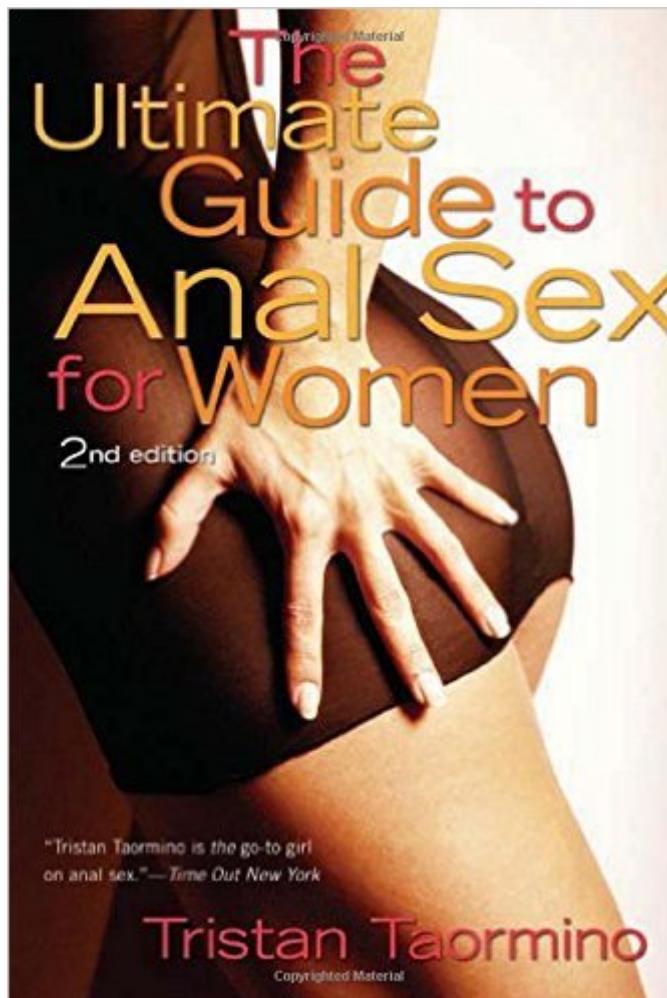


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# The Ultimate Guide To Anal Sex For Women, 2nd Edition



## Synopsis

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.

## Book Information

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## Customer Reviews

Honestly, there's nothing really wrong with this book, it just seems a little on the thin side. It's like the Cliff Notes version of Jack Morin's book (which I highly recommend). Oh, I suppose I should explain: I bought this for my wife so that she might get more comfortable with anal sex. After I bought this, I bought Morin's book, and that's when the real fun began. What started out as an attempt to get my wife into anal sex turned out to be grand experiment for me. Now, analingus and two-way anal sex

is a regular part of our marital relations. Let's be honest here: dildos and strap-ons can be for straight men too.

Let me start by saying, that although the title implies that this is a book for women, I think it's so jam packed with useful information and candid insight, that anyone, regardless of gender, who has an interest in anal play, from the curious to those who already enjoy anal play in their intimate lives, will find this an extremely informative and fascinating read. And if you're in a relationship, it is definitely one of those books that you can enjoy reading together. Unfortunately many women I've spoken to over the years have had bad experiences with anal sex, and developed valid anxieties as a result around this form of sexual expression. These often involve concerns about safety, pain, and feelings of degradation, and the subordination of women. If this applies to you, or to anyone you know, then this book could be a very useful resources in helping to gain an understanding of the essential elements for a positive experience, and how to avoid a negative one if you ever choose to venture into that realm again. Because Taormino's loud and clear take home message is, if it's not feeling good and comfortable for everyone involved, then it's time to stop. The Ultimate Guide to Anal Sex for Women 2nd Edition is overflowing with extensive information on social, emotional, physiological and practical aspects of anal play, which guide the reader through the process of making a bit of butt action, the most pleasurable (and safe - emotionally and physically) as possible for everyone. She opens with a comprehensive guide to the physiological elements, explaining the 'why' behind different types of stimulation, and how they have the ability to induce so much pleasure (or if not approached properly, potential pain, discomfort and anxiety). This section comes complete with diagrams as she discusses the relevant nerve endings, muscular structures, and special internal spots that can make this area of the body such a pleasure center. Through the use of scientific fact, and anecdotes, Taormino then draws on this physiological base to discuss, in a step by step, and an extremely accessible way, the essential elements required to make this activity as full of enjoyment and fun as it can be. This includes preparation for any form of anal penetration, the level of communication and sensitivity of both you and your partner, and the 'stop' signs to look out for from your own bodily reactions and those of your partner, that indicate you should pull back and regroup, before continuing. Once this essential basis has been established, the reader is then taken on a fascinating, and delightful journey through the plethora of possibilities and techniques that one can use. She has included diagrams and descriptions on a variety of positions, different types of toys, analingus, anal play in BDSM relationships, butt bondage and fisting, all along the way discussing the pros and cons and providing useful tips for each activity. So, if you've been looking

for an 'everything you ever wanted to know...' reference on this subject, this really is a must have for your bookshelf (or under the bed, if you prefer a little privacy J).

Ms. Taormino does a wonderful job of holding the hand of the female apprehensive about the idea of anal sex! This is the anal sex 101 book written by a woman for a woman. It starts with the basics and continues on with suggestions / recommendations on how to get maximum enjoyment from this naughty pleasure. The emphasis is three-fold: communication, time and lubricant. I bought this book for my wife to rouse her interest in the subject. After about a couple weeks, with the addition of appropriate lubricant and anal plug, my wife is experiencing some of the best multiple pleasures in the 20 years of our marriage! And, obviously, I'm happy with it :) Great for the sex life!

This book is AMAZING. It will answer all your questions and make you feel comfortable about trying anal sex. Even those who have some experience will come away with something from this book. A MUST have for women experimenting or thinking about trying anal sex!

Writer and sex educator Tristan Taormino's classic book, the Ultimate Guide to Anal Sex for Women, was really helpful in taking the path less chosen. I was ready to give it up due to some of our early struggles, but Tristan raised our expectations that we could find anal pleasure yet. The book includes anatomical explanations for why anal stimulation is so pleasurable, addresses anal sex myths, offers tips on cleanliness and safe sex, suggests different toys and lubes, and diagrams different positions for anal sex. Tristan's book is a must-read for the love shack. Read more about our evolution with butt play at [desiresquared.com/giving-butt-play-a-chance/](http://desiresquared.com/giving-butt-play-a-chance/)

I enjoyed this book. My girlfriend expressed interest in anal sex, so I bought this hoping for some guidance to avoid hurting her. I got what I was looking for with this book. Lots of helpful information for a rookie.

Remove the fear and the ignorance and the silliness and get real information from someone who writes clearly as a woman telling you what to do for the woman or for a woman so she can tell her partner not to be a knuckle head.

This is a good book. I learned a few things, and so did my girlfriend, but it's targeted at someone who is already curious about, and interested in participating in, anal sex. If you are hesitant about

anal, haven't tried it, or are appeasing a boyfriend by reading it, then it's probably not going to do much for you. The author starts out, right off the bat, expressing how much she loves anal. She always loved anal, since she can remember, and she never had a problem getting into it. If you're having a problem getting into it then this book might make you feel ashamed, or uncomfortable, about the fact that you are hesitant to give/receive anal.

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