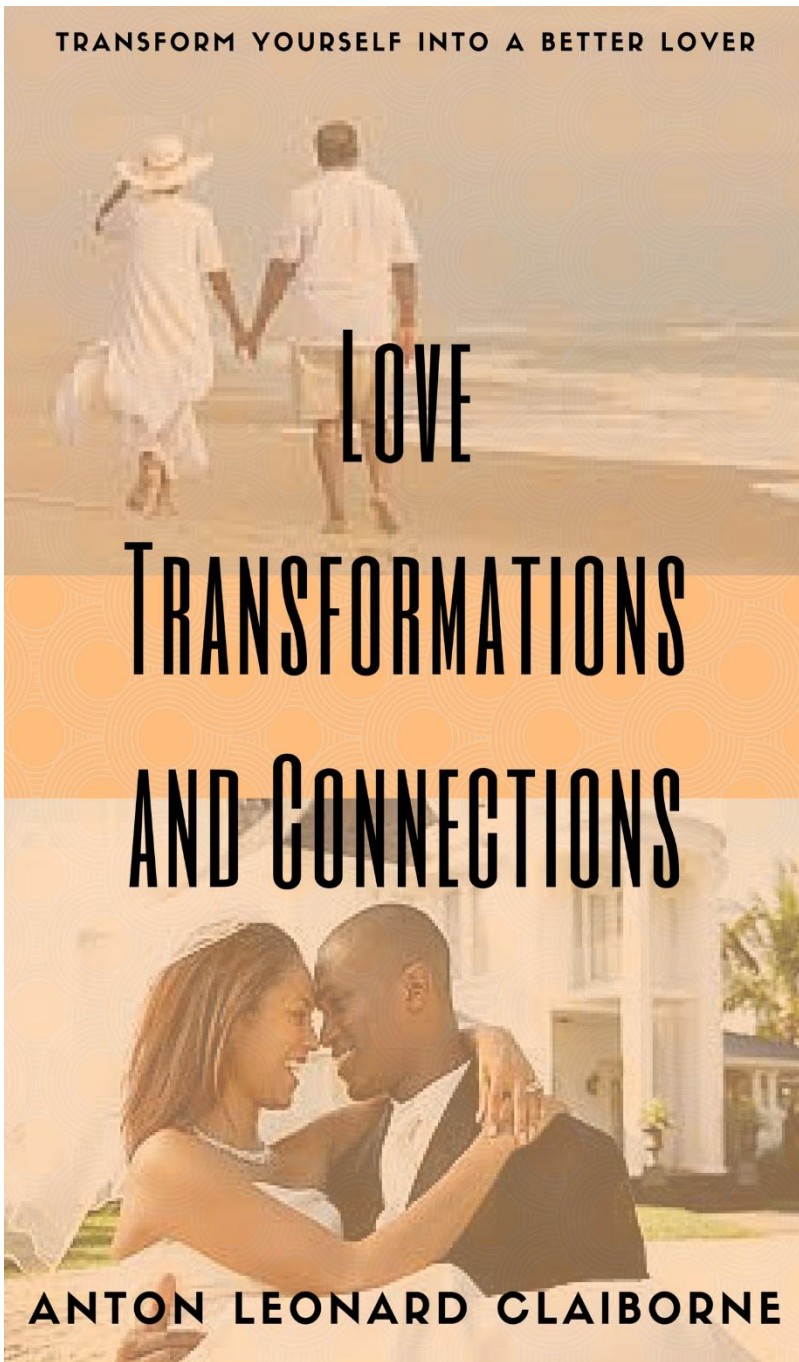


TRANSFORM YOURSELF INTO A BETTER LOVER



LOVE

TRANSFORMATIONS  
AND CONNECTIONS

ANTON LEONARD CLAIBORNE

LOVE TRANSFORMATIONS AND CONNECTIONS

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# Love Transformations And Connections

**ANTON LEONARD CLAIBORNE**

## Love Transformations and Connections - eBook

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## Introduction

This presentation is for the people who are currently in a love relationship which is in a good and stable status. However, they want to continue to get better at being the perfect match for their lover.

The suggestions in this presentation are easy to follow. Will it be easy to do all of them? No. It will not be easy to do all of the suggestions because some of them will require cooperation from your lover. Once you get your lover to cooperate, the practice or execution of the suggestion will be easy. Keep this in mind as you read.

How about I give you an example of the type of suggestions you are about to read:

### **One simple way to please your lover would be:**

Have your lover read some of the material you choose to read in order to increase your knowledge and make your life better. Having your lover read some of the things you read will help them to better understand your reasons for doing the things you do (you of course, would read some of their material also).

This book is also for lovers and couples of varying ages. From Teens to seniors, this information will help make a good lover into a better lover. For seniors, I am also presenting this book in a large type. I want every age group which is capable of being in a good, healthy and stable love relationship, to be able to read this guidance with ease.

I now present to you, Love Transformations and Connections!

# Love Transformations And Connections

## **Chapter One**

Be Certain You and Your Lover Are Compatible for Life



There is no need to worry, whether or not, your lover is good for you. In order to make this happen, you can ask one question. The question you ask should be directed to yourself.

I am serious! You should try this. Ask yourself this amazing question. When you begin to answer it, you will discover similarities and differences between you and your lover. If the similarities count more than the differences, you can be confident in the idea of your lover being good for you. At that realization, you can eliminate the worry you had.

If the differences count more than the similarities, you have reason to worry. You have reason to be concerned about the alliance you have made with this individual you have emotionally attached yourself to. With this revelation, this attachment must be severed without delay. If you do not break the attachment your worry and concern will increase. This is guaranteed to happen because you will be reminded of your differences more often after you become conscious of them. Think about that for a moment, will you?

I wanted you to think about what is going to happen after you identify the number of differences between you and your lover, first, before you ask yourself the question I am going to present. Consider what is going to happen, because you have choices regarding your emotions as to how they are affected by the question.

You have three choices here:

1. Read the question without answering it.
2. Ignore the question. Do Not Read the question!
3. Read the question and proceed with corralling answers.

Those are your choices regarding your inquisitive thoughts on the minimal amount of confidence you have in your lover and the relationship you two share.

The question will be presented at the end of this chapter, but know this, the differences do not indicate wrong or right. They indicate disagreements and disharmony in your relationship, and, this will be revealed as you identify your descriptions and definitions. If the state of your love relationship does not up-hold or display what you describe or define, you can end it knowing you are certain it is not a good relationship for you. If it does display those things you describe or define, well then, you will have mounting similarities and concrete reason to let your worrying die so it can no longer distract your loving thoughts away from your lover.

I sure hope the idea of sharing your thoughts of love, more often, with your lover, sounds like something you want to do. How does that sound to you?

Before I close, I want you to please understand -- your happiness should be important to you and you should never sacrifice a moment of it for something or someone you are not sure of or uncertain about.

I hope something I have presented here, helps you in some way to become better.

Now, here is the question that will help you discover the differences and similarities between you and your lover. Answer it in the form which works best for you. Ask yourself:

- What is my definition of a love relationship?
  
- How would I describe a love relationship?

## **Chapter Two**

### Sacrifices In Your Love Relationship

Love relationships grow and endure only if there is a good balance of communication and sacrifice.

This message is about the latter. Both individuals in the relationship must be willing and able to make sacrifices.

Not only should we be able to make our lives better, we should be willing to do it for a progressive life. In order to have a progressive life, sacrifice of the most unnecessary things must be practiced.

With practice anyone can exercise the willingness to eliminate nonessential things. Everyone has some. Such exercising will make it easier to sacrifice during difficult relationship situations.

Some people search high and low for a love companion. When difficult situations arise in a love relationship each lover must be willing and able to sacrifice whatever is causing disharmony within the home...the relationship...their unified heart.

After searching high, low and optimistically waiting half a lifetime, for love and a love relationship that is good for you, no thing and no one must be allowed to destroy the connection you and your lover share. And if you were wondering, no thing and no one is exactly what I meant to say!

## **Chapter Three**

### Family Love and The Connection

When we find the right person to build a family with, we then must begin to share the love we have for ourselves and the love we have for our mate, with our children. This is necessary, but this sharing is not always easy to do.

One simple method my wife and I use, which helps us share our love, is having our children join us while we run errands.

Running errands is not the most exciting thing to do, but taking your children along gives you someone to talk to and it helps them get out of the house so they can get away from the computer and television.

This time you share with your child is quality time. I say that because it helps your child see you doing things. Your actions help with your child's education. So, really, you are handling education and activities with your child and bonding, all at the same time.

Share your love with your children. Doing so will teach them to share their love with you and when they get older, they will share it with their family with ease.



## **Chapter Four**

### Having Sex Versus Making Love

Having sex, I think, will always be viewed as a sacred act and it will never cease to be important. As long as males and females are attracted to each other, sex will be a factor for fun, pleasure and reproduction. What many people have been doing, especially teenagers, that I have noticed is interpreting having sex as making love.

Adults do it also, and with them the attachment is often severer, after realizing the person they have been sexing, truly has no interest in engaging in anything with them unless it involves sex. This kind of revelation is disturbing, only because the suffering person was using intentional emotion while sexing their partner. They had intentions on developing something more with their partner, so sex was being used to initiate the development. When a person does this kind of sexing he or she is risking their emotional stability.

Remember: The moment your body, when excited and full of sexual urges, touches another body that's full of sexual urges, the thought of an emotional connection should not be present. Thoughts of love and being in love have no place among people who are full of and radiating sexual energy. Being in love is the furthest thing in the mind of someone who wants to have sex.

**A huge mistake many people make is trying to make love with someone who, at the present moment only wants to have sex...sex...and more sex.**

I think, people who want to make love, should learn to express that. They should practice saying, their interest is not focused on only sexual stimulation and intense sex. Doing so, making it clear and obvious they desire a loving sexual connection, could save time and emotional stress.

The saved time could be applied to a person who yearns to make love with someone who has mutual desires. So, instead of wasting time with someone who wants only sex, time would be used effectively and lovingly, while making love with someone desiring to make love.

When two people who want to make love, come together to do so, they begin a connection. This connection uses sex as a tool to synchronize the two bodies. When they are synchronized another connection begins with the emotions. When body, emotions and mind are in accord, a level of harmony is established which will last a lifetime.

I hope I have shared something here, with you, that makes a difference in your life.

## **Chapter Five**

### Love Transformations for Women

The following suggestions are for **women**. They are excerpts from the book, **Love You Better**. Use them to help yourself continue to transform into a better lover for the man you love:

- Think about the reason why you left your previous lover and let that be the reason you love your current lover, more and better everyday
- Learn how to dance respectfully when you are in public. Do this so you will not attract unwanted attention.
- If your man has a strong will, do not be an obstacle on the track. Accept his willingness to lead as the powerful train engine. You can support him as a passenger along for the ride or be the caboose. The trains' caboose has an important role in the operations of the train. It was used to provide additional braking when stopping the train. This function of the caboose provided more control and a safer stop, especially during emergency situations. Think about that, will you?
- Touch him somewhere on his body **whenever** you two are kissing.
- Learn how to identify small things, like minor misunderstandings or minor task left incomplete. After you identify them as minor, then learn how to let them go as possible mistakes or miscommunication. If it happens again, discover a healthy method which will help you to stay calm when addressing them. Do this because everyone makes mistakes and miscommunication happens.

## **Chapter Six**

### Love Transformations for Men

The following suggestions are for **men**. They are excerpts from the book, **Love You Better**. Use them to help yourself continue to transform into a better lover for the woman you love:

- Hold her hand while you walk with her. Holding hands is an easy way to give her attention without saying anything.
- Talk to her about her dreams and life goals. If there are any you can assist her with, tell her how you can help. After talking about it be sure to do what you can in order to help her live her dreams.
- Thank her often and sincerely. When you thank her, tell her the reason you are thanking her. Example: *'Thank you for arranging my shoes for me.'*
- Flirt with her. If you are not very good at flirting, casually tell her about something she does which arouses you or you can mention the parts of her body which arouse you. Do this whenever you have the urge to do it.
- Take a minute or two and call her while you're at work. Tell her, *'I don't have long to talk, but I just wanted to call because I was thinking about you.'* Doing this shows you care about her and it shows her you actually think about her when she is not near you.

## **Chapter Seven**

### Connecting In and Out of the Bedroom



Sex is important to the love relationship. It should not be ignored or treated as unnecessary. It helps us feel rejuvenated and healthy. Anything which rejuvenates the mind and body should be considered necessary and understood as such.

Sex, unfortunately, is often misunderstood as merely, a physical act. It is much more...much, much, more!

I have learned, from talking to men and women that many people do not know about sexual energy and how it creates good sex. This line of thinking, I discovered, is due to a misconception that sex only feels good with physical contact.

I am making this presentation to help my readers understand how good sex creates emotional and physical connections, without the bodies of two lovers touching skin to skin. Forming such connections is not easy, so it does require some work. But, anyone who cares about their lover, I think, they would overlook a bit of work if the result is possibly going to be good sex.

Is good sex possible for anyone? Yes it is.

With the cooperation of both lovers, good sex is always possible because it is more than a physical connection. It is more than the arrival of the penis and its acceptance into the vagina. Sexual energy can be used by anyone, because one of the simplest methods we can use in order to get energized by sexual energy is...*talking*.

Talking to your lover about sex and what you like about sex while you too are having sex, will allow you to experience the effects of sexual energy. You would only need to pay close attention to how your mind and body reacts during your conversation. This form of communication is often ignored when lovers complain about lack of communication in their relationship. If it were not ignored, the complaints would be few because the connection could be established with a sexual touch. When executed sincerely, a sexual touch will convey comforting and reassuring messages. Messages which would be delivered without words

Talk about sex. Talk about it often with your lover. Do that so you will understand why sex and the exchange of sexual energy is important. If during your talks you or your lover feels uncomfortable, analyze the discomfort. Learn from it and use it as a reminder of what is not good for you two when attempting to connect and strengthen your bond of harmonious love.

In order to assist you with using sexual energy to connect with your lover, the following suggestions are for **sexual activities**. They are excerpts from the book, **One Mind One Heart Many Hands**. Use them to help yourself connect with your lover, on a physical level, in order to secure your emotional bond while engaged in a rejuvenating boost to your mind and body.

**Attention!** If you have never had sex, I suggest when you are ready to experience sex, begin by using the Good Sex guidance I am presenting here:

### Good Sex

- Talking to your partner about sex will help make every sexual experience you share a good sexual experience.
- Good sex can begin with, knowing what you like about sex or what you want to experience sexually, then communicating in some way to your partner, what you like or want to experience.
- If you want to set the mood for sex, give your partner the opportunity to communicate to you, all the things they like about sex. Talking about having sex can be very stimulating.
- Give subtle instruction or guiding movements while you are having sex.

- Move slowly so you and your partner can experience pleasure and satisfaction.
- Explore sexual accessories. Candles, blindfolds, your favorite foods, a feather, a Bean Bag chair or a shower massager, all of these can help you discover more sexual pleasure, especially if you keep an open mind and **use your imagination.**
- If you do not know what you like, think back to your past sexual encounters and make note of the actions which made you feel good. Now tell your partner what you like and what you want to do.

## Conclusion

This marks the end of our journey with this guidebook.

Use this information often. Share this information often.

Advertisement

Get the book, *One Mind One Heart Many Hands*, for your love life. It will help you create the perfect love relationship *(even if you must leave your current lover in order to get the love you want)*.

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**ONE MIND**

**ONE HEART**

**MANY HANDS**

HOW TO GIVE YOUR ALL TO THE ONE YOU WANT TO LOVE  
AND GET ALL THE LOVE YOU DESERVE FROM THE ONE  
WHO WANTS TO LOVE YOU.

**ANTON LEONARD CLAIBORNE**