

Anal Sex Step By Step

New Human Rights Campaign Foundation Report: ¾ of LGBTQ+ ... - Human Rights Campaign

LGBTQ community welcomes FDA blood donation regulation changes - The Columbus Dispatch

Library promotes book to kids about anal sex, adult sex apps, eating ... - REAL News Michiana

The 40-Year-Old Trying to Party His Ex Away - The Cut

Anal Sex Tips First Time - How To Guide for Beginners - Refinery29

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

Scheduling an Anal Cancer Screening Took Months, but It Was ... - TheBody

How to Use an Anal Dilator to Stretch: 26 Tips, Techniques - Healthline

How to prepare yourself for anal sex - Mashable

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

The Pros and Cons of a J-Pouch or Ostomy - Health Central

How to use lubricants for better and smoother sex - Health shots

How to Eliminate Anal Douching - Giddy

What You Should Do if a Condom Breaks - Health Essentials

A Beginner's Guide on How to Have Anal Sex - VICE

Gay Sex Positions: 5 Positions for Two People With Penises - Insider

CAB LA Proves Promising as HIV PrEP - Infectious Disease Special Edition

Anal Sex Tips First Time - How To Guide for Beginners - Refinery29 Australia

Maryland Bill Would Force Schools to Teach Children About 'Gender ... - Daily Citizen

What Is Surfacing in Sex Play - PureWow

This Bendable, Slim Vibrator Is Your Gateway to Amazing Anal Play (and Makes for Fast Vaginal Orgasms, Too) - Well+Good

Ladies, take charge of your sexual health: How to use internal condoms like a pro - Health shots

Uganda: Reject anti-LGBTI law that criminalizes same-sex sexual ... - Amnesty International

Top Ten Step Mom OnlyFans Accounts of 2023 - Village Voice

Idaho school libraries promote radical sexual agendas and ... - Idaho Freedom

Rimming - What is a rim job? - Cosmopolitan UK

Breaking Down Barriers to Blood Donation for LGBTQ+ People - Penn Medicine

Best Anal Sex Foreplay Ideas, Butt Play Arousal Tips - Refinery29

14 Best Glass Dildos 2023 - Glass Sex Toys to Shop - Cosmopolitan

How To Use Sex Toys: A Beginner's Guide, Per Sex Experts - Women's Health

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

How To Have Anal Sex For The First Time — A 6 Step Guide - Bustle

Ryan Shazier's Wife Michelle Calls Him a 'Liar and a Cheater,' Ex ... - Complex

ANC chair's sex offender registration in Florida spurs calls for ... - GW Hatchet

Best Sex Positions That Utilize Sex Toys For Added Pleasure - London Post

Holly Bourne: what I learnt from working as a sex and relationships ... - Evening Standard

Anal Douching: Tips to Prepare and Do It Safely - Healthnews.com

How to Prepare for Anal Sex: What to Do Beforehand and During - Insider

How to Eat Ass - The Best Analingus Tips, Techniques, Positions - Men's Health

Tips for anal sex, making friends with benefits - The Eagle

Sunol parents speak out after Trustee Hurley wades into San ... - Pleasanton Weekly

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Where was the pleasure when Anthony lost his 'ass virginity' in 'And ... - Mashable
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How to cure fissures permanently without surgery - Medical News Today

[SJC Dems fight to keep book about anal sex and poop fetishes ... - REAL News Michiana](#)

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

[Delayed ejaculation and orgasm: It's taking me eons to get off, even ... - Slate](#)

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Ask Dana: How Do I Tell My Husband I'm Not Comfortable With a ... - CafeMom

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[How to prepare for anal sex - Cosmopolitan UK](#)

Southern California high school teacher suspended over sexually explicit lesson about anal sex - Daily Mail

[Corkscrew Sex Position: How to Do It, According to Sex Experts - Men's Health](#)

[In a first, CDC to recommend antibiotic pill after sex for some to prevent sexually transmitted infections - CBS News](#)

[Anal cancer in the United States linked to AIDS and inequalities - aidsmap](#)

[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](#)

What is tutorial porn and why is it so popular? - Mashable

5 things to keep in mind immediately after having sex - Cosmopolitan India - Cosmopolitan India

[Does a Tampa School Library Book Teach About Gay Intercourse? - Snopes.com](#)

[My Son Asked Me How Two Men Have Sex. My Reaction Surprised Me. - HuffPost UK](#)

[FDA Lifts Discriminatory Blood Donation Ban For Gay and Bisexual ... - GLAAD](#)

Anal bleaching: Overview, safety, aftercare, and more - Medical News Today

[How to use anal sex toys | A beginners guide to using anal toys - Cosmopolitan UK](#)

Mauritius Breaks Barriers with Landmark Ruling Decriminalizing Same-Sex Relations - OkayAfrica

WMNF airs audio from Hillsborough School Board discussion of the ... - WMNF

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Gonorrhea: Symptoms, Causes, and Treatment - Verywell Health

[Furious mother speaks out after school embroiled in Drag Queen gender row gave 'graphic' sex lessons - Daily Mail](#)

[Foria Launches "Booty Melts" for Anal Sex - HYPEBAE](#)

[Young Men Can Have Prostate Inflammation—and Sitting Doesn't ... - Verywell Health](#)

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"We Are Facing a Large Battle" - POZ - POZ

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[10 Ways To Make Anal Sex Easier & Feel Good - Bustle](#)

[Tracey Cox: What do women REALLY think of you in bed? - Daily Mail](#)

[I Got an 11-Step Butt Facial Designed by an Anal Surgeon, and My Cheeks Have Never Been So Soft and Smooth - Well+Good](#)

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

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erections? * How it's possible for tops to get HIV. * How many drinks can you have before you start having erection trouble?

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...

Sex Positions - Veronica Sheramann
2019-11-11

Ignite your sexual energy and discover how to take your sex life to another level! Is your sex life a little too dull for your liking? Have your relationship become unfulfilling, boring and routine? Are you looking for ways to put the fire back in your bed? If you answered yes to any of these questions, then this book is for you. In this book, Veronica Sherman shows you how to maximize pleasure for both you and your partner with some of the most titillating sex positions. You're also going to discover tips beyond sex positions that will make you better at sex. Among the insights contained in Sex Positions, you'll find: 8 different types of orgasm that can be reached by women and how to help them achieve each one Step-by-step instructions to help you build intense physical intimacy with your romantic partner 6 ways to use sex toys to enhance your sex life The very best sex toys to spice up your relationship and sex life 20 surefire tips to help you improve your cunnilingus/oral sex game 14 can't-miss tips to make anal sex intensely enjoyable for both parties Insanely erotic sex positions that will set your bedroom on fire Failsafe sex tips that will guarantee an orgasm for her every single time ...and much more! Whether you recently got into a new relationship or you've been dating for a while and are looking for a great way to spice up your relationship, this insightful book contains practical advice and information that will enhance your sex life! Scroll to the top of the page and click the "Buy Now" button to get your copy today!

[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!

Arouse Her Anal Ecstasy - The Best Illustrated, Most Innovative Step-By-Step Guide for a Pleasurable Path to Anal Sex. She'll Enjoy

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Amazing Orgasms an - David Decitore 2011-02
 DUE TO THE GREAT FEEDBACK & CONSISTENT SUCCESS OF THE SYSTEM, IT'S THE #1 SELLING BOOK/EBOOK ON HOW TO ANAL SEX - ABOVE OTHER BOOKS, EBOOKS, and DVDs IN THE UNITED STATES. The book has help thousands of couples enjoy anal sex. Customers state that the book provides a more detailed system and better techniques than DVDs on the subject of how to introduce a woman to anal sex so it is very pleasurable and never painful. EroticFlow thanks you for your continued support! View book reviews on Youtube. 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. You will give her incredible orgasms by stimulating multiple erogenous zones, and she will love it! Did you know a woman can have full-body orgasms from anal sex? 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. Learn how to approach communication, build trust, gradually increase stimulation, and properly prepare for anal play. For Whom - This book is designed to pleasure a woman and give her full-body orgasms. For a man who wants give incredible pleasure to his woman by having her enjoy anal sexuality, but does not want hurt her in the process. 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 how-to book. 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 for quick reference 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! YOUR REVIEWS HELP OTHERS! SO SHARE YOUR REVIEW & MAKE A DIFFERENCE!

Easing In - Judith Powers 2013-09-30

This book was written for couples looking to experience the joys of new sexual experiences with a focus on anal sex. The goal of this book is to broaden a couple's sexual perception and discover the many ways they can pleasure each other. There are many intricacies to anal sex that must be taken into account in order to make the experience enjoyable for both parties. We will delve into various methods to explore each other's nether regions and get each other off. You will discover that everyone is unique and has different turn-ons—your goal is to work in conjunction with your partner and maximize pleasure. We are all sexual beings and the urge to experiment is within all of us. Sex is intended to be both exciting and rewarding. Through communication and compromise, we can fulfill

these hidden fantasies. Through the process described in this book, a couple will experience an increase in trust and intimacy that might not otherwise be achieved. This book provides highly useful information for exploring your fantasies and anal exploration. You will learn • How to communicate your fantasies • Anal Anatomy • Step by step guide to pleasure without pain • Hygiene • Tips for choosing toys and lubricants And much, much more... So what are you waiting for...Ease in.

Sex Positions For Couples - Esther Love
2019-12-08

You Are A Few Steps Away From Knowing Some Secrets You Can Start Using Today About Your Sex Life To Start Experiencing Multiple, Explosive, And Powerful Orgasms..Keep reading.. Do you know anything about physical intimacy, its definition, and how it can benefit your sex life? Are you aware that some sex positions can rev up your sex life and bring you much closer to your partner? Do you know that your relationship can witness renewed pleasure through some practical and useful sex games? This step-by-step, easy-to-use book shows you some of the dos and don'ts of dirty talk and how you can use it to enhance your sex life effectively, sex role-playing ideas to add more exciting moments into your sex life, as well as practical tips for deep penetration. Buy this book if you are tired of spinning the wheels of your sex life. Its approach draws from so many examples, guidelines, tips, and ways to have sex with your partner in some exciting ways. When you read this book and know more about how you can improve your sex life, you will see yourself knowing so much about dirty talk and sex games that can make your partner love you more. What you will find inside this book include The difference between intimacy and casual sex How sex can strengthen your bones and muscles The stages of intimacy (essential to understand as couples) What are the intimacy exercises for couples? A complete guide to dirty talk and proper ways to structure your sexts What is the best thing about sex? (the answer is simple yet so powerful) The difference between acrobatic sex positions and simple yet effective ones Everything you need to know about women orgasms What is the clitoris? How do you touch it, and what are the ways to stimulate it? A new

look at oral sex techniques, tips, and positions (quite in-depth) How do you enjoy better oral sex, and what are the ways that you and your partner can use to achieve it? As a woman, how can you give the perfect handjob and have your man begging for more (this section is quite practical) How to blow your partner away with oral sex Have you tried anal sex before? This book gives reasonable steps to the world of anal sex, and you won't look at it the same again What are the ideal positions you can adopt for anal sex to make it more enjoyable? Anal sex positions for a good backdoor sex And if you think you know so much about vaginal sex, wait until you read this book How to use the best vaginal sex to stimulate the clitoris Some simple but effective sex games and sex role-playing ideas to improve your sex life What types of sex toys you can use to improve your sex life (you and your partner will undoubtedly love this) How to use vaginal beads, vibrators, gels, and lube to enhance your sex Plus, tons of more examples and rules on how your sex life will never remain the same again. If you'd like to know some secrets to have a great sex life with your partner, buy this book. This book will change the way you look at sex and everything you and your partner can engage in to have a more pleasurable sex life. Click the "Buy Button" at the top of this page and get your copy !!

[How to Bottom Like a Porn Star. the Guide to Gay Anal Sex.](#) - Miller Woody 2014-02

How Do Gay Porn Stars Make Bottoming Look So Easy? Hung tops stick it in like a glute inject and the bottoms don't even flinch. What's their secret? And what can you learn from them so you can have ecstatic butt sex without any pain? Some of the answers will shock you. Learn porn star secrets to bottoming without pain and start making love with volcanic pleasure. Written by gay sex advice columnist Woody Miller and a team of urologists and colon-rectal specialists, this book combines porn industry secrets with innovative techniques from the latest gay male sex research. How We Got The Porn Industry's Secrets To Bottoming Without Pain. We sent a team of researchers to interview a truckload of gay male erotica industry folk-cameramen, scouts, producers, directors and performers. The result is a fascinating, behind-the-scenes, no-holds-barred look into the industry and the

secrets they use to get performers to bottom without pain or messy scenes. The main sections: 1: What You Can Learn From Porn Star Bottoms. A fascinating view of bottoming in the porn industry-how gay erotica performers prepare for a shoot, how they can take huge tops without any pain (even if it's their first time) and how they stay loose despite day-long shoots. If you ever had a question about how the porn industry works, this is the place to find answers-from how much money porn stars make to what percent are heterosexual (shocking!) to their favorite brand of douches. 2: Free Your Mind, Your Butt Will Follow. How To Bottom Like A Porn Star: The Ultimate Guide To Gay Sex is part porn expose, part how-to from the latest gay sex research. In this chapter, we'll look at how "Anticipatory pain" and a perceived loss of masculinity can put your butt in a headlock. We'll show you how to resolve the emotional blocks that stop you from trying or enjoying anal sex with other gay men. 3: Why It Feels Like You're Being Impaled By A Fence Post. From our urologist and colon-rectal experts who specialize in gay male sex: It isn't just your sphincter causing all that pain; it's your "S-curve" as well as involuntary puborectal contractions. Learn your anatomical structure so you can make the tips in this book work better. 4: How Porn Star Bottoms Relax Their Sphincters. Not all do it, or need to, but the gay men in the sex industry that do swear by it. Find out whether you should use their controversial method. 5: The Porn Star Method Of Eliminating Pain. Find out the shocking things gay male erotica stars do to eliminate pain. Some cannot be recommended, but others can and we've combined them with a technique that blends systematic desensitization, pattern breathing, progressive muscle relaxation and sexual imagery to completely eliminate pain and heighten pleasure. 6: How Porn Star Bottoms Handle The Ick Factor. Find out their secrets to getting your butt cleaner than a Brady Bunch rerun. 7: A Device That's Better Than A Douche Or An Enema. Enemas and douches are a bad idea (despite the porn industry's reliance on them). Find out why and what product doctors recommend that will get you as clean as a douche without any of the harmful side effects. 8: How To Bottom Without Pain For The First Time. Here you'll learn how to combine the best

position with the best angle of entry. Missionary? Doggie-style? Straight in? Angled up? When it comes to gay sex, it matters. 9: A Guided Tour Of A Pain-Free Bottoming Session Between Adam And Steve. A beginner's real-time, step-by-step guide to bottoming-porn style!-- that will light you up like an all-night liquor store. Learn How To Bottom Like A Porn Star With The Ultimate Guide To Gay Sex!

SEX. THE COMPLETE GUIDE. 3 BOOKS IN 1 - Sasha Malkova 2020-12-13

Do you want to spice up your relationship and explore the full pleasure-giving of your body in the best way? Or are you afraid that your sex life is falling into a routine? Then keep reading... This book contains everything and anything you need to know about taking your exploration of sex to the next level. Using the techniques and knowledge contained within these pages, in combination with an exploration of Sex Toys, Sexual Fantasies, and role play, will help you impress your sexual partner. You will learn things you didn't even know you needed to know but that will make you wonder how you ever lived without them! THIS IS A COLLECTION OF 3 BOOKS: BOOK 1: SEX POSITIONS: Practical Guide for a Long Lasting Sex Experience BOOK 2: Sex positions: The essential guide to having sex with your partner BOOK 3: How to Talk Dirty: Best dirty talk examples and tips to drive your partner wild Here is a sneak peak of what you will find inside in this amazing collection: Simple tweaks to your favorite positions that will take you to a whole new world of pleasure Crazy and kinky sex positions to explore the full pleasure-giving potential of your body A modern-day, step-by-step guide to the ancient secrets of Tantric sex Tempting suggestions for exploring your deepest, darkest fantasies with dirty talk and raunchy role-play What are men and women Sexual Behaviors that you should know Delightful Sex Games to unlock your sexual fantasies Toys for Healthy Sex Life Oral & Anal Sex Techniques and things you should know Spicy Sex Positions for His Pleasure & Her Pleasure Best techniques to give Each Other Amazing Orgasms What are the Sex Positions Beyond the Bedroom? And Much More! Where most books on sex bombard you with unrealistic acrobatic poses, Sex Positions for Couples, focuses on using different sex techniques and

fun games to promote pleasure and intimacy. Even if you feel satisfied with your current sex life, there's always a way to make it better! Invite your partner to enjoy this book with you, find something that excites both of you and start experimenting!

Sex Positions - Samantha Mandala 2021-07-31

Is your sex life getting boring and repetitive? Are you looking for ways to rekindle the passion in your relationship and increase the complicity with your partner? Do you want to discover new sex positions and master the Kama Sutra and Tantric Sex secrets? Do not go further; this is the collection for you! In "Kama Sutra Sex Guide for Couples," We've gathered some of the most effective love-arts (or sexual positions) into one convenient guide. In this book, Samantha Mandala addresses the Kama Sutra in a modern way, enriching the original content with new ideas and trends and interpreting, for the reader, topics that would otherwise be anachronistic. "Tantric Sex Guide for Couples" Is the perfect reading to spice things up in the bedroom and improve your relationship. Thanks to this book, you will be able to connect on a completely different level with your partner and discover new aspects of your relationship. This collection of books is not just about exotic sexual positions; it can help revitalize lost enthusiasm, increase complicity and ultimately rekindle the fire of passion. Your sexual intimacy will never be the same again. Book 1 - "Kama Sutra Sex Guide for Couples" contains: Introduction to the history of the Kama Sutra and the first steps on the subject. Techniques and ideas for foreplay and after play: Kisses, Scratching, Bites, and much more! A wide range of illustrated sex positions, complete with clear explanations. A complete map of the erogenous zones with clear explanations on how to stimulate them. Techniques on how to improve good old missionary sex. Sex positions to overcome anxiety and insecurity. Roleplay ideas. Tease and Denial techniques. Bondage first steps. Fetishes and kinks Anal play and anal sex beginner guide. Full workout and exercises to improve your sexual performance. And much more! Book 2 - "Tantric Sex Guide for Couples" contains: History of Tantra from the origins to the present Tantra and the way of liberation Shiva and Shakti duality - Understand your sexual energy

Tantric Yoga with illustrated positions Step by step breathing techniques How to touch your Shiva How to touch your Shakti Tantric step by step illustrated sex positions Tantric massage Orgasm secrets And much more! This collection is a concentrate of information and ideas that will help you not to fall into the trap of routine. Take your first steps on a journey that will lead you to discover the nuances of sex and achieve ultimate pleasure for you and your partner! Are you ready to master the secrets of sex? BUY NOW!

Her Ultimate Pleasure - David DeCitore 2021-03-25

This book provides scientific research that shows women have stronger and more orgasms from anal sex. The content demonstrates a proven, pleasurable, and caring method to arouse a woman's body and mind so she can experience her ultimate orgasms, which include anal stimulation. This is a detailed step-by-step guide that gradually and painlessly enables couples to enjoy the pleasures of anal sexuality. You will learn the techniques that make the process orgasmic for her. There are videos and illustrations with explanations on what to do and how to take it slow to build trust with her, so she experiences only pleasure. The advice in other resources (books, articles, videos) for anal sex provides minor tips that tell couples to use lots of lube and take it "slow." However, the resources do not explain HOW to go slow; therefore, the ambiguity leads to bad experiences. A detailed explanation on how to go "slow" in a pleasurable manner is especially important when introducing anal sex because if you mess up once, you probably won't get another try! That is the story of many women who have tried it once but won't again because their partners went too fast, and it hurt! This book solves that problem. You will discover precisely how to take it slow in a way that will arouse and pleasure her every step of the way. She will enjoy the arousal process, and have stronger, more pleasurable orgasms while having deeply connected sex! Over the last decade, the content has benefited thousands of couples across 12 countries.

Arouse Her Anal Ecstasy - David Decitore 2010-12

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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!

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 Anal Manual - Louise Evans 2023-03

The Anal Manual: Step by step guide to enjoying and exploring anal sex Like everyone else, I've always thought anal sex to be painful and unnecessary until one day, I gave it a try by implementing methods that work just like I explained step by step in this book. I've always wanted to receive more and take more. I like to reach my full potentials and explore every part of the human body. Trust me, you'll wish you knew all of these earlier. There's fun to being sneaky, you'll always want to use the back door. Welcome to the wonderful world of anal sex! This book is designed to provide you with the information you need to enjoy anal sex safely and with pleasure. We will discuss how to prepare for and engage in anal sex, how to make it as pleasurable as possible, and how to avoid potential health risks. We'll also address common questions and concerns about anal sex, so that you can make informed decisions about what's right for your body and relationship. Whether you're a beginner or an experienced anal enthusiast, this book will provide you with the knowledge you need to make anal sex an enjoyable and fulfilling experience. So let's get started!

Anal Sex - Jennifer S. 2013-07-28

This book has been re-written and enlarged. Only one of the reviews were written since all four bonus books were included. This book contains 14 exciting original scenes and stories for male-female anal sex. Let's proceed with your anal adventure. The couple needs to discover their preferred position(s) for anal sex. The missionary position can be good for anal sex. Alternatively if the woman is on top she can better control the amount of anal sex penetration. Spooning gives the man a good angle during anal sex. (In the sexual "spoons" position, the penetrative partner lies on one side, with knees bent.) Doggie-style might give better G-spot stimulation, as is also the case when the woman is either on all fours or has her head on the bed and buttocks in the air (sometimes called the "Foraging Anteater Pose"). To play it safe, the man should enter the woman's anus, stop, and wait for her to get used to the feeling. During anal penetration, the woman can squeeze the man's penis with her PC muscles. This book also comes with four additional bonus books (making it a \$34.75 total

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value!) Your books are presented in this order: 1) Anal Sex 2) The Absolutely Essential Guide to Erotic Breast Massage 3) Special Things To Do During 3 Hours of Sex; A Step-by-step Guide 4) THE PS-SPOT ORGASM: Women Don't Wait Any Longer For This Kind of Pleasure 5) Absolutely Essential Tips for Buying & Selling On eBay
 Publisher's Warning: These adult books are sexually oriented and discuss and present sexual information and situations which include anal actions, anal sex, anal arts and romantic anal erotica.

The Adventurous Couple's Guide to Strap-On Sex
 - Violet Blue 2007-07-01

A witty and well-informed guide to strap-on play — with fun, practical ideas couples can start using tonight! Feeling adventurous? Sex educator and best-selling writer Violet Blue guides readers through the pleasure playground of strap-on sex for heterosexual couples. The wild success of *The Ultimate Guide to Anal Sex for Women* and *The Ultimate Guide to Anal Sex for Men* makes it clear that anal sex is hitting the mainstream. Lots of hot women want to strap it on, and their male partners are often happy to oblige. With style and wit, Violet Blue explains pleasure anatomy in men, with ample attention to the prostate gland — the epicenter to male orgasm that's been called "the male G-spot." Full of crafty ideas on positions, toys, harnesses, role-play scenarios, and reading your partner like a dirty book, *The Adventurous Couple's Guide to Strap-On Sex* offers a step-by-step guide to making sparks fly. And look, ma! No hands.

How To Bottom Like A Porn Star. - Woody Miller
 2014-08-04

How Do Gay Porn Stars Make Bottoming Look So Easy? Hung tops stick it in like a glute inject and the bottoms don't even flinch. What's their secret? And what can you learn from them so you can have ecstatic butt sex without any pain? Some of the answers will shock you. Learn porn star secrets to bottoming without pain and start making love with volcanic pleasure. Written by gay sex advice columnist Woody Miller and a team of urologists and colon-rectal specialists, this book combines porn industry secrets with innovative techniques from the latest gay male sex research. *How We Got The Porn Industry's Secrets To Bottoming Without Pain.* We sent a

team of researchers to interview a truckload of gay male erotica industry folk—cameramen, scouts, producers, directors and performers. The result is a fascinating, behind-the-scenes, no-holds-barred look into the industry and the secrets they use to get performers to bottom without pain or messy scenes. The main sections: 1: What You Can Learn From Porn Star Bottoms. A fascinating view of bottoming in the porn industry—how gay erotica performers prepare for a shoot, how they can take huge tops without any pain (even if it's their first time) and how they stay loose despite day-long shoots. If you ever had a question about how the porn industry works, this is the place to find answers—from how much money porn stars make to what percent are heterosexual (shocking!) to their favorite brand of douches. 2: Free Your Mind, Your Butt Will Follow. How To Bottom Like A Porn Star: The Ultimate Guide To Gay Sex is part porn exposé, part how-to from the latest gay sex research. In this chapter, we'll look at how "Anticipatory pain" and a perceived loss of masculinity can put your butt in a headlock. We'll show you how to resolve the emotional blocks that stop you from trying or enjoying anal sex with other gay men. 3: Why It Feels Like You're Being Impaled By A Fence Post. From our urologist and colon-rectal experts who specialize in gay male sex: It isn't just your sphincter causing all that pain; it's your "S-curve" as well as involuntary puborectal contractions. Learn your anatomical structure so you can make the tips in this book work better. 4: How Porn Star Bottoms Relax Their Sphincters. Not all do it, or need to, but the gay men in the sex industry that do swear by it. Find out whether you should use their controversial method. 5: The Porn Star Method Of Eliminating Pain. Find out the shocking things gay male erotica stars do to eliminate pain. Some cannot be recommended, but others can and we've combined them with a technique that blends systematic desensitization, pattern breathing, progressive muscle relaxation and sexual imagery to completely eliminate pain and heighten pleasure. 6: How Porn Star Bottoms Handle The Ick Factor. Find out their secrets to getting your butt cleaner than a Brady Bunch rerun. 7: A Device That's Better Than A Douche Or An Enema. Enemas and douches are a bad

idea (despite the porn industry's reliance on them). Find out why and what product doctors recommend that will get you as clean as a douche without any of the harmful side effects. 8: How To Bottom Without Pain For The First Time. Here you'll learn how to combine the best position with the best angle of entry.

Missionary? Doggie-style? Straight in? Angled up? When it comes to gay sex, it matters. 9: A Guided Tour Of A Pain-Free Bottoming Session Between Adam And Steve. A beginner's real-time, step-by-step guide to bottoming—porn style!-- that will light you up like an all-night liquor store. Learn How To Bottom Like A Porn Star With The Ultimate Guide To Gay Sex! Scroll up, click the buy button and start tonight! [Exploring Anal Pleasures](#) - Luna Carruthers 2023-07-03

If putting something in your butt or enjoying anal sex makes you hesitate, you aren't alone. Even though anal sex has made steps toward acceptance, it remains an underrated, almost taboo activity. Unleash a world of exhilarating sensations, deep intimacy, and profound trust with [Exploring Anal Pleasures](#). This compact guide offers a journey into sensuality and pleasure, providing both beginners and experienced practitioners with the knowledge and tools to embark on an unforgettable exploration. Discover the art of anal play to unlock new dimensions of pleasure and vulnerability within the context of BDSM and power dynamics. This book covers essential foundations for a fulfilling journey, from communication and consent to safety and hygiene. Inside, you'll find: - Step-by-step instructions for incorporating anal play into your submissive experiences. - Expert guidance on choosing the right toys, lubes, and equipment for a comfortable and enjoyable experience. - Techniques for relaxation, preparation, and gradual training to build confidence and enhance pleasure. Whether you're a submissive yearning to deepen your connection with your dominant partner or an adventurous couple seeking to explore new levels of trust and intimacy, [Exploring Anal Pleasures](#) is your guide to embracing the tantalizing world of anal pleasure and submissive exploration. Exploring anal training is often filled with mental and physical discomfort, but despite what porn or

movies would have you believe, anal sex shouldn't be painful. With the correct information and an open mind, you can make anal training an enjoyable, intimate activity that can add something special to your sex life. Are you ready to step into the thrilling embrace of anal play and training?

Sex Positions With Pictures - Mia Love 2020-05-28

If you want to improve your sex life and learn sex positions, then keep reading. Are you tired of the sexual routine with your partner? Is your relationship a bit off? Have you no idea on how to start a sexual relationship? Don't worry, with this book we will address these issues.

Sometimes it can be hard to break out of a sexual routine with your long-term partner, which could be one of the reasons of a failing relationship. Sex and intimacy are basic traits of human relationships, for this reason it is important to have a varied sexual life, and maybe add some new funny things to your bedrooms. This book is a step by step guide, FULLY ILLUSTRATED, to learn sex positions. This book is the guide you need if you feel like you don't know where to go next in your sex life. You will learn how to reignite your passion and try new things! You will learn how to put a fun new twist into some of your old favorites and create many memorable experiences for you and your partner, through a reinvigorated sex life for years to come! If you are wondering what new positions you and your partner should try, this book contains 40 new positions with pictures, most of which you have never seen before! This is the guide you need if you are unsure on how to keep your sex life fun and interesting, but you also value your sexual health and safety. If you have wanted to try anal sex, but you are unsure on how to do it safely, this book will teach you everything you need to know about maintaining good health and hygiene while also benefitting from the new levels of pleasure that anal sex can provide you with. This book will focus on: Romance and communication The best oral sex positions The best vaginal sex positions The best anal sex positions The best sex positions for each sex to achieve the best orgasms of your life How men can increase their stamina and avoid premature ejaculation The best sex positions for insecure individuals How to maintain good

sexual health and hygiene without compromising your sexual adventurous spirit How to get yourself and your partner ready for a fun and intimate experience together Let us reply to some of your doubts... Why is this book different from others? Does it really contain pictures? There are a lot of books that don't describe the positions in detail or the pictures are not coherent with them. This book is an actual step by step guide to learn sex positions. Each and every position described in this book has a picture attached to fully understand. Am I too old for this kind of book? Even if you think sex is something for young people, this book was specifically written to apply to everybody, regardless of age. You will find in the book every sort of sexual positions of any difficulties. There's absolutely no limit when you think about sex. Will this book really change my sex life? Even if you don't know anything about sex, even if you are already a pro and want to improve your sex life, this is the book for you! We have put in it everything to make it useful to reignite passion, now it's your turn to change your sexual

habits with this book. Would You Like To Know More? Download now to start and change your new sex life. Scroll to the top and click on the 'BUY NOW' button and get your copy NOW!

Oral Sex and Foreplay with Illustrations - Miss Lyra 2018-01-19

This book is designed to help you get the most out of foreplay and/or sex without penile penetration. In it you will find the very best of techniques when it comes to using your mouth and fingers on your lover. Please bear in mind that you can adapt these techniques to personal preference. The illustrations are there to help guide you through with a lot more ease than descriptive text will ever manage to achieve. In this book I will swear occasionally, get quite lude and will not hold back from stating the necessary, I suggest you do the same when you attempt to follow out the techniques demonstrated! Let's get into it shall we! I wish you all the best in your exploration, and if you enjoy this book as much as it's intended for you to, then pay attention, since this is the first of many more to come, (pun intended).

Anal Sex Step By Step:

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