

Access Free Sissy Training
Tasks

Sissy Training Tasks

This book gives you solid, easy-to-follow instructions, ideas, and useful suggestions on how to quickly and easily achieve a feminine look. It goes over

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various important feminization tips regarding body hair, choosing your female name, how to properly disguise your private parts, how to enhance your figure for a more curvy look, how to apply makeup, and the

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importance of feminine hands and feet, etc. In this book you will learn about: - How to Choose your Female Name - How to Feminize your Hand and Feet - How to Develop a Female Voice - How to Tuck your Private Parts -

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How to Achieve a More Feminine Figure - Makeup Tips - Sissy Clothes - How to Use Fragrance
"Great feminization tips. I'm a busy executive, so this is really valuable advise that is to the point and easy to apply" -Crystal

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Sugar "Easy things we can all do. Mistress Dede is right on and her advice is priceless" - Queen Dee "It has definitely helped me to stay on track when going over my feminization routine" -Foxy "Easy read. Right to the point. It

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also gave me food for thought on several subjects I had not thought about before. So I started implementing those steps and adding them to my daily routine. I can already see a big difference! " - Will Johnson

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With the help of New York Times bestselling author and housekeeping guru Marla Cilley, you'll cure your household CHAOS (Can't Have Anyone Over Syndrome) by changing your messy home into a soothing

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sanctuary Are you suffering from CHAOS, otherwise known as Can't Have Anyone Over Syndrome? If your house is a jumble of dirty dishes, piles of paper, and never-ending laundry, you are probably afflicted. But

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don't give up hope, because now there's an antidote: The CHAOS Cure. In her eagerly anticipated new book, Marla Cilley--aka "The FlyLady" to the hundreds of thousands who visit her website for daily domestic

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inspiration--reaches into our homes to help make housecleaning more meaningful and life less messy. With a little bit of armchair therapy and plenty of practical, tactical tips--such as "On the Fly!" quick

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fixes and genius uses for sticky notes--she'll help us get our houses in shipshape order before we can break a sweat. Along the way, the FlyLady teaches us to embrace household maintenance as an

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act of self-care, and to enjoy the soothing satisfaction of an orderly habitat. Before you know it, you'll be on the fast-track to living CHAOS-free, surrounded by sparkling serenity. Turned onto the street to be a

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shemale street-walker, forced to work a gloryhole, and forced to pleasure anyone your mistress chooses, these are just a few of the trials you will have to endure at The Sissy Farm. The hardest, darkest and sexiest sissy

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hypnosis ever written, The Sissy Farm describes the real life country estate where Mistress Elle conditions and trains her supplicants. Starting off as a lowly domestic maid, new arrivals are completely sissified

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and soon find themselves on a journey towards the heights (or depths) of sissy sexuality.

Welcome to your X-rated sissy training exercises. These tasks are perfect for the self-training sissy or a Mistress/ Master that

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would like to give their sissy boi's some extra training to whip them into shape. Becoming a perfect little sissy boi is a difficult task that requires dedication, perseverance, and constant practice. After finishing

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these X-rated sissy assignments, you will be broken and fully accepting of anything and everything your Mistress/Master has you do to please them. During the process of completing these tasks, it is a

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good idea to keep both a progress report and progress photos. Reading these progress reports will be a good way for your Mistress/Master to figure out where you need to proceed next in your training. You may

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find that some of these sissy assignments are more difficult than others but you must always push yourself to the absolute limits so that your sissy transformation can become a reality. Remember that

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everything your Mistress/ Master has you do is to help you achieve your end goal of becoming who you truly are. You are to follow their instructions to the letter, without questioning their methods. Completing these

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sissy training tasks may be at first difficult but they should also be fun in their own way for you. Whether you are just now beginning to explore your sissy tendencies or if you are simply in need of a refresher course into

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your sissy femmndom, this is the right book for you. Here you will learn exactly what it takes to become a well-rounded sissy boi. Every true sissy boi knows that practice is essential to their lifestyle. This book should be

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used throughout your sissy training as a reference guide whenever needed. In Course One of your Femme Fabulous training, you will be learning the essentials of becoming a proper little sissy boi. You will learn how

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to find the perfect wardrobe items that make your assets shine, learn the proper way in which makeup should be applied, how to walk in high heels, the importance of incorporating feminine

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mannerisms into your daily life, and much more. Once you have completed the basics in Course One, you can move onto Course Two, where you will learn the proper way to train yourself to have a new more feminine voice

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as well as proper sissy etiquette, image enhancement, and mastering your personal and physical appearance in public. After finishing both Course One and Course Two of your Femme Fabulous sissy training, you are

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***sure to be the proper little sissy
both you and your Mistress
desire.***

Femme Fabulous Part I

The Ultimate Collection

Sissy Maid Assignments 2

Sissy Shopping Assignments for

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Sissy Boys

***Miss Vera's Finishing School for
Boys Who Want to Be Girls
Law, Ethnography, Injustice***

An AB Discovery 'After Dark' Book

*Colin Milton and Penelope Pansy
combine to tell a compelling story of a*

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sissy going to a training school that goes way past what is expected. Penelope desires to be a frilly, feminine girl, but the Teacher has other ideas. She is expected to be diapered and babied fulltime but is also expected to have very dirty diapers as well. And then the Ladies

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come to visit... NOTES: contains extreme use of dirty diapers, femdom and more.

It is estimated that three to five percent of the adult male population of the United States feels the need, at least occasionally, to dress in women's clothing. Judging from enrollment at

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her academy, Miss Vera would say that figure is low. Veronica Vera founded Miss Vera's Finishing School for Boys Who Want to Be Girls in 1992 and started a gender revolution. Working from the pink palace of the Academy's intimate Manhattan campus, she has helped hundreds of

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students embrace and master Venus Envy through her expert instruction in the arts of dressing up, making up, going out, and acting like a lady. In her new book, she shares her priceless wisdom with the world. With sparkling wit and dazzling insight, Miss V gives us the 411 on body hair, foundation

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garments, make-up, and dressing, as well as offering invaluable advice on Creating a Herstory (finding the real life story of the femmeself within) speech, manners, walking in high heels, and--that biggest step of all--going out in the real world all dressed up. Amply illustrated and filled

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with the real stories of students and graduates, Miss Vera's Finishing School also offers a fascinating history of how the Academy came to be, as well as Miss Vera's own incisive gender manifesto. "As we step boldly toward the new millennium, many more of us will be doing it in high

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heels," says Veronica Vera. In Miss Vera's Finishing School for Boys Who Want to Be Girls, she proves conclusively that, after a long day in wingtips, there's nothing like slipping into a pair of spiked heels.

Welcome to your Sissy Assignment Book Volume One. I know you can't

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wait to get at your assignments but first we need to discuss a few things. First and foremost is the fact that we are not telling you to do anything, this book is designed to give you ideas for doing what you want to do. We will not be held accountable for your own actions so if you go and get yourself

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arrested don't blame us. This book is strictly for entertainment purposes and is not considered a training book in any way shape or form. This book should only be read by adults and people who are interested in ideas for alternative sexual fun. That is the true goal after all is to have a little fun in

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this life isn't it so if this is your idea of fun then we hope you enjoy these ideas immensely.

Colin Milton and Penelope Pansy combine to tell a compelling story of a sissy going to a training school that goes way past what is expected.

Penelope desires to be a frilly,

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feminine girl, but the Teacher has other ideas. She is expected to be nappied and babied fulltime but is also expected to have very dirty nappies as well. And then the Ladies come to visit... NOTES: contains extreme use of dirty nappies, femdom and more. Welcome to the second edition of

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humiliation assignments for the sissy boi. Each and every one of these tasks are designed to help you achieve your goals and moving your sissy transformation forward. It doesn't matter if you are a full-fledged sissy boi or someone who is simply exploring the possibilities of becoming

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a sissy boi, these tasks are exactly what you need. Sissy transformation takes time, energy, and a lot of practice on a daily, weekly, and even monthly basis. Completing every single one of these tasks in the highest of standards will move you further toward your end goal. Prove your

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dedication to your training to not only your Mistress/Master but also yourself. You will find a lot of these tasks push your limits but as a practicing sissy boi, that is incredibly important. Pushing your boundaries will prepare you for the next phase of your sissy training. Keep a progress report or

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photos when applicable for yourself and your Mistress/Master to go over at a later date. In these reports, you should note how you felt before the task, during completion of the task, and how you feel now that you have completed the task. All of this information will be combined and

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sorted. Your Mistress/ Master will then use this information to better decide where your training should proceed from here. They may decide that it is best for you to repeat several of these sissy tasks before moving onto the next chapter in your sissy transformation.

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*Your Best Life: Pathways to
Happiness*

Sissy Humiliation Assignments

Sissy Humiliation Assignments # 2

How to Train a Sissy Husband

*The Myth of Sisyphus And Other
Essays*

Male to Female Transformation

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Instructions

Do you want to live your best life?
Do you know how to create the
happiest marriage in the world?
Would you like to be able to
evaluate your psychotherapy?
What are marital guts? Judith

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Coche takes on big questions in this little book, weaving stories from her practice in clinical psychology to illustrate how to create your own pathways to happiness. Learn how to apply proven benefits from positive

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psychology to living an optimal life: Enjoy brief chapters on positive emotions and how to enjoy them, how to create happiness by loving someone skillfully, how to develop marital guts. Stories from Clinical

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Practice illuminate
psychotherapy. Tamara uses her
adaptability skills to build
resilience and to heal from a
smashed ankle from an accident
biking down a steep Hawaiian
mountain. Lila, who lacks core

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identity needed to set boundaries with her daughter, is encouraged by her group to set take better care of herself and to develop her internal strength. Other stories illustrate Dr. Coche's deep love of animals and unique sense of

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humor. In Penelope's Water Walk, we chuckle over the dedication of a cat owner who subjects his beloved Penelope to the misery of being submerged in bubbling water because he hopes the therapy will extend her life. In

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The Heart Beneath That Hard Shell, we are drawn into a love triangle in which tiny Rocky tries to steal the heart of his beloved Gracie from her macho boyfriend, Bart. Dr. Coche's work with couples is renowned and her

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handling of marital love is both insightful and entertaining. In How Happy Is Your Marriage, we learn that loving someone is the greatest human need. In The Happiest Marriage in the World, we find a tongue in cheek recipe

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with thought-provoking ingredients that serve the couple but nurture all their children and grandchildren. These stories bring home the message of positive psychology in an easy to read and personal statement by one of the

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distinguished psychotherapists for women, couples, and families.

They allow you to absorb these important lessons so that you too can live your best life.

These public humiliation assignments are designed to better

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bend your mind and help you become the true sissy boi you and your Mistress would like you to be. You must always push your boundaries during your sissy training so that you can move forward. Show your Mistress that

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you are devoted to both her and continuing your sissy boi training by completing these 25 assignments. You may find some of these public humiliation assignments more difficult than others but in the end you will be

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rewarded with the fact that the new lifestyle that you have chosen is slowly becoming a reality. Becoming your true self can sometimes be demeaning and humiliating but you must remember at all times that these

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tasks will give pleasure to your Mistress. Completing these sissy tasks will prove your devotion to your Mistress and will show her you are sincere about continuing your sissy training.

When committing to become a

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well-rounded sissy boi, you must realize that your entire lifestyle must change. To do this, start by completing these simple sissy shopping tasks. They are designed to mold you into the proper little sissy your Mistress requires over

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time. These tasks are going to help you implement sissy items into your life on a daily, weekly and monthly basis. You may find some of these sissy shopping tasks to be more difficult than others but you must know that they are all

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necessary towards your sissy training. Each one will help your Mistress assess where you need the most work in your training. Sissy shopping assignments are perfect for both beginner sissies as well as already well rounded

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sissies looking for a refresher course.

Have you had an inner desire to dress like a woman or be made to dress like a woman? Do you fantasize about what it would like to slip smooth legs into some silky

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stockings, hear the click of heels on your feet, and feel breasts fill a beautiful lacy bra wrapped around your chest and back? Oh yes sissy, you know the inner girlie-girl is just dying to come out and play. Indulge "her", as you learn

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to become just what you've always truly wanted to be, become sexy, feminized and pretty. Feeling a brush of red paint your lips and mascara coat your long, lush eyelashes.... Let that side of you come out, feel the release as you

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slowly become a complete sissy, as we take you on the sultry journey of a lifetime straight into womanhood. Are you ready, sissy-to-be?

Continued adventures into becoming a sissy, assignments get

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a little more difficult and changes continue to happen to you. You know you like them though, that you never felt more happy then when you are wearing your sissy clothes and doing your sissy things. So each assignment takes

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you a little further down the road to the realization that you are less than a real man but not fully a woman, but you don't care because you love the way you feel and can't wait for more tasks for you to do so you can prove to

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yourself just what you are. A
Sissy.

Sissy Assignment 101 Thru 110
Training School for Sissy Babies -
diaper version

Penis to Vagina Transformation
How to Set Up An FLR: Female-

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Led Relationship

Public Humiliation Part I

Tips, Tales, & Teachings from the
Dean of the World's First Cross-
Dressing Academy

*Choosing to become a
proper sissy boi for your*

Page 70/203

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Mistress is a huge step. You are going to have to completely put your trust in her. These sissy boi humiliation assignments are designed to better break you down and help

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you transform yourself into the proper little sissy boi you want to be. You must always push your limits during your sissy training so that you can move forward and achieve

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your goals. Show your Mistress that you are devoted to both her and continuing your sissy boi training by completing these 25 sissy humiliation assignments. You are sure

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to find some of these public humiliation assignments more difficult than others but you will find it is all worth it in the end. You will feel demeaned, humiliated, and

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*worthless but slowly
achieving your goals and
having your dream of
becoming a true sissy boi
become a reality makes it
all worth it.*

Are you emotionally

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exhausted trying to hide your feelings from everyone? Do you feel that you identify better with a woman's gender role than a man's? Have you thought about what it would be

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like to wear women's clothing, or engage in activities that women predominately do? Do you believe that you have more effeminate traits than masculine traits? If you

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answered yes to any of these questions then perhaps you should look into becoming sissy. Transitioning into your true gender role can sometimes be emotionally

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challenging but it can also be quite rewarding. Once you have completed your transformation into becoming a sissy boi you will feel free to be your true self. You will feel

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more comfortable breaking the traditional stereotypes that society has placed upon us as a whole. With the help of your sissy trainer or Mistress you will feel

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more emotionally fulfilled in a woman's role.

To prove your devotion to your Mistress you must first go through a process proving your worth to her. This will start with you

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completing the sissy shopping tasks below. They will slowly take away your manhood and mold you into the proper sissy slave your Mistress desires. Following these tasks will

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*teach you everything your
Mistress needs to know
about whether or not you
will be a proper little
sissy. You will be taught
everything you need to
know to please your*

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Mistress and make your transition into sissification complete. Visit www.mistress-dede.com for more information on feminization and

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sissification training.
Some of you may be familiar with some of the material included in the course or may have already gone through some of the assignments in the past.

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However, never have these lessons been combined in a back-to-back format before, so that they comprise a rigorous program which culminates in your complete male to

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*female transformation.
This program will be your
strongest training weapon
and one you can go through
and refer to over and over
again when you feel you
are losing your sissy*

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touch or need to feel sexier, prettier or more grounded in your “sissyhood”. At the end of this manual you will find a mandatory Sissy Test, and whether you have taken

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this or another test in the past, you must re-take it at the end of your training as it will be an absolute accurate measure of your level of progress and success in this

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training program. I will only consider scores of 50 or above as passing grades but are encouraged to retake the entire course if your score is below 90. Only scores of 90 or above

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are considered excellent and entitle you to print the diploma that is found at the end of this course. You are encouraged to document your journey by writing about your

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*experiences on my blog
www.mistress-dede.com I
wish you all the best of
luck! With love, Mistress
Dede*

*The continuing adventure
into new and interesting*

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sissy submissive assignments, are you ready to move further along in your desire to experience your own emasculation? Or maybe your own Mistress wants to

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get these for you as a present so that you can stop bothering her all the time. Either way if you want to be put in your place and dressed up to look pretty, then by all

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means get a copy of the next ten assignments in the series, each set of ten assignments brings you closer to fulfilling your dream of being a full fledge sissy.

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*The Ultimate Sissy Boy
Training Program
Sissy Hypno - Summoned to
the Sissy Farm
Simple Guide to
Feminization by Mistress
Dede*

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*Feminization and Forced
Feminization for Sissy
Boys*

Sissification

Everyday Justice

**One of the most influential
works of this century, The**

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Myth of Sisyphus and Other Essays is a crucial exposition of existentialist thought. Influenced by works such as Don Juan and the novels of Kafka, these essays begin with a

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meditation on suicide; the question of living or not living in a universe devoid of order or meaning. With lyric eloquence, Albert Camus brilliantly posits a way out of despair, reaffirming the

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**value of personal existence,
and the possibility of life
lived with dignity and
authenticity.**

**Welcome to Course Two of
your sissy maid training
academy. By now you should**

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be incorporating some of your sissy maid duties that you learned from Course One into practice throughout your daily life. So far you have learned the proper way a sissy maid

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dresses, how to properly curtsey to your Mistress/ Master, and the proper way a sissy maid cleans her dishes. You are well on your way to making your dreams of becoming a proper little

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sissy maid a reality. In Course Two you are going to be learning how to have a tea service, the proper way to dust your house, cleaning the bathroom like a real sissy maid, how to properly

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set a table for dinner and much more. After this course you will have plenty of daily, weekly and monthly sissy maid tasks to work on. Course Two should not only help you become more

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effeminate but it should also serve as a reference guide during your entire sissy transformation.

Welcome to your sissy maid assignments. Just by purchasing these sissy maid

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tasks you are proving your dedication to yourself and your Mistress. With lots of hard work, patience, and practice you will soon be the true sissy maid you have always known deep down

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that you are. Whether you are only beginning your sissy transformation or you are already a proper little sissy maid, these sissy training tasks will help you stay on track. In these sissy

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maid cleaning tasks you will experience many feelings and will enjoy some much more than others. Filling out a progress report is very important to your training. You should keep a log of

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**how you feel before, during
and after each of these
tasks to help her better
guide you. By following
these sissy maid
assignments to the letter
you will greatly impress**

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your Mistress as well as push yourself towards your goal of being a proper sissy maid. Pleasing your Mistress is extremely important if you are going to move forward in your sissy maid

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transformation. She puts high expectations on you and pushes your limits for a reason. You should always remember that what your Mistress does to reward or punish you is all to help you

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**with your training and your
end goal.**

**Provides rich ethnographic
analysis and offers a critical
ethnographic approach to
justice.**

Sissy Holiday Assignments

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**for Sissy Boys Mistress Dede
Sissy Instructions for Sissy
Boys
Sissy Holiday Assignments
for Sissy Boys
Sissy Assignments 11 thru
20**

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Public Humiliation Part II Sissy Maid Assignments for Sissy Boys

Following these tasks will
slowly take away your
manhood and mold you into

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the proper sissy slave your Mistress desires. You may find some of these sissy chastity assignments to be more difficult than others. Some may last only a few hours while others

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will last a complete week, depending on what your Mistress requires of you. Becoming a perfect sissy slave to your Mistress can be demeaning and humiliating at times, but

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you will be rewarded in knowing that you are proving your devotion to your Mistress. You are to remember that these tasks are to please your Mistress, not you.

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Completing these sissy tasks will prove your devotion to your Mistress and will show her you are sincere about your sissy training. These sissy training tasks are to help

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your Mistress to mold you into the perfect little sissy that she is looking for. If she at any time is not satisfied with the completion of these tasks or your training in

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general, she will be forced to come up with something more difficult and demeaning to punish you with. So, what are you waiting for? Take the sissy chastity challenge

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and become a better sissy for your Mistress!

Have you ever fantasized about embarking on a journey of feminization?

Have you always dreamed about becoming a sissy

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boy, but was never sure about how to do it or what to do? If yes, then this book is exactly for you. Over the years, I have received many inquiries from sissy boys around the

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world about how to get started on feminization. Some wanted to know how to start. Others wanted to know the next step. Still others had no idea of what this training was all

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about and how it could help them get in touch with their feminine side and live the life of their dreams. This book is supposed to act as a guide for such people. It may

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not provide you with all the information you need on your feminization journey. But it will surely get you started. It will help you learn about feminization. It will help

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you realize how it can complete you as an individual. It will also provide exhaustive resources that can further help you in this journey. It will help you learn

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about forced feminization,
about what it is, and how
you can enjoy it to
fulfill your own sexual
fantasies.

5 Forced Feminization
Stories by Mistress Dede

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to feed your wildest fantasies. This book includes the following erotic stories: "A Plaything for Mrs. Pennysaver" "Pegged by Mrs. Pennysaver" "Sissy

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Maid for Her" "Petticoat Discipline" "Trained by my Hot Wife"

A series of books that will offer you ideas for exploring your femininity, let your inner girl out of

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your boy body. These assignments will let you take steps towards being a full sissy, we start at the beginning and gradually take your masculinity away from you

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and present you with the truth of your deepest darkest desire of being what you truly want to be and that is a full fledge Sissy. A Sissy for our purposes is man who likes

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to wear female attire whether that be undergarments or a full fledge cross dresser. They like to feel like what a woman would feel like, though they do not

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necessarily have aspirations to truly become a woman they just like the naughtiness about the whole idea. They are usually submissive many consider themselves bi-

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sexual, they are usually into being dominated by females. It comes down to being more feminine, a true submissive sissy likes to be ordered about and told to do things that

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are naughty, and sometimes painful in a naughty way. The Adult Baby, Sissy Girl and Sissy baby communities have their own style, their own culture and also, in many ways, their

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own language. Some words have subtle (or significant) difference in meaning to the general understanding and a dictionary can be very helpful. Sissy Baby

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Charlotte and Colin Milton have combined to create a very impressive and substantial dictionary of these terms. The entire dictionary is over 145000 words in length and is

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born out of their experiences as submissive babies and baby girls to GovernessX. If you read many of Colin Milton's books you will find many references to this

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dominant woman. So, if you want an authoritative reference to accompany your library of sissy and sissy baby books. then look no further!

The Adult Baby and Sissy

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Dictionary

Feminization Affirmations

Sissy Maid School Part II

5 Erotic Forced

Feminization Stories to

Feed Your Wildest

Fantasies

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Sissy Assignments 1 thru
10

The CHAOS Cure

This is a compilation of over 150 sissy training exercises that will benefit the Mistress/ Master as well as the self-trained sissy boi. These sissy training exercises should be used as a handy

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training tool to polish sissy slave skills into absolute perfection. Following these tasks on a day to day basis will turn your sissy boi into the proper sissy slave that is desirable to both parties. These sissy training tasks are designed to slowly take away a sissy's manhood and transform them into a

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much more feminine creature. This collection includes Sissy Humiliation Assignments, Public Humiliation Assignments, Sissy Maid Assignments, Sissy Holiday Assignments, Sissy Chastity Assignments and more! Take advantage of this great opportunity

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and take your sissy training to the next level!

Welcome to the second edition of public humiliation assignments for the sissy boi. It is always important to continue your practice, whether you are a full-fledged sissy boi or simply beginning your sissy training. There

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are certain sissy training tasks that can be completed to help your Mistress/Master better learn where you are in your training physically, mentally, and emotionally. These sissy assignments will also help to push you in the right direction toward your end goal of becoming who you really are.

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Some of the sissy humiliation tasks in this course you will find more difficult than others. Completing them will make you into a more well-rounded and individual sissy. These tasks should be taken extremely seriously and finished to completion in a timely manner. Doing so will help show your

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devotion and commitment to your sissy transformation. Pushing your boundaries can be tedious and frightening at times, but you must remember that everything you do has a purpose. Take care to keep a progress report and progress photos when necessary. This will help both

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you and your Mistress/Master realize how far you have come in your sissy training. It will also help be a judge as to where your training should proceed from here. Some of these sissy public humiliation tasks will need to be completed more than once to get their full effect. You should use your

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judgment and be truthful with yourself in your progress report as to whether you feel you received the full desired effect from each assignment.

The topic is male-to-female transformation. Some people call it makeover, that works too. The text is written predominantly from the view

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that you are new to crossdressing and feminisation but want to develop a female persona of some kind be it permanent or just for a temporary indulgence. If you are an old hand then you may also find a few helpful tips or insights that will further enhance your look, style, or dressing

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technique. An assumption is that you were not socialised as a girl. As a result, we need to revisit and spend time on all the little things females seem to find so natural and take for granted. Getting in touch with your femininity is a mixture. An ensemble if you will of lots of things. When you see

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an ultra-feminine woman, the way she acts and dresses, the way she walks and talks, and oozes sensuality you know there is something more going on than just putting on a dress. Part I considers what you want to achieve with your girl time. We look at what makes us physically one sex or

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another and how flexible and open this is to change. Then we move onto how to treat your body right and indulge in all those little things that make a woman feminine. In Part 2 we go on to consider ways to sculpt or contour your body so that it remains in proportion but more idealistically

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female. We look at boobs, butts, and tucking. In Part 3 we move onto dressing the body. We consider the wonderful world of sexy lingerie and underwear and how the right materials and textures can give you that lovely feminine feel. Then we look at clothes and how the right cut and hang of

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materials as well as patterning and combinations can flatter your figure. And, finally we consider movement and deportment. In particular, how to walk in those ultimate expressions of female sexuality your heels. ****The material is arranged into nine helpful chapters that not only produce a more

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female appearance but also develop feminine traits and work on your socialisation into female ways. We also give you a shopping list for the things you need at each stage.

Chapter 1 looks at why people dress and the idea of being feminine.

Chapter 2 considers the limits of

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biology and how easy it is to physically change from male to female. Chapter 3 looks at ways to pamper your body and get that healthy smooth skinned look. Chapter 4 considers body types and how you can use foundation wear to get your female proportions just right. Chapter 5 is all about breasts

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and how to design your perfect female boobs. Chapter 6 does the same for bottom shapes and how to pad and tuck to get that all girl profile. Chapter 7 looks at lingerie and the essentials for your intimate wardrobe. Chapter 8 shows you how to dress right for your body type and get the best look you

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can with your proportions. We consider cuts of clothes and the type of shoes that every girl should know about. Chapter 9 is all about posture and deportment. We show you how to walk properly in your heels and develop the essential movements that will mark you out as female.

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Male to female transformation has always been somewhat of a confusing subject. Yet, for those men who are embarking on a feminization journey or those who embrace feminization fantasies, the need for this transformation is very real. I believe that you should have the tools at your

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disposal to accomplish your goals and realize your dreams. That's why I wrote this book. Using self-affirmations as part of your feminization training can be a powerful tool to assist you in achieving your male to female transformation. Just remember, as with any new habit, self-affirmations

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must be practiced regularly However,
with some dedication on your part, you
will surely see some wonderful results!

MATURE AUDIENCES ONLY

The Ultimate Sissy Boy Training Guide
will take you through the basic
knowledge all sissies should know
when embarking on your feminization

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journey such as choosing sissy panties, choosing breast forms, picking women's undergarments, how to create cleavage, how to tuck your private parts and more... to more advanced concepts that include crossdressing, transgender topics and how to overcome obstacles in your

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daily sissy life as well as some sissy affirmations to help you train your subconscious mind and transform you at a much deeper level! This training guide also includes close to 200 sissy assignments which include shopping assignments, humiliation assignments, X-rated assignments, sissy maid

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assignments and more! This guide will not only have you learning tons but also having tons of fun! So, I sincerely hope that you enjoy it and I look forward to seeing you on the inside!

How to be a Sissy

Feminizing Men - a Guide for Males to Achieve Maximum Feminization

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Sissy Chastity Assignments for Sissy
Bois

Sissy Assignments

Sissy Feminization Academy

The Ultimate Sissy Boy Training Guide
by Mistress Dede

*To become a true sissy maid
you must first graduate the*

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sissy maid academy by completing these 25 challenging sissy maid tasks. They will slowly take away your manhood and mold you into the proper sissy maid your Mistress desires. Following

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these tasks will teach you everything you need to know to be a proper little sissy. You will be taught everything you need to know to please your Mistress and make your transition into sissydome. You

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may find some of these sissy maid chore's to be difficult but you will be rewarded in knowing that you are doing a service to your Mistress. From now on your entire life will be devoted to pleasing your

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Mistress in any and all ways she deems fit. You are not to argue or even question her methods. You are to obey her every command no matter how humiliating it may seem. You will take what she says very

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seriously and you will do everything in your power to please her. Completing these sissy maid tasks within the a timely manner will prove to your Mistress that your are sincerely interested in

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continuing your relationship. If she at any time is not satisfied with the completion of these tasks or your training in general, she will be forced to come up with something more humiliating to punish you with.

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*So, what are you waiting for
sissy!? Let's get to work!
This book is dedicated to
anyone struggling to find love.
My goal is to provide a level of
honesty which you may not
receive from your family and*

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friends. This book will empower you to better navigate through the battlefield of romance. Here, you will receive the support and insight needed to finally get over your ex, heal your

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broken heart, find the right life partner, and stop letting bad relationships happen to you! The idea of a submissive, sissy husband (boyfriend, fiancé, or other male half of a relationship) may sound

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absolutely amazing to some women. You may even be thinking that you would like to have it in your own relationship, but you have no idea where to start. Have no fear, ladies, all is not lost. Your

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male submissive is easier to train than you thought it ever would be. These pages will inspire, educate, and teach you how to turn your macho man into a sissy husband. Feel free to expand on these in any

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way you see fit. Even though this guide isn't a tell all, end all, be all guide, it is the basics that you really need to start your domination in the relationship and the beginning to teaching your man how to

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*be your sissy submissive.
Do you want to feminize a male, or you as a male want, or have been told to, become feminized? Feminization: 1) To give a feminine appearance or character to. 2) To cause (a*

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male) to assume feminine characteristics. This is not for those who wish to permanently change their gender, but rather for those who wish to feminize temporarily, though sometimes repeatedly and

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regularly, in order to proficiently crossdress as a woman. This feminization guide is for a male by gender who, may, or may not be, a “real” man by some opinions, but nonetheless a male, who

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has chosen, or has been told to, or is being coerced into, becoming feminine in appearance and character. This guide is to be given to those who have been tasked with becoming a feminized

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male as part of a process to feminize them, or purchased for use by males who wish to feminize themselves. It doesn't have any magic potions or formulas, special makeup or fancy tools, use any drugs or

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surgery. It does cover all the aspects of eliminating the 'man markers' that set males aside from women, and make a male less feminine than they could ultimately be. It will demasculinize anything that

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may have had a masculine overtone with the male. It will also aid the feminized male to feel more sensual and sexy in a feminine role. The guide is short - about 15.000 words and around sixty pages, but

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covers eliminating the things that keep a male from becoming as fully feminized as much as their male body and characteristics allow. After the male has read this, acted upon this information fully, and

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practiced, he will be the best feminized male he can be. He will reach crossdressing perfection as a male to female (MTF) cross dresser. He will have the routines of maintenance and upkeep of

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the feminized male body, which will keep him ready, and most likely anxious, to fairly quickly, crossdress at the request of their wife, mistress, or whim of his own. Whether the reason be from femdom, a

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wife led relationship, female led relationship, cuckolding, cuckoldry, a hot wife, male chastity, forced crossdressing, forced chastity, female domination, submissive training, sissy training, or

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purely their own desire to become feminine, a diligent male student who incorporates the information in this guide with passion and drive will become the perfect crossdressing male, as fully

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feminized as possible. Upon following the elements in this guide, the feminized male will be able to proudly display how feminine he has become to anyone he, or the one who coerced him, choose to. Should

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this be a singular undertaking, the individual will be able to see and feel the difference in the degree of feminization they have achieved after practicing and perfecting the elements, and thus, bring greater

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pleasure and satisfaction to the resulting feminization. This will be time consuming and will require dedication and diligence in order for a male to feminize to his best. If you are purchasing this for yourself, or

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someone else, beware of that in order to allow the necessary time and resources. Look inside now. Buy yourself a copy, or give one to a male you want to feminize. It is a small, but valuable investment in a

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male's journey toward maximum feminization. FLR stands for female-led relationship. These are relationships in which the woman and the man agree that she will be the dominant

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partner, while he will be the subservient one. There are plenty of ways to engage in this type of relationship for a fulfilling and adventurous lifestyle. Here are the details on what it means, its various

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aspects, and how to apply FLR principles to your own relationship.

Sissy Assignments by Sissy

Trainer Mistress Dede

Forced Feminization

Sissy Shopping Assignments 2

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*How To Feminize Your Body
A Helpful Guide for
Crossdressers
150 Femdom Assignments for
your Sissy / Submissive*

Happy Holidays to all you sissies out there. Whether you are just starting

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your sissy training or you are a full-fledged sissy slave for your Mistress, you are sure to have a lot of fun fulfilling these holiday sissy tasks. You may find some of these holiday sissy assignments more difficult than others but you should consider each one a test

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of devotion to your Mistress. These sissy holiday assignments will be calculated on a point system. Each holiday task will be worth 4 points based on your performance as a proper sissy slave. You are to fully comply with these holiday sissy tasks and at the

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end of each one you will calculate your points. Once you have finished the entire list you will tally up your score and see what your sissy level actually is. The higher your score, the more your Mistress will be pleased. So what are you waiting for sissy?! Let's get

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started!

Xxx Rated Sissy Assignments

How to get started!

Tough Love The Relationship Book

Your Happily Married Friends Really

Want You to Read

Training School for Sissy Babies

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Clean Your House and Calm Your
Soul in 15 Minutes