

• THE PLUS SIZE GUIDE TO MIND BLOWING SEX.



# MAKING IT HOT

BY CHRYSTAL BOUGON

# MAKING IT HOT!

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SEX TIPS FROM  
THE CURVY GIRL  
PLAYBOOK

CHRYSTAL BOUGON

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*This is for all the Curvy Girls out there. Do NOT Settle for crappy partners or crappy sex. Life is way too short for ugly underwear and bad sex. And, on those days when you don't love you; remember I do.*

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## WELCOME TO THE CURVY GIRL PLAYBOOK!

Hi there,

This fun series shares the secrets of having a hot and satisfying sex life. I'm Chrystal Bougon, resident Curvy Girl at Curvy Girl Lingerie in San Jose, CA. I've been educating and entertaining women and couples (gay, straight and other) about sex and toys since 2003.

I have talked to thousands of people of every shape, size and preference and listened while they shared many intimate details about their sex lives. Let me just say it is a HUGE honor and privilege that so many people have confided in me. Over the years I have noticed that certain topics and questions are universal so I decided to write this series to educate the world. We will cover some anatomy, some psychology and a whole lot of techniques to go from ho-hum to OH, YES! in your bedroom tonight.

## MAKING IT Hot...

This book is all about having HOT sex. People and bodies are different so being open and honest with your partner about what feels good and what you want is the secret to a more connected and satisfying sex life for both of you. Sex is never just one thing, so learning to combine approaches and techniques will make everything more pleasurable for Curvy Girls and their partners. Tonight. Not after you lose 10 pounds, not when you start running every day, not when the stretch marks fade but NOW.

Feel free to email me with any questions or concerns at , I am always happy to help if I can.

*Blissfully,  
Chrystral*

## THANKS, CURVY GIRL!

I'm the owner of Curvy Girl Lingerie, [www.curvygirllinc.com](http://www.curvygirllinc.com), the first ever lingerie store exclusively for plus-size customers, and [BlissConnection.com](http://BlissConnection.com), an online store for fabulous sex toys and accessories. Throughout the book I have included products to enhance your sex life so if you are looking for a li'l sumthin' sumthin' visit the sites and use coupon code **makeithot** to get 20% off as a thank you for reading my book.

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## HOW TO HAVE HOT SEX AS A FAT PERSON

Or as I like to call it: HOT SEX.

Maybe you're not Photoshopped-super-model thin and it has you thinking that great sex is never going to happen for you. Or maybe you feel the need to hide in the dark so your partner can't see your body. Are you afraid that if your partner saw the lumps in your figure that they would turn away? Do you think that perky boobs and 6-pack abs are prerequisites for great orgasms?

You're WRONG. It is not the size of your hips or saggy boobs that are holding you back, it's the junk in that brain of yours that says you need to hide your body from your partner. The real secret to HOT sex is to leave that baggage at the door, embrace the gorgeous person that you are, and unleash the lusty vixen inside.

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Yes, you totally have a sexy vixen inside! You, the one sitting there with the stretch marks and the crow's feet and the thick thighs. You have a lusty side that wants great sex and I'm here to tell you GO FOR IT!!

And trust me when I say that your partner wants you to GO FOR IT, too.

How do I know? Because in twelve years of entertaining and educating couples about sex, the question I heard most was, "How can I get my wife/girlfriend to let go and have more fun?"

I get it. We all have hang ups about our looks and our bodies. The media presents completely unrealistic images everywhere we turn and we can't help but judge ourselves against these impossible standards. It happens to everyone. Size 0 to size 30, young and old, men and women, gay and straight, etc.—we humans are self-conscious about our bodies and worry about disappointing our partners.

We get shy. We get in our own head. We are scared of rejection. I know what that's like. I've been fat since the third grade and now I'm a size 22, I carry my weight in my hips and butt, and no matter how much black I wear, I still take up a lot of space. As fat girls, many of us had to deal with insults and ridicule directed at our bodies over the years. The natural response is to close up and build walls that protect our hearts. We cover up and hide instead of wearing tiny panties or revealing lingerie.

In fact, we are often so ready to hear someone mock our bodies, that we do it to ourselves.

**I NEVER THOUGHT I WAS A BULLY UNTIL I LISTENED TO HOW I TALKED TO MYSELF. I OWE MYSELF AN APOLOGY.**

Do you have a voice in your head that tears you down and tells you are not good enough? Would you say those same words to your best friend? I hear women do this to themselves all the time. Think about it, if you were as mean to your kids as you are to yourself, Child Protective Services would have to step in!

**STOP IT! DON'T BE A BULLY!**

We all have a little voice in our heads but if that voice does not build you up, then you need to SHUT IT DOWN. Don't pick yourself apart, instead you need to recognize that you are PERFECT exactly the way you are. Your partner WANTS to be with you. They could be with anyone else, they could even be alone, but they chose to be with you.

The secret to making your sex life as HOT as possible is turning off the negative self-talk and making room in your brain for cooking up sensual experiences for you and your partner.

What are you waiting for? What will it take for you to go for it?

Whatever is causing you to hold back in the bedroom is a waste of time and energy! SURRENDER and let your hair down, girl! You may look in the mirror and see the imperfections, the extra weight, or the wrinkles and think that you do not deserve happiness or the physical pleasure that comes with great sex.

But you do deserve it. Say it loud, say it proud, "I DESERVE MIND BLOWING SEX!"

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I say this a lot because it is absolutely true, when YOU believe that you are enough and LOVE yourself for exactly how you look right now, that confidence will translate into the bedroom. You will be able to connect with your partner in a deeper and more satisfying way. Confidence is SEXY, curvy girls!

I know it's not easy. I have my weak days, too. Sometimes I get too wrapped up in the way models and celebrities are depicted in magazines, but then I remind myself that I AM SEXY, too! I deserve to love and be loved just like anyone else. I am a fat person and I am here to ENJOY who I am now at this very moment – not who the media tells me I should be.

I believe everyone is sexy in their own way. You are your own special sauce. You are gorgeous exactly the way you are today. Once you embrace that you will start to find that confidence we talked about.

Confidence is what really turns people on so OWN IT, ladies. Sex is a fabulous way to stay connected to your partner but you have to let go of the baggage and focus on the pleasure.

Whether you've been on just a few dates or have been together for decades, when your partner is turned on, they are not seeing your cellulite. They see you, and they want to see more! Great sex means your hair is messed up, you're sweating, panting, and (hopefully) making those weird orgasm faces. When you focus on the pleasure, and ignore those negative voices, your partner will remember how you made them feel not how you looked while doing

it. Trust me, they will thank you for taking the initiative and thinking about how to improve your sex life.

My goal is that every time you worry about dimming the lights or you get too nervous to wear that new vinyl skirt or skimpy thong- the voice in your head says “GO FOR IT. YOU ARE PERFECT! GET GREEDY!”

# "Fat girls have hot sex with the lights on too! Here's how!"

Jes Baker, The Militant Baker and Author

Welcome to the Curvy Girl Playbook! This fun series shares the secrets of having a hot and satisfying sex life. This book is all about having HOT sex. People and bodies are different so being open and honest with your partner about what feels good and what you want is the secret to a more connected and satisfying sex life for both of you. Sex is never just one thing, so learning to combine approaches and techniques will make everything more pleasurable for Curvy Girls and their partners. Tonight. Not after you lose 10 pounds, not when you start running every day, not when the stretch marks fade but NOW.

**Chrystal Bougon**, Owner of Curvy Girl Lingerie in San Jose is also a Silicon Valley High Tech Refugee and Sex Toy Expert who loves writing about sex, relationships and fat girl sex. Chrystal opened the second ever plus size lingerie store in the U.S. October 2012 and considers herself a Sex Toy Sherpa. This self- proclaimed Fat Girl believes that all women deserve to feel sexy and beautiful. Chrystal's passion is YOUR passion. When Chrystal is not busy convincing the world that "Sexy is Not a Size", she can be found at the movies, playing LRC with her girlfriends or busy reading her kindle so she does not get in trouble with either of her book clubs.



[curvygirlinc.com](http://curvygirlinc.com)



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