

Lisa W. | Marty K.

# PUTTING THE TRAIN INTO THE TUNNEL

A Guide to Losing Virginity



Wise E-Guides

**- P R E V I E W -**

# **Putting the Train Into the Tunnel**

## **A Guide to Losing Virginity**

Lisa W. & Marty K.

**For girls, boys, young adults, caring parents, gays,  
lesbians and others**

When is the right time?  
How to get the right partner?  
How to kiss?  
How to prepare?  
How is it actually done?  
How to make love in a safe way?  
Am I pregnant?  
And much more!

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*“It is an infantile superstition of the human spirit that virginity would be thought a virtue and not the barrier that separates ignorance from knowledge.”*

Voltaire

# 1. INTRODUCTION

Hello to all of you virgins out there!

Whatever you are – a boy or a girl, minor or adult, straight or gay – this is where you will find comprehensive advice about a big event that happens only once in a lifetime – losing your virginity. Even though today it is possible to regain one's virginity with a simple surgical procedure, nothing can really replace the psychological experience of *the first time*.

Losing one's virginity is an unwritten certification of maturity. It is often regarded as a milestone in one's life – the moment when girl becomes woman and boy becomes man. This is in fact a cliché imposed by those who like to brag about their sex life. Being a virgin in one's thirties does not necessarily mean immaturity. Similarly, sex at an early age does not necessarily make a person mature, ready for further sexual experiences, let alone life's trials that are yet to come.

The latter, however, happens much more often. Many engage in sexual activity very early, while having no basic knowledge about the risks they are taking. They disregard the dangers of sexually transmitted diseases and unwanted pregnancy. They use their basic instincts, which is *not* the right way of learning about sex. In addition, taking advice from an inexperienced person can also be quite wrong – even from one's closest friends.

I shall first introduce my own long-term experience with sex and sexuality. I also made some typical beginner's mistakes in my early youth, stubbornly avoiding the correct ways of familiarising myself with this matter. Subsequent experiences, observations and research, as well as advice from some experts, colleagues and friends have really pointed out my many mistakes. As a youngster, I lost the

chance to make this an altogether wonderful experience. That's why I decided to write this book – so that you don't have to waste your time laboriously collecting, selecting and analyzing different pieces of information and advice, and deciding which ones to adhere to. Bear this in mind before you decide to have first time sex with your partner.

You must be wondering – **what is the right age to lose one's virginity?**

I'm about to shatter some prejudices that you may have gleaned from your environment, chiefly in the form of teasing and even mockery by your close friends. You'll be amazed how many people you perceive as experienced adults are, in fact, virgins. It's always better to wait for the real thing, than to rush in recklessly.

We are about to talk about **exploring your own body** as a preparation for your first real sexual experience. We will also see why masturbation serves as good rehearsal for your later sex life.

You might not yet have a partner to share the exquisite sex act with. Don't worry! Here you will get advice on how to **get together with a person you care about**.

The world of dating is a complex chapter in everyone's lives. The most important facts you require come from psychology – modern psychology in particular. Many have tried to unveil the secrets of these skills – ordinary people, experienced studs, prominent psychologists and sexologists. Research is still in progress – and it might never end. There are aspects pertaining to general psychology, when reactions from both sides are logical, predictable or easily explained. There are, on the other hand, those which are unexplainable to the opposite sex, and can only be categorized as “gender-specific psychology”.

You will realize how many things you have overlooked. And by realizing them, you will be able to see the mistakes you have made while dating someone you really like.

We'll cover the aspects of **dating and seduction**. There are, in fact, two entirely different techniques – one is for males, another for females. But, before you can learn it in detail – in order to become irresistible to the opposite sex – you'll have to accept a couple of facts. Accepting them is a requirement for successful seduction. The entire chapter on dating was written by Marty K, a good friend of mine. We met in college, and he happens to be a world-class pick-up artist. No one could ever write it out better.

You have a partner, but don't know **how to kiss properly**? Then this book is just right for you. You'll learn how to drive your partner crazy, so that he or she will fall in love with you over and over again!

The act of losing virginity will be thoroughly covered in this book – however, the **preparation** for this act is something we must also go over in great detail. This includes **safe sex** as well as **foreplay**. Among many questions a young virgin girl will encounter is: Will it hurt? You will learn how to minimize or eliminate the pain that might follow.

You must know that the sexual act brings **certain risks** in addition to great enjoyment. But don't worry! No matter how scary it might sound now, if you are a conscientious person and can carefully follow the instructions given, it will all go smoothly. And your first sexual contact, along with each new one, will be remembered with pleasure – an experience upgrade of note.

Many girls begin to panic after having sex for the first time, asking themselves: **“Am I pregnant?”** There are as many truths as there are fallacies regarding pregnancy.

And finally: **What comes afterwards?** Is losing virginity the most important thing in one's life, or is it just a milestone along the road?

Just keep this in mind:

There is no magic wand for one-hundred-percent successful dating. Nor is there a fail-safe formula for 100% safe sex. Nor, for that matter, is there one for keeping your partner. These all depend on many factors. Each one of us is an individual with our own peculiarities, and we cannot always predict another person's behavior. However, if you go by the universal advice given in this book, you can be sure that the risk of failure will be minimal or none.

\*

You'll notice many paragraphs in this book headed '**FOR MEN**' and '**FOR LADIES**'. This is because each subject is covered from two different angles – this book is intended for both men and women. In fact, the goal is to make both realize the challenges and problems faced by members of the opposite sex and thus have a better understanding of their respective partners.

So, if you are a girl, and you come upon a paragraph beginning with '**FOR MEN**' or vice versa, I suggest you don't skip over it. Read it in detail. This is the only way you can fully learn about your partner's problems and challenges, and thus understand them better.

So let us begin.