made with soft and flexible medical-grade silicone, We-Vibe is body-safe and has an eco-friendly rechargeable battery.

It's a global sensation. More than 2 million couples worldwide share one great vibe.

couples: pleasure for two



We-Vibe® II We-Vibe® 3

The world's number 1 selling vibrator, We-Vibe II features:

- Easy 1-button pleasure control
- 9 thrilling vibration modes

We-Vibe 3 has even more features:

- Wireless remote for added excitement
- Even more powerful vibrations
- 100% waterproof
- Compact case for discreet storage and charging

couples: pleasure for two



We-Vibe® 4

With new **intensity control** and **body-hugging form**, We-Vibe 4 takes couples to new heights of intimate pleasure. We-Vibe 4 features:

- Silky-smooth and soft medical-grade silicone
- Wireless remote with intensity control
- 6 vibration modes, including new *Echo* vibe
- 100% waterproof
- Compact case for discreet charging, storage and travel

solo: or shared pleasure



Tango by We-Vibe™

The incredibly powerful, purse-friendly lipstick vibe, Tango features:

- **Discreet size**
- **8 vibration modes**
- **100% waterproof**
- **Ultra-quiet rumble**

Touch by We-Vibe™

The sensual, soft-to-the-touch intimate massager, Touch features:

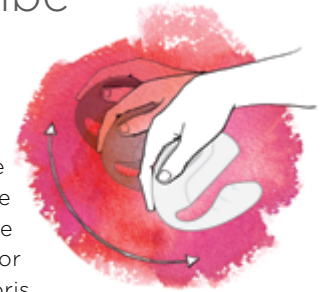
- **Sculpted shape**
- **8 vibration modes**
- **100% waterproof**
- **Ultra-quiet rumble**

solo: pleasure for her



Thrill by We-Vibe™

For indulgent **solo play**, Thrill by We-Vibe is an intimate stimulator unlike anything you've experienced. The unique Thrill handle lets you control the pace, pressure and friction while providing focused stimulation for both your G-spot and your clitoris. With 8 ultra-quiet vibration modes, this is a Thrill you have to experience for yourself.





Couple s pleasure shared

If you're looking for sensual inspiration, these pages feature a variety of **couple-friendly positions** for most body types — without acrobatics. Explore, experiment and discover more ways to broaden and deepen your world of intimate pleasure.



Let's get started

Getting frisky. Enhanced with:
We-Vibe, Touch, Tango

She: Facing a wall, spread your legs wide, raise your arms up high and tilt your hips and buttocks up and backward for easier entry.

He: Press firmly from behind and enter her slowly. For increased pressure, grasp her wrists or waist.

Together: Keep the movement smooth. Start slowly and quicken the pace as pleasure builds.

Getting frisky

There is a difference between clitoral and vaginal orgasms.

While a large percentage of women do not experience internal, G-spot orgasms through vaginal sex alone, the good news is that most can climax through clitoral stimulation.

SOURCE: LIVESCIENCE.



Elevated pleasure

Enhanced with:
We-Vibe, Touch, Tango

She: Support your weight on your back and shoulders while arching your back to elevate your pelvis.

He: Spread your knees and grip to support her hips.

Together: Use firm movement for intense stimulation.

Enhanced with:
We-Vibe, Touch, Tango

She: Lie back and raise your hips to find the ideal angle.

He: Interlock your legs with hers and rise to a seated position.

Together: Vary between slow insertion and side-to-side motions.

Orgasms are great, but **nobody has one every single time**. If you sense that it's not going to happen, relax, enjoy the pleasure and closeness and let it go.

The scissors



Get your kicks

Enhanced with:
We-Vibe, Touch, Tango

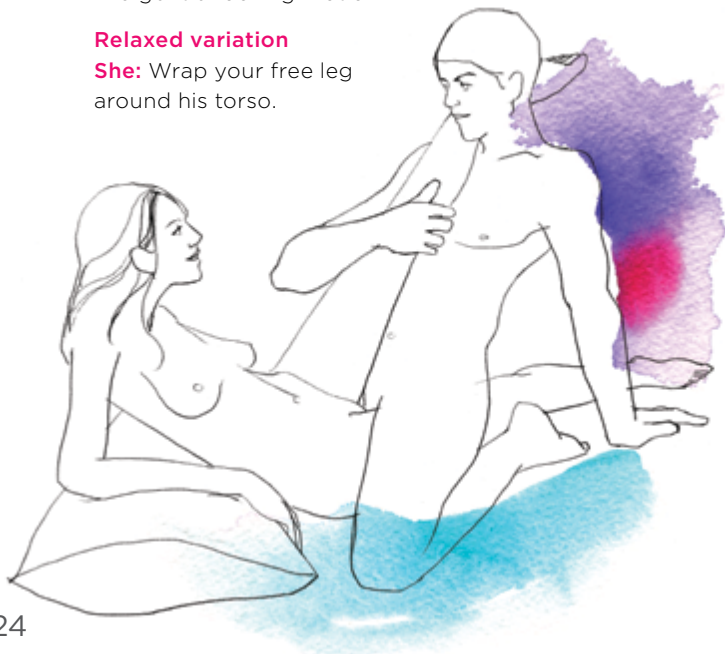
She: Lie on your side, raised up on one arm.

He: Straddle one of her legs; hold the other leg perpendicular to your chest and enter her slowly.

Together: Move up and down, in and out, in a gentle rocking motion.

Relaxed variation

She: Wrap your free leg around his torso.



Cross your heart

Enhanced with:
We-Vibe

She: Lie back with a pillow under your head. Bring your knees to your chest and cross your legs at the ankles.

He: Kneel and pull her hips toward you.

Together: Explore. Almost any motion will bring pleasure, thanks in part to the tension caused by her crossed legs.

Relaxed variation

She: Lie on your side in a curled position.

Hot and steamy

Enhanced with:
We-Vibe 3

She: Lean against the wall and raise one leg for easier entry.

He: Stand with one leg forward to help support her weight; grasp her bottom and gently penetrate.

Together: Kiss and enjoy the shared pleasure. Keep things slippery with a water-based lubricant. **For details on lubricants, visit we-vibe.com/lubes.**



Easy rider

Enhanced with:
We-Vibe, Touch, Tango

She: Facing away, sit on top and hold his hips for support.

He: Lie back with your legs spread slightly.

Together: Start slowly and keep in mind the unique angle that works best for you.

Knees-down variation

She: Lean forward and support your weight on your knees.



Enhanced with:
We-Vibe

She: On all fours, tilt your pelvis to find the ideal angle for G-spot stimulation.

He: Kneel and take firm hold of her hips to enter from behind.

Together: Vary insertion speed and depth.

Sexy back



Standing variation

She: Bend at the waist and use the bed for upper body support.

Leg extension variation

He: While kneeling or standing, lift and support her extended legs, pulling them toward you during penetration.

While studies verify the G-spot's existence, the exact location of this **pleasure centre varies from woman to woman**. To learn what feels good for you, explore your body with a device, penis or finger.

SOURCE: THE JOURNAL OF SEXUAL MEDICINE.

A line drawing of a man and a woman in a kitchen. The woman is sitting on a table, leaning back, with her legs wrapped around the man's waist. The man is standing behind her, leaning over her. There are purple and blue watercolor washes around the table and the man's legs.


Kitchen quickie

Enhanced with:
We-Vibe

She: Sit on a kitchen or dining-room table and wrap your legs around his waist.

He: From a standing position, gently enter her with increasing intensity.

Together: Use the table as support to move into a variety of desired positions.

A line drawing of a man and a woman in a romantic embrace. The man is standing and holding the woman, who is leaning against a wall. There are purple and blue watercolor washes in the background and on the floor.

Instead of attempting to do sex the “right way,” we’re much better off discovering what we like, learning how to create it, and getting comfortable with telling a partner about our preferences.

SOURCE: SEXUAL INTELLIGENCE: WHAT WE REALLY WANT FROM SEX - AND HOW TO GET IT.

Wall variation

He: Lift her up and press her against a wall for support.



The embrace

Enhanced with:
We-Vibe

She: Sit on top and wrap your legs around him.

He: Sit down and guide her hips into position.

Together: Move slowly and smoothly, kiss and enjoy the closeness.

Enhanced with:
We-Vibe

She: Roll your legs up and drape them over his shoulders.

He: Enter enthusiastically, and enjoy the support of her legs.

Together: Vary the speed and alternate between deep and shallow penetration.

Cross variation

She: Extend and cross your legs to increase friction.

After you've enjoyed using the We-Vibe a few times, enhance the sensations by using it in complete darkness. Or **put on a blindfold** to get a similar effect.

Topsy turvy





Lap of luxury

Enhanced with:
We-Vibe

She: Lean back to raise your legs one at a time and rest them on his shoulders.

He: Sit on a bed or on the floor and guide her into position.

Together: Vary the angle of insertion to find the most pleasing position.

Enhanced with:
We-Vibe

She: Lie on your side and tilt your pelvis to find the ideal position for G-spot stimulation.

He: Snuggle up behind and enter her in the spooning position.

Together: Kiss cheeks, neck or arms and move in sync.

In the United States **more than 50% of women own and use a vibrator**, and 70% of men are comfortable with sexual toys and enhancements in the bedroom.

SOURCE: INDIANA UNIVERSITY, CENTER FOR SEXUAL HEALTH PROMOTION.

Spoon 'til you swoon





Pleasure

solo or
shared

*Positions for private pleasure —
or invite a partner to share the vibe*

Thrill, Touch and Tango by We-Vibe are wonderful and reliable 'me-time' pleasure-enhancers. Browse through these illustrated ideas for self-stimulation and **become inspired for your next solo session.** Of course any solo position can be shared — and just watching may turn your partner on.



Rocking chair

Enhanced with: Thrill

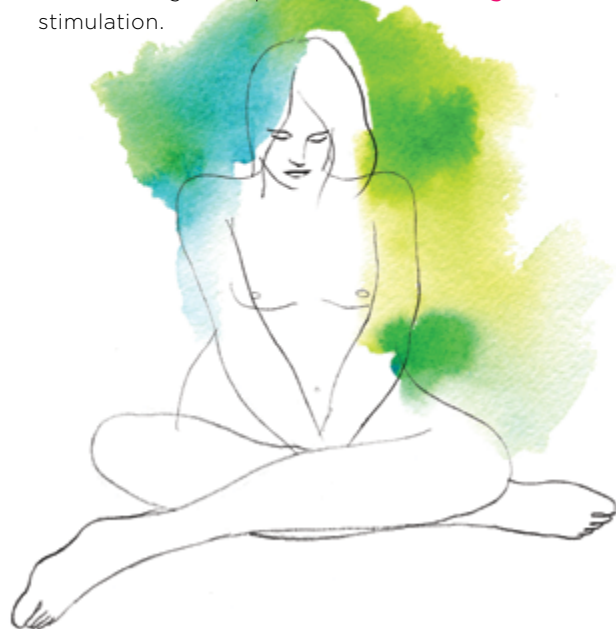
You: Sit facing the back of a chair and hold on for stability. With your free hand, position the Thrill beneath you on the chair seat, gently insert it and slowly rock forward and back. Gradually add intensity for increased friction. For more movement and comfort, use a swivel chair.

The Lotus

Enhanced with: Thrill

You: Sit cross-legged on the floor or on a large, comfortable chair and gently guide the vibrator to your clitoris and G-spot. Start slowly and increase the intensity by leaning forward for greater pressure and stimulation.

Having strong pelvic floor muscles can contribute to improved sexual satisfaction. So do your Kegel exercises and **use muscle tension to increase orgasm intensity.**





Bottom's up

Enhanced with:
Thrill, Touch, Tango

You: Kneel and spread your knees as wide as possible (if this position is uncomfortable, try lying flat on your stomach). Lengthen your upper body with a deep stretch. With one arm, reach around and insert the Thrill or massage your clitoris with the Touch or Tango. Explore a range of vibrations and movements to match your mood.

Lie back and let go

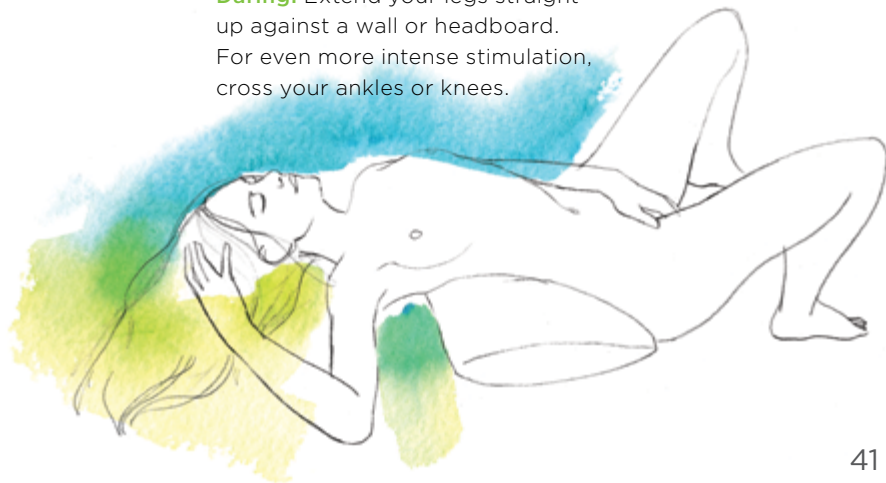
Enhanced with:
Thrill

Easy: Lie on your back and support your hips with a firm cushion. To increase the experience, hang your head over the side of a bed.

Moderate: Lie back with your knees bent in a “table-top” position against a wall. Support your hips with a cushion or lift your pelvis while squeezing your muscles for a deeper sensation.

Daring: Extend your legs straight up against a wall or headboard. For even more intense stimulation, cross your ankles or knees.

Feeling a bit too sensitive? **Keep your clothes — or just your panties — on** to reduce the intensity.





Spring fling

Enhanced with:
Thrill, Touch, Tango

You: While sitting on the edge of a bed or other springy surface, rotate your hips in a circular rhythm, moving up and down in sync with the sensations.

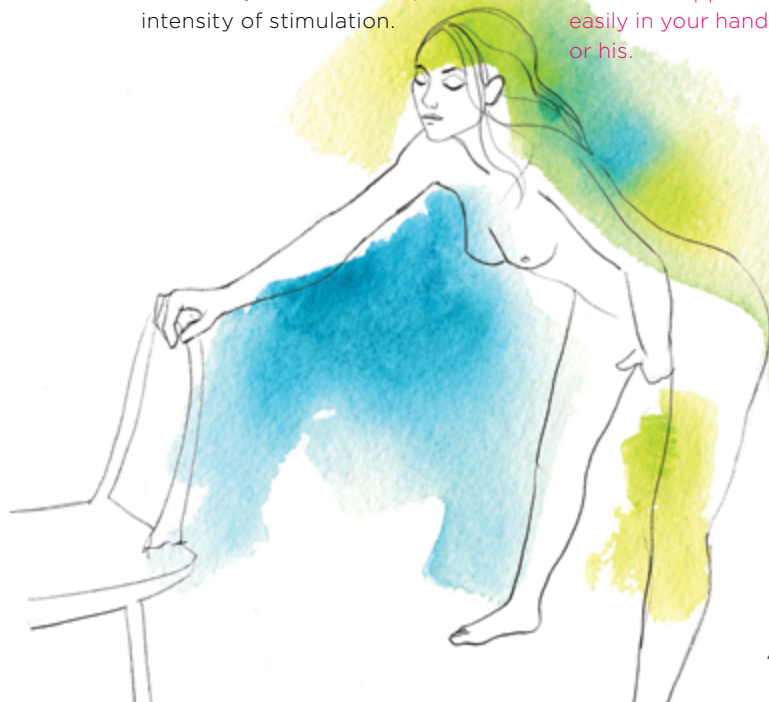
Cliffhanger

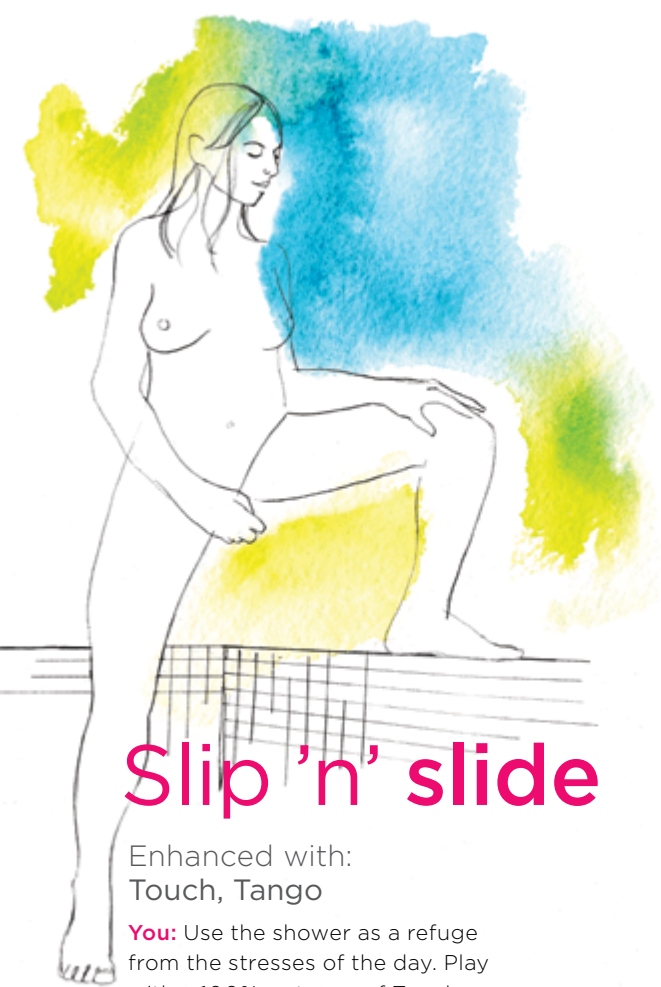
Enhanced with:
Thrill

You: Slowly arch backwards within your range of comfort while supported by a bed or the back of a chair. Glide the Thrill into place and slowly increase the speed and intensity of stimulation.

Not sure **how**
to introduce a
vibrator into your
relationship?

Start with Touch by
We-Vibe — petite
and non-phallic,
it can be cupped
easily in your hand
or his.





Slip 'n' slide

Enhanced with:
Touch, Tango

You: Use the shower as a refuge from the stresses of the day. Play with a 100% waterproof Touch or Tango for invigorating pleasure or soothing relaxation.

Enhanced with:
Thrill, Touch

You: Lie face down on your bed or another comfortable surface. Place a pillow under your hips to produce a slight rise and extra support for deeper stimulation.

Use the Touch to explore your sensitive zones — inner thighs, stomach, neck and breasts. If you're playing with your partner, try it on his penile shaft or scrotum, too.

Flat-out fabulous





Bathalicious

Enhanced with:
Thrill, Touch

Begin by drawing a bubble bath in water that's not too hot. Experiment with different temperatures to see how each affects your mood.

You: In a seated position, roll your legs up toward your chin and curl into a ball. Lean back, relax and glide the vibrator in and around your pleasure zones. Alternate between open and tightly curled positions.

Variations

Get hooked — Lie back and hook your legs over the tub or place them flat against the wall for a deep, inverted sensation.

Double bubble — Invite your partner into the tub and explore the possibilities with the Touch or Tango personal massagers.

Once you've rocked your world solo with the Touch, Tango or Thrill, why not encourage your partner to join you for couples play with the We-Vibe? **Two is (sometimes) better than one!**



Now that you're well-versed in new positions to explore, let's talk about more ideas to help you get in the mood. **How about a few playful games** to move the discussion in the right direction? Does your partner have a favourite game? Do you? Make sure you tell each other.



Playtime

love games

Playtime

Love games

Red, green & yellow

Playful discovery

During a cozy conversation, share your thoughts about things that excite you or increase your interest in sex — “Green Light” erotic triggers. Possibilities include watching your partner undress, reading an erotic novel or feeling light strokes on your thighs.

Next, share some of your “Red Light” turn-offs. For some women, these might include rough language, a scratchy beard on your legs or more than one finger in your vagina.

Finally, share some of your “Yellow Light” actions — things you’ll enjoy if you’re in just the right mood but may dislike if you aren’t. Your partner may want to ask before doing one of these. Examples might include being spanked, listening to a fantasy, or having a finger in your anus.

The 1-hour challenge

Let time stand still

Enjoyable sex isn’t an endurance sport. Rather, slowing down and focusing your attention on details can be an easy way to maximize the sensual pleasure. Take your time, take frequent breaks and breathe slowly while your arousal builds. Lose yourself in a pleasurable smell or sound or his gentle touch.

A taste sensation

Explore food and eroticism

Prepare for this game with a trip to the market to pick up foods your partner finds sensual — maybe strawberries, avocado, asparagus or chocolate.

When the time is right, get comfortable and playfully blindfold him or her. Together, sensually explore the texture, scent and taste of each food. Try to correctly identify each one. Reward correct answers with a special touch or kiss — and when your partner is stumped, require that he or she pleasure *you* in a satisfying way.



Ask We-Vibe

Our answers to some common questions

Q: How will he and the We-Vibe both fit at the same time? Will the We-Vibe get in his way?

A: The We-Vibe G-spot stimulator is designed to rest against the inner anterior wall of the vagina, out of the way of the penis. The slim and flexible mid-section of the We-Vibe allows plenty of room for him to enter and comfortably enjoy the heightened stimulation. For larger males or smaller females, however, the We-Vibe works best in rear-entry positions, like “doggy-style.”

Q: What are some other ways to use the We-Vibe?

A: Although the We-Vibe was designed for use during intercourse, the possibilities for alternative pleasures are almost limitless. You might consider involving the We-Vibe during solo play, during foreplay, as an external massager, wrapped around the shaft of the penis, etc. Another favourite use is positioning the We-Vibe under your chin during oral sex.



Q: Can the We-Vibe be inserted anally?

A: Yes. The We-Vibe can stimulate almost any body part, as long as the product remains in its natural shape. Many women enjoy anal stimulation at the same time as vaginal or clitoral play. Many men enjoy anal or prostate massage alone or along with penis stimulation. As with all anal play, the trick is to go slowly, stop and check in with your partner and use plenty of approved water-based lube.

Ask We-Vibe

Our answers to some common questions

Q: Are there other uses for Tango or Touch?

A: Tango and Touch are designed for clitoral stimulation but you can use them however and wherever feels best. Due to the petite nature of these products they are for external use only — do not insert them. Men can use the Tango to stimulate the head of the penis or between the scrotum and anus for new sensations. Women can use the Touch to stimulate all of your erogenous zones — nipples, inner thighs or vulva to name a few.

Q: How do you come up with the We-Vibe vibrator designs?

A: Every We-Vibe product is developed to have a healthy, positive impact on your sexual experience while being high quality, body-safe and eco-friendly. Through extensive research and clinical testing the designs draw on the science of ergonomics, industrial design and the physiology of sexual response.



Q: Is it OK to play with the We-Vibe in a hot tub?

A: Yes! The 100% waterproof We-Vibe 3 is safe for use in a hot tub. The control button on any We-Vibe will function normally when the massager is submerged, but the remote control that accompanies the We-Vibe 3 will not operate and should not be submerged.

Q: How do I care for my We-Vibe products?

A: Simply wash your We-Vibe products with soap and water before and after each use. To avoid battery or motor damage, never boil, microwave or put your products in the dishwasher. Note: Keep in mind that the We-Vibe II is water resistant only and should not be submerged.

For more questions and answers, visit we-vibe.com/FAQs.

Whether alone or with a partner, make time to enhance your sexual satisfaction. Give yourself and your partner permission to explore. Share the **We-Book** to get the conversation started and then go ahead, set a date, and expect to have fun.



Make time to enjoy the vibe



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