

Acces PDF
Ultimate Guide To
Prostate Pleasure

***Ultimate
Guide To
Prostate
Pleasure***

Everyone wants to have great sex. Now everyone can! Written by Dr. Debby Herbenick and Grant Stoddard, two of the

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world's most highly esteemed sex experts, Great in Bed is a guide to fantastic sex that takes a "he said/she said" point of view, so couples can learn how to properly communicate their desires with their partner. Perfect for a couple just getting together, or one who's

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been together for years, Great in Bed teaches sexual confidence, positive self-image, and multiple skills so readers can learn how to bring their bedroom escapades to the next level.

Guidance from sixteen of the world's best sex teachers on how to be

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a great lover.

Coverage includes
basic skills
(oral/anal), advanced
skills (female
ejaculation, non-
ejaculatory male
orgasm, expanded
female orgasm), the
'inner game' of sex
(fantasy and role play,
sex and shame,
finding the lover

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within), more.

Contributors include
Nina Hartley (power
play), Charles Muir
(Tantra), Reid
Mihalko (energy sex)
and Sheri Winston
(male and female
genital anatomy).

Consistently
insightful,
entertaining and
accessible.

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Sex educator and best-selling writer Violet Blue guides readers through the pleasure playground of strap-on sex for heterosexual couples. Lots of hot women want to strap it on and their male partners are happy to oblige. With style and wit, Violet Blue explains

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pleasure anatomy in men with ample attention to the prostate gland - the epicentre to male orgasm that's been called 'the male G-spot.' Full of crafty ideas on positions, toys, harnesses, role-play scenarios and reading a partner like a dirty book.

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Get progressive, positive, and constructive sex tips and ideas from one of today's most popular sex educators. When it comes to sex, there's practically no question that Zoë Ligon hasn't heard and researched. Her Instagram and YouTube videos, as

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well as product reviews, are extremely popular for their up-front approach. Now, she brings her wealth of experience and open-minded attitude to a sex-positive guidebook that's honest, inclusive, and right on time. Lusciously illustrated, this book takes

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readers through every

aspect of

sexuality--from body

basics and physiology

to maintaining healthy

relationships. It

highlights the

usefulness of sex toys

in aiding solo and

partnered exploration

and explains why

there should really be

no stigma around

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using these practical tools. It also includes advice on setting boundaries, being respectful of other people's gender identities, and thinking outside the orgasm. Elizabeth Renstrom's dreamy, colorful photographs drive home Ligon's philosophy that there's

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no one "right" way to have sex. With its focus on intimacy, body positivity, and self-care, Carnal Knowledge can lead you to enjoy sex with security and confidence.

Sylvia Plath in New York, Summer 1953

The Ultimate Guide to Sex After Fifty

Page 12/243

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How to Go Down on a
Women and Give Her
Exquisite Pleasure

Sexy Prostate

Healing the Prostate

Thrill the Body . . .

Blow the Mind

*With wit,
expertise, and an
enthusiastic
approach, Violet
Blue dispels*

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myths and delivers essential information on going down on a man. Every tip, trick, and technique for giving skilled and unforgettable fellatio is provided. From talking to your partner about

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*oral sex to male
pleasure spots,
Violet Blue
covers it all in
this complete
step-by-step
guide. * How to
introduce fellatio
into your sexual
repertoire **
*Clear, illustrated
guide to anatomy
* How to keep*

Acces PDF
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Prostate Pleasure

*your lipstick
perfect * How to
deep throat--pass
ionately and
comfortably *
Helpful tips on
preparation and h
ygiene--including
putting a condom
on with your
mouth * Building
trust and talking
about your*

Acces PDF
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*desires **

*Countless
positions, tips,
and tricks * Toys,
role playing,
threesomes, and
power exchange **
*Complete guide
to helpful
resources--videos
, books, and Web
sites * Plus hot
stories by*

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*bestselling
erotica author
Alison Tyler--sure
to get you in the
mood!*

*The "discovery"
of the G-spot
opened up an era
of sexual
expansion for
millions of
women. Just as G-
spot exploration*

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forever

transformed

women's

experience of

orgasm, The

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Prostate

Pleasure: Erotic

Exploration for

Men and Their

Partners offers

men erotic

pleasure beyond

Acces PDF
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*what they
imagined
possible. Men
who may not feel
confident
exploring anal
play will be
empowered to
claim the
prostate as an
erogenous zone
ripe for
exploration. And*

Acces PDF
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*men who already
enjoy prostate
play will find
much to learn
from sex
educators Charlie
Glickman, Ph.D.,
and Aislinn
Emirzian, whose
wisdom and
warmth will be
both reassuring
and inspirational*

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*to readers. The
Ultimate Guide to
Prostate
Pleasure: Erotic
Exploration for
Men and Their
Partners supports
all men who want
to explore this
powerful source
of sexual
fulfillment—both
curious and*

Acces PDF
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seasoned

*adventurers who
are ready to put
their ass on the
line for erotic
enjoyment.*

*Winner of the
Sherwood*

*Anderson
Foundation*

*Fiction Award
Honorable*

Mention for the

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*PEN/Hemingway
Award "F. Scott
Fitzgerald meets
Wes Anderson"
(The Village
Voice) in this
inventive and
witty debut about
a young man's
quest to become
a writer and the
misadventures in
life and love that*

Acces PDF
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*take him around
the globe—from
the author of
Why We Came to
the City As early
as he can
remember, the
narrator of this
remarkable novel
has wanted to
become a writer.
From the jazz
clubs of*

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*Manhattan to the
villages of Sri
Lanka, Kristopher
Jansma's
hopelessly
unreliable—yet
hopelessly
earnest—narrator
will be haunted
by the success of
his greatest
friend and
literary rival, the*

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brilliant Julian McGann, and endlessly enamored with Evelyn, the green-eyed girl who got away. A profound exploration of the nature of truth and storytelling, this delightful picaresque tale heralds Jansma

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*as a bold, new
American voice.
The population
over age 50 is
larger than ever
in history.
According to the
U.S. Census
Bureau, 32.1
percent of the
U.S. population
were age 50 and
over in 2011.*

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This demographic is also healthier, more aware, more youthful, and more vocal than any previous older generation. Thanks to ongoing medical discoveries, the sexual revolution, and the Internet, today's seniors

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*are also sexier
than ever — or at
least they're now
willing to talk
and ask about sex
as never before.
They are the
generation that
discovered
clitoral orgasms,
vibrators, and
Viagra, and
there's no*

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*stopping the
thirst for
knowledge and
pleasure now.
Since 2005, Joan
Price has penned
Better Than I
Ever Expected:
Straight Talk
About Sex After
Sixty and
emerged as the
go-to sexpert for*

Acces PDF
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*the over-50
population.*

*Price's savvy
advice, honesty,
helpfulness, and
humor garnered
awareness in the
media, in
professional
circles of
therapists and
sex educators,
and among the*

Acces PDF
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huge population of people over 50 who hunger for real information from an age appropriate author. Price tackles it all in this definitive guide to sex and aging: health, fun (and function), disability, dating,

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*illness, orgasms,
G-spots, P-spots,
polyamory, kink,
and much more.*

*A Guide for Men,
Women and
Couples*

*How to Maintain
- or Regain - a
Spicy, Satisfying
Sex Life*

*The Best Holistic
Methods to Treat*

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*the Prostate and
Other Common
Male-Related
Conditions*

*Secret Maps to
Buried Pleasure*

*The Smart Girl's
Guide to the G-
Spot*

A Novel

*The Adventurous
Couple's Guide to
Strap-On Sex*

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***A judgment free
explanation of
men's sexual
health issues that
will help men live
a longer and
more virile life.
Breaking the
barriers of
silence and
embarrassment,
The Ultimate***

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***Guide to Male
Sexual Health
speaks candidly
to straight men,
gay men, lovers,
partners, and
wives. Drawing
on fascinating
case histories,
board certified
urologist Dr.
Dudley Seth***

Page 37/243

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Danoff uses straightforward, easy-to-understand terms to offer a meticulous examination of the essentials of male sexual health, arousal, and anatomy. Written for men

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***of all ages, this
book dispels
common male
myths and
provides
nonjudgmental,
practical, safe
advice for
banishing stress
from the
bedroom and
making sex fun***

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again. Whether readers are looking to improve their genital health, last longer, or overcome erectile dysfunction (ED), this guide will help them determine the

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***fundamental
causes of male
problems using
methods that fit
their lifestyle and
health profile.
Readers will
discover The
facts about BPH
and prostate
cancer, sexually
transmitted***

Acces PDF
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**diseases, male
menopause,
steroid use,
testosterone
replacement, and
penile
enhancement The
psychological
and physical
causes of ED The
truth about "blue
pills" and other**

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***medical and
nonmedical
options for
treating ED
Exercises and
lifestyle changes
for improving
sexual control
and confidence
Instructions on
how to achieve a
healthy and***

Acces PDF
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Prostate Pleasure

***active sex life
Options for
addressing
physical
problems and
health-related
issues If you are
bored in the
bedroom,
struggling with
the challenges of
getting older, or***

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even overcoming cancer or a heart condition, there is a solution. The first step is learning more about how the penis works—including the impact a man's mind can have on his

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performance.

***This
revolutionary
guide will give
men the
confidence and
ability to perform
sexually in any
situation at any
age.***

***The first
complete guide***

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***to dildos and
harnesses! For
everyone
interested in
strap-on
play—women and
men of all sexual
orientations and
genders. Here's
everything you
need to know to
have great strap-***

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***on sex: * How to
choose vibrators,
dildos, and
harnesses, and
get the most out
of your sex toys *
How to introduce
sex toys into
partner sex * Tips
and techniques
to make you a
strap-on stud ****

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Adapting strap-on sex for self-stimulation *

Using dildos and harnesses in anal sex * Packing, genderbending, and fantasy *

A guide to strap-on use for men * Clit pumping and other advanced

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sexual

techniques *

Fairy Butch's

guide to selecting

lubricants * Plus,

a comprehensive

resource guide of

books,

magazines, retail

and mail order

outlets

This smart new

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***paperback guides
women and men
to the true
pleasures of the
under-explored
seat of love. With
Dr. Sadie's
trademark tongue-
in-cheek
narrative,
together with
dozens of tasteful***

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***illustrations,
Tickle My Tush
clearly shows
how to enjoy
these newfound t
hrills—comfortabl
y, safely and
pleasurably.
Designed from
mild-to-wild,
backdoor-curious
couples can***

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Prostate Pleasure

***easily find their
personal
approach and
comfort
levels--and at
their own pace.
From mild
outercourse joys
like sensual butt
massage and
gentle fingerplay,
to wild orgasmic***

Acces PDF
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Prostate Pleasure

***sensations of
butt toys,
innercourse and
the table-turning
thrills of
“pegging”, they
will feel confident
with the tips and
techniques that
dispel fears and
skyrocket
pleasures. Tickle***

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My Tush is the perfect companion for the one-third of American couples already engaging in analplay, and are interested in learning new knowledge and techniques that

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prevent

***discomfort and
promote***

***pleasure. It's as
equally inviting
for anyone who's
curious about
this adventure,
but isn't sure
where to begin.***

***THE PLEASURES
YOU SEEK ARE***

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***RIGHT BEHIND
YOU. Discover
exciting new
passions with the
world's most
approachable
“how-to”
analplay guide.
Stay mild—or go
wild! Heat up with
sensual butt
massage, arouse***

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***with gentle
fingerpadding, or
take your
buttplay
adventures to the
limit. Safeguard
your health. Be
confident with
insider safer sex
practices. Stay
comfortable and
protected –***

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wherever your curiosities take you. Seeing is believing. Learn from over 60 tastefully explicit illustrations that show you the many exciting ways to give—and receive—with ease. Come from

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***behind. Try all
the touches and
teases that
unleash
exhilarating clima
xes—especially
the proud 'n loud
prostate orgasm!
Double your
pleasure.
Discover the
table-turning***

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***thrills of
“pegging” and
see why so many
women—and
men—are ecstatic.
Go for ultimate
arousal. Explore
the erotic joys of
fingerplay,
tongue teases,
penetration, butt
toys, role***

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***reversal, and
much more.... “If
I’m gonna take
advice from
someone about
my tush, it’s
gonna be Dr.
Sadie. Her style
and humor are
pleasant and
informative, and
she’s not afraid***

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***to leave out any
embarrassing
and important
details.***

***Remember...that's
where Cosmo
gets its advice
from!" -- ELENI***

SOLOMOU

Columnist,

Cosmopolitan

"Whether you're

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solo or with a partner—your fun, safe thrill-ride starts here.” --

CHARLIE

GLICKMAN PH.D.

Sexuality

Educator & Writer

“Dr. Sadie

demystifies a

taboo subject

with humor,

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eloquence and a playful ease that leaves no vital information behind.” --EMILY MORSE Host Sex with Emily & Co-author Hot Sex Finally—a book that reveals all about anal sex in a way that’s

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***simple and fun,
reminding us that
it's really all
about one thing:
pleasure! -- DR.***

***SANDOR
GARDOS***

***Licensed Clinical
Psychologist &
Sex Therapist Dr.
Sadie is an
exciting, alluring***

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***and thought-
provoking artist.
Each of her
books never
cease to move
me to new
heights, like a
modern piece of
art. --LAURA
HENKEL PH.D.
Erotic Art
Appraiser &***

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***Founder Sin City
Gallery From the
bestselling
author of Tickle
His Pickle: Your
Hands-on Guide
to Penis
Pleasing, Ride
'Em Cowgirl! Sex
Position Secrets
for Better
Bucking,***

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***TOYGASMS! The
Insiders Guide to
Sex Toys and
Techniques and
Tickle Your
Fancy: A
Woman's Guide
to Sexual Self-
Pleasure.***

***For many years
the focus of fear
and disgust, the***

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***anus is actually
one of the human
body's most
wondrous
creations-
elegant, efficient,
and richly
supplied with
pleasure nerves.
However, stress
and ignorance
can turn the anus***

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***and its functions
from a source of
delight into a
painful disability.
What's needed is
an owner's
manual-and here
it is!Join
therapist and
sexologist Jack
Morin, Ph.D., on
this tour of the***

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***anus, complete
with information
and exercises to
open the door to
new sources of
comfort and
gratification.
You'll unlearn
habits that can
cause everything
from
hemorrhoids to***

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***chronic pelvic
pain- and, if you
choose, learn
new ways of
achieving solo
and partnered
pleasures
through this
humblest of
portals.***

***A Complete
Resource for***

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***Women and Men
The Ultimate
Guide to Fellatio
The Pegging
Book
The Ultimate
Guide to
Threesomes
Cannabis and
Sexual Ecstasy
for Men
A Doctor's***

Page 74/243

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***Complete Guide
to the
Penis--From Size
to Function and
Everything in
Between
How to Stay Vital
at Any Age***

- Details how to awaken the prostate using internal massage

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techniques,
intention, and
microdosing with
cannabis •
Examines the
importance of the
prostate as a sex
organ and why
maintaining its
good health is vital
for overall wellness
and longevity •

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Explores the ability of particular strains of cannabis to increase sexual pleasure, sensitize the genitals, and trigger potent orgasms The secret to multiple male orgasms has been discovered. At the root of this

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multi-orgasmic
pleasure is the
prostate gland (the
male G-spot) as
well as
cannabinoids, a
group of chemical
compounds found
in cannabis that
relax the mind and
body, sensitize the
genitals, and

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arouse the prostate gland. In this step-by-step guide, Cliff Dunning details how to awaken the prostate, or P-spot, using internal massage, intention, and microdosing with cannabis in order

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to experience
powerful multiple
orgasms. He
examines the
importance of the
prostate as a sex
organ, why
maintaining its
good health is vital
for overall wellness
and longevity, the
role the prostate

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plays in sexual satisfaction, as well as why men need regular orgasms.

Examining how cannabis can act as an aphrodisiac, the author explores its ability to increase sexual pleasure, lower

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inhibitions,
enhance blood
flow, open neural
pathways,
sensitize the
genitals, and
trigger potent
orgasms through
the
endocannabinoid
system of the
human body. He

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investigates the
cannabis strains
developed to
induce high states
of arousal and
explains how to
use this plant
medicine as a
sexual sacrament
to activate your
pleasure centers
and open the door

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to multiple
orgasms. He
details techniques
for successfully
stimulating the
prostate to non-
ejaculatory orgasm
with internal
massage,
including specific
recommendations
for prostate

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massagers. He also discusses the many health benefits of multiple orgasms, including not only reproductive health but also psychological balance, personal development, and new levels of

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consciousness.

Offering a road map to multiple male orgasms and sexual wellness, this guide reveals the prostate and cannabis as the keys to a lifetime of sexual pleasure. The complete self-help book on

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cunnilingus for everyone who would like to enjoy cunnilingus—women and men! Sex educator Violet Blue tells you all you need to know to give and receive exquisite oral pleasure: * For all women—heterose

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xual, lesbian,
bisexual—and
men who desire
hot oral
encounters * How
to introduce
cunnilingus into
your sexual
repertoire * How to
negotiate oral sex
with a reluctant
partner * Clear,

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illustrated guide to
women's anatomy
* Helpful tips on
preparation and
hygiene—including
shaving and
waxing * Building
trust and talking
about your desires
* Advanced
positions and
techniques * Toys,

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games, fantasy
and power play *
Complete guide to
helpful
resources—videos
, books, and
websites * Plus,
explicit stories of
women enjoying
cunnilingus by
best-selling erotica
author Alison Tyler

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The Ultimate
Guide to
Pregnancy for
Lesbians covers
everything you
need to make the
thrilling and
challenging
journey to
motherhood: from
choosing a donor
to tracking fertility

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to signing the right papers on the dotted lines.

Rachel Pepper's lively, easy-to-read guide is the first place to go for up-to-date information and sage advice on everything from sex in the sixth month to

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negotiating family roles. Why a second edition? When the acclaimed first edition appeared, the author's daughter was only a few months old. This new edition takes into account the parenting know-

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how Pepper has developed over the intervening six years, as well as the evolving legal status of lesbian parents, and the increasing importance of the Internet for information on fertility, sperm

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banks, and donors. The resource section is greatly expanded, as are the sections on each trimester of pregnancy, on childbirth, and on life with a newborn. And Pepper provides more insight into

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preconception
planning for both
single lesbians
and couples. An
indispensable
resource, The
Ultimate Guide to
Pregnancy for
Lesbians is now
bigger and better.
No butts about it...
this is only book

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you need for your journey to anal pleasure. The days of boring sex routines are over. It's time to get a little taboo, starting with the absolute basics of anal play and anal sex. Anal sex doesn't have to be scary or

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painful--you
deserve to know
how to make it
safer, more
comfortable, and
more pleasurable.
Sex educator
Carlyle Jansen has
all of the tips and
techniques to ease
you into butt play
and anal pleasure.

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Anal play is so much more than just intercourse. Learn all of the sexiest secrets to fingering, licking, and using toys. Even try some erotic fantasy and role play. Discover the pleasure of G-spot stimulation for

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some and even more styles of stimulation. So try something new with your lover. Anal Sex Basics covers everything a beginner to butt play will need, from choosing your lube to learning the best positions.

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But more than just technique, this guide also helps you to bring up anal sex with your partner and make your adventures as fun and safe as possible.

The Ultimate
Guide to
Pregnancy for

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Lesbians

Male G-Spot
Massage for
Pleasure and
Health

Awaken the
Prostate for
Multiple Orgasms

A True Story of
WWII Italy, the
Nazis, and the
Cyclist Who

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Inspired a Nation

Male Pelvic

Fitness

The Penis Book

The Ultimate

Guide to Anal Sex

for Women

This guide covers

every aspect of

prostate cancer,

from potential

causes including

diet to tests for

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diagnosis, curative treatment, and innovative means of controlling advanced stages of cancer.

What's the weirdest thing you've ever wanted to know about the penis but were afraid to ask? Dr. Aaron Spitz has that answer—and

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many more. Let Dr. Spitz—who served as assistant clinical professor at UC Irvine's Department of Urology for 15 years and who is a regularly featured guest on The Doctors—become your best friend as he fearlessly guides you through

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the hairiest and the scariest questions in The Penis Book. An unflinching, comprehensive guide to everything from sexually transmitted infections to the science of blood flow, The Penis Book prominently features an easy-to-follow holistic five-

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step plan for optimum penis health, including plant-based eating recommendations, information on some penis-healthy foods, and suggested exercises for penis wellbeing. Useful to men and women alike, The Penis Book is a one-stop-

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*shop for the care
and maintenance
of the penis in your
life.*

*Did you know that
basically every
man is curious
about prostate
pleasure? However
this is the last
taboo so they may
not feel
comfortable talking
about that interest.*

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And they may not want to actually do anything anything about that interest at the moment. However they do want to know more. So here Dr Erika Thost gives you an easy and relaxed way to get that information for both the men and the women: how to

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go about giving him prostate pleasure. We are breaking down the last frontier of the unspeakable! This book is not about prostate cancer. This book is only about promoting prostate pleasure and prostate health. If we pay some positive

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attention to the prostate now, there may be fewer problems down the line. This book gives you clear and detailed instructions for doing a prostate massage. It includes answers to all those questions that you were afraid to ask. And

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you get this information in an accessible and light-hearted way. And the other reason to pay attention to the prostate: basically every man has some prostate issues in middle age. And in this book we talk about ways to promote prostate

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health by doing prostate massage. The biggest prize goes to those who are willing to experiment! You will learn about: - How to make it easy for the woman: easy to learn and easy to do - How you miss out by not doing it - How to make it a

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*turn on for the
woman - How to do
it safely and
comfortably - How
to keep it clean -
Which supplies you
need - Why you
want to do this -
How it makes the
male orgasm
better - How to
turn him on and
get him ready -
nice and slow -*

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How to do this as a quickie Everything you have always wanted to know - all in one place in a friendly and humorous style. And there is also a chapter on how to do this from a totally different non-sexual angle: how it works to have a therapeutic

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*prostatic massage
by a medical
professional for
prostate problems
or for preventative
care. Dr Erika says
to men: If you have
any problems,
however minor or
major, that are
related to prostate
problems such as
urinary and / or
sexual function,*

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*please do not
continue to suffer:
there are ways for
you to feel better.
So do take action
now so that you
can enjoy life to
the fullest! Don't
believe the myth
that these issues
automatically come
with aging and that
there is nothing
you can do about*

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*them. Find the care
that you need.*

*Fight the good fight
for yourself so that
you can be at the
top of your game
and feel that you
have your life
back!*

*Described by Salon
as 'the bible of
female anal sex,'
The Ultimate Guide
to Anal Sex for*

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Women is a comprehensive and creative guide to anal pleasure. Tristan Taormino offers the kind of informed reassurance that can encourage even an absolute beginner to explore this nerve-rich part of the body, either alone or with a

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partner of any gender. Beginning by dispelling common myths about anal eroticism, Taormino goes on to illustrate anatomy, give tips on building trust and communicating desires, providing reliable, easy-to-

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*understand
information.*

*The Ultimate Guide
to Prostate
Pleasure*

*Got Milked? How to
Do a Prostate
Massage (Milking)
for Sexual
Fulfillment*

*Sex Education You
Didn't Get in
School*

Road to Valor

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*The Ultimate Guide
to Bondage
Women's Anatomy
of Arousal
Tickle My Tush:
Mild-to-Wild
Analplay
Adventures for
Everybooty!*
The Ultimate
Guide to Kink
is the first
major guide to

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BDSM in a generation—a bold and sexy collection of essays that run the gamut from expert how-to tutorials to provocative essays that delve into complex questions about

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desire, power,
and pleasure.

The book brings
together
diverse voices
from the kink
community in an
unprecedented
way: each
chapter is
written by a
different
sexuality/BDSM

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educator.

Divided into
two sections,
the first
section
features
thorough,
thoughtful
pieces—on
everything from
flogging to
bondage—packed
with techniques

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and beautifully illustrated with original images from artist Katie Diamond. The second section is dedicated to role-playing fantasies and personal manifestos. From age play

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to masochism,
these chapters
cover some of
the edgiest,
most taboo and
controversial
elements of
kink in depth.
The Ultimate
Guide to Kink
features the
expertise of
renowned

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educators
writing
passionately on
their favorite
subjects,
including
Patrick
Califia,
Midori, Laura
Antoniou,
Barbara
Carrellas, Lee
Harrington,

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Jack Rinella,
Lolita Wolf,
Madison Young,
Hardy Haberman,
Felice Shays,
Ignacio Rivera,
Sarah Sloane,
Mollena
Williams,
FifthAngel, and
Edge. It will
educate,
inspire, and

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challenge both newcomers to the world of kink and experienced BDSM players. "Got Milked? The Technique for taking Him to out-of-this-world pleasure."If you want to

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discover the
secrets to
continuous, non-
ejaculatory,
full-body
orgasms
previously
unattainable
through ho-hum
conventional
sex techniques,
then read
on...Male G-

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spot? Does Such
An Area
Exist?... Blunt
answer - "YES."
All men have a
Male G-Spot,
AKA the
prostate, or
more
specifically
the prostate
and the
perineum

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area. Have you ever wondered what "Penis Milking" is? You're about to discover a method of penis milking that blows his socks off. Years ago, before I discovered and refined my

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method for male
G-spot
stimulation,
while making
love I
fantasized
about my
raunchy, horny
desires ... But
before
fulfilling that
hunger, usually
- I came, and

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that was the
end of that. I
lost my
enthusiasm.
This may
surprise you,
but non-
ejaculatory
orgasms mean
that your man
can cum, but
NOT ejaculate,
so that HIS

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desire and lust
remains alive
after
experiencing an
orgasm. In other
words, he won't
roll over and
go to sleep ---
That alone
makes "Got
Milked?" worth
it's weight in
gold.

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Everything
you've ever
wanted to know
about how to
have a
threesome—plus
everything
you'd never
think to ask!
The Ultimate
Guide to
Threesomes will
teach you how

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to have
ethical,
consensual
encounters that
give pleasure
to everyone
involved.

Fantasy
exploration,
finding
threesome
partners,
making your

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dreams come true—sex educator Stella Harris guides you through the whole process. You'll also find plenty of positions and scenarios for beginners and veterans alike, plus

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information

about safer sex
and aftercare.

And if you want
threesomes to
stay a fantasy?

That's okay

too! This book
teaches how to
use threesomes
in dirty talk
and role play.

Whether you're

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just starting out on your threesome journey, or you've been having threesomes for years, you'll find something here to suit your needs. Harris is used to hearing,

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“Wow, I never thought of that!”—what new ideas will you find in these pages?

The inspiring, against-the-odds story of Gino Bartali, the cyclist who made the greatest

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comeback in
Tour de France
history and
secretly aided
the Italian
resistance
during World
War II Gino
Bartali is best
known as an
Italian cycling
legend who not
only won the

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Tour de France
twice but also
holds the
record for the
longest time
span between
victories. In
Road to Valor,
Aili and Andres
McConnon
chronicle
Bartali's
journey, from

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an impoverished
childhood in
rural Tuscany
to his first
triumph at the
1938 Tour de
France. As
World War II
ravaged Europe,
Bartali
undertook
dangerous
activities to

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help those
being targeted
in Italy,
including
sheltering a
family of Jews
and smuggling
counterfeit
identity
documents in
the frame of
his bicycle.
After the

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grueling
wartime years,
the chain-
smoking,
Chianti-loving,
34-year-old
underdog came
back to win the
1948 Tour de
France, an
exhilarating
performance
that helped

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unite his
fractured
homeland. Based
on nearly ten
years of
research, Road
to Valor is the
first book ever
written about
Bartali in
English and the
only book
written in any

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language to explore the full scope of Bartali's wartime work. An epic tale of courage, resilience, and redemption, it is the untold story of one of the greatest athletes of the

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twentieth
century.

Dr. Patrick
Walsh's Guide
to Surviving
Prostate Cancer
Anal Pleasure
and Health
The Ultimate
Guide on How to
Perform
Prostate
Milking to

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Prevent
Prostate
Cancer, Boost
Prostate Health
and Maximize
Sexual Pleasure
Great in Bed
How to Become
Orgasmic for a
Lifetime
Prostate
Massage Guide
Book

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The Ultimate
Guide to
Cunnilingus
Owning our
desires should be
neither
embarrassing nor
uncomfortable. Nor
should they be
subject to anyone
else's moral
judgment of what

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is right or wrong,
good or bad,
normal or
abnormal.
Combining
communication
and information is
the key. By
shrugging off the
taboos against
talking about our
preferences and

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experiences when we're being sexual, we will take the first and most important steps toward ensuring our own fulfillment. The Ultimate Guide to Orgasm for Women is an unflinchingly

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honest,
responsible, and
thoroughly
comprehensive
exploration of
female sexuality.

Topics include:

The physical types
of orgasm, such as
electrical, flying,
pounding, deep,
waves, and blips;

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orgasm as an
emotional release;
the "elusive
orgasm" and why
some women have
difficulty having
one; how often we
fake them and
why; masturbation;
multiple orgasms;
the male-female
dichotomy;

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penetration and
the G-spot;
defining the erotic;
and the joy of sex
toys.

"I dreamed of New
York, I am going
there." On May 31,
1953, twenty-year-
old Sylvia Plath
arrived in New
York City for a one-

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month stint at "the intellectual fashion magazine"

Mademoiselle to be a guest editor for its prestigious annual college issue. Over the next twenty-six days, the bright, blond New England collegian

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lived at the
Barbizon Hotel,
attended
Balanchine ballets,
watched a game at
Yankee Stadium,
and danced at the
West Side Tennis
Club. She typed
rejection letters to
writers from The
New Yorker and

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ate an entire bowl
of caviar at an
advertising
luncheon. She
stalked Dylan
Thomas and
fought off an
aggressive
diamond-wielding
delegate from the
United Nations.
She took hot

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baths, had her hair done, and discovered her signature drink (vodka, no ice). Young, beautiful, and on the cusp of an advantageous career, she was supposed to be having the time of her life. Drawing

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on in-depth
interviews with
fellow guest
editors whose
memories infuse
these pages,
Elizabeth Winder
reveals how these
twenty-six days
indelibly altered
how Plath saw
herself, her

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mother, her friendships, and her romantic relationships, and how this period shaped her emerging identity as a woman and as a writer. Pain, Parties, Work—the three words Plath used to describe

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that time—shows how Manhattan's alien atmosphere unleashed an anxiety that would stay with her for the rest of her all-too-short life.

Thoughtful and illuminating, this captivating portrait invites us to see

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Sylvia Plath before
The Bell Jar,
before she
became an
icon—a young
woman with
everything to live
for.

Authors Cooper S.
Beckett and Lyndzi
Miller tackle all
you've ever

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wanted to know
about pegging.
How do we do it?
What are the right
tools for the job?
Does it actually
feel good? I'm a
straight guy, will
pegging make me
gay? They answer
these questions
and guide you

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through your
experimentation
with this most
excellent act.
A guide to
restoring men's
sexual health and
function to
maintain a
flourishing sex life
well into old age •
Includes fully

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illustrated

instructions for
exercises to clear
energetic
blockages of the
male reproduction
organs, restore
function, reduce
prostate
enlargement, and
prevent prostate
gland cancer •

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Presents a routine of exercises to be practiced daily as well as guidance on supporting your practice with nutritional and herbal supplements • Explains how these techniques can forestall the

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need for surgery in
early stages of
prostate disease
Age need not be a
death sentence for
men's sexual
health and vitality.
Taoist Master
Mantak Chia and
William U. Wei
explain how to use
the energetic and

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physical practice of

Chi Kung to not

only maintain a

flourishing sex life

well into old age

but also reduce

prostate

enlargement and

prevent prostate

gland cancer. With

fully illustrated step-

by-step

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instructions, the authors provide exercises and techniques to open the energetic pathways connected to the male reproductive organs and clear the energy blockages that lead to sexual

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dysfunction and
illness. They
explain how to
perform sexual
energy and
prostate gland
massages and
detail stretching
exercises and the
practice of chi
weight
lifting--attaching

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weights to the penis and scrotum to enhance sexual vigor. They explain that while these techniques are primarily preventive, they can also act to regenerate and restore function, forestalling the

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need for surgery in
early stages of
prostate disease.
The authors
present a routine
of exercises to be
practiced daily as
well as guidance
on supporting your
practice with
nutritional and
herbal

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supplements.

Talking Out Loud
about Senior Sex
Erotic Exploration
for Men and Their
Partners

BDSM, Role Play
and the Erotic
Edge

What Every Man
Needs to Know for
Better Prostate

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Health and Sexual
Pleasure

Secrets of the Sex
Masters

The Prostate

Massage Manual

Naked at Our Age

**Sex means
different things to
different people -
it's as varied as
the different
species on the**

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**planet. So,
seduction and
foreplay are not
only about getting
what you want, but
about giving and
receiving, teasing
and pleasing for
the best possible
rewards, no matter
how you define
them. (And, yes,
foreplay IS sex!)**
The Ultimate Guide

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to Seduction & Foreplay teaches readers how to tune into their own desires, become better communicators, and ultimately be more confident, passionate, and attentive lovers. Inspired by fantasies of seduction, Marla

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and Jess take you on a journey of sexual exploration and help you understand the many factors that add to or inhibit arousal and pleasure on psychological, sociological, and sexological levels. Readers gain a deeper

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understanding of their own sexual needs and the foundations for greater compatibility and connection. As you explore your own learning and seduction styles (and your lover's), you'll discover and experiment with new and exciting

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**ways to stimulate
arousal and
deepen intimacy:
verbal, emotional,
and digital
seduction,
foreplay,
eroticizing daily
actions, games,
fantasy play,
mindfulness, and
more. Packed with
practical exercises,
techniques, and**

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creative ideas – especially for busy couples – this inclusive guide is a surefire way for folks of all genders to master the art of seduction. You don't have to be a rockstar in (or out of) the sack each time you have sex, but this book will help you approach

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your lovers with the confidence and comfort you deserve! Whether you are adding to your repertoire for later or striving to please your current lover, you'll discover thrilling new pathways to pleasure and intimacy.

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The first definitive guide to P-Spot pleasure will offer men erotic pleasure beyond what they imagined possible. Co-authored by one of the foremost experts on sexual health, Charlie Glickman, men who may not feel confident

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**exploring anal play
will be empowered
to claim the
prostate as an
erogenous zone
ripe for
exploration. And
men who already
enjoy prostate play
will find much to
learn from this
friendly, accessible
how-to guide. The
P-Spot covers tips**

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and techniques for prostate play, as well as outlining important safety information and how to maintain prostate health. In Naked at Our Age, women and men, coupled and single, straight and gay talk candidly about how their sex lives

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and relationships have changed with age, and about how they see themselves, their partners, or their single life. Many of them are having unsatisfying sex, or no sex at all, and are seeking advice. Price presents their personal stories,

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and follows up with tips from sex therapists, health professionals, counselors, sex educators, and other knowledgeable experts. Naked at Our Age is an entertaining and indispensable guide to handling and understanding

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**the issues of
senior sex and
relationships.
A practical,
integrative guide
to men's prostate
health, including
holistic therapies
for prostate
cancer, BPH,
prostatitis, and
bladder function.
For all its many
important**

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functions, the prostate gland can become a health curse to many men, young and old. Common prostate conditions include: benign prostatic hyperplasia (BPH), prostate cancer, prostatitis, testosterone deficiency, and

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erectile dysfunction. While conventional therapies exist for all these conditions, scientific studies have demonstrated that a comprehensive, integrative, or holistic approach to healing can dramatically

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reduce risk and/or decrease negative side effects and symptoms. Mark Stengler, N.M.D., draws upon his over 25 years of expertise in naturopathic medicine and holistic hormone therapies to provide a comprehensive

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approach to optimal prostate health, including a focus on bladder function, hormone balance, and a thorough exploration of prostate cancer diagnosis, treatment options, and holistic support. By thoroughly

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**addressing these
key aspects of the
genitourinary
system, you will be
able to discover
optimal prostate
health and
functionality.**

**The Ultimate Guide
to Orgasm for
Women**

**The Ultimate Guide
to Strap-On Sex
Optimizing Sexual**

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**& Urinary Health
Pain, Parties, Work
Anal Sex Basics
The Ultimate Guide
to Male Sexual
Health
The Ultimate Guide
to Kink
*Prostate
Massage Has
Excellent
Health and
Sexual Benefits.***

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***Prostate
massage is a
new world for
most men. Most
of us have not
learned enough
about our
prostates and
its importance
for great health
in general and
for sexual
health for men***

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***in particular,
let alone for
ultimate sexual
pleasure and
sexual stamina.
And only a
relative few
have learned
about ways to
massage the
prostate for
health and
stimulation.***

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***Prostate
massage and
sexual
instruction isn't
something men
generally talk
about over beer.
Let's face it. It's
been a bit of a
taboo topic.
Thank goodness
that is
changing. Who***

***Should Do
Prostate
Massage? Some
men may think
that they
shouldn't do
prostate
massage. Such
thinking would
be a mistake for
two reasons. 1.
Prostate
massage, when***

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***done correctly,
can be a very
healthy thing to
do for your
overall prostate
health. 2. When
sexual
stimulation is
intentionally
added to the
massage, the
resulting sexual
male orgasm***

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can be

**exceptionally
powerful. Who
wouldn't want
that? Added
Sexual Pleasure
And for the best
in sexual
orgasmic
pleasures, your
prostate is the
switch that can
take you on a**

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Prostate Pleasure

***new journey of
discovery. Time
to learn all
about that male
G-spot gland at
any age,
especially if you
want to last
longer and heal
any erectile
dysfunction
problems you
may have. For***

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Prostate Pleasure

***you to have
optimal sexual
health, your
prostate must
be kept healthy.
One of the best
ways to do that
is through
prostate
massage.***

***Toxins In Your
Prostate Our
prostate filters***

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***toxins to
protect the
sperm. Our
prostate is our
most sensitive
gland, needed
for our health
and sexual
fulfillment. Too
many toxins
create
problems.
Prostate***

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massage can help restore vitality.

Therapeutic prostate massage is a very beneficial skill. It is becoming essential for better health and sex in this modern age of

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exposure to so many toxins. Even if you don't have prostate problems, you might want to begin to think about what you can do to prevent them. Prostate massage is just

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***one simple way
to maintain
prostate health
or to help your
prostate regain
its health if you
have a problem.
Sexual Benefits
of Prostate
Massage And-
an added bonus-
prostate
massage can***

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***open up a whole
new world of
incredible
sexual orgasms
if you are so
inclined. As a
side benefit, it
can help
alleviate
erectile
difficulties by
strengthening
the***

Acces PDF
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Prostate Pleasure

***pubococcygeus
or PC muscle
and by
stimulating the
prostate
erection nerves
so you can get
it up. It will
also help
minimize
premature
ejaculation
problems by***

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***strengthening
the prostate
muscles giving
you more
control than
ever before.
Prostate
orgasms are
way more
powerful than
regular
orgasms. They
last longer,***

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***more ejaculate
is released and
your whole body
thrives from the
intensity. For
Women Too
This book is
also for women
who want to
further
understand the
prostate and to
learn ways to***

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support men in their quests for better prostate health. It may also be useful to women to increase mutual sexual pleasure and to give your man explosive longer-lasting orgasms (no longer the

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***exclusive
domain of
women!). What
You Will Learn:
The Prostate's
10 Amazing
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Benefits of
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Prostate Milk
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Exercises***

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Massage
Internal
Prostate
Massage Safe
Prostate
Massage Non-
Sexual Internal
Prostate
Massage Sexual
Internal
Prostate***

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***Massage
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Massage
Orgasm Tantra
and Taoist
Prostate Sex
Practices Sex
and Your
Prostate
Advanced
Sexual Skills
Prostate
Massage***

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along you will
be guided with
exact details to
do your
prostate
massage safely,
easily and very
comfortably. No
pain. Just gain.
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seeking new
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Bondage is the
perfect addition
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dungeon's
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to Bondage is a
comprehensive
reference guide
for any
Mistress,
Master, or lover
of BDSM.
Mistress
Couple's
original and
insightful
approach to***

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***bondage invites
curious
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myriad of
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bondage
methods. Going
far beyond any
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kit” the book***

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bondage truly
extends past
the rope and
chain restraint
of your partner.
From decorative
applications
such as
wedding rings
and corsets, to
invisible yet
potent mental***

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***bondage, to
fetish
applications
such as balloon
or nylon
encasement,
this book
provides
historical
context,
powerful
insights,
tutorials,***

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***examples, and
activities for
every type of
bondage
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***The Ultimate
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Men and Their
Partners Simon
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Page 223/243

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Masturbation is a many-splendored thing, but even here, all of us can get into a comfortable rut. Take what can be really good to really great with Jenny Block's guide to getting

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***in on with
yourself.***

***Whether you
are happily
coupled, on
your own, poly,
or
demonstrating
your solo skills
for your
lover(s), Block
has the very
best advice on***

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***how to pleasure
yourself
masterfully and
share the love.
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thorough
research,
Block's book
covers the
science of sex,
wild and
wonderful ideas
for upping the***

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***masturbation
ante, and lots of
suggestions for
how to
incorporate
toys. There are
only one or two
truly good
books on the
market about
"sex for one,"
and those are
years and even***

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and Give Him
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***and Disability
All You Need to
Know About
Masterbation
Carnal
Knowledge
For All of Us
Who Live with
Disabilities,
Chronic Pain,
and Illness***

*If you're planning to
have sex with*

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someone who has a prostate-or you have one yourself-you might be curious about how to massage a prostate (and what it can do for your sex life). It might seem intimidating at first, but we assure you there's a major appeal. You see,

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the prostate gland, also referred to as "the P-spot," can feel hella good when stimulated, and venturing into the anal region is the only way to get at it. Plus, part of the good-sex equation is exploring it in ways that make everyone

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involved feel comfortable while providing new sensations and experiences. But whenever you try something new-both in bed and beyond-there are health and safety issues to consider. Read on for information about why you

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*might consider
learning how to
massage a prostate
and the best and
safest way to go
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— from chronic fatigue, back pain, and asthma to spinal cord injury, hearing and visual impairment, multiple sclerosis, and more. Expertly written by a medical doctor, a sex educator, and a disability activist, The Ultimate Guide provides readers

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with

*encouragement,
support, and all the
information they
need to create a sex
life that works for
them. The authors
cover all aspects of
sex and disability,
including building a
positive sexual self-
image; positions to
minimize stress and*

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*maximize pleasure;
dealing with fatigue
or pain during sex;
finding partners and
talking with partners
about sex and
disability; adapting
sex toys; and more.
The G-spot, the
powerhouse of
female orgasm, is
often veiled in
mystery and*

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confusion - many believing it to be nothing more than urban legend! With wit and panache, sex educator and bestselling writer Violet blue introduces readers to G-spot play. Beginning with an anatomical guide and incorporating

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*suggestions for
couple-play,
positions, toys and
safer sex, this guide
will lead readers to
thrilling new
sensations and
earth-shaking, bed-
breaking, gale-force
climaxes! Any girl
can unleash her
own orgasmic
superpower with*

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*The Smart Girl's
Guide to the G-spot.*
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SEXUAL &
URINARY HEALTH**
*unveils the largely
unrecognized and
little known powers
of the mysterious
male pelvic floor
muscles and how to*

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Strategies for Mind-
Blowing Sex
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Spots of Leopards
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Prostate Health and
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Yourself from Pre-
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Birth*