

# How To Make Anal Sex Pain

*Anal sex in women: why it is still taboo and why the end of prejudice is getting closer - EL PAÍS USA*

**Condoms - World Health Organization**

Ask Athena: Hemorrhoids Are Affecting My Sex Life - Seven Days

Best ways to clean up before and after anal sex - Medical News Today

Anal Herpes: 5+ Ways to Identify It, Testing, Practical Tips - Verywell Health

**Yeast Infections: Symptoms, Causes, and Treatment - Verywell Health**

**What Is the Full Nelson Sex Position? See Our Illustrated Guide. - Men's Health**

*Lubricant: Why to Use and How to Choose? - Healthnews.com*

**The signs an fissure is healing and treatments - Medical News Today**

**Back pain and sex: Examples, tips, communication, and more - Medical News Today**

Lets talk about gay sex - Quinnipiac Chronicle

Rise in popularity of anal sex has led to health problems for women - The Guardian

**How to Top During Anal Sex - Expert Topping Tips for Beginners - Men's Health**

**6 Things You Need To Know Before Trying Anal Sex - Women's Health**

*What causes hemorrhoids, and when should you see a doctor? - Nebraska Medicine*

5 Things To Know Before Trying Anal Sex for the First Time - Poosh

*6 Beginner-Friendly Positions That Make Anal Sex Easier & Less ... - SheKnows*

*Asking for a Friend: Can You Have Anal if You Have IBS? - Well+Good*

**Dyspareunia (Painful Intercourse): Causes, Diagnosis & Treatment - Cleveland Clinic**

**Gonorrhoea (Neisseria gonorrhoeae infection) - World Health Organization**

*Prioritising Pleasure: On vaginismus & centring comfort - The Skinny*

**Female rectal exam: Purpose and what to expect - Medical News Today**

This New CBD-Infused Anal Suppository Makes Butt Stuff Infinitely More Blissful - Well+Good

IBD and LGBTQ+: How it can affect sexual health - Harvard Health

**6 things to do after unprotected sex | Health & Wellness Services - University of Colorado Boulder**

**Meghan Trainor's comments about painful sex helped me realise I ... - Cosmopolitan UK**

**Sex and CBD Suppositories: What Works, What Doesn't, and Other ... - Healthline**

**Everything you need to know about trying anal sex for the first time - Metro.co.uk**

**Why You Should Pee After Sex - Health Essentials**

Sex Education Season 4 Cast Guide: Meet All the New Characters - Men's Health

**Psoriasis and the buttocks: Symptoms, treatments, and self-care - Medical News Today**

**What Goes in Does Come Out—So Here's What You Need To Know About Eating Before Anal Sex - Well+Good**

How Long to Wait for Sex After a Yeast Infection - Cosmopolitan

**Why Is Sex Painful for Some People? - Poosh**

**How to prepare for anal sex, according to a sex therapist - Fashion Journal**

**The 9 Absolute Best Lubes for Anal Sex, According to an Anal Surgeon and Anal Sexperts - Well+Good**

**Delayed ejaculation and orgasm: It's taking me eons to get off, even ... - Slate**

**7 tips for women who want to try anal, but are afraid it might hurt. - Mamamia**

**What men truly like doing in bed! After women gave Tracey Cox their honest confessions, men reveal what raunch - Daily Mail**

**Every day, girls would report degrading, painful sex - unaware they'd been raped. Boys wanted to tick off sex - Daily Mail**

6 Reasons Men Have Pain After Sex - Orlando Health

*3 myths about anal cancer, debunked - mdanderson.org*

**A Beginner's Guide to Anal Sex - Lifehacker Australia**

Dude, what's that lump? A guy's guide to STIs - Queensland Health

*Anal fissures: How to get rid of them when they won't go away - Slate*

21 Reasons Being A Bottom Is Tougher Than Being A Top - Pride.com

*Premature Ejaculation Drugs In Kenya - Nigerians in Diaspora Commission*

*Understanding sexually transmitted diseases - Viet Nam News*

**Vagina Itchy After Sex: 6 Causes and How to Treat Them - Insider**

*What Is Pegging? A Beginner's Guide - Healthline*

**Piledriver Sex Position: An Illustrated Guide to Pulling It Off - Men's Health**

Is Anal Sex Safe? - Health Essentials

**Deer Antler Velvet Spray To Treat Erectile Dysfunction Where ... - Nigerians in Diaspora Commission**

**Women Are Getting Anal Sex Injuries, Here's How To Make It Safe And Comfortable - HuffPost UK**

*Does Anal Hurt? How to Prevent Painful Sex - POPSUGAR*

**What Is The Speed Bump Sex Position And What Are The Benefits? - VICE**

*These 8 Stretches Will Majorly Level-Up Your Sex Life - SheKnows*

*Anal sex attitudes have changed for hetero partners - what to know ... - Mirage News*

**6 Ways To Make Butt Stuff More Comfortable So You Can Focus On ... - Elite Daily**

**Unexpected Places You Can Have a Yeast Infection - Health Essentials**

*Bleeding After Sex: What Does It Mean? - Hackensack Meridian Health*

Loosen Up! Dr. George's Tips for pain-free anal - Bear World Magazine

**How to prepare yourself for anal sex - Mashable**

**The ultimate guide to using lube during sex - Mashable**

**8 Sex Myths That Experts Wish Would Go Away - The New York Times**

[Anal douching: Benefits, risks, and how to - Medical News Today](#)

[People spreading their cheeks for botox injections in order to have better anal sex - Daily Star](#)

**Anal Dilators Prime Your Butt for Super-Pleasurable Anal Play—Here's How To Use Them, According to an Anal Surgeon and Pelvic Floor Therapist - Well+Good**

[5g Male Enhancement Review Joe Rogan Testosterone Pill - Nigerians in Diaspora Commission](#)

[5 Health Risks of Anal Sex Without Using A Condom As Per Gynaecologists | TheHealthSite.com - TheHealthSite](#)

[How to make losing your virginity less painful - Medical News Today](#)

**Anal Sex Safety: Pain, Risks, Possible Complications, More - Healthline**

**What Is Butt Clenching — and Are You Guilty of It? - POPSUGAR**

**What women REALLY like doing in bed! Tracey Cox lifts the lid on the raunchy acts that men can't get enough of - Daily Mail**

**34 Anal Sex Products That Make An Immediate Difference - BuzzFeed**

[Can you get pregnant from anal sex? Facts and myths - Medical News Today](#)

[Chlamydia - World Health Organization](#)

**Prostate Biopsy: Pain During Test, Effects, Results - Verywell Health**

[Pressure Points To Treat Erectile Dysfunction Erectile Dysfunction At ... - Nigerians in Diaspora Commission](#)

[7 Sex Positions To Try If You're Dealing With Pain Down There - Scary Mommy](#)

[How Does HIV Prevention Medication Work? - WebMD](#)

[Doctors warn women to prepare for anal sex to avoid injuries - Insider](#)

[Gonorrhea: Symptoms, Causes, and Treatment - Verywell Health](#)

[The 15 Best CBD Lubes, According To Sex Educators and Sex Havers - Men's Health](#)

[5 kitchen ingredients you can use as lubricants for smooth sex - Health shots](#)

[The Lawyer Having Breakup Sex Before Work - The Cut](#)

[Happy Hole-idays: National Anal Sex Day Is Almost Here - InsideHook](#)

[How women can manage sexual health after pelvic radiation - mdanderson.org](#)

[How to Use an Anal Dilator to Stretch: 26 Tips, Techniques - Healthline](#)

**How to cure fissures permanently without surgery - Medical News Today**

**Anal Pain Causes and Treatment Guide - Verywell Health**

[Chlamydia: Symptoms, Risk, Treatment, and Prevention - Verywell Health](#)

[How to use lubricants for better and smoother sex - Health shots](#)

[Meghan Trainor Opens Up About Painful Sex and Vaginismus - POPSUGAR](#)

[How Black Men Living with HIV and Anal Cancer Can Get the Best ... - Everyday Health](#)

[Does Anal Sex Hurt - 23 Anal Intercourse Facts and Myths - Cosmopolitan](#)

**Anal Pleasure & Health** - Jack Morin 1998

Down There Press authors have been answering that question for twenty-five years! From Joani Blank's Good Vibrations "RM" bringing to light the sexual potential of "personal massagers", to Jack Morin's still the-only-one-of-its-kind Anal Pleasure & Health, to Susie Bright's genre-launching Herotica "RM", San Francisco's oldest publisher of award-winning sex-positive books has been breaking boundaries to delight and entertain its readers. Founded in 1975, Down There Press is the nation's first independent publisher devoted exclusively to publishing sexual health books. Founder and Publisher Emerita Joani Blank, then working as a sex educator and counselor, started writing her own books about sexuality at her clients' and other therapists' behest. The press currently has a list of eighteen sexual self-awareness titles, including innovative and practical non-fiction with non-judgmental techniques for strengthening sexual communication. Down There Press also publishes lively literary and photographic erotica.

[Christian's Guide To Having Anal Sex That Doesn't Hurt](#) - August St James 2023-04-06

I know it's a very controversial subject among Christians. But it's sometimes a little fun to do something a little taboo. So, you really need to read this book together as a couple, so you can decide whether to participate in this very erotic sex act. The truth is that every couple, even Christian couples crave having a lusty, joyous, and very pleasurable sexual experience with their spouse. The intense pleasure and fullness that comes from anal sex can really be all a couple needs to spice things up a bit in the bedroom. As they ease into a little pain free butt play. If your butt play hurts, you are doing to wrong. This book will walk you through the different pleasure centers and show you how to have very pleasurable anal play without any pain at all. Maybe a little burning sensation for a little bit, but no sharp stabbing pain. Even if you are an anal sex virgin. In the book you will learn. Just what is anal sex anyway? Proper methods to touch an anus What do I do to prepare for the anal play Simple instructions for beginning your anal play The erotic way to give analingus, and great positions to use and so much more! Get a copy

of this book today and get ready to have some amazing fun playing with your spouse's anus. You'll even discover how to play with her G-spot from the inside of her anus. This book is more than just great techniques, but is a guide to bringing pain free anal sex into your marriage bed and have some amazing erotic adventures in a fun and erotic way! Get a copy now! *Arouse Her Anal Ecstasy* - David Decitore 2010-12

View Book Videos and Pictures on Author Page. The audiobook is now on Audible.com. The book has been read by many thousands of women and men. Due to your continuous support and great feedback, it has been the #1 selling product on "How-To Anal Sex with a woman" since Feb. 2011, on Amazon! Thank You! This book is about how to pleasure your woman deeply and creating an anal sex experience that satisfies her mind, body, and soul. You'll give her intense full-body orgasms, stronger than clitoral orgasms, and she'll yearn for more! Best Illustrated & Most Innovative System for Arousing Her Anal Ecstasy This book is very different, as it focuses on how to introduce a woman to anal sexuality with a pleasurable and painless detailed step-by-step system. This book teaches exactly what to do and how to do it. She'll enjoy incredible full-body orgasms because you will stimulate multiple erogenous zones simultaneously! All images are provided inside the book. The 7 Nights To Ecstasy System For Beginners, The 3 Night Delight System For Advanced Couples, or The Custom System 2 Nights or More for your specific situation along with the SEPOR Method will provide a clearly defined strategy on how to take it slow with your woman, so the process is pleasurable for her from beginning to end. Since it's a woman's preventable pain on the line. The content is what women want men to remember. Learn how to approach communication, build trust, gradually increase stimulation, and properly prepare for anal play. Why - The unmet need to provide a highly illustrated, innovative, and detailed step-by-step system to painless anal ecstasy. Other books do not provide an illustrated step-by-step system on how to take it slow. They state "take it slow" but do not define what is "slow!" If you go too fast you will hurt your woman. So learn to do it right! Compare the number of illustrations of competing books and the educational content in the images. The system & detailed illustrations

provide an easy to learn from guide. THE DIFFERENCE 1. A different strategy that arouses the body in order to seduce the mind 2. 76 illustrations that serve several purposes: a) What to do b) How to do it c) Seduces readers to learn in an artistic manner and visually stimulates them as they progress through the book. 3. The best anal toys and my favorite lubricants (20 product images) 4. Fun preparation 5. Unique and advanced anal play activities, even for the experienced 6. Thrilling cunnilingus techniques 7. A unique combination of a detailed how-to system, hot arousal and Gem entry techniques, and number of instructional images that are not found in any other books, DVDs, online videos, or anal sex resource. 8. Different solutions tailored for your specific situation. 9. Erotic dialogue & explanations, clinical terms are not used. 10. Chapter summaries THE SOLUTION To seduce and pleasure the body and mind simultaneously to take her from NO, or maybe, to OMG that feels incredible! THE BENEFITS 1. Many women have reported the most incredible orgasms of their lives from anal sexuality. 2. Men will gain valuable skills. 3. The amount of sexual fun you can have is more than doubled. 4. The intimacy and passion you reach with anal sexuality is very deep. 5. The process will build better trust and communication in your sex life. 6. The process will provide an abundance of erotic fun both partners and the sense of novelty in your sex life will be increased forever! Now available in Spanish on Kindle and paperback: Excitara Hasta Su Extasis Anal . YOUR REVIEWS HELP OTHERS! Indicate which reviews help, so you can help others evaluate the book like you before your purchase and help them enjoy!

*The Sexhalation Approach* - Mike Alvear 2015-01-08

This Book Will Show You How To Have Pain-Free Anal Sex So That You Can: • Have explosive orgasms • Experience the presence of another man inside of you • Explore a side you've wanted to but were too afraid to try • Feel what it's like to submit to another man • Become more sensuous and sexually versatile • Use the experience of bottoming to be a better top There's Only One Thing Stopping You From Becoming More Sexually Versatile: Pain! If you've never had anal sex you probably approach it with "anticipatory pain" (the expectation that it's going to

feel like being impaled by a fence post). Or maybe you've tried to bottom and it actually felt like that. Either way, you end up getting Anal Glaucoma. That's where you say to your partner, "I can't see you in my ass." How To Eliminate All Pain From Gay Anal Sex. Bottoming is not the sexual equivalent of walking over hot coals. You don't have to put yourself through hell to get to the other side. You just have to use The Sexhalation Method. It's a new technique developed with the help of a team of experts I met while writing my gay sex column and hosting the HBO series, The Sex Inspectors. They include a yoga guru, an expert in respiratory psychophysiology, and specialists in colo-rectal anatomy. The Sexhalation Method combines systematic desensitization, pattern breathing, progressive muscle relaxation and sexual imagery to help you achieve what you thought wasn't possible—bottoming without pain. In addition to The Sexhalation Method you'll learn: • How to combine the best position with the best angle of entry. • How to resolve emotional blocks that stop you from trying or enjoying anal sex. • How your butt is built so you can avoid the three main points of pain. • The secret to getting yourself squeaky clean on the inside. • Learn about a device that's better than a douche or an enema. • Get a guided tour of a pain-free bottoming session between Adam and his boyfriend Steve. It's a beginner's real-time, step-by-step guide to bottoming that will light you up like an all-night liquor store. Find out how The Sexhalation Method will make you a better lover. Scroll up, click the buy button and start learning the method tonight! Category: Gay Books > Gay Sex> Male Anal Sex

**Anal Sex Tips For Guys And Girls** - Angelicka Wallows 2013-07-19

I have always been interested in trying new sorts of pleasures, and obviously anal sex is one of them. I admit that I started quite early and got the chance to do it with two great partners the first time, who made me enjoy it straight away. As I am getting a lot of questions about it on my blog, I decided to share my few years experience in the matter with you, as well as the testimonials I got from many readers. And thus Anal Sex Tips For Guys & Girls was born. It contains valuable tips to make anal sex a pleasurable experience. When done right, anal sex is

extremely pleasurable, and a delicious way to spice up and diversify your sexual life. So why not give it a try? Warning: This 4000+ word sex guide contains explicit material and is exclusively intended for adults of both sex. Excerpt: A little bit of anatomy here guys! If you've got to stick your penis somewhere, you'd better understand how it is configured so that you know how to actually get it in. Unlike the vagina, the anus is not a straight path. It is more like an "S" shaped path. The entry of this path is guarded by two strong muscles: the internal and external anal sphincters. It is the contraction of these muscles that causes pain during anal penetration, and it is their relaxation that makes it a pleasurable act. The rule here is to keep them relaxed. You can achieve that by good preparation, generous lubrication, and by "pushing" gently, just like you do when you defecate (which is why I like to deep clean myself first, as it boosts my confidence in doing so). Pushing when you try to get a penis inside is can seem a bit contradictory (and that's probably why it is said to be against nature!), but doing so will tremendously facilitate the penetration. You can practice Kegel exercises, just like you do with your vagina, to master anal relaxation and become more aware of your backside. Download now to learn all about anal sex, how to do it right, how to enjoy it safely, how you can improve it and what you should and shouldn't do.

### **Fun for Bum Lovers** - Stacy Reinhardt 2021-01-23

How would you like to read this story? Jealousy Hurts (When I Accidentally Gave My Husband My Ass) A First Anal Sex Erotica Story At the company function, I found myself really jealous of one of my husband's coworkers. I mean, Carmella was everything a man could want! The insecurity was so strong that I decided when we got home my husband would have a hell of a time, enough to forget about the lovely girl he had to see all day at the office. The plan worked perfectly, at least it worked perfectly until I accidentally gave my man permission to do anything he wanted. Suddenly, I was bent over and trying to deal with a painful first anal sex experience! That's only one of the sexy tales you'll find in this collection. Click now and it can be on your Kindle in just a moment or two. Warning: This ebook contains very explicit descriptions

of sexual activity including rough first anal sex, reluctant first anal sex, first anal sex with a stranger, group first anal sex, and more. Only mature adults who won't find that offensive should read this collection. Here are the rest of the stories! 2. Mackenzie's Madhouse A Gangbang Orgy Short Kenzie finally has enough with her boyfriend's sloppy habits and the way he and his friends trash their house! She plots revenge with her girlfriends, but when you plan for something crazy, anything can happen! When her friend shows up with all of his buddies instead of alone, she and her friends are certain to experience a whole lot more than an attitude adjustment! That means their fun lesbian gang bang turns right into an orgy with plenty of men involved! In here you'll find oral sex, anal sex, deep throat, lesbian sex, and even sex toys! This short has it all! 3. MY FIRST ANAL SEX (Rough Backdoor Sex with a Stranger) An Erotica Story It was the latest in a string of one night stands for me, and I didn't expect it to be any different from the others. I didn't even know his name and it didn't matter. I wouldn't enjoy it but was driven by the desperate need to feel the emptiness in my heart. How could I have known that the man would bring me to heights of pleasure I'd never known and then to terrible pain and then back to pleasure again? It was a first anal experience I'll never forget. 4. My First Time Was an Anal Threesome! (But I'm Still Untouched for My Wedding Night!) An FFM Ménage a Trois Erotica Story When I went to pick up my best friend, I thought she wasn't home. Boy was I wrong! Brianna was home all right, and I walked in on her having sex with her boyfriend! He was blindfolded and bound to the bed. I tried to walk away, but Brianna was having none of that. Before I knew it, I was right in the middle of my first lesbian sex experience, and when I told Brianna I didn't want to go all the way because I never had, she directed her boyfriend's massive thing right into my ass! My first sex was my first anal sex! 5. Orgy at the Beach A Gangbang Erotica Story with Double Penetration Who the hell expects to wake up right in the middle of an orgy? Who the hell thinks forty or fifty college kids on Spring Break are going to go crazy just a few hundred yards from my beach house? Everyone was fucking and sucking and a whole group of people watched. God! I fell asleep sunbathing and woke

up in the middle of it all. Before I could get away, though, I had a cock in my mouth and suddenly I was the star attraction!

*The Sexhalation Method* - Michael Alvear 2015-01-08

This Book Will Show You How To Eliminate All Pain From Anal Sex So That You Can:

- Become a more adventurous lover.
- Add a new dimension to sexual play.
- Have more intense orgasms.
- Experience your partner in a completely different way.
- Explore a side of yourself that you haven't given yourself permission to try.
- Become more sensuous and sexually versatile.

Are you resisting your partner's wishes for anal sex because you're afraid of the pain? You're probably thinking about anal sex with "anticipatory pain" (the expectation that it's going to hurt a lot). Or maybe you've tried anal intercourse and the pain was all too real and all too much. Either way, you end up disappointing your partner and robbing yourself of intensely pleasurable experiences. Anal Sex Is Not The Sexual Equivalent Of Walking Over Hot Coals. You don't have to put yourself through hell to get to the other side. You just have to use The Sexhalation Method. It's a new technique developed with the help of a team of experts I met while writing my national sex column and hosting the HBO series, *The Sex Inspectors*. They include a yoga guru, an expert in respiratory psychophysiology, and specialists in colo-rectal anatomy. The Sexhalation Method combines systematic desensitization, pattern breathing, progressive muscle relaxation and sexual imagery to help you achieve what you thought wasn't possible—anal sex without pain. This is your chance to experience an erotic thrill without any of the pain you've associated with it. In addition to The Sexhalation Method you'll learn:

- How to combine the best position with the best angle of entry.
- How to resolve emotional blocks that stop you from trying or enjoying anal sex.
- How your butt is built so you can avoid the three main points of pain.
- The secret to getting yourself squeaky clean on the inside.
- Learn about a device that's better than a douche or an enema.
- Get a guided tour of a pain-free anal sex session between Susan and her partner Steven. It's a beginner's real-time, step-by-step guide to anal sex that will light you up like an all-night liquor store! Find out how The Sexhalation Method can take your sex life to the next level. Scroll up,

click the buy button and start learning the method tonight!

**Excitement at the Rear** - Tanya Tung 2020-07-30

How would you like to read this story? *The Italian, the Public Restroom, and My Backdoor* A First Anal Sex in Public *Erotica* Story I was a young woman in Italy and I sure as hell should have been enjoying myself but I wasn't. It was horrible, in fact. The weather was terrible and I didn't realize that almost all of Italy shut down in August while people went on vacations. I was depressed and bored and I couldn't even get a flight back home. Maria Elena, the girl at the hotel, took pity on me and took me out for some non-touristy stuff. She had plans though. She set me up with an Italian man at a bar and before I knew it, I was in the bathroom bent over! That's only one of the sexy tales you'll find in this collection. Click now and it can be on your Kindle in just a moment or two. Warning: This ebook contains very explicit descriptions of sexual activity including rough first anal sex, reluctant first anal sex, first anal sex with a stranger, group first anal sex, and more. Only mature adults who won't find that offensive should read this collection. Here are the rest of the stories!

2. *Bound and Bent Over* by the Angry Customer (*The Dangers of Poor Customer Service*) A Very Rough First Anal Sex *Erotica* Story with Bondage Nora has been working hard to get her new bakery off the ground and on solid footing, but one customer is just completely unreasonable. He doesn't just want to complain, he wants some satisfaction, and in this case, it won't come in the form of cakes, pastries, and bread. However, he is going to treat Nora just like a tart, a tart about to experience bondage, spanking, rough sex, and her first anal sex!
3. *Brad's Brutality and My Backdoor* (*My Very Rough First Anal Sex Experience*) An *Erotic* Tale of Rough Sex and Cuckoldry When I picked Brad up at the bar, I thought he'd be just another one of a long line of guys I'd slept with. I had a pretty good arrangement. I got to sleep with many men and my husband... Well, I wasn't exactly sure why it meant so much to him to have me go through a kind of cheating experience. In any case, it made both of us happy, and I was excited to sleep with Brad. He was different, though. I noticed that right away. He was intense and rough as hell. It was shocking but wonderful, and he pushed me to limits

I didn't know I had, and then beyond them. I had my first anal sex experience and somehow found pleasure behind the blinding pain! 4. Cassandra and the Football Players (Two Men for the College Student) A Younger Woman Double Penetration Erotica Story Cassandra was excited about the attention the two college boys showed her and when they helped her carry her textbooks back to her room, she was even more excited. Then, they did something stupid as they played a little game to see which one got to pursue her. She put an end to that right away but things didn't go as she expected! Before she knew it, Cassandra was taking on both of the boys at once, and that meant her first anal sex and double penetration! 5. A DAY WITH THE GUYS A Reluctant Wife Share Gangbang erotica story Tessa's husband Clint enjoyed the last time his wife joined the boys at their gathering. What man doesn't fantasize about an incredible wife share complete with double penetration and watching his wife right in the middle of rough sex gangbang with all three holes filled? When Clint tells her they'll be visiting his friend's house, she didn't know she was in for a repeat performance. She's not up for it, but she's pretty sure they won't take no for an answer, and this time, the wife sharing won't be limited to Clint, Bill, and Rick. This time, Tessa has to take on four cocks in this reluctant wife share gangbang!

**A Sexy Bundle: Three Gay Sex Guides 2nd Edition** - Michael Alvear  
2020-11-28

3 GAY SEX GUIDES FOR ONE LOW PRICE! All with erotic medical illustrations! Book #1: How To Bottom Like A Porn Star 2nd Edition THIS IS THE BOOK PORN STAR BOTTOMS READ TO GET CLEAN & AVOID PAIN! With STUNNING new medical illustrations, the 2nd edition of this classic will teach you what the most famous porn stars buy it for-- how to get squeaky clean and take big guys. GET RID OF BUTT PAIN ONCE AND FOR ALL With the revolutionary new ":60 Sphincter Release" technique you'll effortlessly bottom even for well-endowed men. It's a new method of completely relaxing your sphincter in under a minute. Based on a relaxation technique physiologists call PNF, it's going to open up your sex life like a soda can. END YOUR HYGIENE WORRIES

RIGHT NOW The book's insights and recommendations for getting your butt clean will eliminate all your hygiene concerns. With the help of dramatic, unforgettable, and explicit illustrations you'll look forward to sex with complete confidence. Famous porn directors make this book required reading for new models. Ever wonder how porn bottoms get so clean? How they take huge guys without so much as flinching? They read this book! DO YOU REALLY WANT TO GO THROUGH LIFE WITHOUT EXPERIENCING THE ECSTASY OF BOTTOMING? Stop missing out on the deeper intimacies and explosive orgasms that bottoming offers. Fix your love life right now--order the best kept secret of the most talented porn stars! Book #2: How To Top Like A Porn Star THIS IS THE BOOK PORN STAR TOPS READ TO STAY HARD, THRUST LONGER AND CUM FURTHER With STUNNING new medical illustrations the 2nd edition of this classic will teach you what the most famous porn stars buy it for -- how to be a sexy, dominant top. STOP WORRYING ABOUT LOSING YOUR ERECTION You won't lose your hardon with the techniques in this book, not even with a condom. Plus, you'll find out how to deal with erection-killing thoughts like "I won't get hard enough" or "My dick isn't big enough." STOP COMING TOO SOON The Start/Stop Method will transform you from two-pump chump to long-time champ. Imagine effortlessly controlling your ejaculation to release when you want to. You'll last longer in bed and give your partner more pleasure. Famous porn directors make this book required reading for new models. Ever wonder how porn tops last so long? How they cum so far? How they thrust so powerfully? They read this book! YOU DON'T HAVE TO BE IN PORN TO GET THE MOST OUT OF THIS BOOK With chapters like "How To Discover Your Inner Top" and "Showing Your Partner The :60 Sphincter Release" (a mind-blowing technique you can use TONIGHT) this book is for everyone. Find out why the best lovers, porn performers or not, use this book as a reference guide. Book #3: How To Give Head Like A Porn Star GET MORE PLEASURE Nothing turns a guy on more than a guy who loves to give head! Learn specific techniques like the "Selfish Blowjob" that prioritizes your pleasure even as you're delivering it. GIVE MORE PLEASURE Learn techniques that include: • A French



tongue technique that reduces men to tears. • 7 delicious ways to stimulate his testicles (like the “cup & coddle”). • “Suspense & Resolution” techniques that’ll bang him like a gong. • How to externally stimulate his prostate for more explosive orgasms. • The 7 must-know techniques for illustrious hand jobs. • A mouth exercise that’ll help you blow him till his kingdom comes. • Clever ways to get your mouth wetter • Painless ways of getting rid of your gag reflex. GET BETTER AT GAY SEX Are you ready to discover the secrets to topping, bottoming, and giving head? Your pleasure-mobile just pulled up. Hop in.

*Loosen Your Sphincter In Less Than 60 Seconds* - Woody Miller  
2018-05-31

Loosen Your Sphincter In Less Than :60 Teach yourself a wildly clever way to completely and involuntarily relax your sphincter muscle. It's NOT kegels, a breathing technique, or progressive muscle relaxation. Say hello to pain-free anal sex! You Can Loosen Your Sphincter In Less Than 60 Seconds Without putting yourself in some weird position. Or taking drugs. Or using poppers. Or drinking alcohol. You can do it by simply introducing yourself to a technique that causes the sphincter to release involuntarily. You read that right. Involuntarily. It means your sphincter muscles relax without conscious effort. Without telling yourself to relax. Without using a breathing technique. Or progressive muscle relaxation. Without kegels. Say Hello To The PNF Technique Neuromuscular specialists call it, “proprioceptive neuromuscular facilitation” or PNF. Don't let the fancy-schmancy name fool you. It just refers to a “contraction/release” method that gives muscles like the sphincter no choice but to relax. Now, imagine what your sex life is going to look like if you have the power to relax your sphincter enough to have pain-free anal sex! As a sex columnist, I've answered thousands of questions over the course of my career and if there's one thing I've learned it's that people don't want acres and acres of explanation before getting down to essential information. That's why you'll notice that this is a short book. Very short. This is not an accident. I know when you ask for the time you don't want to know how the watch was built. And so I've limited the information in this book strictly to answering a single question: How can

you relax your sphincter enough to enjoy pain-free anal sex? If you want the history of enemas, a guide to anal wellness, an explanation of sexually transmitted diseases or the general care and feeding of the gluteus maximus you're out of luck. QUICK! Do a Test! You ready to experience the involuntary release of your sphincter? Bring up the stopwatch feature in your smartphone right now and do this: Start the clock and clench your sphincter as hard as you can for as long as you can. In the next :60 do not, under any circumstances, consciously release your sphincter. Let me repeat that because it's important: SQUEEZE HARD AND DO NOT LET GO NO MATTER WHAT. Ready? Set? GO! Here's what typically happens: Stage 1 0 - :10 You feel fine. Stage 2 :11 - :20 It's a slight struggle keeping the sphincter tight. Stage 3 :21 - :30 It's now a real struggle. Stage 4 :31 - :40 You're running out of dilithium crystals to keep the tightness going! Stage 5 :41 - :50 It's a Defcon 5 moment. You're trying your hardest to keep it clenched but... Stage 6 :51 - :60 Your sphincter involuntarily releases despite consciously trying to keep it clenched. The vast majority of people's sphincters release well before the 60-second mark. Women tend to be able to hold it longer because they are likelier to have done kegel exercises (especially if they've been pregnant), which strengthens the sphincter muscles. For the sake of argument, let's say you can clench your sphincter for :55 before it involuntarily releases. What are we to do with this information? Scroll up, click the buy button and find out!

**The Ultimate Guide to Anal Sex for Women** - Tristan Taormino  
2006-01-24

Revised and updated throughout, including all-new chapters specifically for beginners and for women giving anal pleasure to men, The Ultimate Guide to Anal Sex for 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 partner of any gender. Anal sex enthusiasts may need no encouragement, but will welcome Taormino's sense of adventure and her detailed discussions of toys, fantasy play, and positions. Beginning by dispelling common myths about anal eroticism,

Taormino goes on to illustrate anatomy, give tips on building trust and communicating desires, and provide reliable, easy-to-understand information on safety, preparation, hygiene, and much more. This new edition has been substantially expanded and revised to include new information on masturbation, anal health, BDSM and anal sex, and many other topics. In a new feature, Taormino answers actual reader questions.

**Anal-Yse You**, - Doctor Placer 2013-07-25

How to have anal sex, without pain, without hurting her. Women enjoy, no doubt, anal sex, sometimes even more than vaginal sex.. but the risk to meet a bad lover are very high; 99% ;) .. Doctor Placer has developed a step-by-step guide for men, love their female lovers "from behind" without hurting her.

**The Anal Sex Position Guide** - Tristan Taormino 2009-05-01

Often considered the most intimate (and intimidating!) of sexual activities, anal sex is gaining mainstream acceptance as the ultimate in alternative intercourse. This guide takes the fear factor out of anal sex and shows heterosexual couples the best positions for pain-free pleasure. Introductory material which will discuss how to experience anal sex safely and pleasurable, hygiene and safety, bringing up the topic with a partner, and the use of sex toys and accessories. Subsequent chapters will be position-specific: positions for first-timers; positions to spice up your repertoire; and advanced positions.

**Anal-Yze Her**; - Doctor PLacer 2013-07-30

A step-by-step guide "how to have anal sex" without hurting your female lover. How to have anal sex, without pain, without hurting her. Women enjoy, no doubt, anal sex, sometimes even more than vaginal sex.. but the risk to meet a bad lover are very high; 99% ;) There is no more excuses.. if it's hurt, it is your fault...

*Anal Sex Basics* - Carlyle Jansen 2016-02-01

No butts about it... this is only book 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 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. 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 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. 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.

[My Boss In My Ass While His Wife Drives : Anal Brats 6 \(Anal Sex Erotica\)](#) - Kimmy Welsh 2021-07-20

It feels like Mr. Franklin's wife is driving us all around the state to pick up the garden supplies for their restaurant! He's forced into the backseat to make way for a plant and I wind up sat on his lap to free up more space. I start to feel something growing in his pants and I'm smitten by the notion of him getting excited because of me. When his wife leaves the two of us alone we go crazy, but he wants much more than I thought! Read as he puts himself somewhere naughty! (anal, anal sex, anal erotica, erotica, xxx, sex,

**Get That Ass in the Air!** - Connie Hastings 2021-01-27

Can you imagine coming into your first day at work after flirting shamelessly with the man interviewing you? Aw hell, you didn't flirt. You all but promised you'd be sexually available if he hired you. He's decided to collect, and he's collecting in a way you never expected... by taking your tiniest hole! That's just one of the sexy first anal sex stories you'll find in this collection. So, get in on the backdoor bliss and click to get this bundle on your Kindle device. Warning: This ebook contains very explicit descriptions of sexual activity and includes rough sex, reluctant anal sex, rough deepthroat, first anal sex, reluctant ass to mouth, semen swallowing, and more. Only mature adults who won't find that offensive should read this collection. 1. The Backdoor Camping Trip (When My Boyfriend Took My Ass) A First Anal Sex in Public Erotica Story by Connie Hastings We liked to fool around, Denny and me. Still, having sex

right in the middle of a tent full of people during the camping trip was one of the most adventurous things we'd ever done. I kept thinking someone would look over and see us in the sleeping bag. It thrilled me to no end to think it would be so easy for someone to catch us. Hell, we were having sex in public! Then, Denny did something I absolutely didn't expect...he decided that as long as we were in the backwoods he ought to take my backdoor. 2. Wow! He Took My Backdoor! (The Dangers of Dorm Parties) A Tale of First Anal Sex with a Stranger by Brianna Spelvin Sure I was being slutty. Hell, I was in college and ready to explore and experience everything! So, it wasn't that big of a surprise how I behaved at the party taking over our dorms. I grabbed a boy I'd just met so I could go down on him in one of the rooms and got right to it. He loved it. I loved it. Then he wanted more. I never would have imagined it but I ended up bent over and experiencing my very first anal sex! Maybe I should think twice about being so slutty at school. Nah! 3. Gavin and My Tiniest Hole: A First Anal Sex Erotica Story by Geena Flix It was time to sleep with my boyfriend and I was worried that any expectations he had wouldn't be met. I should have worried about my own expectations instead! Before I knew it, he was in complete control and he even gave me my first anal sex experience! 4. Rough First Day at the Office (Yeah! Rough Deepthroat, Rough Sex, and Rough First Anal!) A Boss Sex Erotica Story by Constance Slight I flirted shamelessly during the interview, making it pretty clear that if I were hired my boss could have my body, and it took him no time to collect on that promise at all. It was my first day, and what a day it was! I experienced deepthroat so rough I thought I'd pass out and even had a very, very rough first anal sex experience. Why the hell did I end up liking it so much? 5. Ouch, Everett! A Rough First Anal Sex Erotica Story by Kitty Lee Really, I should have given it a moment's thought before I let Everett know he could do whatever he wanted. It turned out that what he wanted was rough, rough sex, and that included bending me over for my very first anal sex! OUCH! Well...it got good after a while. But it still hurt. Kind of.

**Getting All The Anal You Can Handle** - Brandee Lee 2022-12-24

Did you know that reports show that 94 percent of women who received

anal sex in their last sexual encounter said they reached an orgasm from it? Way more than with vaginal intercourse. Many people believe that anal intercourse hurts and that it is always an uncomfortable experience. This is quite simply false. If it hurts, you're doing it wrong. You probably want to read this because you want to find a way to do without much pain. Or this may be despite the fact that you find the idea in some way exciting and want to try it. Well, in essence, the reason that anal sex is so exciting to people is because it's slightly naughty, forbidden, all "taboo". It's breaking the boundaries of conventionality and it has a degree of excitement because it goes beyond what seems "decent" or "normal". And, most of all, it's exciting, because the anus is amply provided with erogenous nerve endings, and for men the tightness of penetrating the female partner can be very exciting and rewarding. Anal sex is one of the most erotic and satisfying sexual practices you and your spouse can enjoy. It may take some time to get it just right, but if you follow this book's steps, you will both have lots of fun trying. You're reading this book because you want to make your sex life more exciting. And you want to make it hot, passionate, and mind-blowing. You probably will find some ways to please your partner. In this book you will learn; Exactly how to have anal play without pain How to perform safe oral rimming of the anus Steps to preparing your anus to receive a penis Having painless butt sex Different positions and how to choose the right ones Proper prostate massage tactics And so much more!!!! Get a copy today!!!

How to Top Like a Stud - Michael Alvear 2015-07-22

The First Sex Guide For Tops! Techniques to keep your partner's sphincter completely relaxed \* How to overcome hygiene worries \* New speed, depth and thrusting techniques \* How to discover your inner top \* Getting hard & staying hard, even with a condom \* Solutions to emotional blocks \* Using the "Erotic Feedback Loop" to maximize pleasure. \* Keep His Sphincter Completely Relaxed As You Enter Him Say goodbye to failed attempts at intercourse because your partner couldn't take the pain. This wildly clever method turns a well-known fact of physiology into a little-known secret to complete relaxation. \* Overcome Hygiene Worries Learn proven strategies for overcoming the

fear and revulsion of undesirable sights and smells. A popular chapter in this gay sex guide. \* Learn New Speed, Depth & Thrusting Techniques Along with the single best angle to enter him for the most pleasure and the least pain. \* Discover Your Inner Top. Learn how to overcome self-limiting thoughts ("I'm not masculine enough," "My dick isn't big enough") that stop you from trying to top or from doing it successfully. Be A Better Lover With The First Gay Sex Manual For Tops. Stop thinking that all you have to do is get it hard and put it in. Good tops are made not born. Whether you're a bottom looking to be more versatile or a top who wants a better experience, this book will show you how to give and get more pleasure as the penetrator in gay sex. Express The Kind Of Masculinity You Feel Comfortable With. You don't have to act like a cop to be a top. Choose from a spectrum of possibilities you hadn't thought of to have the kind of topping experience that personally appeals to you. Take the Erotic Temperature Quiz in this gay sex instruction book and find out your "topping personality." Generate More Passion By Engaging The Erotic Feedback Loop. This book on male anal sex has plenty of tips to sharpen your techniques. But stopping there would just make you a skilled worker. Being good in bed isn't about what you can do to him; it's about where you can take him. While you can't "learn" passion, you can learn how to set the stage to express it in your own unique way. That's where the "Erotic Feedback Loop" approach comes in. It creates an energy spiral that'll book your partner on an inter-planetary flight. It's easy to learn and even easier to apply. Solutions To Performance Anxiety. Find out how to deal with these erection-killing thoughts: \* You won't get hard enough \* Your dick isn't big enough \* You will disappoint your partner \* Your partner will compare you to other guys \* Your partner will judge you and tell the world \* You'll ejaculate too soon \* You'll take forever to ejaculate Keeping It Hard For The Condom. There you are with a raging hard-on but the second the condom goes on you go limp. This gay anal sex guide shows you three of the most effective things you can do to keep an erection with a condom on. How To Last Longer In Bed. Premature ejaculation is the most common sexual dysfunction in men under 40. Use our step-by-step "Stop/Start" method

to go from two-pump chump to long-time champ. How To Stop Worrying That Your Penis Isn't Big Enough To Top. Read the Journal of Sex's latest penis size stats for white, black & Hispanic men. After you get over the shock of how small the average is, compare by measuring yourself with a step-by-step guide urologists use to measure penis size. You'll Also Find Answers To Fascinating Questions Like... \* Should your partner use poppers? \* How to wring up to 10% more semen out of your ejaculation (a STELLAR tip). \* Do guys with big dicks have more trouble with erections? \* How it's possible for tops to get HIV. \* How many drinks can you have before you start having erection trouble?

**How to Bottom Without Pain Or Stains** - Michael Alvear 2012-08-15  
 What Would Your Sex Life Be Like If You Could Bottom Without Pain? You'd have earthshattering orgasms. You'd experience the erotic pleasure of submitting to your partner's hardness. Sex would be more interesting because you'd add a whole new dimension to it. So what stops you? Pain. Or the fear of pain. The anticipation of it. If you're like a lot of guys, you've either tried and failed to bottom because it hurt too much or you wouldn't let yourself try because of "anticipatory anxiety" -the belief that you have to go through a lot of pain to get to the pleasure of bottoming. You might also be struggling with the "ick factor." A lot of guys are grossed out by anal sex. If you don't know how to get clean down there, the smell and the potential to leave tire tracks behind you can put you off completely. "The Sexhalation Method" Will Completely Eliminate Anal Sex Pain. Mike Alvear, the gay sex columnist and co-host of HBO's The Sex Inspectors, teamed up with colo-rectal specialists, a respiratory psychophysicologist and a yoga guru to create The Sexhalation Method. It combines progressive muscle relaxation, unique breath patterns, and sexual imagery to completely eliminate the pain associated with anal sex. Here's a list of some of the subjects you'll see in this best selling gay sex book: How to stop the feeling that you're going to go on yourself when he's in you. A step-by-step guide to stretching your sphincter so you can take bigger guys. How to deal with emotional blocks that stop you from trying to bottom. How to eliminate hygiene fears and put you in the right frame of mind. Butt tightening exercises that'll keep

you tight and him happy. How to get over the hang-up that "real men" don't bottom. How to pick the right adult toy for you. How to choose the best lube. The proper way to use butt plugs, dildos and other toys. Gay sex doesn't have to hurt. You just need to learn The Sexhalation Method. This gay best seller also answers letters from real gay men trying--and failing-- to make male anal sex work. You'll find answers to every question you have, including: "Will I end up wearing diapers if I bottom for hung guys?" "Why does my penis go soft when I bottom?" "Why does my partner lose his hard-on when he's about to enter me?" How do I get my bottom boyfriend to top me?" "Does bottoming cause hemorrhoids?" "We're both bottoms. How do I wake up my inner top?" "How do I get

over my disgust of anal sex?" "How can I change my identity as a gay bottom to being more versatile?" "Does bottoming cause anal cancer?" "Why can't he come when I bottom for him?" "Which condoms should I buy?" "How do you put on a condom correctly?" "How do I get myself to use condoms if I hate them?" "What's the secret to staying hard with a condom on?" "Am I wrong to insist on condoms even though we're monogamous?" "How can I top a top?" "I can't bottom without getting stoned first. Is that bad?" "Is anal bleaching safe?" "Can I get HIV from oral sex?" "How can I get HIV if I'm a top?" Find out how The Sexhalation Method can take your sex life to the next level!

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