

دانلود کتاب



club godo

ترجمه انگلیسی

نویسنده : ژونه پلا

BLISS CLUB



SEX TIPS FOR
CREATIVE LOVERS

JÜNE PLÄ



Bliss

Club



JÜNE PLÃ

Hardie Grant
BOOKS

Bliss

Club

Sex tips for creative lovers

Preface

Say hello to your bits

The penis uncovered

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Time to wrap it up

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About the Author

To Nicky.

Preface

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Sexuality is something we don't discuss. The words
the papers, on TV, during evenings with friends,
hide and avoid complex and specific messages.

We don't get any sex education; we haven't had a
The wall of silence persists and it can even been
and sarcastic, validating a standardised approach
pleasures. Anything else, divergent or unknown, sir
Worse: everything else can become the object
discussing sexuality, people can be intolerant and

seeming to be open-minded. We are only at the beginning of our sexualities; there are thousands of ways of pleasure and others, thousands of tempos and frequencies. No one is better than another. We're not being graded on it; it's just a matter of time. Fortunately, the outlook is promising. Books like this are helping to make our sexual future exciting and informed. Pleasure can't be experienced without knowledge, and sexual pleasure is not to mention the cliché-ridden and coercive manner in which it is represented. We don't really know our bodies nor those of others.

WELCOME TO THE CLUB

That needs to change. Today's sexual revolution social networks, via Instagram accounts like Jouiss: Club), because that is where different voices can be heard uncensored.

Social media are informing millions of women down by a lack of, or incomplete, sexual education, pre-determined and freedom is wanting. And pleas

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We need each and everyone's voice, not those of our professionals. The voices of people who explore and and solutions, who invent and imagine an egalitarian, game-changing sexuality.

Martin Page

Author of *Beyond Penetration* published by Curtis



Welcome

to the club

A big *merci* to you, my friend, for having bought it that you are holding it proves that you are a good person with a fulfilled sex life and a big kiss.

My name is Jüne (pronounced *à la française*, so I got it right!). I've loved drawing since I was a little girl (a coincidence) I've made it my career because today I'm a graphic designer working in the video gaming industry. I live in the countryside in the hills of Provence, near Marseille, (and among the most sexist) city in the world.

WELCOME TO THE CLUB

It took me a long time to understand that 'feminism' word and that a woman deserves the same consideration. But thanks to brainwashing comments, such as 'you run like a girl', 'hardly any surprise all geniuses your mother and clear the table' and other misogyny, I was genuinely convinced that we were inferior on even, unconsciously, played a part in perpetuating this state of affairs by castigating feminists... Because the very idea of feminism was inconceivable... I didn't want to be classified 'hysterical', you can't understand. Yet, although it sometimes really annoys me, I'm convinced that the men who have crossed my path are the victims of patriarchy.

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Yes, it's time we went up to the front line and should be angry and shot down the most ingrained stereotypes. I respect the struggles of those women who dare to do what we don't want to hear, I admire their courage and determination. I imagine that we are all one big team, each adopting a different role to achieve the same ultimate goal. Within the team, I see myself as a mid-fielder or facilitator than a striker, truth be told... Because I believe that, sometimes, gentleness and kindness with revolution can change opinion, even that of the most stubborn. So there we are: I'm a feminist, of the kind that has

in its goodness and collective intelligence. And to
I don't see how we can get out of this mess unless w
So my feminism is not just a woman's battle for wom
over time; some would say the correct description w
However, I believe being a feminist means fighting against all forms
of discrimination. I don't fight for cisgender women (yup, you may
not know that if you were born with a vulva and y
the sex you were given at birth, then you're cisgender).
no hierarchy to these battles. All struggles are impo
opposite would be like affirming that a specific category of people
(minorities, is the case in point) remains inferior.
more than that. I don't want to be one of those
minorities out saying 'their struggle can wait a wh

isn't a priority' or 'there are more important things',

So, yes, sometimes I get it wrong. I make mistakes little by little to prioritise the human being, quite one category of humans. After all, we are all fighting against the same thing: inequality.

So my feminism is inclusive in the broad sense implies that whatever your gender, your sexual physical abilities, how much you've got in your bank nationality, you deserve the fundamental right tha

And as for gender, you'll notice that I've given p nicknames, Thingamajig, Widget and Oojamaflip are deliberately gender-neutral because, even if the world is consti binary fashion and our beliefs say that a man has a a vulva, intersex persons exist, as do trans people, non-binary, genderfluid, genderless, and some who belong to several of these categories. So, yes, it's a shambles and or our habits... Transidentities are barely visible because they affect a minority but that doesn't mean that these people that everyone feels at ease here and has fun. Therefore Thingamajig has a penis, Widget has a vulva and Oojamaflip maybe both. Kapish?

Alongside feminism, my other passion is sex. Yes, time to be able to admit it without feeling shame know, a woman who enjoys sex upsets the apple might give you sexually transmitted infections 100 per cent wrong: I've never picked up syphilis, up hope of catching it one day. But that's enough don't think you find the topic captivating. If you've read this far, you'll have understood the feel of this book.

WELCOME TO THE CLUB

WHAT WE'RE TALK ABOUT

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So you've been warned: Bliss Club is about letting
ups, not taking yourself too seriously and being
in mind as you read through these pages. In this book, you'll find
pretty much everything there is to know about
'penetration' box – since you know very well how
I don't need to draw you a picture. No, I've drawn
more interesting pictures. I have done everything
do not regret this investment. I've worked hard s

your sexuality and that of your partner(s) in mind. If you already think of yourself as an expert, I'll show you to new methods for giving pleasure to those who want to sleep with you. I've gone at it day and night to perfect my fingering techniques, to help you perfect your sucking, and so forth... I didn't hold back and I almost ended up with my bits along the way, so I would appreciate it if you review of my book on the internet. The idea is to go on and try new pleasures by yourself, with another person, regardless of the gender that defines you, your sexual orientation or your skin colour. Whether you're a virgin or not (that's a great Scrabble word, but basically it means in men)/ nymphomaniac, or somewhere between

said. You get the idea, this book is made for EVERYONE, people who don't like sex...

I would like sexuality to finally be approached in a clear and honest way so that each and every individual can access a healthy sexuality. They need to hone their creativity and above all shake off the social pressures and directives that have been drummed into us.

Sex should not be a source of stress and here in the club we believe that it is the only thing, along with food, sex, and Brandy & Monica, that is really worth experiencing. It's not about love, whether with a life partner or a one-night stand, it's just about sharing and a source of wellbeing. Even if you don't like it, which¹⁵ is saying something... Sex is life, and it's a part of it.

What I am offering in this book is no more and no less than a short lesson in anatomy, alongside maps of the multiple pleasures of both sexes, and an inventory of moves picked up over the years that have been able to produce pleasure – orgasmic pleasure – in consenting adult subjects. The only animal that is my poor pussy. Not all methods received a unanimous approval because we are all different, and it is important to remember, when exploring our sexuality, that communication is key. In a real sense, while one move might work well for one person, it might not work for another.

work for another. That's why it is important to talk,
things at regular intervals. You've been warned.

SO, JÜNE, WHY THIS BOOK?

Apart from the fact that I like talking to myself, I had
sad impression that my sexuality was passing me
something I was missing to be completely satisfied. I was not alone in
making this observation and, beyond the fact that
to know that there are a lot of us in the same boat,
thought about it, I wasn't able to put my finger on the problem (no
pun intended).

WELCOME TO THE CLUB

Even though I watched porn and felt comfortable making the same mistakes. Penetration was painful it was always the same scenario from one lover to fail, it started with cunnilingus or fellatio, whose goal was to get things lubricated and pave the way for the next intercourse, then WHAM! – genitals collide – and I (sometimes on the face, just for a change), and it was what we settled for, and it was good in a way, but with this aftertaste of déjà-vu.

Don't get me wrong, it's not just about having an orgasm is just the tip of the beautiful iceberg that bothered me was how cruelly lacking in fantasy it all repeat the same scene over and over again, no matter how many times. Imagine eating the same meal every day. Monday, Tuesday, Wednesday... You must admit it would be boring. Why do we impose so much monotony on ourselves to sex? We change our clothes with the fashions, we try to be creative with cooking, we even change partners before. We love novelty, we lap it up as soon as it comes to sex... nada.

One fine day I was sitting thinking, smoking a pipe and staring at the horizon, when I realised it was no accident that

love in the same way. How could we do it differently when no one has explained how? No one suggests new 'tips and tricks' and the only freely available documentation is mainstream porn. It's also forgotten to fire up its imagination. Well, that's not completely true, because there is actually a wide variety of stories. In the story of the plumber who comes to fix madame's leaking pipe, the naughty stepsister, the dirty old man, the MILF and the space octopi with their tentacles and so on. There's nothing wrong with it's just about the set-up, a simple change of decor. It's a cruel lack of imagination when it comes to the most important part of the sex! What sad and threadbare storylines... It's all about intercourse, ejaculation. Once again from the top: for the sake of ejaculation. Screw that!

If you have already watched porn, your takeaway
penises dominate, penises penetrate, and vulvas
them and seem pretty satisfied going by their cries of pleasure. And
we poor fools copy them, because it's simpler n
it too much. And it is never called into question.
happen if we reversed the roles and straight people
themselves be penetrated? Why does the fact of
suddenly become a problem when that person has
we think that this position is submissive, about be
refuse to believe that being gay or having a vagina
with submission.

The films at the cinema are just as guilty when it comes to the image we¹⁷
have of penetration. Countless times on the screen
hetero couple have sex and routinely come at t
penetration. How many of us have felt abnormal
images? Orgasm via penetration has become the Ho
the norm. And as a norm, it does a lot of harm t
fit the mould. And Lord knows there are a lot of us!

What harm we do to ourselves out of the desire to be
meaning to, we create erection problems and painful
place limits on ourselves, we have the feeling of neve

come with our cock, unless Widget is faking...

Let's set the record straight and try to make sex somewhat more equitable. A unique moment that's different each time.

Because, sure, intercourse is great. I am not in any way denying the pleasure it produces, rather its repetition and its centrality to the centre of sexuality. Its inevitability.

Penetration is so central that we have invented the term.

What this term says to me is that foreplay is not enough. I often hear things like 'Me and my girlfriend do love foreplay, but then when we have sex, she still has pain. What can we do?' Maybe start by not using this terrible word anymore.

WELCOME TO THE CLUB

What we generally call 'foreplay' is in fact a whole
Otherwise, is lesbian sex just foreplay? Please...

You can have sex with your hands, your tongue, your
your feet and your head. And then there are the ca
integral part of lovemaking, but that are too often
tell ourselves that our genitals are the pleasure cent
body is an erogenous zone and some people can c
without having their nethers touched. Each to their
zone. There are so many things to explore outside

Foreplay is a bunch of flowers, flirting, sexting, a staring contest...

What? How dare you judge me!

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Don't you want to have (a) better lover(s)? If Thingam
a good job, it's probably because they haven't be
touch you. You are the only one who knows what
them! Aren't you tired of the unoriginality and pas
That passivity isn't innocuous: people go along wit
they have no idea what could be better, they don't
and they are afraid of being a bother with their
inconsiderate, impolite, a killjoy, in other words...
being boring because they have trouble reaching o
time, because it might take longer...

But for God's sake, let's start getting it out of our heads. We don't have to ejaculate, orgasm or penetrate, just because these are the end of the sexual act. Do we really want to rush it? It's impossible. It's too good when it's well done.

Now I think about it, if we rush so much, maybe it won't be so well done... Hmm... Sorry, I was thinking out loud.

Let's give ourselves the time to take pleasure from our fingers, mouth, eyes, caresses. Let's love ourselves and respect ourselves. Do everything quickly. 'Quick, I have to eat my instant noodle', 'I have to get to work', 'Quick, I have to come', 'Quick, I have to read the title', 'Quick, I'm only going to read the title', 'Quick, I have to go to bed'.

STOOOOOP! Breathe.

Getting back to our subject, let's talk creativity. I comfort zones and imagine for a moment what s penetration was just one option among so many c

It's hard, right? That's normal. You are normal. (pattern involves a lot of questioning and imagination. to cooking, for example, we have books and blogs 'Hmm, what if I added crabsticks to this chocolate a recipe by my favourite blogger...'. It's at this point that this book is perhaps the book of sex recipes w and that combining crabsticks and chocolate wou terrible ¹⁹ idea.

Start by testing a new technique or a new fantasy make love. Imagine adding an ingredient. Just on and the recipe will have a completely different flavour. No need to call everything into question; it would be too compl don't want sex to be a headache, right?

It's for all of these reasons that I wanted to write thi creativity to work, to get out of our comfort zones much richer and more fulfilling sexuality, whether you have a vulva, a dicklit, a penis, or something else (?).

WELCOME TO THE CLUB

THE PILLARS OF A FULFILLING SEX LIFE

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When it comes to sex, we might think there are no about perceptions, letting go, role playing and chemi to go further. We need rules for sex to be a safe and for everyone. There are simple social rules that interact with someone, you ought to be polite, say

goodbye... In sex, the only rules I knew at one time were: 'Shave first' and 'Have a good erection'. As someone once said: 'is?' – so let's try to move beyond these platitudes.

Here are the seven simple and essential basics that understand and apply.



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CONSENT

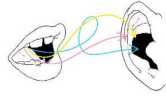
It seems the notion of consent is not the same for everyone. Even if you are a respectful person and smart enough to know that there are certain lines not to cross and that they need to be discussed in advance with your partner. I am nevertheless concerned about it for those who are not as aware.

When someone says 'no', sometimes we have a tendency to ignore the issue and try to convince them. That's a serious problem in sex, as ²¹ in life, NO is NO. Give your partner time to find their own rhythm. Up to this point, consent is a fairly basic concept that everyone should understand and therefore respect.

Here is where it gets tricky: some people have trouble saying 'no' – for fear of disappointing, out of guilt or because of reasons linked to their past, and so on. Sometimes the 'no' will very often be expressed through body language that could be called 'unusual': a movement of withdrawal, a step away (even gently), a different kind of kiss, a blank expression, stiff hands that don't caress the other person, an inert

It can even happen that in an established couple, (which seems obvious) is not completely respected. The ot language is very important, here as well, because son what they think is their conjugal duty (oh, such and give themselves to their partner without really example, Thingamajig doesn't dare refuse their p: If your partner doesn't seem to be super into someth welcoming or responsive to your advances, it would stop any physical contact to open up a conversation. of people force themselves to have sex with their ow reassure you that it's not because there is no more love. Desire comes and goes, sometimes it goes for passionate sex at the beginning can't last forever.

W E L C O M E T O T H E C L U B



how to say goodbye to this period so you can start
way of loving each other or making love.

COMMUNICATION

This is the foundation of a fulfilling sex and love life. That's right, the

advice in this book is worth absolutely nothing if you

It is easy to say, but you mustn't be afraid or ashamed

whether positive or negative. As soon as something

mustn't²² hesitate to say something, because when

person get it wrong, you end up putting up with bad

again and it becomes harder and harder to talk ab

leads to blockages and the future of your sex life

suggestions won't work if you don't communicate

Everyone has to open up about what they are feeling

fully appreciate the moment. Yes, you have to te

up, talk to your partner, including about what miss

what you don't like... Even if you might upset them at first, and hurt

Thingamajig, who was trying hard and was very

seems easier to avoid 'uncomfortable' conversations,
is done out of kindness, believe me, faking it is
enemies in the long term...

Take your partner's efforts into consideration and guide them when
they're not going about it the right way. A simple 'I
better here' or 'let me show you' will be very effective because once
the shame of getting something wrong has passed,
get better and better.

Talk about your fantasies with a partner you trust.
confess your craziest desires – everyone has them!
window to letting go of yourself and becoming one
for a moment. All fantasies are permitted as long as
consenting and respectful.



Talking about your fantasies – even the most embarrassing – can spark something in you, your relationship, your life. For example, I didn't know I enjoyed making love in the car until I met Kim Jong-un before one of my lovers confessed he adored. (JOKING.) (No, I adore it...) (No, I'm joking.)

CREATIVITY

You're going to have to put a little work in if you want a pleasurable experience for everyone and sustainable for the long term. At the beginning of a relationship, or even at the end of your sex life overall, in adolescence, you don't realize the effort, because the simple fact of discovering your sexuality or a new body is already incredibly exciting. It's a time when the tiniest thing gives us a thrill – no need to think about it.

About six months into a relationship, the passion is still there, but the desire remains. This is when some relationships can represent a turning point in your life.

When I was talking before about the redundancy of the 'ejaculation' scenario, the last thing

give another directive – there is no obligation to c
If this scenario works for your relationship, there is
radical changes. No, no pressure, of course! On
sex as in life in general, we have to make some effort so we don't end
up getting bored. I often make the comparison wit
likely that if you sat down and ate your favourite
6 months, you would become sick of it. Do you see w
Here is a little game that you might enjoy and at t
keep the desire alive in your relationship. Suggest
that you try out a new technique, a new fantasy, a
ways of touching each time you make love. No need
into question, just add a little touch of spice you
of putting into your dish before...



WELCOME TO THE CLUB

CARESSES

To let someone know that we want them, we often look towards their genitals, buttocks or breasts, because these are the erogenous zones.  But that's a bit limited, isn't it? The whole body is erogenous, it is sad to neglect it straight to the goal. Unfortunately, desire doesn't have the power of the fingers, you have to arouse it and create frustration – that's what makes us want more. It's not possible, for that matter, to take the first step when it comes to desire. Some need more time, and kisses... You can stroke, claw, scratch, lightly lick and rub... Erogenous zones are specific to each person and it would take too long to list them, but I don't know of a single person who doesn't respond to being stroked.

In my view, this is where sex begins, in this moment of shivers and desire.

SELFLESSNESS

I am convinced that what most people are looking for is the other person to lose themselves, to see them feel is nothing worse than a partner who seems to be there is also an element of selfishness in sex, but we also have a need to make sure that the other person is experiencing as we are. This is why it is more reassuring to hear moan or breathe heavily. It is such a joy to give that we are doing something well! Maybe that's why such a common practice: it is wonderful because we are supposed to feel pleasure together. It is easy – so hard to break the habit and find out whether the other person likes

something else. It is uncomfortable and unsettling.
 how we feel alive. Knowing how to get out of our
 take risks are the main qualities of a good lover (and even a fulfilled
 person in general, if I may say so). I would even go
 this practice is excellent for people who have problems
 premature or late ejaculation – not only will it al
 to come back at its own pace but, on top of that, Th
 more than delighted to see you get pleasure from
 Not to mention those who find penetration painful...

MUTUAL RESPECT

Respect is fundamental if you want to be respected
 imperative, especially when sexuality comes in
 someone in front of you who is offering their intimacy and flesh to
 you, and even if you are not in love, you have a dut
 body and their feelings. I know that if you have gone

this book, it is because you are a good person, so I point because it is obvious.

LOOKING AND LISTENING

Who has ever felt stupid after a suggestion from them are talking to you about what they want, that's already they trust you and want to go further in exploring your ego away and consider it as an opportunity to lover they've ever had. Your partner's body sends

WELCOME TO THE CLUB

can be very subtle, but if you want to be a good lover, take body language into account.

I don't really have any tips for you on that point. Not in the same way, but facial expressions can put you off. Even if, during sex, the face seems to tense up, expressions that don't lie. If you aren't sure, above all, to ask your partner.



The body talks as well. During cunnilingus or fellatio, if they raise their hips, maybe Thingamajig wants your tongue a little towards their vagina or balls, they want you. If their thighs close around your head, maybe they want to keep²⁶ doing what you are doing, maybe they want to go gently. If they pull their hips down or arch their back, they want you to move up towards the head/ clitoris. And then they stop away, well... stop. Look at their hands, they can also tell you.

Now you're ready to read what comes next.

Happy reading, happy exploring and don't forget to play the game.

Jüne

Say hello

to your bits

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In this chapter we're going to explore the anatomy
mechanics of our subject, which means pretty well

is to know about our sex organs and that school us over the course of a couple of biology lessons.

I need to thank Odile Fillod and other experts who talking about, in theory, for their participation.

We have tried to be as accurate and impartial as possible the latest research while, at the same time, bearing doubts and assumptions on what certain sex organs they work.

It's important to understand the background and etymology words. For example, you won't read the word 'prick

SAY HELLO TO YOUR BITS

refers to a sharp point. Furthermore, using the word talking about the 'vulva' is just as misplaced and perhaps host of absurd and unwelcome ideas about those with the word itself is lovely (or not) is not the issue.

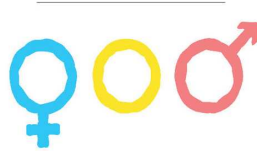
Saying that, it's important to use words that we are familiar with. So, let's loosen up. What you like 'dick', 'nuts' and 'pussy' because we're not here too seriously or study for a degree in medicine...

We will also talk about the most common problems my inbox for which we've tried to find solutions, even though some things²⁸ will unfortunately have to remain unanswered. I couldn't have undertaken this work alone and it is in large part thanks to the participation of my Ins and all your recurring questions, advice and answers that have been extremely valuable so well done everybody!

I have intentionally avoided issues of sexual orientation as I said in the introduction, this book is intended in the broadest sense of the word. Quite aside from real pain in the butt and super time-consuming

much less fun than pussies and fingers, the fact that the sex organs are
not associated with a specific biological sex and are being touched by
faceless hands (and aside from me being an inveterate
to include everyone: gay, lesbian, straight, bisexual,

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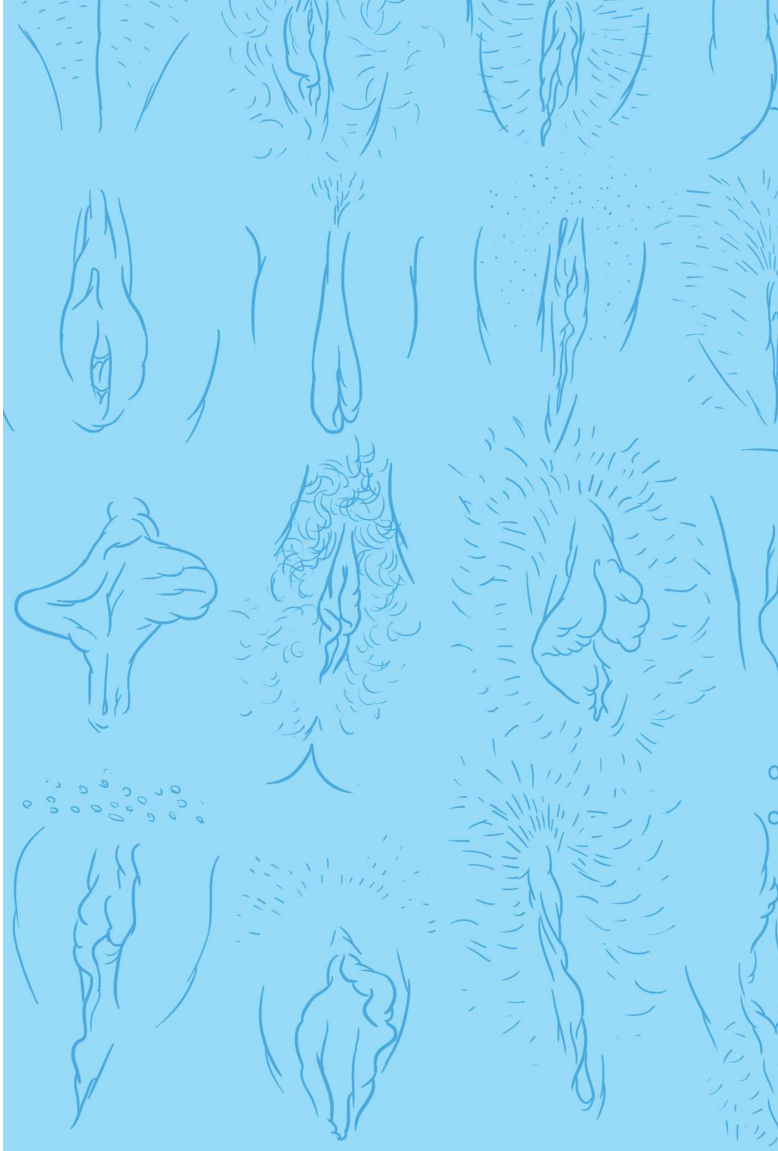
INTERSEX

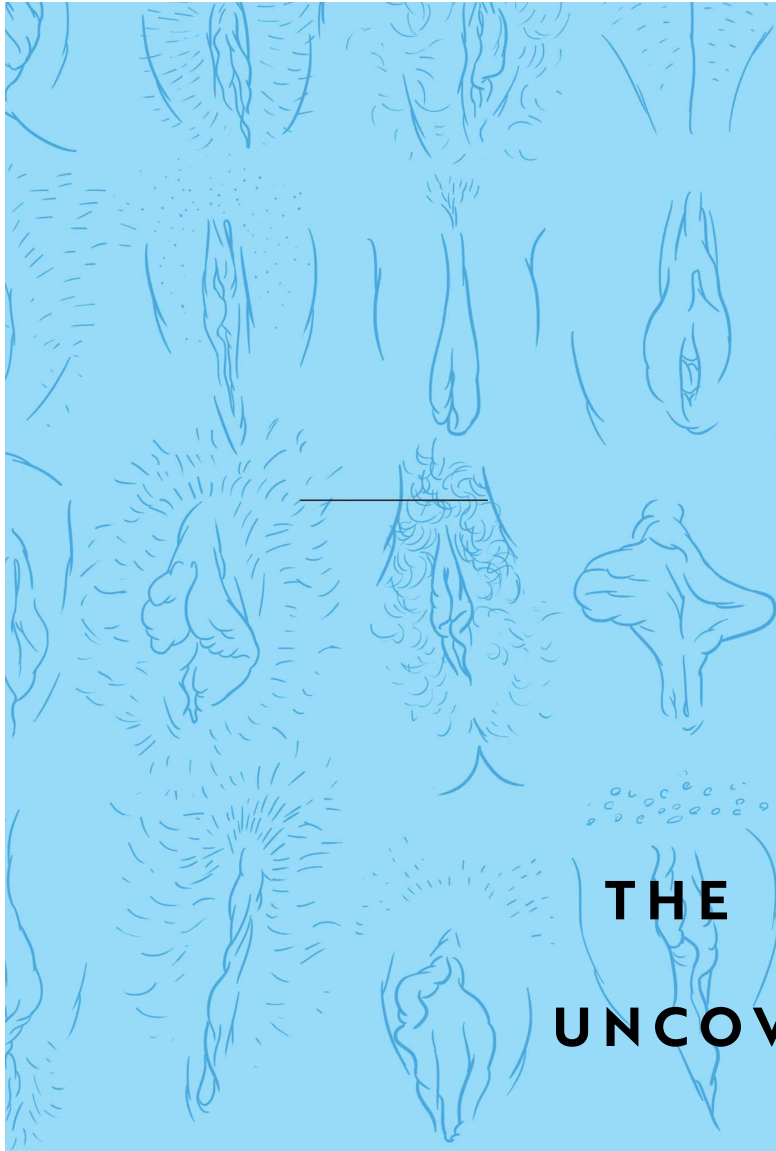
Not to be confused with being a ‘hermaphrodite’, animals and plants. Nor do we mean transidentity, people do identify as intersex.

Intersex individuals are born with sexual characteristics that don't match the typical definitions of ‘male’ and ‘female’. They account for around 1.7 per cent of the population, which is the same percentage of redheads!). The appearance of a person's genitals is unique to them and so it's best for me to draw a representative sample for a number of people because when I asked some intersex individuals if they wanted to illustrate what their genitalia look like, I felt that I got the impression (rightly so) that I was acting

hung my head and beat a hasty retreat, feeling somewhat
my request. The second reason is that there are as
as intersex individuals, that's to say LOTS. It's
representative to draw a dozen of them, given that
than a dozen intersex people in the world. This is
way of saying that, in a bid to be inclusive and pr
wanted to include intersex but invite each one of yo
whichever chapter of this book speaks to you most.

To find out more about this topic, go to ukia.co.uk.





THE VULVA UNCOVERED

*Whether you have a vul
dicklit, pussy,
cunt, duff, fanny,
or cherry, this chapter*

is about you.

*Whether you are a woman,
intersex, non- binary or ot*

SAY HELLO TO YOUR BITS



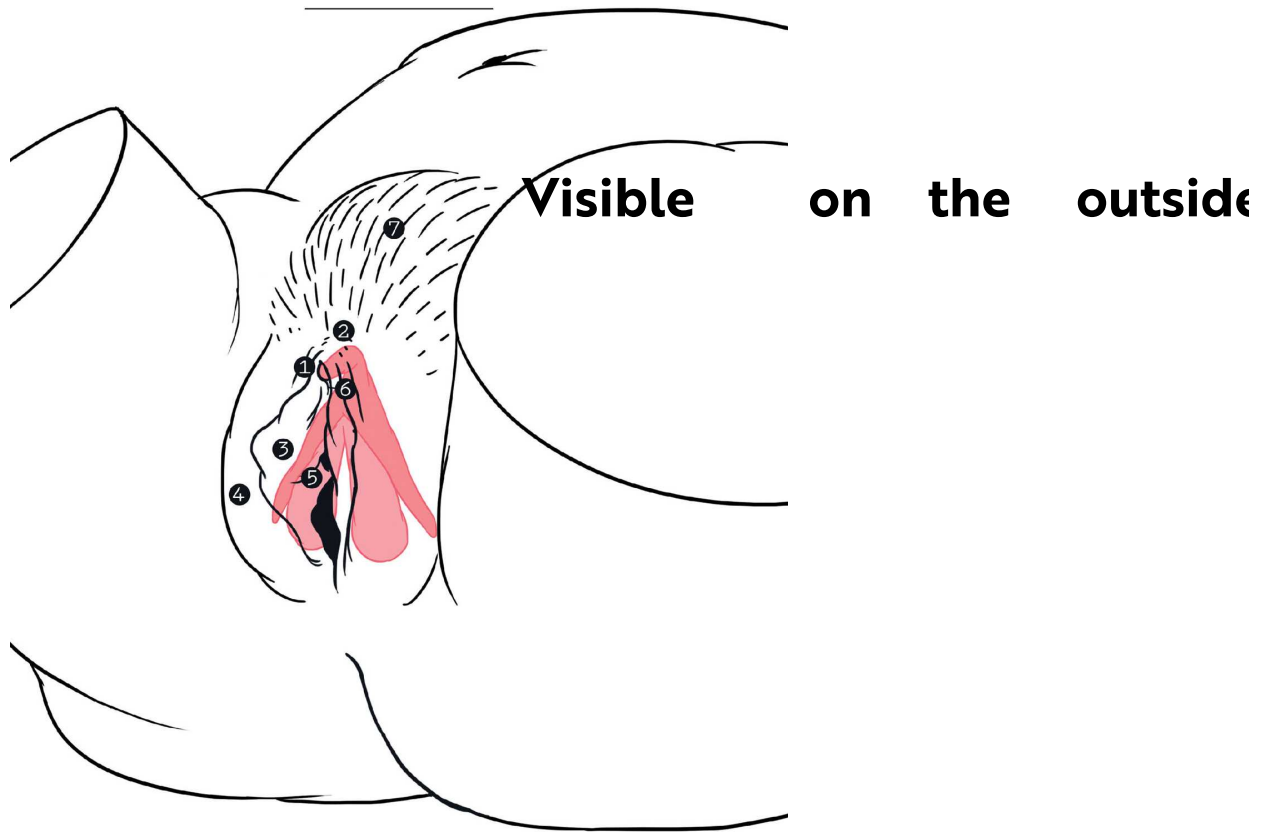
Ah ha! The vulva and ~~clitoris~~, largely consigned to educational textbooks, art and school desk graffiti. Time to attend to them here and restore to those endowed with these they deserve. No, a vulva is not a 'vagina' for God's it supposed to look like ~~an~~ apricot or a young girl's this obsession? Paedophile ~~fantasy~~? We all have tl body hair but from that to imposing a blueprint to

The vulva sometimes cascades outwards, the inner it has its own particular fragrance, it can be covered have discharge that's sometimes white, other times is alike but we can't know that unless we are shown.

The clitoris was absent from our school textbooks. 1 years (it's currently 2020), most people have finally learned something about its anatomy. Big picture: for centuries, this magnificent organ, 100 per cent dedicated to pleasure, was concealed. that many of us can reach orgasm on our own or total of our scientific knowledge boiled down to the clitoris being defined as a tiny button that only works properly when you're alone

and really laidback. Now we can visualise the clitoris
those endowed with a vulva are gradually re-appropriating
bodies and their sexuality, which is a change for them.

It's important that we continue to educate societal
individuals born with a vulva embrace their bodies.
They no longer have to see it as a burden or associated
or look on it as a passive, welcoming sheath. Perhaps
can't find a middle ground between being pigeon-holed as either
prudish or promiscuous. Perhaps the trade in strap-ons will take off
to such an extent that some vulvas will want to put on
other foot, from time to time. Perhaps people will
a 'pussy' unless they are being paid a compliment.
bunch of pussies!



① Th

② Th

③ Th

④ Th

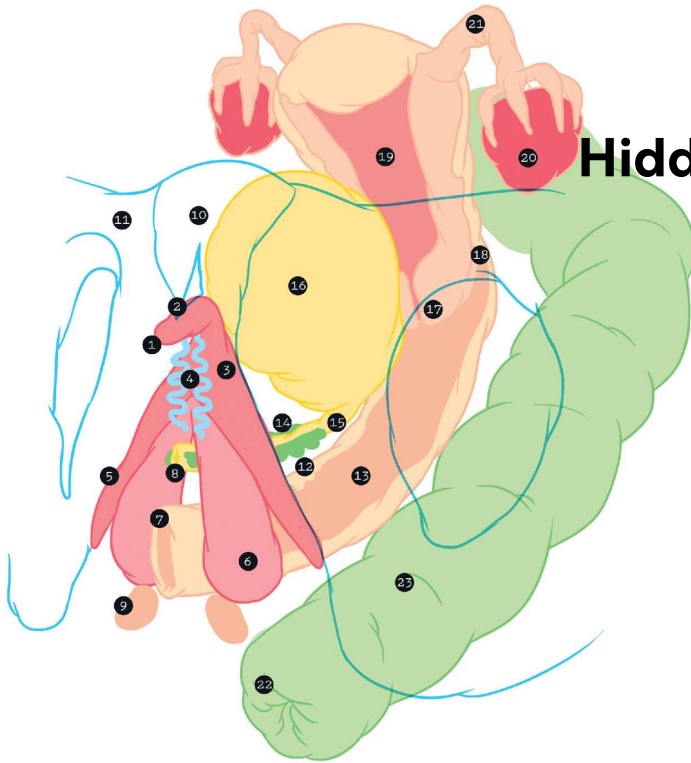
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ent

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SAY HELLO TO YOUR BITS



Hidden beneath

Seen from the side

1 The glans

It is partly protected by a sheath of skin called the clitoral hood. Its size varies from person to person and so does its sensitivity.

2 The shaft

Homologous to the shaft of the penis, it is made of two corpora cavernosa.

3 The body of the clitoris

This is the part of the clitoris where the two corpora cavernosa are joined. It includes the upper part of the crura of the clitoris and its shaft.

4 The plexus of veins as described by Kobelt

³⁵ Veins linking the bulbs to the clitoral shaft. Through these veins the bulbs become engorged and send blood up into the clitoris, stimulating it.

5 The crura of the clitoris

These are made up of the corpora cavernosa just below the clitoris.

6 The vestibular or clitoral bulbs

Formed of erectile, spongy tissue they are connected to the clitoris through a network of veins, and extend to the inner labia. Yup, you've got it – everything

7 The entrance to the vagina

Straddled by the clitoral bulbs... yay hay!

8 The urethral meatus

This is the place where urine flows from, along with any squirts.

9 The greater vestibular glands or Bartholin's

They secrete mucus that goes by the lovely name
is a natural lubricant. Take a look at the side view

10 The pubic symphysis

The junction of the left and right pubic bones
rounded mound of fatty tissue covered in skin
is poetically called the 'Mount of Venus'.

11 The pelvis

The crura of the clitoris are attached here.

12 The textured zone

This zone is an integral part of the vaginal tissues fingers wide. Nobody really knows what it is for but the interesting thing is its position. We'll come back to it later...

13 The vagina

Naughty. You'll find further information if you look at the side view (page 38).

14 The paraurethral glands or Skene's gland:

See ³⁶ side view, page 38.

15 The urethra

The tube for pee and squirts. The paraurethral it like mussels to a rock.

16 The bladder

Wee tank. Some researchers believe this is what comes from. But don't panic, this fluid isn't urine (well, perhaps just a tiny bit). The paraurethral glands are heavily involved in this phenomenon. Ok, so not everyone agrees yet or comes from so we can't be sure. Having said that

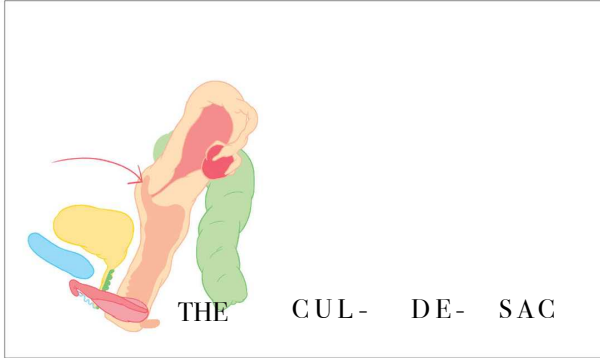
from my subscribers all concur: their squirts do
Make of it what you will!

17 The cervix

Located at the top of the vagina, you can recognise
like shape. Apart from a probe and sperm, nothing
this door. NOTHING!

18 The fornix

This is the furthest recess of the vagina. It's like
dome-shaped area of the cervix.



This quirk can cause discomfort during penetration, especially when menstruating. However, it is not a problem to live with a retroverted uterus. It is free and it is not something to be worried about.

If you want to know more about having a retroverted uterus, consult your gynaecologist or a healthcare professional. They can gently examine the uterus and vagina.

19 The uterus

This is where babies develop and periods hide behind your favourite underwear.

20 The ovaries

The organic egg factory.

The Fallopian tubes

21 Conduit for monthly egg delivery between ovary

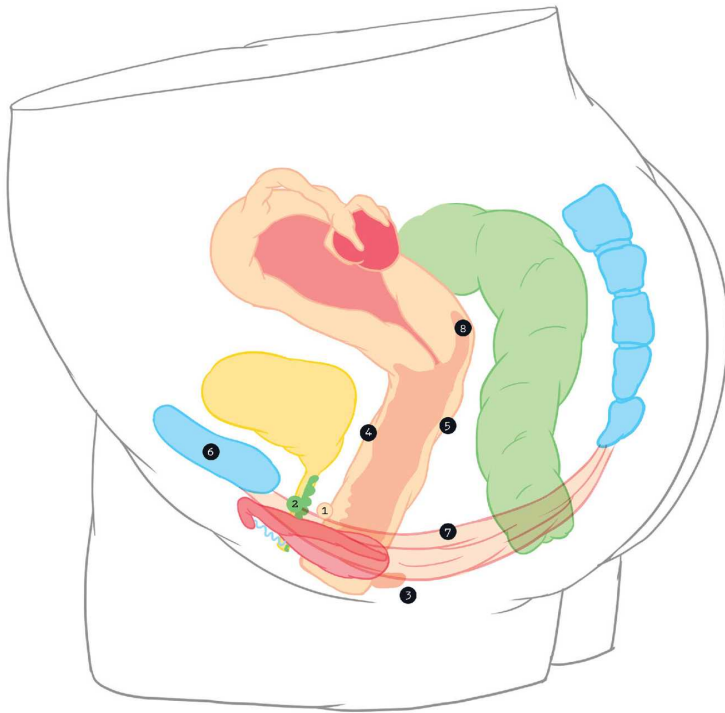
22 **The anus**

Fragrant little flower. Surrounded by a sphincter that requires gentle handling.

23 **The rectum**

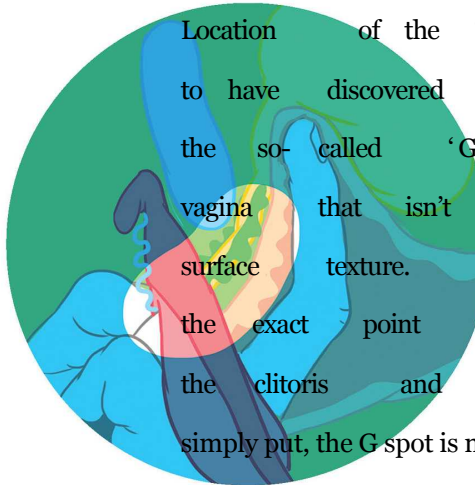
Poo and anal sex.

SAY HELLO TO YOUR BITS



Side view

1 The textured zone



Location of the 'G spot', named in tribute to the man to have discovered it, Ernst Gräfenberg. All one can find is the so-called 'G spot' refers to an area of the vaginal wall that isn't particularly sensitive but recognisable by its surface texture. The really interesting thing to note is the exact point where the bulbs meet and the bottom of the clitoris and the paraurethral glands converge. Simply put, the G spot is not so much a specific area in the vagina as the rendezvous point of the clitoral crura. Use your fingers to sound clever.

2 The paraurethral glands or Skene's glands

Homologous to the prostate, they secrete female odourless, colourless and often goes unnoticed s with natural lubricant. The glands are also partly squirts since the liquid content is understood to sometimes flow back up towards the bladder where it supposedly diluted urine. (We'll come back to this on pages 46-

The glands are located between the textured zone point of the clitoral crura. A coincidence? Maybe

Not much was known about their role in terms of prostate is a pleasure zone for our friends with p⁴⁰ the same not be true for the paraurethral glands?

3 The greater vestibular glands or Bartholin

These secrete the lubricant cyprine (such a prett

4 The anterior wall of the vagina

This is next door neighbour to the bladder.

5 The posterior wall of the vagina

This zone is good mates with the rectum. We'll

6 The pubic symphysis

Or the Mount of Venus for the more poetically

7 The perineum

A group of muscles holding up the whole caboodl
tract it while doing breathing exercises to enjoy
and no one need be any the wiser.

8 The vaginal cul-de-sac or pouch of Douglas

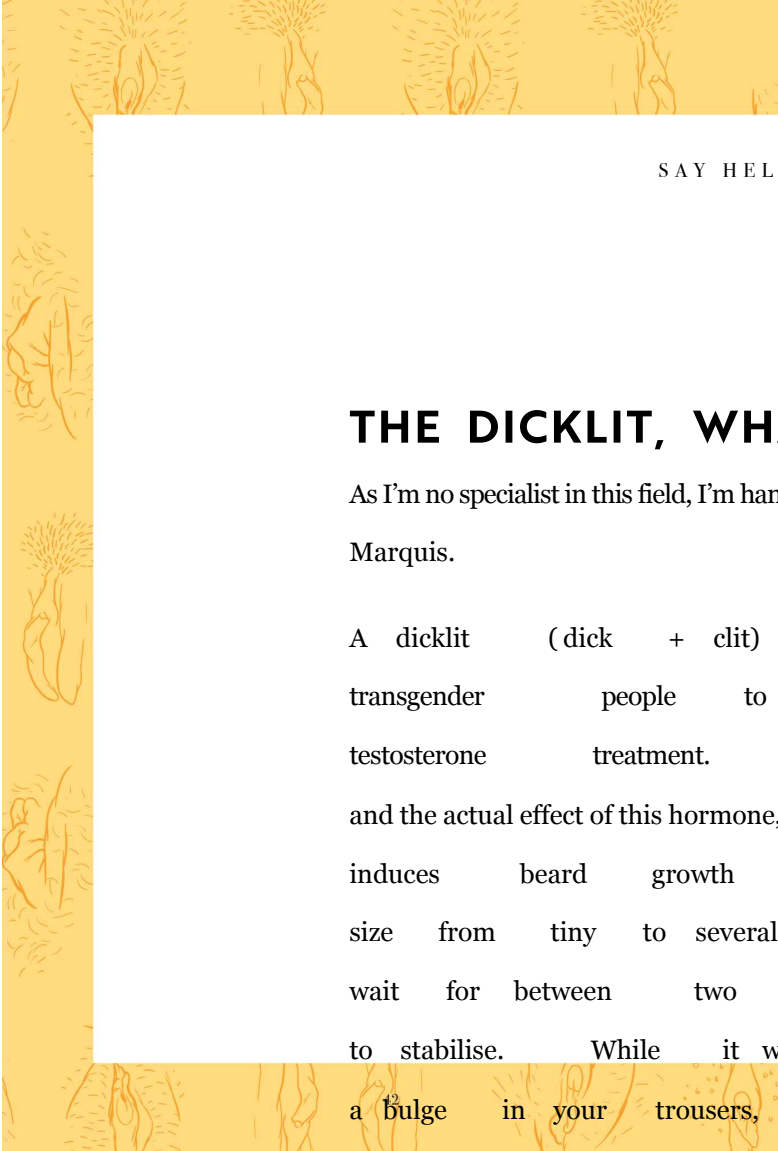
A real impasse.

BLISS CLUB

YOUR PUSSY, A REAL BOYS' CL

Skene, Bartholin, Gräfenberg, Fallope, Kobelt & C
who we are told discovered all these zones and
learned about because you've read this chapter very
long time I was under the impression that these
up positions and planted flags in their respective subject's pussies
proclaiming: 'I shall call it after me!' It turns out, h
zones/ organs all had their own names before bei
other researchers in acknowledgement to these gen
to say that if you are uncomfortable with these nam
you from renaming them using their proper anatomica
written them in and hope you appreciate my attentio

NB: The zone I call 'textured' is pure invention (I
couldn't find a real name for it.



SAY HELLO TO YOUR BITS

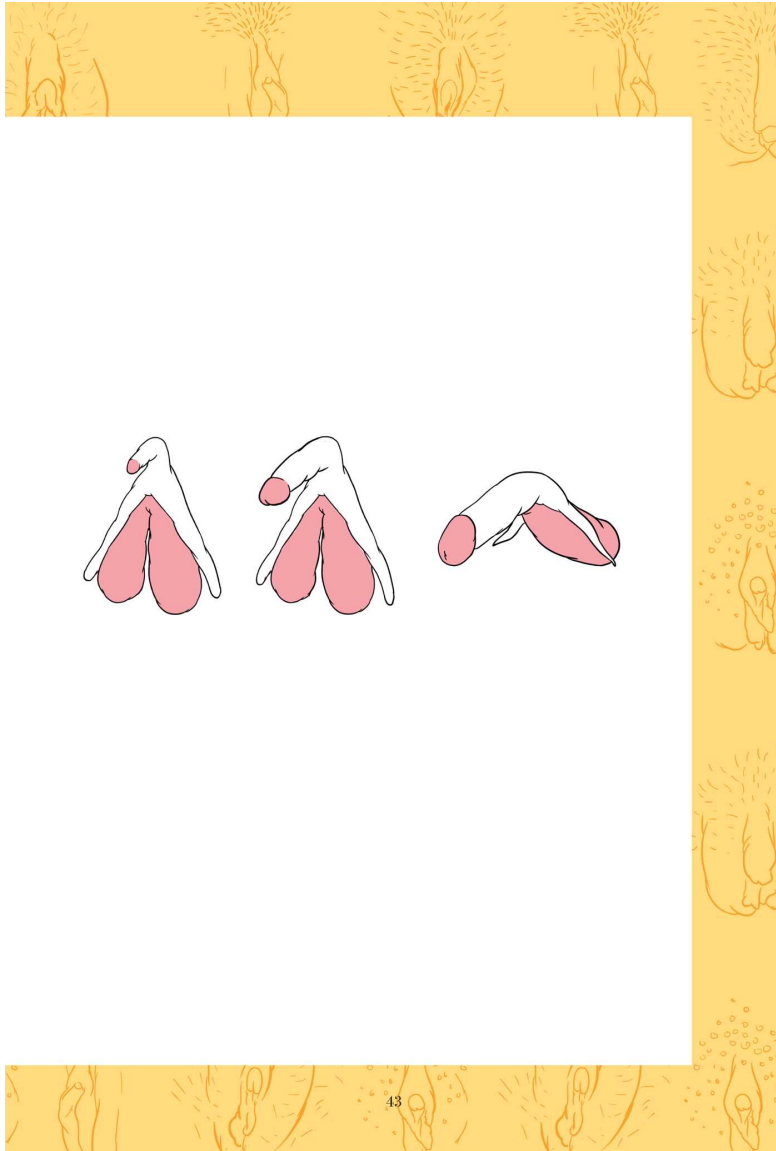
THE DICKLIT, WHAT EXACTLY IS IT?

As I'm no specialist in this field, I'm handing over to my friend, Arsène Marquis.

A dicklit (dick + clit) is the name used by transgender people to describe a clitoris that testosterone treatment. Depending on a person's and the actual effect of this hormone, that makes your voice deepen, induces beard growth or makes your hair fall out, it can increase the size of the clitoris from tiny to several centimetres long! After a wait for between two or three months up to six months, it should start to stabilise. While it won't be big enough for a bulge in your trousers, dicklit erections are not possible. They have heightened sensitivity. Initially, even going without underwear can be painful! If this is true for you, a dicklit compress will really help. For those individuals who want to undergo surgery, a developing dicklit might be the first step towards undergoing metoidioplasty, an alternative to phalloplasty. The dicklit is freed from its ligaments to allow it free rein, so it will look more like a penis. But there is another subject altogether.

So what are the effects of testosterone on the vulva and the vagina?

A word of caution: take this with a large pinch of salt. We tend to talk generalities rather than absolute truths. For example, periods generally stop within a few months but return temporarily, as a result of stress for example, and that testosterone tends to make the vagina more sensitive: if Widget has started taking testosterone, they may need to rethink your sexual habits to accommodate that many transgender men experience natural intense ejaculations due to the combined effect of taking testosterone and stimulation! However, because the effects of hormones, both those produced by our bodies and not, vary enormously from person to person and all this stuff has hardly been studied, what we do know is that we don't know everything!



BLISS CLUB

WE'RE ALL EQUAL WHATEVER OUR GENDI

It was on seeing a photo of a dicklit that I suddenly understood we are all endowed with the same organ. It's true, isn't it? It's got a head, a frenulum, corpora cavernosa, erectile, spongy, and so forth. Our organs resemble each other in every respect, though they've evolved differently.

It was at that moment, buoyed up by boundless euphoria, that I came up with some crackpot theories to prove that at the end of the day we're all identical and equal, and there's no such thing as the male dominating the female. But that's a load of bollocks, isn't it... I've since heard about it by now!



SAY HELLO TO YOUR BITS

IS MY VULVA NORMAL?

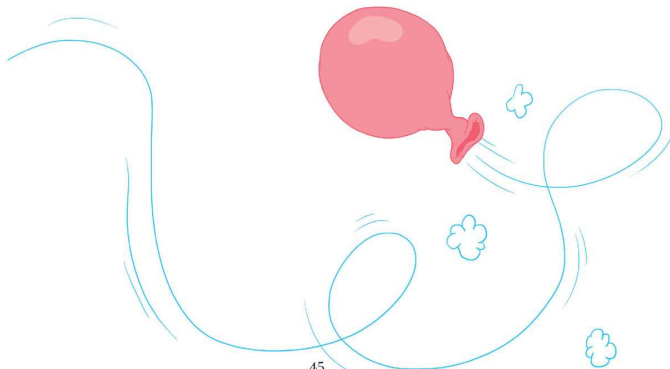
Each vulva is like a face: it has its own characteristics. One looks like another. What you might consider to be abnormal is nothing other than outlandish beliefs that you've seen in porn. All pussies are as nature made them and we all have different tastes! But we never see them, especially not in porn. If you spill out might give some people complexes but that doesn't constitute a problem; on the contrary, some people find them beautiful that! The awesome Instagram account @the.vulva. celebrates the diversity of the vulva and is a real tonic!

Certain individuals do, though, have such large clitorises that they cause discomfort and the rubbing can be painful. Some, such as labiaplasty (a surgical operation to reduce the size of the labia minora), but they are rather pricey.



It's not dirty!

WHAT EXACTLY IS LUBRICANT?



Natural ⁴⁵ lubricant is a clever blend of two liquids.

One of them comes from the greater vestibular gland, the romantic name of cyprine. It lubricates the vagina, an ingenious system of pinhole openings (invisible to the eye) located around the entrance to the vagina.

The second liquid, secreted just inside the vagina, is transudate. Think of it as a bit like sweat. It's practical because, even after removal of the Bartholin glands, moist sexual ability remains intact.

If that's not your experience then lube's your new

LET'S TALK ABOUT QUEEFING

Yes, I know, it's not a very glamorous noise... but queefing are odour-

less! They build up from the comings and goings

inside your vagina. So, technically, it's not your f

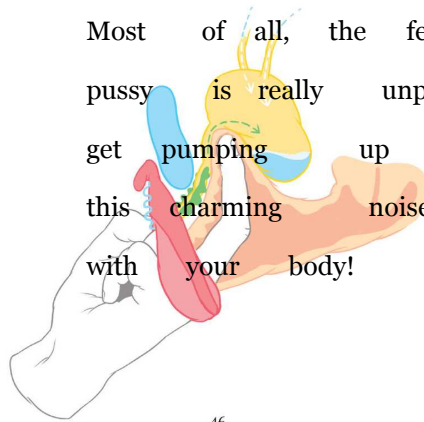
gets trapped inside.

SAY HELLO TO YOUR BITS

It may be easy to say but there's no shame involved
laugh about it, isn't it?

Your partner doesn't care, that's for sure. Ask t
you'll see.

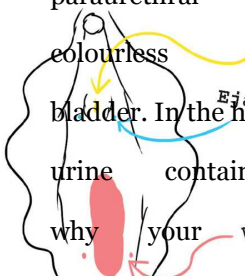
Most of all, the feeling of making love with air tra
pussy is really unpleasant. I would compare it to
get pumping up a bike tyre. So remember to take
this charming noise because there's nothing wrong
with your body!



SQUIRTS...

Squirts are what you see in porn films. They can often involve copious
amounts of fluid running along the vulva or shooting out. To the touch,

the liquid has the consistency of water. It's wrongly
ejaculation or orgasm. Yes, of course, orgasm can
phenomenon but mostly it's simply a mechanical
stimulation of the bladder and the glands located



Explanation! When the anterior wall of the vagina paraurethral glands located in the vicinity produce colourless squirt liquid that can sometimes pass up the bladder. In the heat of the moment the bladder fills with very dilute urine containing masses of water and very little 'was why your wetness' sometimes vaguely smell of pee panic: it's just a drop in the ocean!

If you're well attuned to your body, you'll know this isn't what it seems, it just means you're ready to happen without warning.

... OR EJACULATION?

Female ejaculate is also secreted by the paraurethral difference being that the liquid is directly released by the tiny orifices around the urethra instead of passing up into the

It's very discreet as well, since ejaculate is both colourless and, moreover, is produced in minute quantities that can have a slight fragrance and be plentiful.

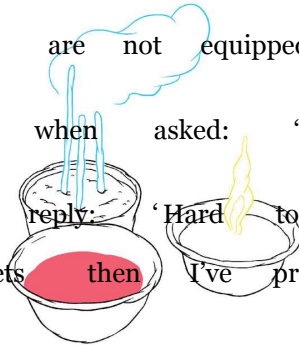
SAY HELLO TO YOUR BITS

Widget's ejaculation is hard to identify as a consequence generally combined with the liquid produced by the

Neither can we assert that everybody can ejaculate individuals are not equipped with these famous glands

Therefore, when asked: 'Did you come?'

You might reply: 'Hard to tell but if you're referring on the sheets then I've probably squirted!'



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SHIT, I'M ON MY PERIOD!

What's going on exactly?

We're handing over to Dr Clémentine Courage:

OK, in a nutshell, menstrual blood is shed from your uterus. Day one of your period is the beginning of a menstrual cycle comprising a number of phases, with having a baby being

the 'natural' goal. When your period has stopped, and under the effect of several hormones, the lining of the uterus gradually thickens in readiness to eventually receive a little ovum (your egg is generally produced mid-cycle and is then fertilised – or not – by a sperm).

If, by the end of your cycle, no fertilisation has occurred, the little refuge goes into 'self-destruct' mode. This and sometimes it hurts (your uterus is contracting fragments).

I agree, it always sucks to get your period because you get PMT, crap like blood stains that end up getting everywhere, and you end up with feeling such an ugly mug – yet there is a relief of looking at it all: imagining your body is regenerating, and starting itself to begin a new cycle. Some people even collect their blood and use it in mystical rituals (I swear it's true) or use it to make offerings to Satan when it's full moon (got a problem?). What makes you happy.

But in the meantime, it does change your outlook on your periods in all their glory rather than telling yourself 'it's just my period'.

Apparently⁴⁹ there are things that can help.

SOME TRACKS TO LISTEN TO AND GO WITH WHEN YOU'RE ON YOUR PERIOD

- *Bloody Shadows from Afar*, Lena Platonos
- *Sunday Bloody Sunday*, U2
- *Bloody Well Right*, Supertramp
- *Bloody Mary*, Lady Gaga

- *Roots* *Bloody* *Roots*, Sepultura
- *Sang* *Pour* *Sang*, Johnny Hallyday
- *Allez* *le sang*, JUL
- *Blood*, Kendrick Lamar
- *Bloody* *Waters*, *Ab- Soul*, Anderson Paak ft James
- *Blood on the Dancefloor*, Michael Jackson
- *Blood*, Rhye (entire album)
- *Raining* *Blood*, Slayer
- *If You Want Blood (You Got It)*, AC/ DC

SAY HELLO TO YOUR BITS



Period sex

While it's not exactly trending, we are hearing period sex mentioned more and more. Of course, it has always existed but today it's far easier to talk about it and hardly anybody is shocked at the idea of people practising it, except for haemophobes and my grandparents. In reality, there's nothing dirty about periods and it would be a shame to abstain from lovemaking if you hanker after it, amirite?



Just ⁵⁰make sure you protect yourselves because it exposes you to an increased risk of cat even if there's only a minimal chance you'll end possibility does exist. Sorry to be a killjoy.

WHEN IS THE BEST TIME
ONE'S CYCLE TO HAVE

In a survey I carried out on my Instagram account, endowed with vulvas when during their cycle they excited. The answers were very surprising: 52 per cent described themselves as really *caliente* when they per cent super horny during their period. I didn't offer 'All the time' as a response in this survey; something that kept me in private messages.

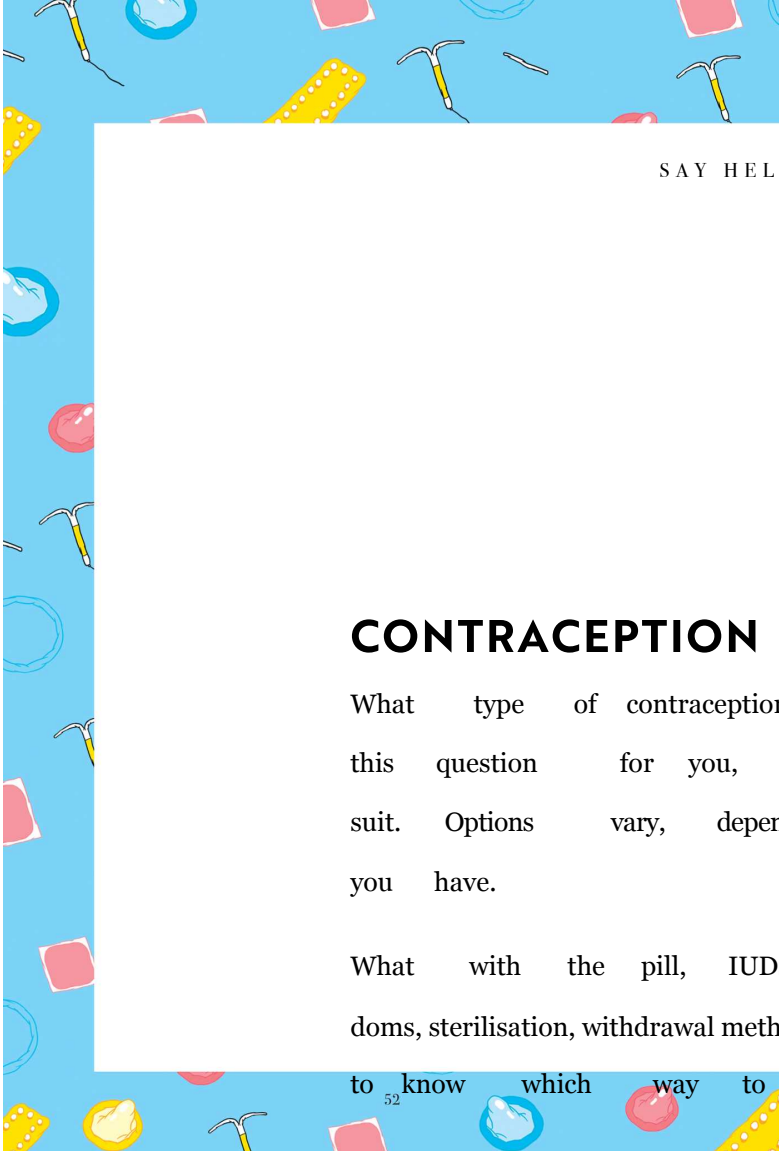
Big picture, therefore: there's no such thing as a be: while some people dislike lovemaking during men: can't get enough of it and others like sex at any time.

HYGIENE, FOR GOD'S SAKE!

Let's talk about something that is all too often forgotten (not forgetting cocks and dildos). Because if you don't wash before fingering Widget, you run the risk of being unable to have fun together for a while. You see their pussy flora is very delicately balanced and any unwelcome intruder could cause cystitis and other unspeakable crap.

If you, Widget, have the slightest doubt, any sign of or abnormal odours, start by washing your vulva with soap once or maximum twice a day, wear cotton underwear and avoid tight-fitting trousers. It's a really bad idea, however, to douche ⁵¹ your vagina so call up your GP who will prescribe the best treatment.

And while we're on the subject, please wash your hands before dipping them in the peanut bowl. Because the aperitif is almost as sacred as our pussy supreme. Thanks.



SAY HELLO TO YOUR BITS

Stop!

CONTRACEPTION

What type of contraception should you go for this question for you, except your GP who can suit. Options vary, depending on your age and you have.

What with the pill, IUDs, patches, rings, implants, sterilisation, withdrawal method, and more besides... it's difficult to know which way to

So how do you decide? If you want my advice, is to sleep with someone of the same sex as you more orgasms, too, if you believe some of the r not do it for everyone.

To be honest, I don't know what to advise. Contraception have a lot of side-effects; natural methods are unreliable and can lead to stress; sterilisation is irreversible. I'm not saying that you shouldn't choose some and contraception offers a level of comfort that is second to none, b

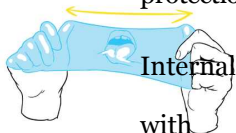
might we consider sharing the task with the c
Chemical contraception for Thingamajig is still
causing unwanted side effects. (Ha ha! I know what you're thinking...)

Nonetheless solutions exist that are definitely viable a
penises although most of them are still in the
by because market research points to a lack of
those endowed with penises.

Turn to page 86 to find out more. It's high time contraception stopped
being vulva- focused!

PROTECTING YOURSELVES FROM STIS

To reduce your chances of catching anything as far as possible you need to be up to date with your vaccinations. If you're someone who snorts or injects, check your stuff hasn't already been used by someone else. And always use protection, whatever your sexual orientation.



Internal (female) condoms don't generally get a thumbs up with vulvas, but I've been told they can be practical in certain circumstances, such as when you're on your period. In terms of comfort, I hear plenty of conflicting stories, some finding them very comfortable and others reporting it's like having sex with a plastic bottle. The best thing would be to give it a go to find out for certain. The problem is that they are rather difficult to get hold of. Not all pharmacies stock

them and supermarkets don't tend to either. The easiest way is to go down the medical route and ask for one at from a family clinic (free) or buy online. Note that they are more expensive than external condoms. Yeah, I know, I'm not exactly selling you, am I, but they can save the day, so think about storing one at your bedside table. You never know!

To enjoy angst-free cunnilingus/ anilingus, using a condom is an excellent way of protecting yourself. You can find them in family

planning clinics and online. You can

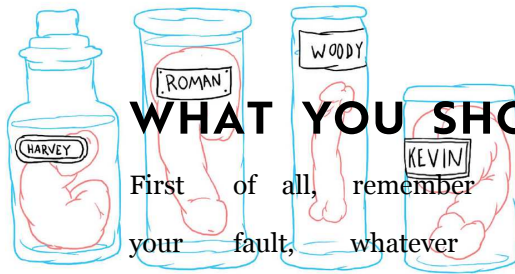
your own using an external condom
got one to hand.

Lastly, latex gloves, as we
as being black and cool, are
perfect for hygienic fingering/

fisting. You'll find them in sex shops, pharmacies, online
and in hardware stores (yup).

It's also important to remember that you really shouldn't
lick an anus before turning your attention to a vulva,
got it?

SAY HELLO TO YOUR BITS



WHAT YOU SHOULD DO AFTER A SEXU

First of all, remember that what you've experienced
your fault, whatever you were wearing or however
ing, it's your aggressor who's in the wrong. All the
through your mind are legitimate and my heart go

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There are plenty of things you might consider doing
compulsory. Here's a brief memo to help you in
because it's hard to think straight at such a time:

– Firstly, see a doctor or go to A& E (emergency de

be really tempted to have a shower, but it's much better if you're going through something extremely difficult) to get samples

taken that can be used in any investigation. Don't forget

the police immediately. Your test results will be kept

as you feel ready to report what's happened to the police.

– Then you can go home, shower, scream, shout, cry, etc.

– If you do want to report it, keep everything safe. Don't throw away any evidence of the offence, such as stained clothing, underwear, texts, etc.

– If you feel able to, then get in touch with a helpline or support group.

- If you want to, talk about it with people you trust because it's difficult to be alone with this burden. If you can't discuss it with anyone to you, there are several organisations you can call a number who can help and guide you. Try supportline.
 - Get help from a therapist because friends and family can't find the right words to tackle such a traumatic subject. Even if it's difficult, you're strongly advised not to keep the secret to yourself because talking about it is a first step towards resilience.
- You are entitled to breakdown and what has happened is absolutely not your fault. Don't be afraid, either, to feel strangely calm: sometimes our bodies and emotions can be in a huge shock.

Thanks to Anaïs Bourdet, Aliona (La prédiction) and Sil for their help.

When it hurts

ENDOMETRIOSIS

If period pain is unbearable and, in addition, you're suffering from

dyspareunia (pain linked to penetrative sex), there's

do: seek medical advice. And if your doctor tells you

it, tell them to go fuck themselves and find a new one ASAP. The best

thing is to go and see a specialist in endometriosis.

For more information visit endometriosis.org.

There are ways to get back to normality such as hormonal

stopping your periods or even having an operation.

shouldn't be shrugged off. Endometriosis can interfere with fertility,

which, again, can be resolved so don't worry. There

and articles that deal with it and you are not alone.

SAY HELLO TO YOUR BITS

DYSPAREUNIA



Dyspareunia is when you feel pain during penetrative sex. Some people feel it at the top of the vagina; others at the entrance. For certain individuals, it might not be normal to feel pain during penetration!

There are a whole host of causes of dyspareunia: the wrong type of contraception, a retroverted uterus, a very short vagina, say, with some intersex people, endometriosis (especially if there is also intense pain during one's periods), an infection⁵⁶, herpes, a large cock, vaginal dryness, an episiotomy scar, basically everything that hurts pussy.

All these origins of pain and some traumas can lead to dyspareunia, that means the muscles at the entrance to the vagina contract making penetration very painful or even impossible, a condition called problematic intromission (basically, it won't work).

Whatever the cause, the mind plays an important role. For all types of pain, including things like trauma, an assault, or a strict upbringing in terms of sex, disgust, a loss

partner, an inattentive partner, post-natal trauma, a penis is on the large size, etc. It could be just about each situation requires a specific solution: so you'll need to work out what yours is so sex isn't synonymous with pain.

And there is always light at the end of the tunnel you might be in), and I have received many accounts have come through. Here is a selection:

– First of all, you need to see a specialist and check if you feel that they just aren't listening to you or seriously. Try to find an expert who can offer help with vaginismus and dyspareunia.

- Sometimes, removing your IUD or changing your can help these conditions disappear. If your period is painful, go and see someone who specialises in endometriosis on the safe side.
- Other specialists can really help, such as osteopaths, pelvic floor physiotherapy (remember, consent must be given before any internal examination), hypnotherapists, acupuncturists.
- It is vital that you communicate with your partner to work out where the problem lies but also to ensure they change their manoeuvres and is mindful of your reactions. Also tell them that you no longer want to get into (such as ⁵⁷doggy-style, for example) or help them to stop to penetration, even if just for a while (or perhaps eventually). It is essential that you listen to what your body is telling you and not anything as that might make the problem worse.
- Lastly, I don't want to make you panic but I've read accounts from people telling me their partner wasn't able to have sex with them and that finding someone else fixed the problem. Make of it what you will!

As for those who have been assaulted or suffered trauma, this could be a real help, in parallel with one of the other

approaches set out above.

Thanks to Dr Clémentine Courage for her help.

SAY HELLO TO YOUR BITS

Penetration

is good, but

doesn't bring

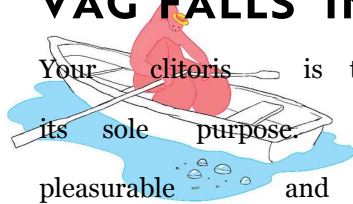
most people

with a clitoris

to orgasm.

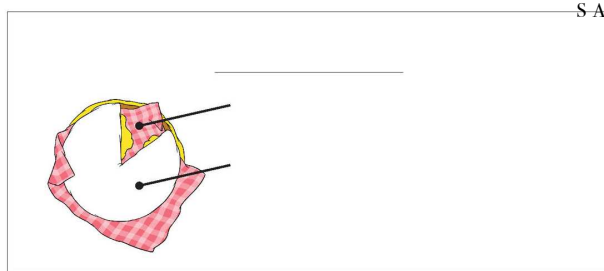
Olivia and Oliver Orga

VAG AND CLITTIE ARE IN A BOAT. VAG FALLS INTO THE WATER...



Your clitoris is the only organ entirely devoted to its sole purpose. It's thanks to the clitoris that pleasurable and give you amazing orgasms. The divided into two categories: those who either have orgasms. ⁵⁹ You are clitoral, and that's a fact! There ways to climax: by touching the external head of penetration. So it would be more appropriate to use and internal clitoris' to make the distinction.

Climaxing through penetration alone is, however, reality, it is the head that is the most sensitive part it's very surprising to keep watching films in which women's systematic climaxes are down to their partner's cock because represent a majority position and often stigmatises never climaxed from penetration and who perhaps them feel it's their fault.



SAY HELLO TO YOUR BITS

LOOK AT THIS YUMMY PIE CHART

Only 13 per cent of my
orgasm via penetration.

The remaining 87 per cent
head to be stimulated to

Survey involving around

THE ORGASM: BETWEEN LETTING GO AND SIMPLE MECHANICS

Lots of individuals with vulvas write to me asking why
not to be able to reach orgasm with their partner
thinking about porn in order to do so... Some people
focused in the moment and lose their concentration
Having a porn scene running through your head
doesn't mean you're not showing respect for your partner

make you feel horny, why not? Anyway, different strokes for different folks! Some people have porn images on repeat in others concentrate on robot rebellions or extra-terrestrials. Whatever makes you hot.

The workings of the mind only tell part of the story. Magazines, film and internet reproach our many 'imperfections', it's complicated to feel 100 per cent at ease with your partner. You need to know how to stop being self-conscious when you're enjoying yourself.

In general, cinema and its stereotypes spoil our lives. Systematically climax and their faces look so cute! Reality is something else and when we're wanting to lose ourselves: forget our facial expressions,

make and the positions we take... Not easy, is it? It's and this applies to work and life in general. Reaching checking how you look is impossible to my mind. easier to climax alone.

Having considered our imaginations, let's move on Popular belief tells us that vulvas reach orgasm prowess and penises mechanically. That's very guilt- if you believe it, it makes many among us 'non- fun a surprise! Stimulating the clitoris effectively makes orgasms easily

accessible without requiring mental gymnastics.

it's your fault, your mind and body don't work pi much easier it is to orgasm alone. Are you following?

A good, patient and attentive partner who knows almost systematically bring you to orgasm. The n this, the less you even need to think about it. Let's penis and the clitoris are homologous organs, so one works less well than the other. No ifs or buts!

Practise and persistence by your partner make all the differ

It requires work and a minimum knowledge of the o

So be reassured that you're not kaput. Suggest instead that Oojamaflip

reads this book. (Oh yes, product placement in the

SAY HELLO TO YOUR BITS

TRY A QUICK EXERCISE AT HOME
(ON YOUR OWN FOR STARTERS):

Masturbate yourself making all the noises and groans
Focus on your pleasure and try to put your finger on what helps you
reach orgasm.

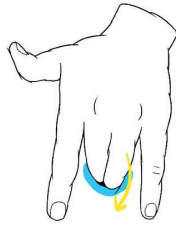
Some people shout, meow, groan, remain silent,
Others need to hold their muscles taut, stretch them as
possible, hold on to something with all their might,
rather, keep them open and popping out of their socks
wide open. Some people need to breathe quickly to

And then there is also the imagination, such as replaying
everyday lives or from porn, creating our own scenarios
that an octopus from outer space is licking you, whatever

Once you know what gets you going, talk about it
(or not) and let yourself go as never before! And, a little
guilty if you can't manage, you're not alone. Remember

partner, too, needs to know your body basics to
Basically, don't feel it's all your fault if things misfire.

We've each got our own quirks so don't feel you
along. And scoop of the day: they don't really orgasm



BLISS CLUB

I DON'T LIKE FINGERING MYSELF, AM I

Yes, and you're not alone! Nobody has to like masturbation mostly involves massaging the vulva the clitoris. It's commendable to have tried inserting your fingers, if only to discover what's up there.

And if you haven't given it a go yet, well, I encourage without necessarily seeking any pleasure spots to become acquainted with your intimate parts.

And for those who do enjoy it and want to know if the I'd say pretty much the same thing at the risk of YES, and you are not alone in loving it!

Repeat after me: 'I am normaaaaaaal!'

ANORGASMIA: I'VE NEVER REACHED CLIMAX ALONE OR WITH SOMEONE

You, too, are not alone! If you knew the number of people on this topic... Anorgasmia involves those with vulvas, although people with penises can be affected, too.

And since we are all different, the reasons for it vary as well. Some people find it painful to touch their clitoris, which literally prevents them from enjoying themselves. Others strongly feel

SAY HELLO TO YOUR BITS

when they're close to climaxing which prevents them from
There are people who can't stop themselves from laughing
tickles them so. And sometimes sexual excitement
to depression, fatigue, stress, the pill and so on. And
some people are less inclined towards sex!

When I asked around for personal accounts, all anorgasmics
who had at last managed to climax confided that they succeeded thanks
to the famous 'magic wand' vibrator, clit suction
brands available with affordable right up to deluxe models) and of
course using a shower head!

I hear you telling me it's not a very eco solution but boy is it effective!

All you⁶⁴ have to do is unscrew the shower head (or
a 'massage' option) and aim the jet of water towards
clitoris (never inside the vagina – you might disturb
internal flora!). If you still can't find the sweet spot, don't panic, try
unsheathing the clitoral head from its hood by lifting
vulva upwards.

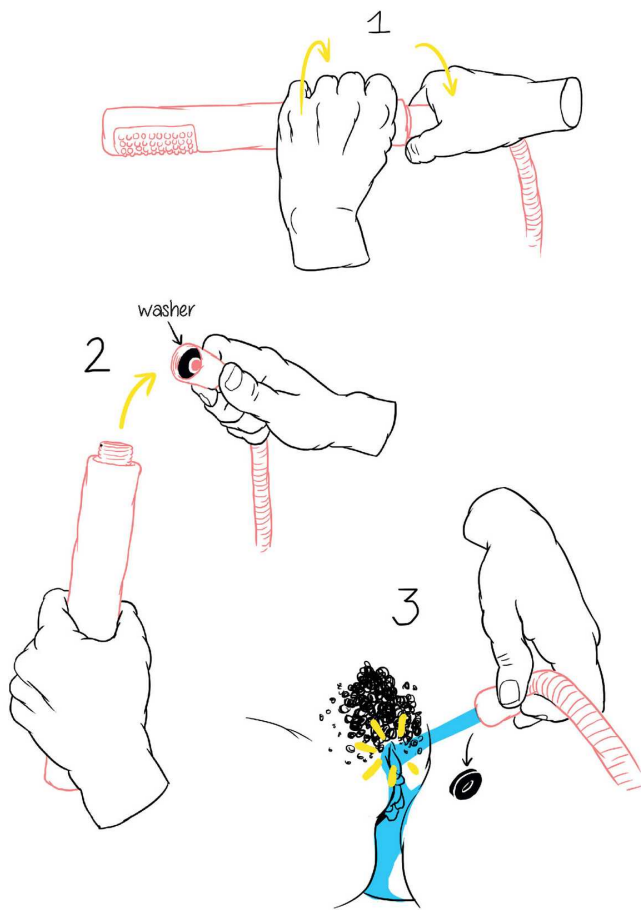
P. S. 1: make sure you don't lose the washer under
pressure and replace it when you screw the shower head
afterwards!

P. S. 2: these options can become addictive and vary in

is highly recommended, so you don't get your clitoris vibrations/ suction/ sensations as you risk desensitisation. are always your best friend and they come free.

If these solutions still don't work for your body, the 'indirect touching' method might suit you. stimulate the shaft and not the head of the clitoris sensitive. Try touching it with your fingers, a vibrator, water... You could also sit cross-legged and contract your thigh gentle pressure on your clit.

You can lie on your stomach and rub yourself against your mattress.



SAY HELLO TO YOUR BITS

You can try contracting your perineum tightly as to hold your pee in. This is a method you find in Tantra. There are a number of workshops you can attend to learn how. Basically, there are quite a range of alternative approaches size-fits-all. Up to you to experiment to find out what suits you best.

If you feel a strong urge to pee just before orgasm, alone in your bath and let yourself go. No one's waiting nothing to fear. It might be that your way of climaxing or large amounts of squirting. If that's the case, covers and enjoy your sex life to the full. Or maybe this urge to pee with the sensation of reaching orgasm to find out⁶⁶ is to see things through to know for sure.

And lastly, it's all right! With time, age and experience and its sensitivity can evolve. Touching it may hurt disappear one day without you knowing why. In sh in stone so keep on being kind to your body and allow a leisurely pace.

BLISS CLUB

Nothing

like

a good

wank

67

to fall

asleep

peacefully.

SAY HELLO TO YOUR BITS



SELF- EXPLORATION OF THE VULVA AND SURROUNDING AREA

When I launched Bliss Club I wanted to roll back the conversation surrounding pussy pleasures. Being hetero, I naïvely meant educating people with penises. And even if that was totally wrong, the real priority came down to informing vulvas because, after all, we're talking about their

While those who comment on my posts appear to know their bodies, I receive a lot of private messages that tell a different tale. People tell me about total absence of pleasure, fear of pain and even total lack of interest when they find themselves alone. Masturbation and self-exploration – which for practically everyone – are, in reality, far more

BLISS CLUB

lots of people don't like touching their vulva/ vagina, reached orgasm on their own or with someone else, themselves but never further than the outer vulva and all have our own way of getting to grips with our nothing abnormal about it, it's down to personal shocks. The most common is that these individuals have one they are all hetero and often leave it up to those with the care of their pleasure. Often in vain, since while just shove it inside their partners they are no better the secrets of our genitalia than we are, and as we ourselves... Everyone just keeps going round in circles.

All too often we wait for the other person to pleasure the right button. But that's like expecting a three-year-old to build a 1,000-piece Lego construction. Unless they are very hard slog.

So listen, we have the right to dislike flicking our bean! But, there's nothing to be ashamed about in that. Let's face the idea that our anatomy is disgusting. Our vulva is proof, it houses the only organ 100 per cent dedicated to the clitoris. Yup, this little gizmo, shaped like a cork, is the kind I mean – with arms.

We can't just ask any Tom, Dick or Harry to pleasure to orgasm if we've never taken the time to understand down below. This fact hit me like a bombshell when I had been waiting all my life for a lover who lived while all the time that lover was inside me. I had myself the best time ever! Self-exploration at last a charge of my pleasure, to understand my body and better and guide my partners. Warning: this is not another pressure to people with vulvas because responsible pleasure mustn't only depend on this reassessment. Your partner must also do their own research; for example instructional porn. It's good to guide someone but someone who's done their homework and is interested

SAY HELLO TO YOUR BITS

And

what

70

we

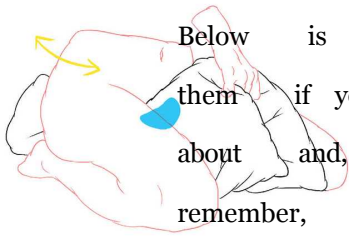
stopped

faking

it?



It's high time we took our pleasure seriously and therapeutic effects. If self-exploration gives you a better understanding of who you are, it's also a way of learning to love the time to pamper your body just like we do through and healthy eating. Giving yourself pleasure is a form of it's about learning to love and accept yourself and knock-on effects.



Below is a series of ideas that have been adapted to them if you want, avoid overdoing anything you're about and, above all, don't reproach yourself if it does remember, it's YOUR body!

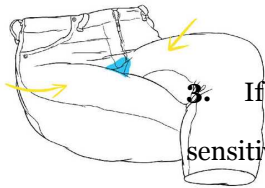
71

1. Start by looking at yourself in
know your vulva. You could give things
Vulverino... something along those lines

2. For indirect contact

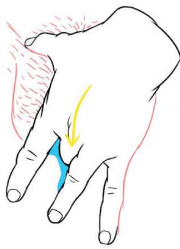
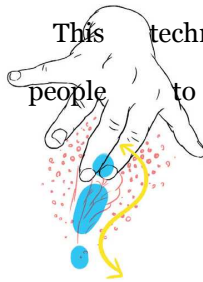
through your pants
against a pillow
shower head set
or unscrewed (more

SAY HELLO TO YOUR BITS



3. If you don't want to touch your clitoris because it's too sensitive or painful (it can happen), try contracting your pelvic floor muscles.

Imagine using your vagina to suck your underwear from peeing. This technique indirectly stimulates the clitoris and can bring some people to wonderful orgasms.



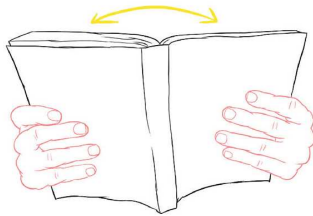
There's also **the technique**. It's a technique where you cross your legs and wiggle your feet until you've got a strong urge to pee. With crossed legs, your pelvic floor contracts, which stimulates the clitoris if you lie on your back.

4. Explore the **outer part of your vulva** with your fingers, touching the outer and inner labia, stroking the head of the clitoris and the shaft, take a tour of the vestibule.

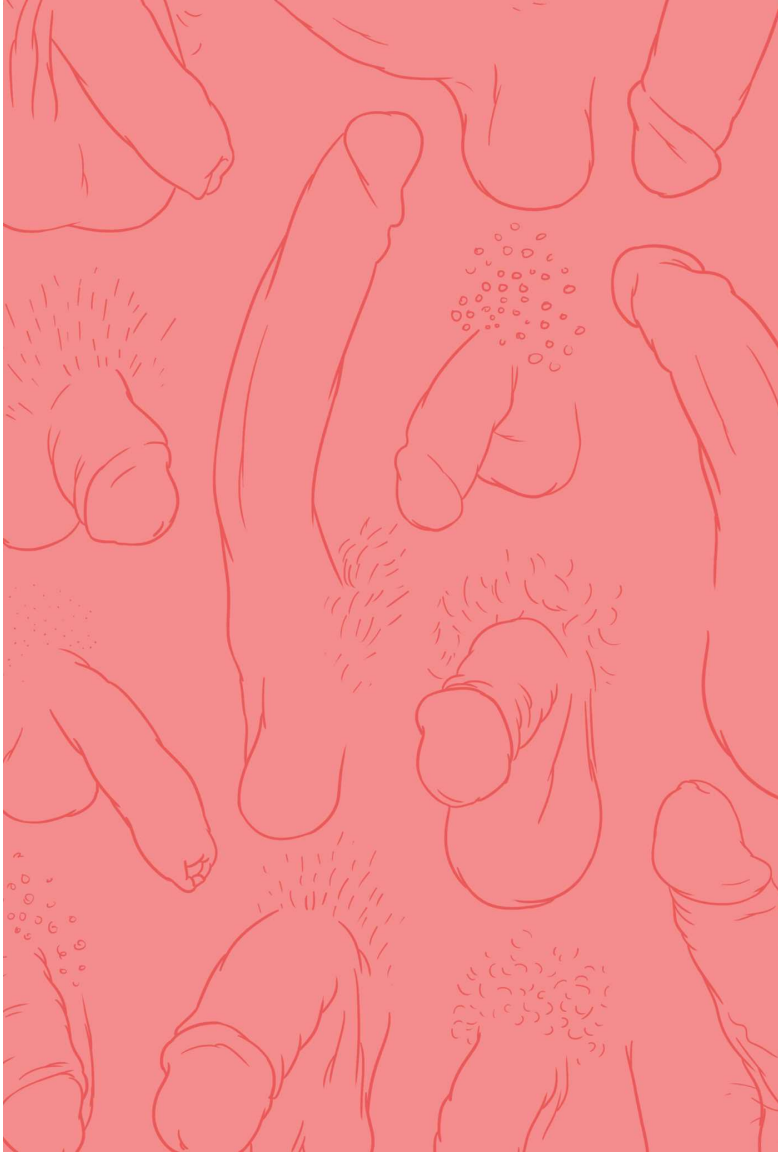
5. Explore **inside** **your** **vag**
your fingers and moving between the different
pleasure zones.



6. Exploring as a couple is a great alternative
don't like using their own fingers. Guide your partner, explain
what you can feel and ask them what the pleasure
the touch. Guaranteed to give you maximum connection



7. Lastly, read up about it. There are masses
nowadays on the subject.





THE PENIS UNCOVERED

*If you have a penis, know
cock, tail or dick, this
chapter talks about you*

Whether you are a man

*a woman, intersex,
non- binary or other...*

There are dozens of dos and don'ts when it comes to sex. Some must be big, really hard and stay that way, be reactive and especially penetrate! Porn gives us a good time but it also **which can sap our confidence and beliefs in our own pleasure** that of our partners.

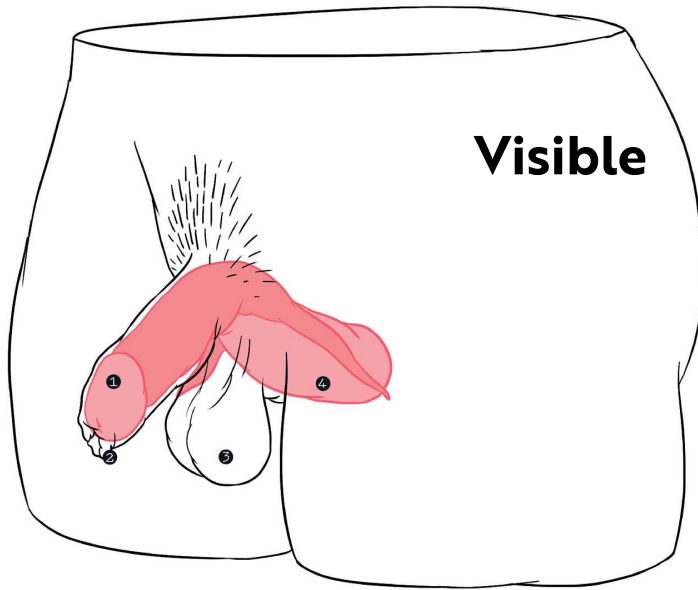
Porn also doesn't really show us the spectrum of penis sizes or performances. All we see is large, straight, perfect heads. On average, we're told, the ideal penis is 5 inches long. People fantasise about huge, imaginary dicks. They go their way into a little pussy. But where are the smaller ones, the bent ones, the slimline ones and those ⁷⁶ thinner than their shafts... they're scoffed at and scorned. We insult people by calling them 'weenies'?

Supposedly the person with the penis does the penetrating and the person without isn't penetrated. If the opposite were to happen, the person without a penis would be 'submissive'. We still like to say a man has 'got it' and a woman has 'got it'. Sometimes, we say the same about a woman to co-opt the idea of a big achievement. Alas, we all know that virtues such as courage, heroism by definition are so-called 'male' attributes (hmmmm). There are women who also have testicles (yes, I'm not kidding).

trans women here) for whom such attitudes are p
overlooking them as human beings. Why? Because
a penis and dress as a woman are insulting manhood.
person with the best costume at the fancy dress p

Femininity is not for losers, for God's sake! Yes, s
get upset...

Do you have a penis? Then you are allowed to cry,
dresses, not to get an erection and to be a woman.
are entitled to stick two fingers up at what the patriarchy is asking
you to be.



on the outside

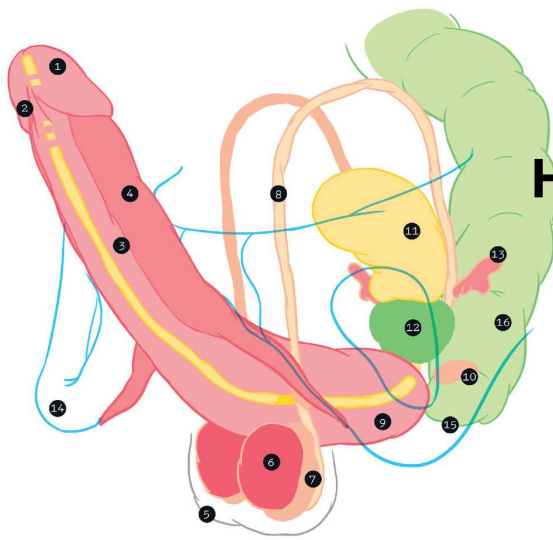
① Le

② Le

③ Le

④ Le

SAY HELLO TO YOUR BITS



Hidden beneath

1 The head

Protected by the foreskin when the penis is at rest. If the penis is erect and the foreskin is retracted, the head is exposed, even when the penis is flaccid.

2 The frenulum

Fold of skin connecting the base of the foreskin to the underside of the head of the penis.

3 The corpus spongiosum

Located under the corpora cavernosa, this part of the penis contains the urethra. The spongy body has two 'bulges' at the base: the bulb of the urethra at the front and the bulb of the perineum at the back.

4 The corpora cavernosa

These are located on the underside of the penis length and slightly inwards. Like the clitoris the the penis columns that are attached to the pelv



5 The scrotum

Homologous to the outer lips, these are the testicles (and keeping your nuts cool!).

DID YOU KNOW?

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The seam along with skin of your nuts is called the 'raphe'. It's the remains of what would have been the edges of your outer lips had you been born with a vulva. Now that knocked you for six, didn't it?

6 The testicles

We all know someone who knows someone wh

7 The epididymis

Attached to the testicles, it allows the sperm to make these little critters to the vas deferens.

8 The vas deferens

The sperm duct. Its content plus a small amount from the epididymis is propelled towards the prostatic urethra during ejaculation.

9 The bulb

Part of the corpus spongiosum that bulges above the body, under the skin running from the scrotum to the urethra. It's homologous to the vestibular bulbs (or clitoris) in females. Not the perineum, however, beware!

SAY HELLO TO YOUR BITS

10 The bulbourethral glands or Cowper's glands

They are homologous to the greater vestibular glands, remember, that produce a lubricant 'pre-seminal fluid' (or pre-ejaculate) but in reality it's a lubricant that is discharged as soon as one is aroused.

11 The bladder

Whatever.

12 The prostate

The size of a walnut, it produces a fluid that contributes to semen.

13 The seminal vesicles

They⁸⁰ secrete the liquid that is the largest constituent of semen. They are activated just before ejaculating.

14 The pelvis

Great for dancing the macarena.

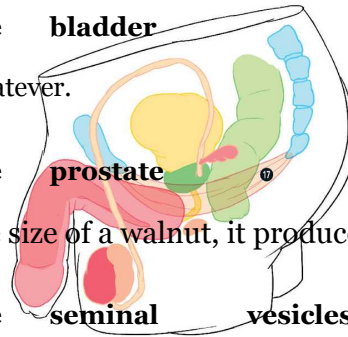
15 The anus

Rhymes with uterus but they're quite different.

16 The rectum

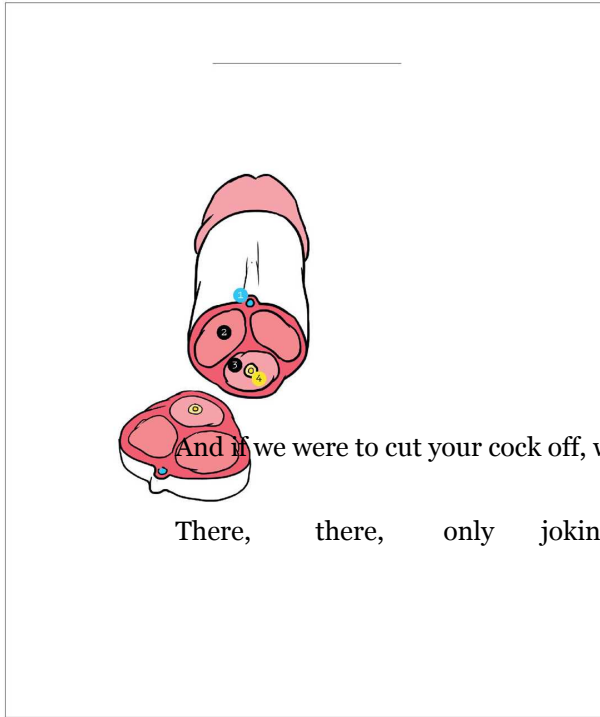
No, it's just for pooing.

17 The perineum



Group of very practical
muscles with multiple uses,
especially important for
maintaining a good erection.
It features strongly with tantra
experts. By contracting it you
can feel hitherto unknown
sensations.

BLISS CLUB



THE DORSAL VEIN

And if we were to cut your cock off, what would happen?

There, there, only joking...

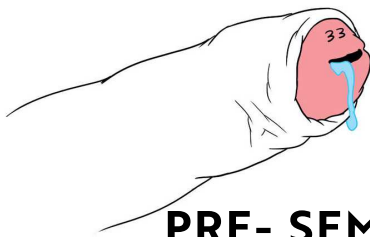
81

- ① The dorsal
- ② Cavernous
- ③ The spong
- ④ The ureth

Are you limp? The dorsal vein can help restore your

do is press down on it to cut the circulation: without
blood will engorge your dick. And hey presto, it's
You can also get hold of a cock ring; you might get

Everything you want to



PRE- SEMINAL FLUID

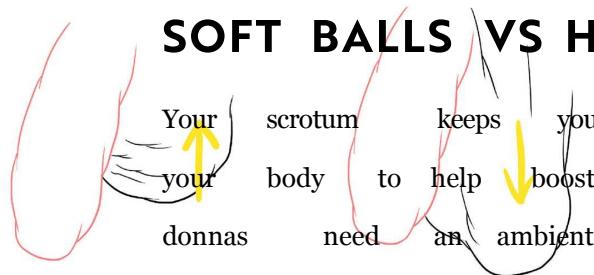
This fluid is secreted by the bulbourethral glands (Cowper's glands)

when the body is aroused. It's more or less comparable to what's more, it has the same function since it facilitates penetration and, incidentally, clears the urethra of urine.

It's transparent and there is more or less of it individual.

It's not supposed to contain sperm but these little in the urethra and end up in the pre-seminal fluid. So if you're not wanting to impregnate Widget, I strongly advise making love without any protection. And there's nancy. Too bad.

SOFT BALLS VS HARD BALLS



Your scrotum keeps your testicles at a slightly lower temperature than your body to help boost the production of sperm. Men need an ambient temperature of 34° C (93° F). This is why the skin around your balls (aka the scrotum) retracts away from your body when it's warm and relaxes when it's cold. Nature's design is marvellous, isn't it?

DID YOU KNOW?

I'm sure you know that a woman with an excessive
be called a 'nymphomaniac'. This term is very widespr
bandied about and used pejoratively.

But do you know the male equivalent? I bet you don't
because a man who loves sex is simply... a man. I
hypersexuality does have its own name: it's called
while I've got the floor: 'I'm talking about you, patriarchy!'



SEMEN

Semen is made up of a mix of sperm contained in the epididymis and the vas deferens and secretions added from the seminal vesicles, the prostate and the bulbourethral glands.

In brief, it's a real mess. But take a look at this pret



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Sperm

Pre-seminal fluid (bulbourethral)

Prostatic fluid (prostate)

Seminal fluid (seminal vesicle)

On top of its reproductive role, sperm is believed to have various virtues. Myth or reality? Perhaps we'll never know...

Antidepressant

According to some research, semen is a natural antidepressant. After unprotected sex and whichever orifice is used, this friendly releases serotonin and melatonin that both relieve

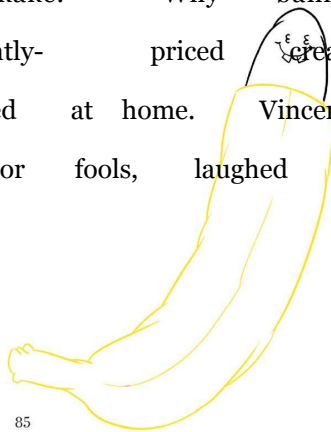
Feeling down? You know what to do... A bowlful of semen and all will be well again!!



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Anti- ageing

Semen contains spermidine, a compound known to delay cell ageing. It's supposed to be excellent for hair and skin – applied as a mask – and in bukkake. Why bankrupt ourselves buying exorbitantly-priced creams when we've got what we need at home. Vincent McDoom told us and we, poor fools, laughed in his face!



85

THE HONOUR IS YOURS

I can see you bearing down like a ten-ton truck,
Oojamaflip to ingest some... Just because it's good for you, however,
doesn't make people want to take cod liver oil or
in snail slime. Well, the same holds true for semen.
then we'll talk about it later, old cock.

CIRCUMCISION AND JOHN THOMAS' S

Sometimes the foreskin, even in adulthood, has difficulty retracting

and doesn't fully expose the head of the penis leading to dif

during sex and sometimes causing pain. It's called

first thing to do if you're affected is to seek medical advice.

doctor will be able to say whether circumcision or

alternative to circumcision that leaves the foreskin i

But don't panic! Everyone who's been circumcised

answer the question on everyone's lips: 'I guess y

feeling any more, right?'

There are no hard and fast rules. Some people find their sensitivity has decreased; others remark that it's better than are those who experience no change; and others from rubbing (but that's rare). In any case, most i traumatised by circumcision and do well.

What they do notice, however, is that they often lubricant.

Stop right there!

CONTRACEPTION, THAT'S FOR JERKS,

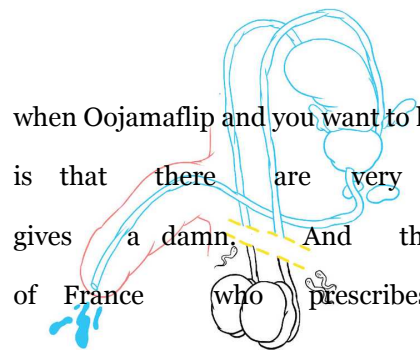
Methods of contraception designed for people born find much favour because of their side effects. So, naturally, individuals turn towards those born with penises so they, this responsibility. That's right, isn't it, contraception business!

But what are the options?

The most tried and tested solution that has proved is the condom. It's practical and can also protect infections, have you heard of it?

The pill is still in test phase and so not fully fine-tuned for now. And it may never be marketable due to lack of interest.

The tight suspensory brief made to a special French *slip chauffant*) is an ingenious garment. It lifts the them closer to the body to increase their temperature (97 or 98° F), which resolves the issue with sperm. day and even if on day one it feels strange, you q it; if you think about it, it's a bit like a bra. You ju



when Oojamaflip and you want to have a baby. The problem, however,
 is that there are very few of them around since o
 gives a damn. And there appears to be only one d
 of France who prescribes them for now...

For more information in French go to <http://boulocho.fr>

And then there's a vasectomy, more commonly carri
 who are sure they don't want children or have a

A vasectomy consists of tying the vas deferens to getting you know where. It's done under local anaesthetic. PRESTO, in 10 minutes flat it's done, pain-free and it won't have any effect on your erections going forward. You can always ask your doctor to arrange for your semen to be frozen in an accredited facility. Your seed could then be kept for between thirty and thirty-five years!

Also, you can ask your GP to carry out a 'semen analysis' to check your fertility. That can be useful.

The bottom line is that there is no sufficiently developed method of contraception that can be considered 'risk-free' compared to the condom and so you're off the hook for a while longer. Let's hope that changes...

SAY HELLO TO YOUR BITS

PROTECTING YOURSELF AGAINST STIS

(It is possible to put a condom on without losing pleasure.)

A few reminders to avoid STIs:

- You must wear a condom, whatever your orientation;
- It's important to keep up-to-date with vaccinations;
- If you're someone who snorts or injects, check your equipment to make sure it hasn't already been used by anyone else.

⁸⁸ Lots of you don't like using external condoms because they can make you lose your erection or have decreased sensations. The main reason for running the risk of catching STIs or passing them on are indispensable, however, in order to protect yourself from these infections and offer one of the best methods of birth control and all your conquests will appreciate that you don't shirk your responsibilities.

If condoms are uncomfortable, perhaps it's because the size isn't right for you. The condom must be tailored to the penis. To find out whether it's the right size, you need to be able to insert your thumb and index finger. If it creases, then it's too big for you.

The length of your penis has nothing (or hardly) to do with how you choose your size; it's actually the circumference you need to bear in mind because if a condom is too tight and if it's too loose it might tear or slip off and end up inside I don't know who or what. In any case it's up to you to choose your size. Your partner can't guess your size.

To get the perfect fit, you'll find a wide choice online. It's like going for a made-to-measure suit and I can assure you there's a difference in terms of sensation!

Some sellers and brands offer a small simulator to help you find the

ideal fit. All tastes are catered for and there are even condoms for people allergic to latex!

If you have no option other than to buy your condoms from a pharmacy, the choice will be somewhat limited because there are only three sizes (S, M, L). What's more, not all brands follow standard sizing. And just to make it even more complicated, it's the width of the condom that is factored in, and not the circumference or diameter of the penis (that would have been simpler to understand, short, it sucks and it's hardly surprising that everyone has been frustrated trying to find the right size. You get the picture, shop-bought

condoms are not made-to-measure but they will get the job done. Look closely⁸⁹ at the packet: the nominal width is always listed and if it's hard to find.

To find out what size best fits you, all you need to do is use a soft tape measure or a piece of string to measure the circumference of your penis when erect (the middle, not the head).

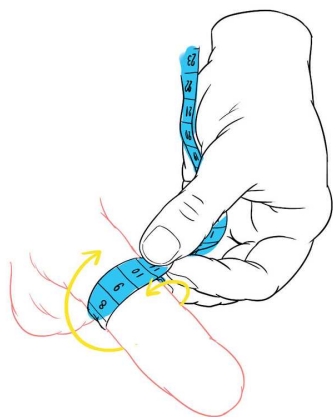
And voilà! Look at the table on the next page to find the (approximate) nominal width you should choose in the shop.

For anal sex, an internal condom can also help! You

from your GP, a family planning centre (free), a sex shop

For carefree analingus, dental dams are an excellent way
yourself. Again, you can get them from family planning
shops and on the internet. You can also use an external
make a DIY one if you haven't got a dam to hand.

Lastly, latex gloves, as well as being black and cool, are a
hygienic fingering/fisting. You'll find them in sex shops, pharmacies,
online and in hardware stores (yup).



SAY HELLO TO YOUR BITS

CIRCUMFERENCE

(mm/ in)

WIDTH

(n

< 102 (4)	45- 47 (1.7)
103- 114 (4- 4.5)	48- 49 (1.8)
115- 119 (4.5- 4.7)	50- 51 (1.9)
120- 124 (4.7- 4.9)	50- 51 (1.9)
125- 130 (4.9- 5.1)	53- 54 (2.0)
131- 140 (5.1- 5.5)	55- 58 (2.1)
141- 147 (5.5- 5.8)	58- 60 (2.2)
148- 155 (5.8- 6.1)	60- 64 (2.3)
> 155 (> 6.1)	64- 69 (2.4)

Problem?

What problem?

ERECTILE PROBLEMS AND PREMATURE EJACULATION PROBLEMS...

For starters, it's important to talk about it with a doctor. If the problem is not due to a physical reason. They will be able to identify the problem if there is one, and prescribe you suitable treatment. A physiotherapist could also help you train your perineum.

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If things are pointing more in a psychological direction, the next chapter is for you. You've probably heard again and again that to please your partner you have to perform, keep going for a minimum of twenty minutes... But the average duration of coitus ranges from between 2 and 10 minutes! If you are ejaculating prematurely. More than 10 minutes is a perk. And when it starts hurting, it's overkill.

Vulva owners have also often been told that penetration is everything. Grail and that a partner who can't get it up probably

them. What a lot of pressure! Hardly surprising that they develop problems linked to their penis....

We've also been told time and again that everyone can achieve orgasm thanks to the penis. That is wrong for most of these individuals. Climaxing through the penis is certainly possible but it's the exception rather than the rule. It ought to take some of the pressure off.

Moreover, it would appear that lovers like you are handicapped. Indeed, not being able to use your penis like a porno star is a lack of creativity. Your hands are able to do an infinite variety of movements

SAY HELLO TO YOUR BITS

that all the penises in the world could never match.

isn't it, to see someone being pleased? It definitely gives me

hard- on...

Yes, alright, you want to use your cock, I understand...

to it.

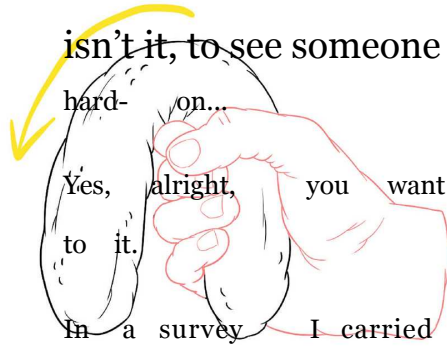
In a survey I carried out, respondents who manage

problem out almost all wrote to tell me the same thing

hold on tight, it'll blow your mind away... They

deal of pressure to pleasure their significant other and end

communicating with them!



Without being exhaustive, here are some avenues to
erectile problems:

- The very fact of being able to put it into words,
the problem lies, allowing oneself to be reassured
their significant other has resolved matters for more than one person!

Of course, you need an understanding partner who

– Going to see a therapist/ sex therapist can be a great medicine, such as acupuncture and reflexology, can also help.

– Dysfunction can also stem from watching too many porns primes your brain to get excited by an ‘extraordinary’ when you find yourself in an ‘ordinary’ situation with an ‘ordinary’

person your mind is disappointed and your genitalia switch

If this is happening to you, maybe it's time to stop watching porns for a while and concentrate on reality. Nothing stops you from going back to them when you are the master of your

– Do not hesitate to change position if you feel premature ejaculation. Stop the semen from coming by pressing down on the base of your ⁹³ penis. You can train yourself to hold back using an artificial vagina. There is a variety to suit all budgets.

– Take breaks to spend time on Oojamaflip. Why not bring your partner to orgasm before yourself with your hands or your mouth? Don't let the pressure to please them at any cost? And ask for more attention to your body, which is an often-neglected part of sex as this will reduce the pressure on your penis.

– Sometimes, it's the partner who is bringing on uncaring during intercourse. The idea is to talk about it with them, or even find a different partner and enjoy a less toxic relationship.

– If you can't ejaculate, think about things that you need to know that your mind is elsewhere and there with thinking of something else to give yourself a head of people do it!

– Drug and alcohol use can put the brakes on your reducing or stopping your consumption if it seems

What you need to take from this, when all is said your partners don't give a damn that you can't penetrate as you manage to pleasure them in other ways. The tips in this book are here for that purpose, too.

SAY HELLO TO YOUR BITS

Making

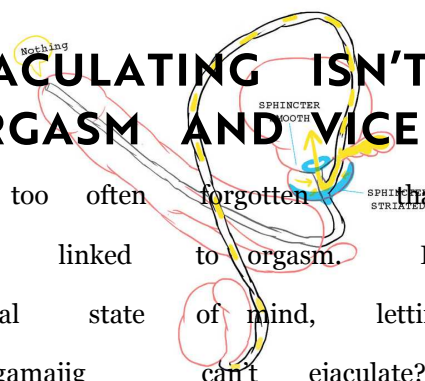
love

with

94

your

hands.



EJACULATING ISN'T THE SAME AS HAVING AN ORGASM AND VICE VERSA

It's too often forgotten that ejaculation (for both sexes) is not necessarily linked to orgasm. In fact, reaching orgasm is a mental state of mind, letting go... Ejaculation is a physical process. Can't ejaculate?

Not a problem... it doesn't mean that they're not having an orgasm.

Yup, you can climax without ejaculating!

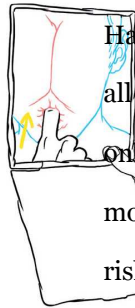
It's called 'retrograde ejaculation', which means that the semen, under pressure inside the part of the urethra running through the prostate between the smooth internal sphincter (at the bladder end preventing urine from getting mixed in) and the striated sphincter (at the exit of

the prostate), travels up into the bladder on ejaculation because the striated muscle is contracted and the smooth one opens. It gets evacuated and the person pees.

There's another technique called 'injaculation' which involves pressing the bulb of the penis (the bulgy area located between the scrotum and the anus) on reaching orgasm to block the flow of semen. This allows Widget to have multiple orgasms one after the other and to make them more intense... There's more information online if you're interested.

Know yourself

SELF-EXPLORATION OF THE PENIS AND

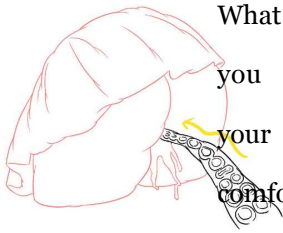


Has it been a while since you got out of your comfort zone? We all got our little habits and it's hard to shake them off once we've hit

on something we enjoy. The problem is that it can become monotonous and the delight of a hand job we all risk of becoming a mechanical and bland routine.

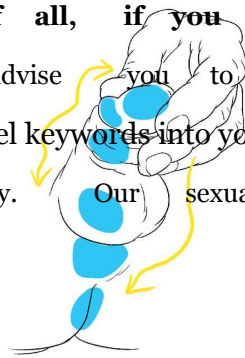
types of porn, having sex or jerking off in the same way, etc... it's like

eating the same dish, day in, day out: it's super boring



What I suggest you do, for starters, is create an atmosphere for you at ease: candles, music, ASMR videos or 4 your favourite ear porn... Or perhaps, nothing. Just be comfortable.

1. First of all, if you like porn and it's beginning to affect your sex life, I advise you to decrease your consumption. Type some novel keywords into your search engine and try to find a new fantasy.



Our sexuality is bound to evolve over time. What you enjoy at 16 has little to do with what you get up to at 25. Your desires just take a change of shape. Your desires have altered. You're not ashamed of something anymore. You're on because, hand on heart, you have unmentionable fantasies you want to try them out in real life. They're a means to achieve your choice.

2. Start by touching the tip of the penis, then gradually work your way down taking

care not to forget any parts. Notice that certain areas are more sensitive than others.

Try stroking yourself differently, more gently, perhaps by caressing your body, your nipples or whatever turns you on... Be creative and alternate movements, rhythms and change 'equipment' (for example, use a feather, a vibrator, sea salt crystals – only joking, don't do that), etc.

SAY HELLO TO YOUR BITS

Try to identify all your erogenous zones, one at a time. Don't be scared to insert your fingers in places you've never dared to explore.



Yes, I mean your butt. You're alone and no one's watching. Start by stroking your anus, and, once you're relaxed, insert a finger or a mini vibe (you can get lipstick-sized ones that are perfect for your novice backside).

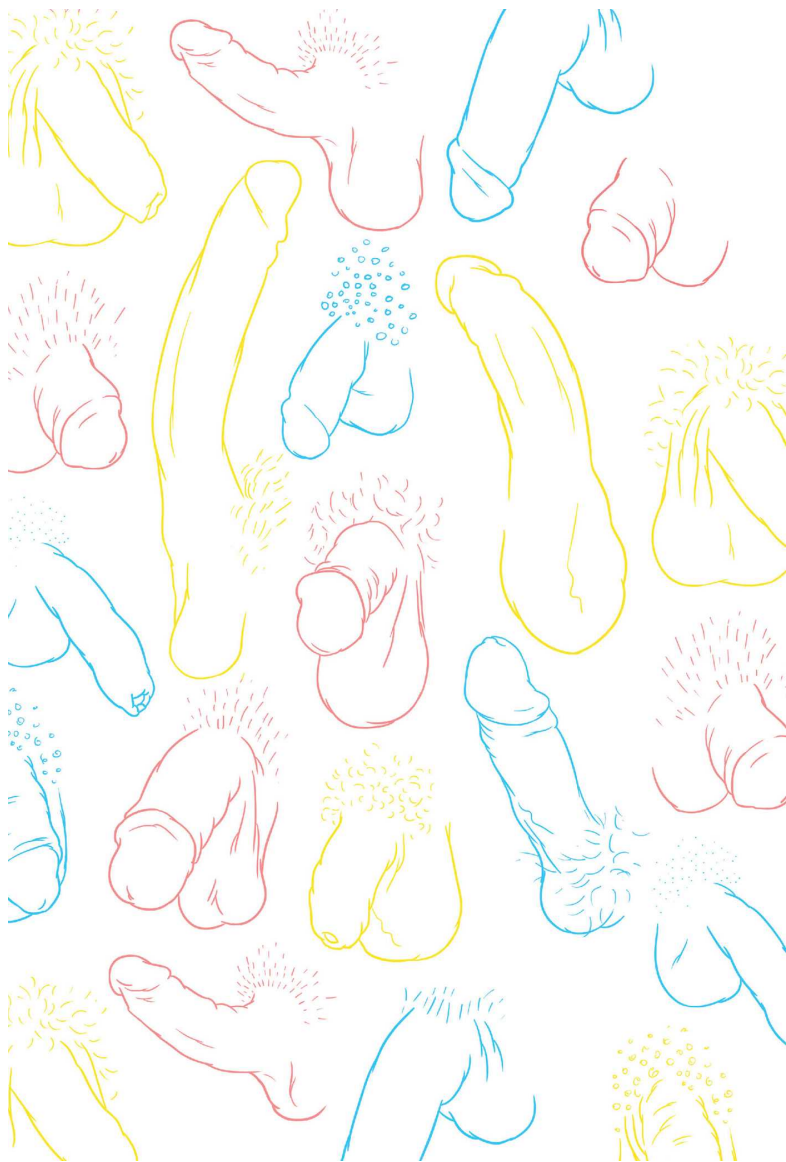
It might not appeal and you're under no obligation, but if you give it a go because you're worried about calling your sexuality into question, then you're making a mistake. This isn't only for gay men and women and it's not a 'gay thing'. Get those loathsome thoughts out of your head and explore your butt (I'm so witty).

3. If you don't want to discuss it with your partner, be pleased to join you in this journey. Take a moment to think about your going, your fantasies, fears, and sure there's a real exchange that's non-judgemental. If Oojamaflip or you don't feel ready to indulge, tell them so. Don't force them to

set in stone. Our sexuality is
remember? But let's get back
hand. Ask them to touch you
to try out something new.

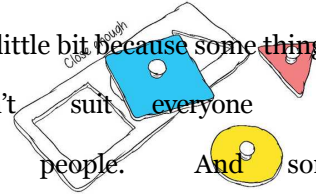
concentrate on your genital area. You could also both try to find some
of your erogenous zones through caresses, tickles, and
so on, from head to toe. It might represent a major
your relationship and the closeness will bind you

SIZE DOESN'T MATTER!



BLISS CLUB

Well, yes, a little bit because some things do fit like a glove. A large cock won't suit everyone and a small one might be a for some people. And sometimes it might just be a up to the fact that our anatomies are incompatible, one person feels nothing at all. Incompatibility shot you; it doesn't mean your sex life is over. Indeed, has nothing to do with being a good lover, it's how creativity, attentiveness, imagination, your hands used dextrously, will make you a good lay.



YOU ARE ANIMALS

In the Kama Sutra, the size of our genitals is matched with an animal. There are three from the smallest to the largest and each combination compatible. For example, a hare might have a less with a horse. Explanation:

For Widget, your category depends on the length of its narrowness.

Doe:

up to 9 cm (3.5 in)

Mare:

10–12 cm (3.9–4.7 in)



For Thingamajig, it's the same, except I get the imp
circumference hasn't been taken into account.



+

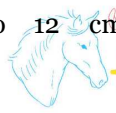
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Hare:

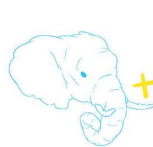
Bull:

up to 12 cm (4.7 in) 12- 16 cm (4.7- 6.2 in)



+

=



+

=



I don't know if the size of
the pussy is calculated at
rest or aroused... because
the vagina extends consid-
erably, depending on the
level of arousal.

Well, this generation
should also be taken with
a pinch of salt since there's

nothing scientific about it
and also because a horse
could have the circum-
ference of a hare and vice
versa... and the same is
true of fannies...

SAY HELLO TO YOUR BITS

Nobody

will

fuck

you

the

person

w

enjoys

making

you

come.

OK,

shall we fuck?

103

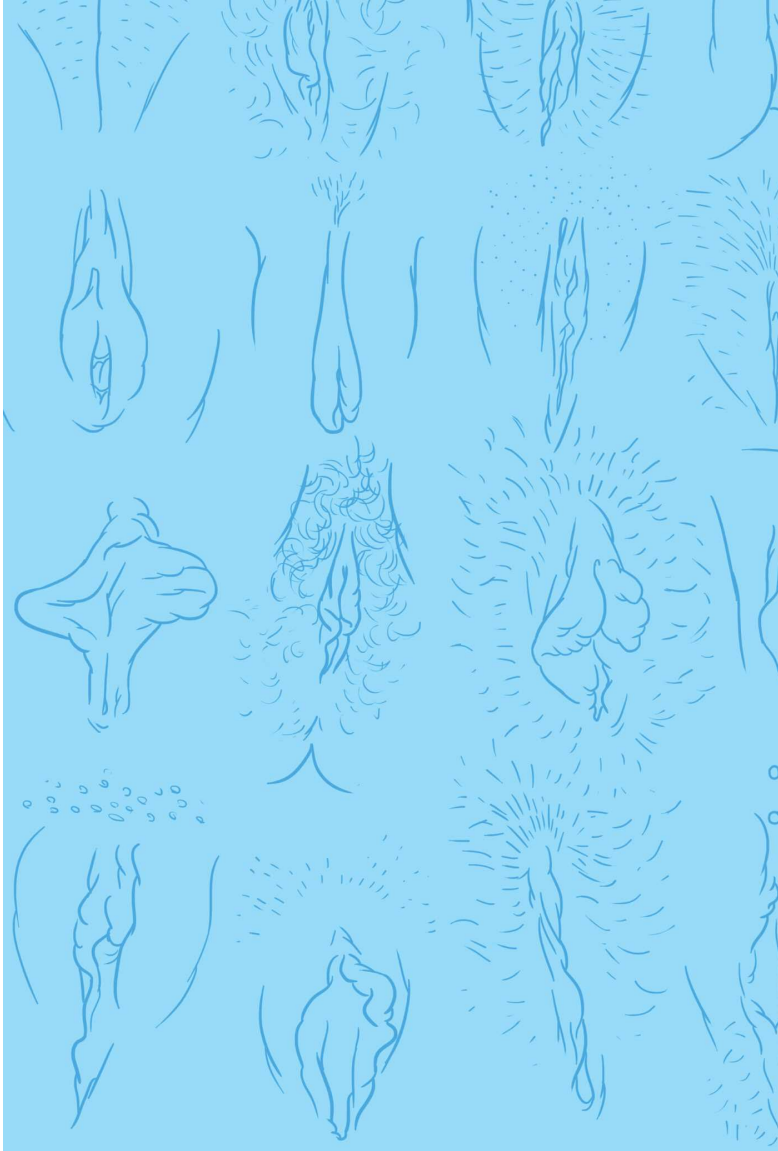
MAP OF OUR PLEASURE ZONES AND II ADVICE

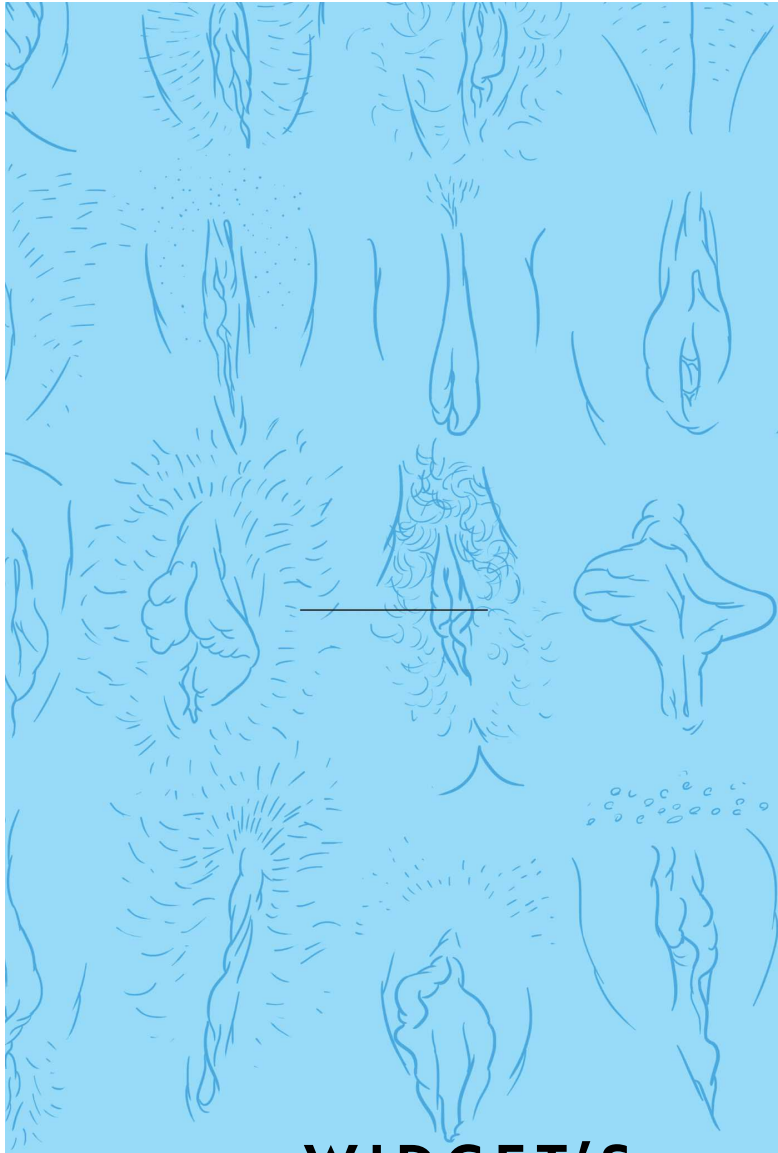
I'm so excited you've reached this chapter! Because
pleasure, fun and creativity. It's my favourite chapter

my butt off to write it. You'll see that I've reused the anatomical drawings from earlier but with slight modifications: the blue areas

give pleasure. Now, obviously, we're not all made the same: some zones do nothing for you or you've got an areola that's crazy that doesn't feature here.

The idea is to get to know all your own pleasure zones and those of your partner so you're aware of the whole range of sensations, movements and creativity.





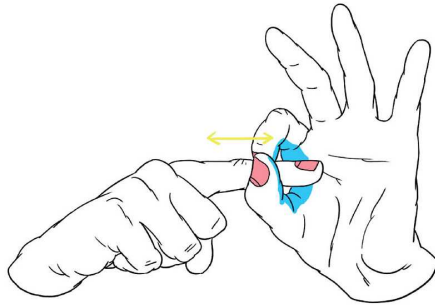
WIDGET'S

PLEASUR

ZONES

Boom, cha cha cha

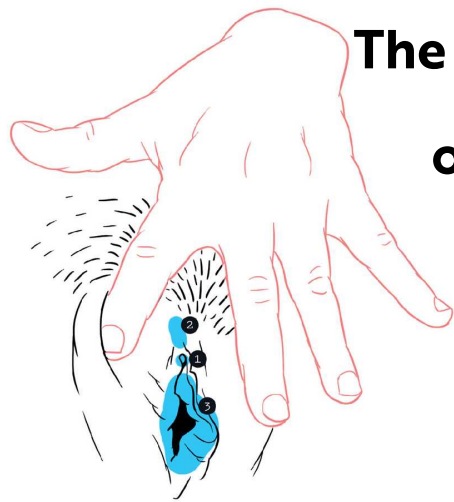
OK, SHALL WE FUCK?



It doesn't just boil down to the vagina and the clitoris. If you go looking for them, there are all sorts of other erogenous zones, often linked to the clitoris, which is – let's not forget – entirely devoted to pleasure. So we can thank it for helping us achieve amazing orgasms and make penetration more enjoyable. There are other erogenous zones and touching them can be enjoyable and even bring some people to experience

orgasm. If we don't always know where they are, penetration doesn't allow everyone to find them and our hands offer infinitely more variety. It's lovely for couples to find out just many zones they each enjoy. And when your body has any secrets for you, then you'll have plenty of material for the lucky person who shares your bed.

You might not find all the areas on the next diagram and some might be uncomfortable to the touch. Fortunately, as the body's desires and sensations change and therefore your genital area still has plenty of surprises in store for you.



**The 12 pleasure zones
of the clitoris and
its surroundings**

OK, SHALL WE FUCK?

❶ **The head** (external stimulation)

It's the NUMERO UNO for orgasms. Some people find it very pleasurable when touched; it has a sensitive nature.

❷ **The shaft** (external stimulation)

It's shaped like a little straw underneath the skin. Some people prefer it when touched from person to person. Some people prefer it when touched rather than on the head of the clitoris for the reason that it's more sensitive.

❸ **The vestibule and the labia minora**

The vestibule is the ideal place to stroke because it's very sensitive. When you run your finger around there activates Widget's lubricant. Look carefully at the illustration and you can see four small dots. The upper ones are the Skene glands (ejaculate); the lower ones are the Bartholin glands (contributing to the lubricant).

As for the inner lips, they are also extremely sensitive. Some individuals. And remember, don't leave anything out. NOTHING!

❹ **The entrance to the vagina** (internal stimulation)

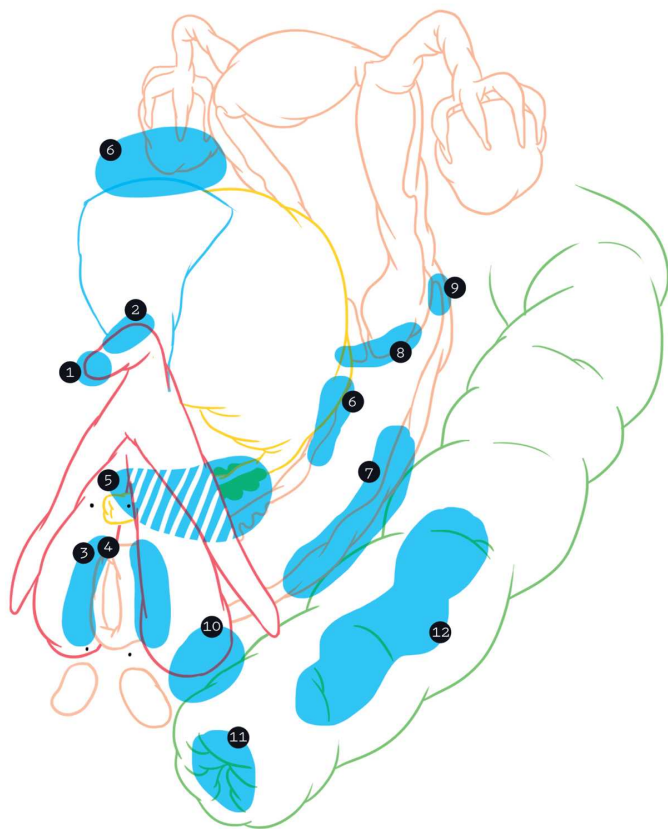
The entrance to the vagina is tucked away between the labia minora and where they meet, which makes it especially sensitive.

The textured area (G spot)

5 In reality, this area is less interesting (internal stimulation) than its location in the anterior area of the lower vagina and is a few fingers wide. What gets stimulated is the meeting point of the clitoris and the paraurethral glands. The rough skin serves as a point of reference.

6 **The squirt area/ anterior part of the vagina**
(internal stimulation)
Smooth to the touch, it's located below the pubic pelvic bone. This is where to stimulate to obtain squirts. You'll know you've found it when you feel your finger move through Widget's lower belly. Like Sigourni

BLISS CLUB



OK, SHALL WE FUCK?

With the anterior zone, well, it's the same as for without the Alien fantasy. Depending on how partner's cock is angled, your bladder will be steep? That's normal so remember to go beforehand embarrassment. If the urge continues then you point of squirting (like in the films).

7 The posterior area of the vagina (internal

This is a thin, smooth wall separating the vagina. It's located between the entrance to the vagina a really interesting zone because when stimulated it's a ¹¹⁰ different sensation to that felt by straightforward penetration. I think it's hard to reach with a penis, unless a 90 degrees. It's better to use fingers.

8 The cervix (internal stimulation)

It can be stimulated by deep penetration of the penis or a dildo. Sometimes it can be painful (like perineal) unless Widget asks you to apply more pressure.

9 The fornix (internal stimulation)

Stimulation here feels pretty cool when the vagina is aroused. If it's hurting Widget, perhaps you're penetrating too deep.

they're anxious, don't feel like it, have a retroverted something else that needs to be checked out by

⑩ **Nugget** (internal stimulation)

Located at the lower end of the vagina on the the flipside of the anus.

⑪ **The anus** (external stimulation)

It's wonderful.

⑫ **The rectum** (internal stimulation)

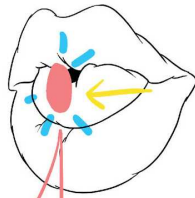
Excellent.

BLISS CLUB

THE PUSSY:
111
A USER'S MANUAL

What dexterity...
Do you play the piano?

OK, SHALL WE FUCK?



Rat- a- tat- tat?

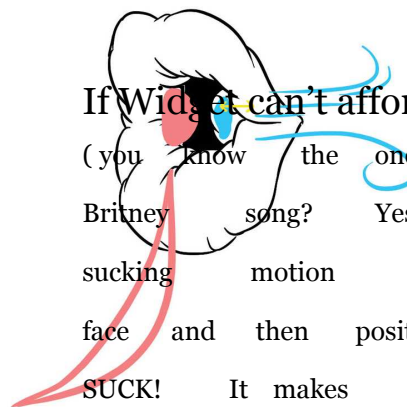
Pursing your mouth, move your lips towards the tongue to gently tap the top of the clitoris. Up to you speed. Think of yourself as a multi-speed sex toy.



HEY, PUSSY, NO NEED TO APOLOG
IF YOU'RE NOT SHAVED.

It's your body: your rules. No one can tell you it's ug
don't give a flying fuck about what others think. If you no longer want
to go through the agony of stripping out your hairs,
continue doing so, the decision is yours and yours

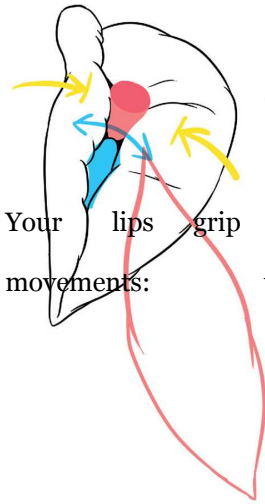
Duck face



If Widget can't afford the famous sex toy everyone's talking (you know the one, the clit suction device with the Britney song? Yes, think about it) you can try to sucking motion with your mouth. It's easy: start face and then position your pout around the clitoris **SUCK!** It makes an extraordinary sound of a basin really good. I think it's like having your cock sucked. around with suction using your tongue, sticking back in, to create a vacuum, all very swiftly.

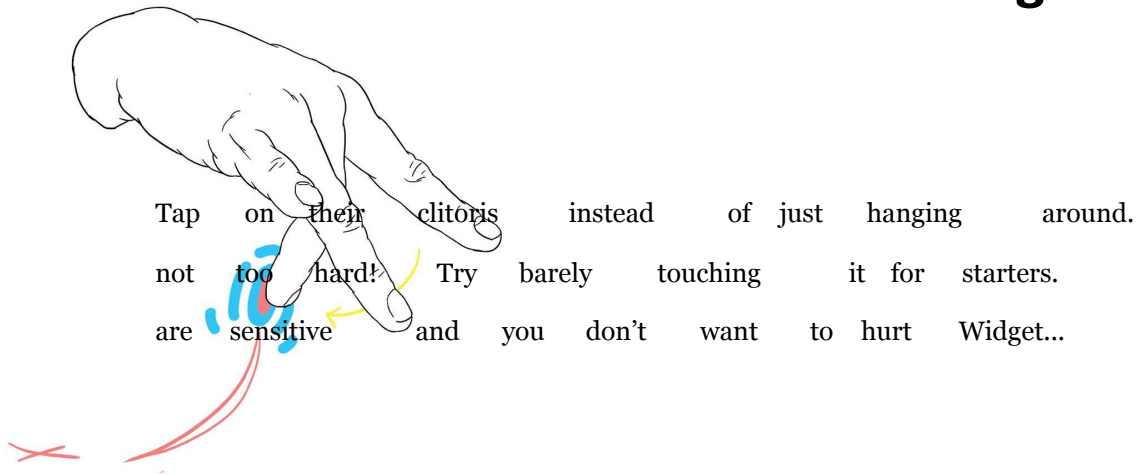
OK, SHALL WE FUCK?

Pinch me

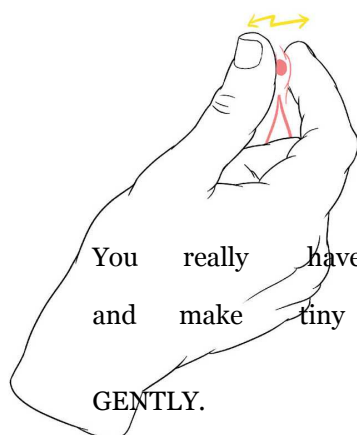


Your lips grip Widget's clitoris while your tongue is
movements: up and down or left to right, up to you

Rat- a- tat- tat (again)



OK, SHALL WE FUCK?

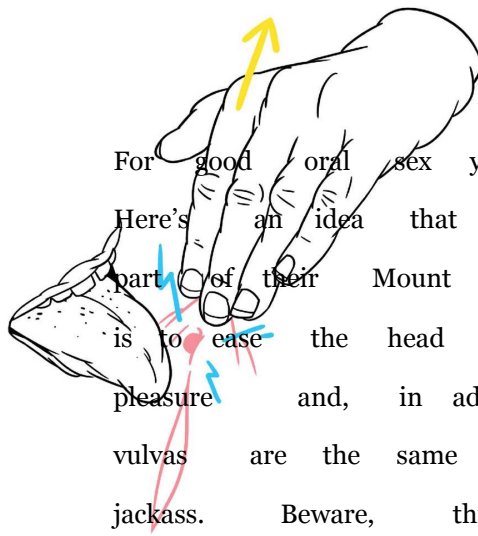


You really have to go at it gently, OK? Pinch the c
and make tiny jerking movements.

GENTLY.

Ding- a- ling!

What a pro!



For good oral sex you need to alternate your movement. Here's an idea that Widget might like: place your part of their Mount of Venus and draw the skin in is to ease the head of the clitoris out of its hood. pleasure and, in addition, you'll come across as a vulvas are the same so if the clit doesn't emerge, do jackass. Beware, this movement can hurt some people it often enough, COMMUNICATE!

OK, SHALL WE FUCK?



THE SECRET OF GOOD CUNNILINGU

Promising heading and designed to capture your know by now, there's no magic formula or any single it, but there are, nonetheless, some rules on which large agree...

Don't head straight towards the vulva or breasts.
more exciting than a lover who knows how to tantalise
whole body is a playground that lends itself to caressing
is everything. So have fun circumnavigating their
at them, playing with their feet, licking their ear lobe
takes to build up the tension. Because you know
Widget is far greater than the sum of their intimate

2

Caress their genitals. Lick the area around the clitoris
go too fast or apply too much pressure, especially
So for starters avoid stiffening your tongue or slobbering, unless you
feel Widget is keen!

3

Vary your movements and rhythm to stop their coming numb. If you titillate too steadily, Widget feeling anything. Simply switching methods can sensations.

4

Be creative, have fun! There are thousands of w someone. You can lick, suck, blow, pump, spit, nibble, finger, and so on. You can also use the end of your nose, your ice cube, hot or cold water, etc. Don't be afraid to out – always with your partner's consent, of course! some instructional porn and do your own research.

5

Show your significant other that you are enjoying yourself.

inclined, compliment them on their muff, their smell, their taste...

Don't be afraid to stop and admire their vulva. Lc with vulvas feel insecure when they reveal themselves few representations of their various shapes and sizes are ashamed of its appearance or smell.

6

There's one thing to be guided by: when you hear becoming more rapid, it's often a sign that they you're on the right track. Get ready to tantalise. V expects it, pause for a few seconds. That will probably and also increase their excitement. You can take up where you left off. Do this as often as you like. Right up to orgasm! B

OK, SHALL WE FUCK?

7

A couple of dextrously placed fingers during cunnilingus are often appreciated because they stimulate the clitoris from (Well, every which way!)

8

Be patient. Bringing Widget to orgasm may take a disheartened and think about enjoying yourself an Here, too, there are no rules and it might take minutes, or longer!

120

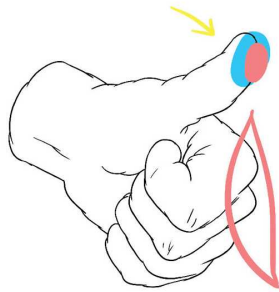
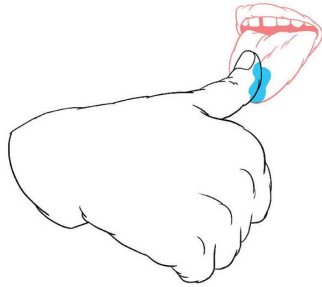
9

Communicate, for God's sake! My advice will count you don't stop to ask Widget what they like. And (it happens), then give them this book.

Thumbs! Let's continue.

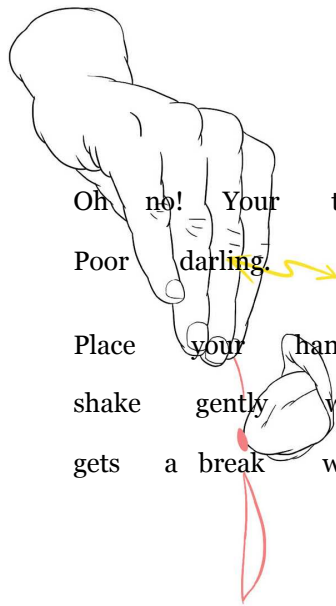
Lick your thumb and place it gently on the clit. Do
away. Leave them time to familiarise themselves
you intend taking your time to appreciate their vul
This is an extraordinarily beautiful gesture – yes,

BLISS CLUB



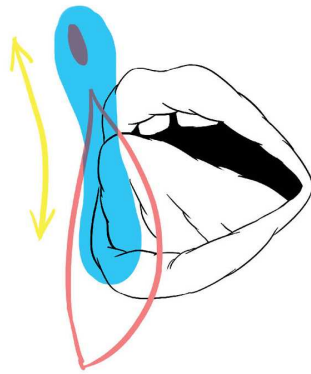
OK, SHALL WE FUCK?

Clit quake



Oh no! Your tongue's got a cramp and Widget still
Poor darling.

Place your hand on their Mount of Venus and make
shake gently which will indirectly move the clit. That
gets a break while you continue to pleasure Widget.

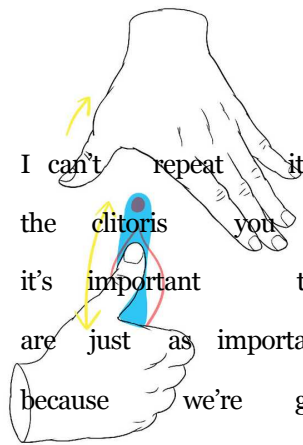


Let's vestibulate

No point concentrating relentlessly on their clit, giving
moving back to the vestibule. And come back. And off you go... AGAIN!

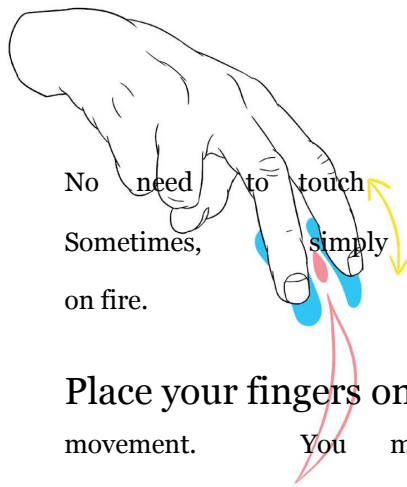
OK, SHALL WE FUCK?

**Wow, where did you
all that?**



I can't repeat it often enough but by spending too long on the clitoris you risk making it numb or even making it's important to alternate moves to create a longing are just as important as the main show. I'm just suggest because we're going to turn to the urethra/ entrance area called the vestibule. One hand is placed on the lightly ¹²⁴ stretch the vulva upwards and, for some people the clitoris emerge. Wet a finger of your other hand and make up and down vertical movements from the vestibule up to free to change the pressure: lightly caress it with your finger; stroke it... Don't press too hard, unless Widget asks you to

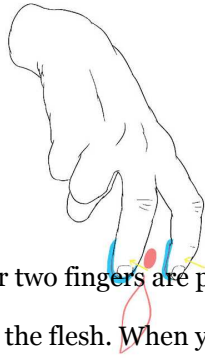
Extend your target area



No need to touch the head of the clitoris directly
Sometimes, simply stimulating the surrounding area
can get you on fire.

Place your fingers on either side of the clitoris and make a v
movement. You might see the head emerge when

OK, SHALL WE FUCK?



Ting ting

Your two fingers are placed on either side of the clit and push down into the flesh. When your fingers press here the head will be indirectly

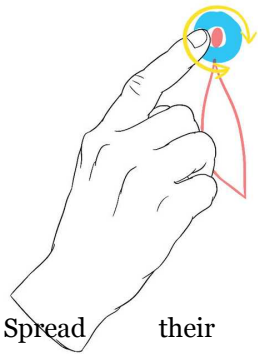
stimulated and may peek out of its hiding place. Ting for as long as they enjoy it.

AND IF WE STOPPED FAKING

How about if, rather than anything else, we dared to our partners? Your body is a temple and you must first and foremost!

I know it's easy to say, that sometimes we fake it someone's feelings or even to get it over and done but taking stock of a situation never harmed anyone.

If your partner goes about it the wrong way, dare instead! It might vex them somewhat but that's his life, and how sex can become an amazing experience.



Turn the knob

Spread their lips and draw a little circle around
not wet your finger first.

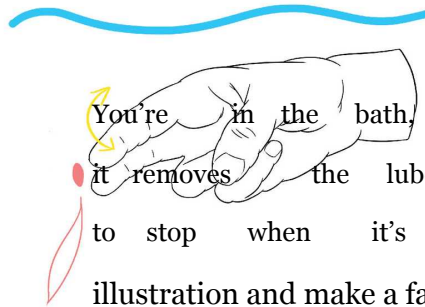
The smiling beard

I've already mentioned, haven't I, that the clitoris in sensitivity from one person to the next and that some people find touching it painful, or too much, or just find it awful? Yes? No worries; off I go again. Bearing this in mind, you'll agree that sometimes it's more suave not to stimulate the clit directly. And enough just to work on the clitoris head for the other then you deserve time in prison. Nah; just pulling be deadly dull. Seriously...

OK, SHALL WE FUCK?

This movement will probably bring up bad childhood
your aunt pinched your cheek too hard and made
cake... Well, never mind, I'll run the risk of putting you off sex! For
this you're going to use all your fingers to clasp the outer labia and
tighten (without using too much pressure) so you
down inside. You'll see, depending on the hairiness
and the angle of your head that it looks a bit like a sr
you've got the grip right, make gentle sideways jerl
It all stimulates the clitoris but in a less direct manner.
it really whets your appetite if your partner looks you
sadistic grin and calls you names: s***, c*** and d***

In the bath



You're in the bath, your hand wanders but the water
it removes the lube and things don't slide enough.

to stop when it's all going so well, so position your

illustration and make a fan with your index and middle fingers, gently

caressing Widget's clit. This movement will bring me

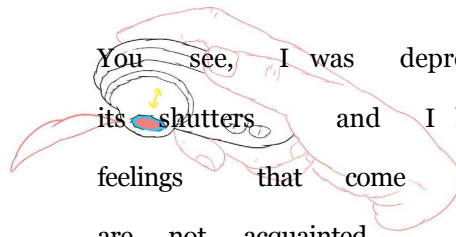
create a gentle flow of water to massage the clitoris just after

fingers have been there. What a genius!

OK, SHALL WE FUCK?

Don't overlook these se

I don't usually extol the merits of sex toys but I simply
a new one that's on everyone's lips because, right
still crying for joy at having tried it.



You see, I was depressed for a year and my damn
its shutters and I lost my urge to pleasure cruise
feelings that come with it. And then I tested this devi
are not acquainted, it's a bit like a clit pump. It makes
call it that, because I don't have any other words f

I placed its fleshy suction pad on my withered clit and in the space
of a couple of minutes all sorted... WHAM, I CAME

The suction produces a rather different sensation to the one you get
from normal masturbation; I think it's like having

P. S.: overdoing the vibrations provided by this lc
desensitise your clit, so go slowly, little minxes!

There are a variety to suit all pockets and they reall

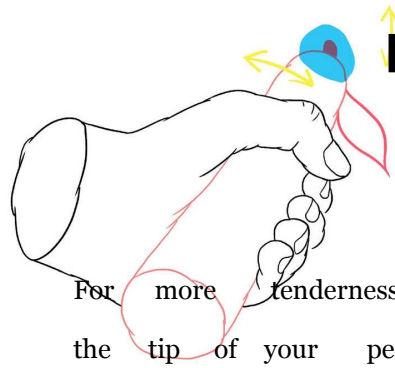


**Another awesome
sex toy...**

... there's also this one. Its vibrations have nothing
your everyday massagers – they're low, heavy and
body without numbing the clit. I chose the plug-
more power. And it even massages your back! (I
original purpose.)

Be careful not to get too much of a good thing, you
longer enjoying other forms of orgasm (that goes

OK, SHALL WE FUCK?



From head to head

For more tenderness and sensation, you can stimulate the tip of your penis. It's AMAZING!

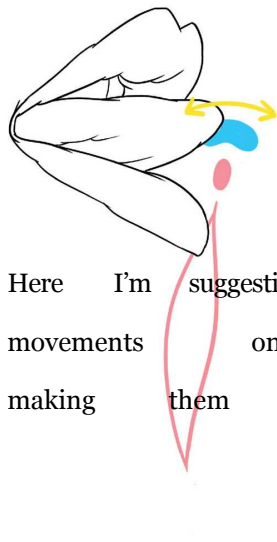
Are you playing my fl



The shaft is located just below the clitoris head. with your finger it feels like a small straw beneath the skin. Oh yes, there are those who adore having their flute played! Others will feel *ennui* ... Usual scenario, communication is everything.

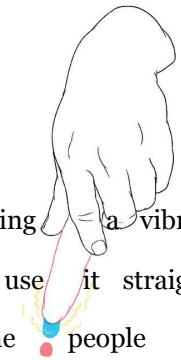
OK, SHALL WE FUCK?

Softly, softly
does it...



Here I'm suggesting you work with your tongue. Make
movements on this area without touching the clitoris.
making them long for it...

Vibrator + shaft = lol



Buying a vibrator can sometimes be disappointing to use it straight on the clit to reach orgasm. The problem is that some people the head very quickly stops being sensitive up feeling nothing at all. But fear not, your purchase your shaft is there to prove it!

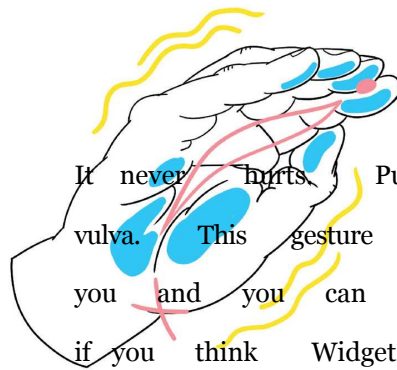
OK, SHALL WE FUCK?

God, it's beautiful!



It's amazing to know you're being watched and to
to happen... It encourages you to take your time, let
and learn a little bit more about your partner's g
open their outer lips, watch how the inner ones pe
other, take in that fragrance, and open up a little

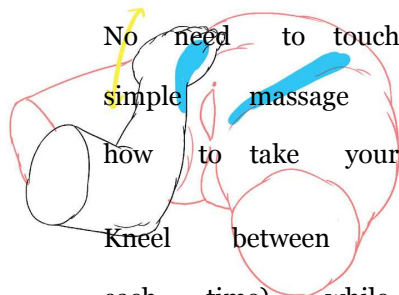
Gentleness reigns



It never hurts. Put your (preferably warm) hand on your vulva. This gesture is a way of saying: 'I treasure your body and you can trust me'. Keep it there, no need to move if you think Widget is getting bored you can follow the hand vibration.

OK, SHALL WE FUCK?

Erotic massage



Widget down below to get them
slowly but surely increases their
time.

Kneel between their thighs. Your hands will rotate
each time) while stroking from their outer lips (or
their lower belly.

Of course, their genitals will spread open as your
them ¹³⁸ and I assure you it's more exciting than anything

Voilà! All you need do is wait until Widget is begging
them you know where.

Cunni and the sea

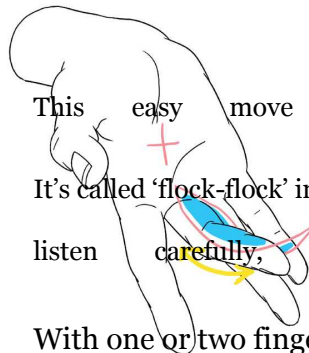


It's hot outside? It isn't? Whatever! Seaside cunnilingu
experience, whatever time of year!

It's easy: you take a bottle of fizzy water out of the fridge, take a
mouthful and dribble it over Widget's parts. Don't
suck a little on their labia minora, as if you were eating
tiny bubbles that tickle and trickle along their vulva

OK, SHALL WE FUCK?

The 'flock-flock'

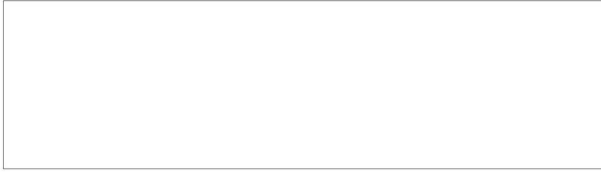


This easy move will make Widget hopelessly crazee.

It's called 'flock-flock' in the trade for the simple reason that, if you listen carefully, you'll hear that sound.

With one or two fingers, move to and fro slowly from the head of the clitoris to the entrance of the vagina. Remember not straight away and use your finger to coat the area with lube as you go.

It's excellent, especially when prolonged and the finger finally finds the vagina...



BLISS CLUB

DON'T

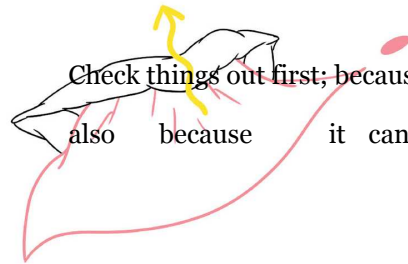
WET

YOUR

FINGERS

FROM

THE



Check things out first; because natural lubrication is often best and

also because it can be unpleasant to be dripping w

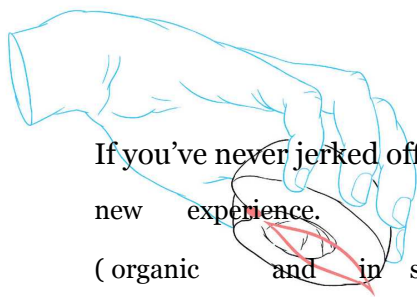
Give your tongue a bi

During cunnilingus, it's important to vary your moves becoming numb. This variation will allow you to and jaw while still pleasuring Widget. It's easy: suc That's all there is to it.

I advise you nonetheless to check the look on their they don't like it much – we're all different.

OK, SHALL WE FUCK?

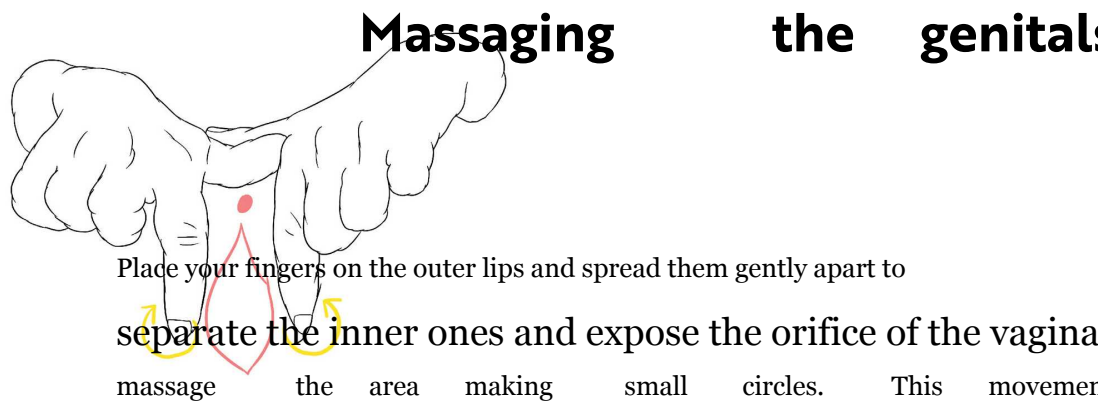
Tutti frutti



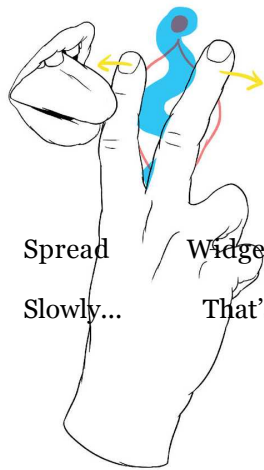
If you've never jerked off using a piece of fruit then I recommend this new experience. Best of all is to use a chilled ripe (organic and in season) straight from the fridge.

Bite into it and massage yourself with the flesh. Your partner will love licking you and the lovely sweet taste...

Only dampener: don't try this if you tend to suffer from fungal infections down below.



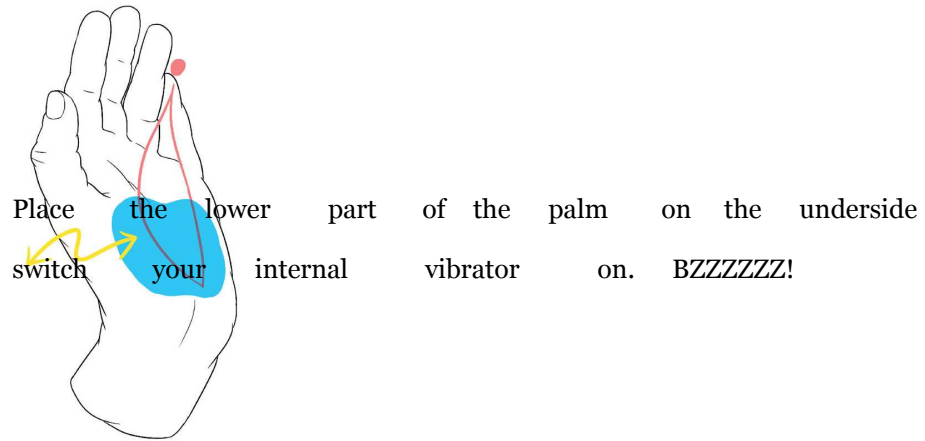
OK, SHALL WE FUCK?



The snake

Spread Widge's lips apart and draw a snake v
Slowly... That's it...

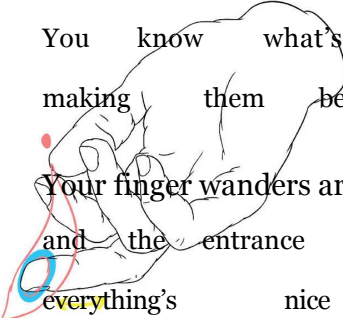
You are the best vibrator



OK, SHALL WE FUCK?

Frustration is a good

You know what's even better than penetrating
making them believe that you are going to do so.

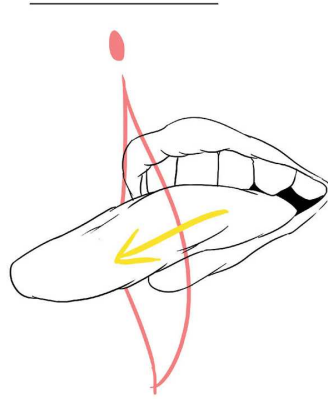


Your finger wanders around the vestibule (area including the urethra
and the entrance to the vagina) in a business- as- us
everything's nice and wet, you make as if to say: 'Yeah,

EXCEPT YOU DON'T! Widget is dismayed because
every time!

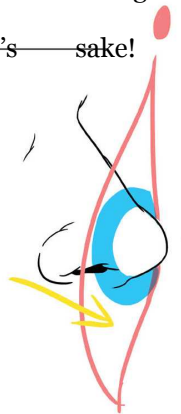
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You may well laugh, but frustration can sometime
powerful desires so only move to penetration w
to do so. You shitty little sadist.



Ave the tongue

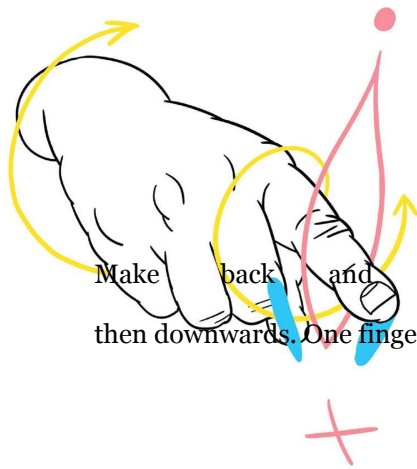
Poke your tongue inside,
for—God's—sake!



Ave the nose

Heck! Stick your nose inside.

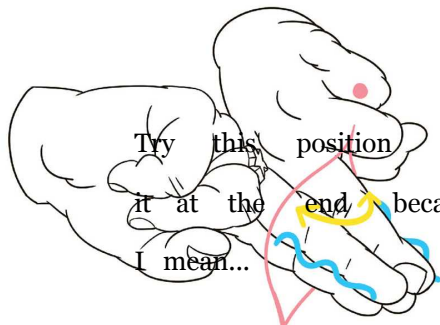
OK, SHALL WE FUCK?



The carousel

Make back and forth movements with your hand...
then downwards. One finger will do, if you want my advice.

The grand finale



Try this position once Widget is really dilated. The
it at the end because it tends to open up the vagina
I mean...

So start by gently inserting your fingers. Once inside, the idea is to
move your hands apart slightly so they form a V.
though! Go GENTLY!

OK, SHALL WE FUCK?

Count with me

Here's an interesting movement I'm going to ask you to do by step, taking your time. The idea is to focus on communicating with Widget while you pleasure them. Talking while making love is very exciting. And all along the board the signals they're being sent is worth their

Start by some normal gentle fingering, look at Widget and notice their movements. Are they sufficiently lubricated? Do they seem to

be enjoying¹⁵⁰ themselves? Did they pull back, perhaps gently? They are lifting their hips, they must like it.

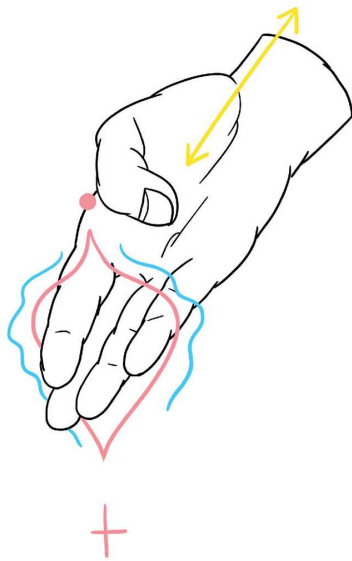
When you feel they're ready, warn them you're using your second finger. Ask them if they can feel you and if they're enjoying it...

If you're going about it properly, you ought to feel them become ever more welcoming as you move in and out.

Ask: 'Can I put a third finger inside?'

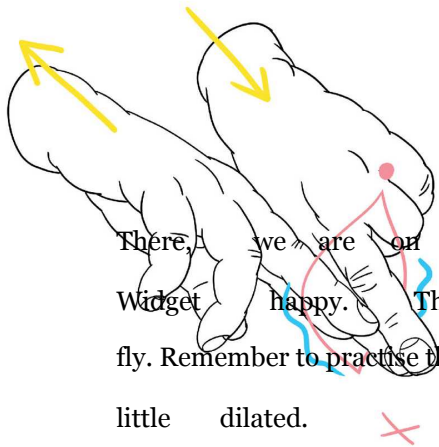
And so on... Four fingers, five fingers, six fingers, seven fingers... Nah, only joking! Only use five. Well, do what you want, I'm not your mother.

BLISS CLUB



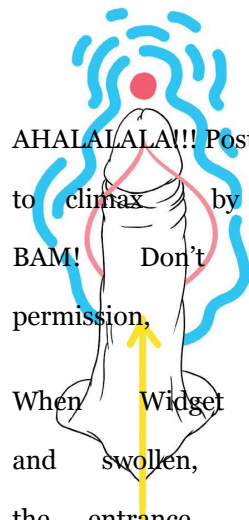
OK, SHALL WE FUCK?

For the pros



There, we are on the pro movement which is supposed
Widget happy. The hands are back to back and rub
fly. Remember to practise this movement when Widget is already a
little dilated.

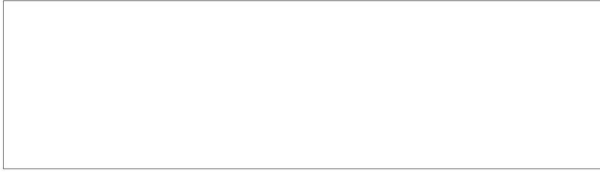
Post- orgasm penetration



AHALALALA!!! Post-orgasm penetration... To be clear, get Oojamaflip to climax by stimulating their head or wait for the BAM! Don't wait for it to subside, penetrate DIRECT! permission, naturally...)

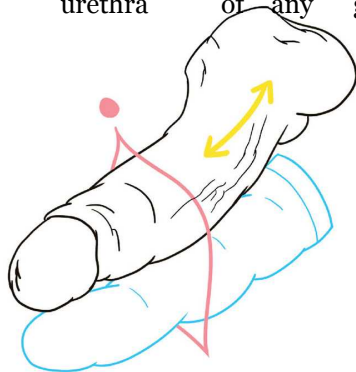
When Widget reaches orgasm, their whole clit is eng and swollen, just like the penis on orgasm. The v the entrance to the vagina are larger, more sensitive seems tighter. It's the best feeling in the world. a dildo, of course.

OK, SHALL WE FUCK?



PEE AFTERWARDS!

It's important to remember to have a quick pee
urethra of any germs that can build up and avoid



Two in one

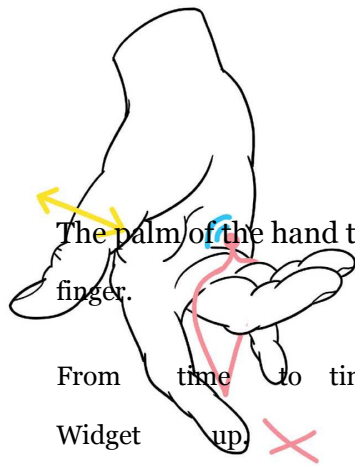
154

Place a dildo in Widget's vagina then ease yourself
point out that all this takes place in the vagina.

Of course, don't do this at the beginning of your se

Achtung: I strongly advise beginners not to try
thousands of things to explore first.

Hiiiiigher!



The palm of the hand taps the tip of the clitoris while the fingers...
finger.

From time to time, try pulling upwards as if you w
Widget up.

OK, SHALL WE FUCK?



C break

Position your hand as though you were smoking
'come here' movement with your fingers. In the meantime, stroke the
top of the clit gently with your thumb.

What's so pleasurable here is that two zones are b
the same time. It might be *de trop* for Widget so
make sure it's being appreciated as intended.

BLISS CLUB

PENETRATION IS GOOD BUT...

It doesn't bring the majority of people born with
I know I'm repeating myself here but it can't be stated
Of course, the clit is located at the entrance to the
tration gives it enormous amounts of pleasure, but
shaft is No.  I when it comes to climaxing.

Being able to reach orgasm just through penetration
So if you think you've got issues because you've never
be because it's completely normal. And nothing stops you from flicking
your own bean during penetration... that can really

Come hither!

Make a hook out of your fingers and mimic a 'come hither' gesture.

Beware, there are a whole host of lovely places to

is not a magic button and concentrating solely on
eating caviar every day!

OK, SHALL WE FUCK?

Open the floodgates!

You wanted to know the technique to bring about a
I'll give you one that has worked for a number of]

I make no secret of the fact that it's rather physical
end up losing your forearm when you venture down
frankly, it's worth the effort.

Start by making a hook with your index and middle fingers. Keep your
fingers and fist still; it's your forearm that will provide the vertical
¹⁵⁸movement. Tap your fingers behind the lower belly, just below the

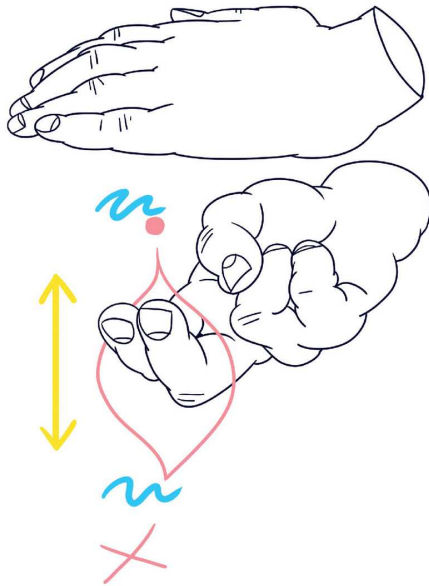
Mount of Venus which is where you place your ot
pressure. You need to keep up the rhythm so I hope
good working order.

You, Widget, if you want to squirt, it's important y
at ease with your body, know how to let yourself
revved up! The feeling that you need to pee is proba
your body is ready to squirt so you just need to let
Try pushing with your perineum as that can help

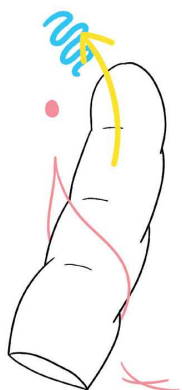
P.S.: it's not an exact science because we're all made differently so be

indulgent and don't take me to court if it doesn't wor

BLISS CLUB



OK, SHALL WE FUCK?



Squirting **in peace**

You'd like to squirt without a helping hand? I've got .

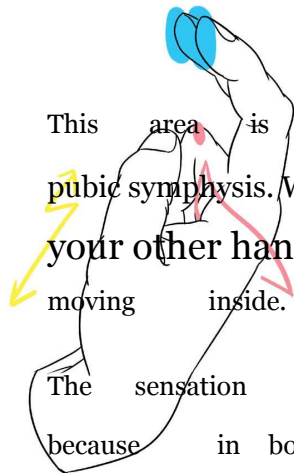
Take your best dildo and shove it right in. The trick is to find a lever so that the dildo taps on the upper side of the bladder.

Try pushing with your perineum at the same time as some people.

You're alone so no worries about dirtying the sheets. Open the flood-gates!

We're all made differently so don't stress out if you can't make it happen – it requires practise and letting go.

Sprinkle my tinkle!

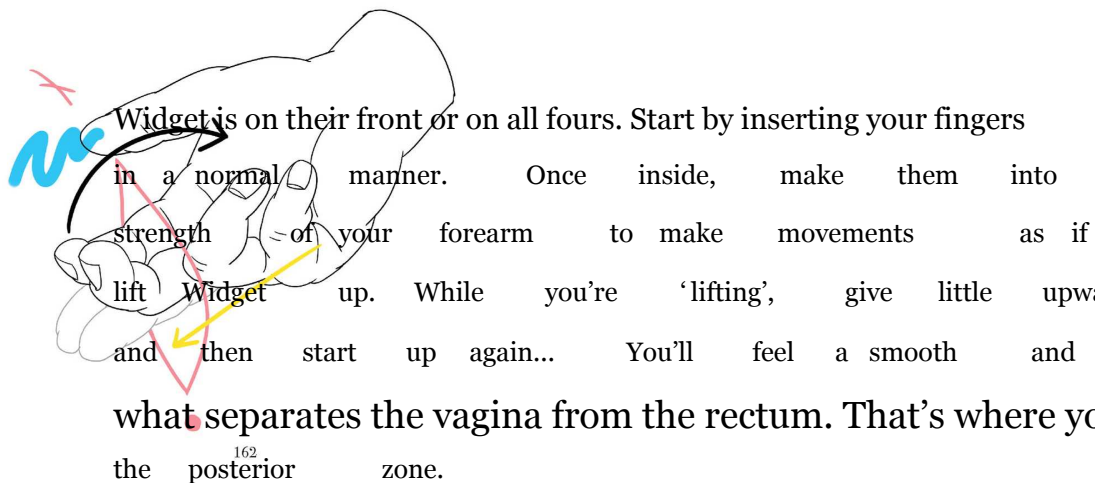


This area is softer than the textured zone and is the pubic symphysis. What's more, when you put your fingers there with your other hand on Widget's lower belly you can feel your fingers moving inside.

The sensation is similar to having the rough-feeling because in both cases the urethral canal is involved, fingers are closer to the bladder. So if you feel as though you need to pee, that's normal – you may be on the brink of sq

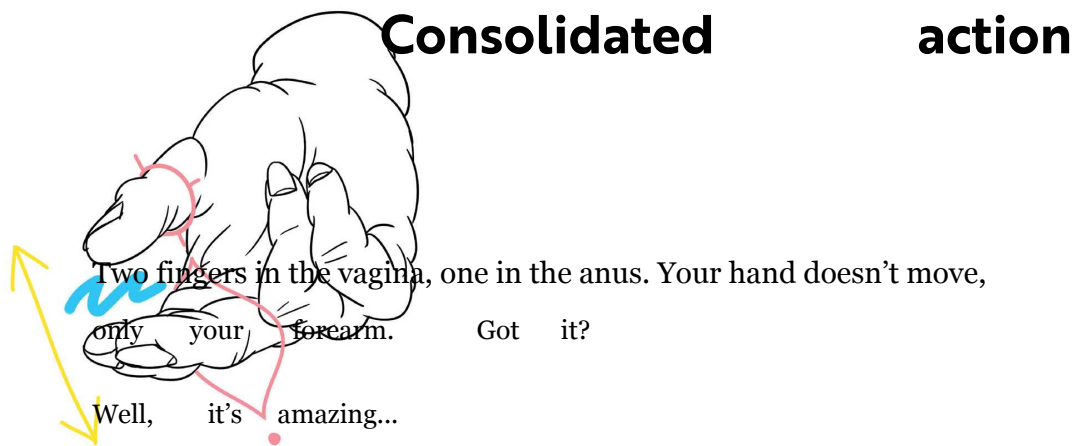
OK, SHALL WE FUCK?

**It seems complicated,
but in reality, it's EA-**



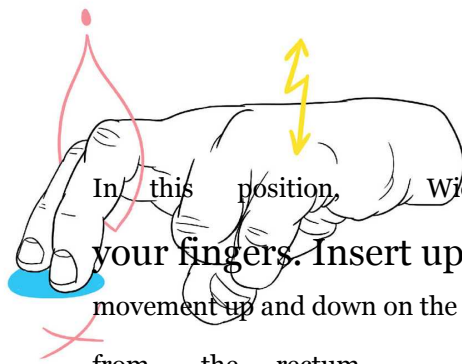
Remember to talk to your partner to find out whether they want you to apply more or less pressure.

The sensation is quite different from a standard penetration I'm unsure whether a penis/dildo could ever have the same (unless maybe the penis/ dildo is abnormally rig 90 degree bend).



OK, SHALL WE FUCK?

Captain Hook



In this position, Widget is on their back and you
your fingers. Insert up to the knuckles and make a gentle sh
movement up and down on the fine lining that separates the vagina
from the rectum.

It's so good I want to cry just thinking about it.

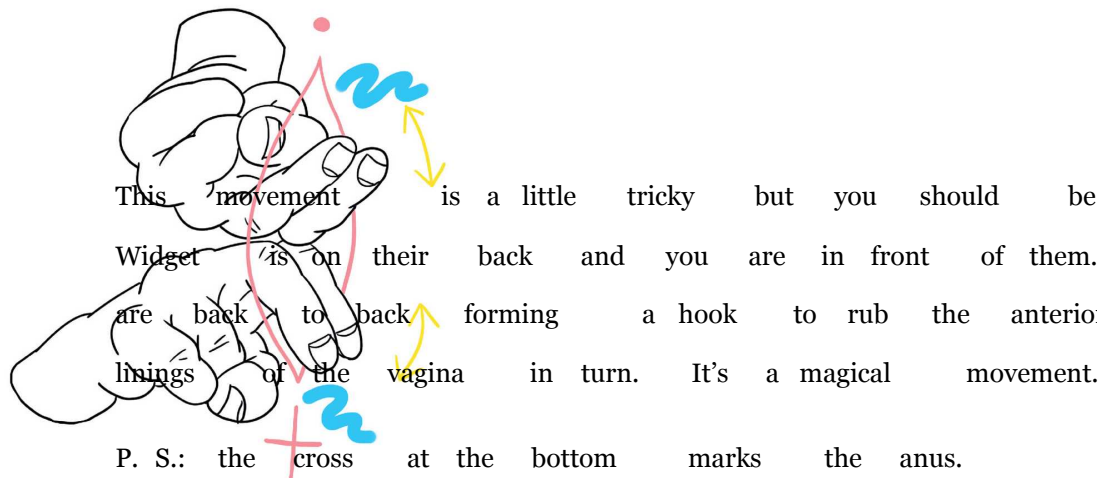
Turn the key



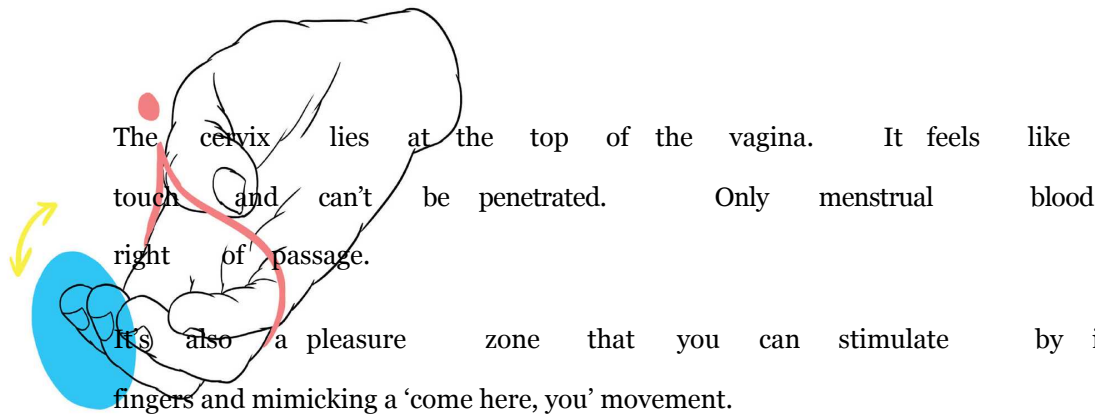
Imagine that your fingers form a sort of key and that you have
opened a soft, wet door just using your wrist. You
reach the posterior area of the vagina which is 'ooh la la' and
'woah, woah'!

OK, SHALL WE FUCK?

Mastering the art



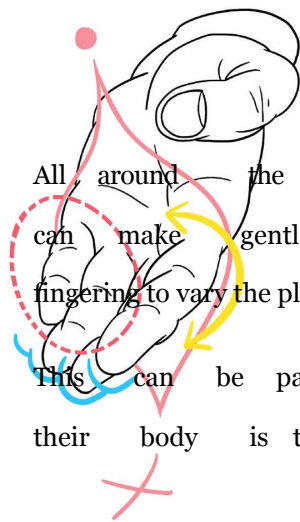
Come here, you



For some people this movement can be painful, s
gung ho about it and stay in tune with your partner's

OK, SHALL WE FUCK?

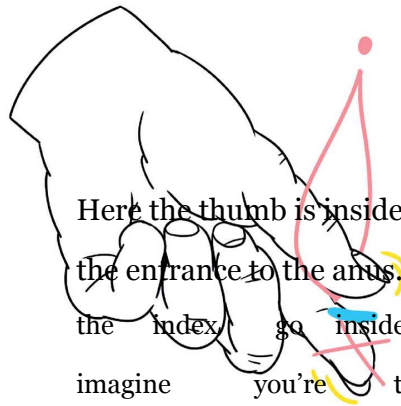
The fornix



All around the dome is the deepest area called the 'v'.
can make gentle rotating movements alternating
fingering to vary the pleasure.

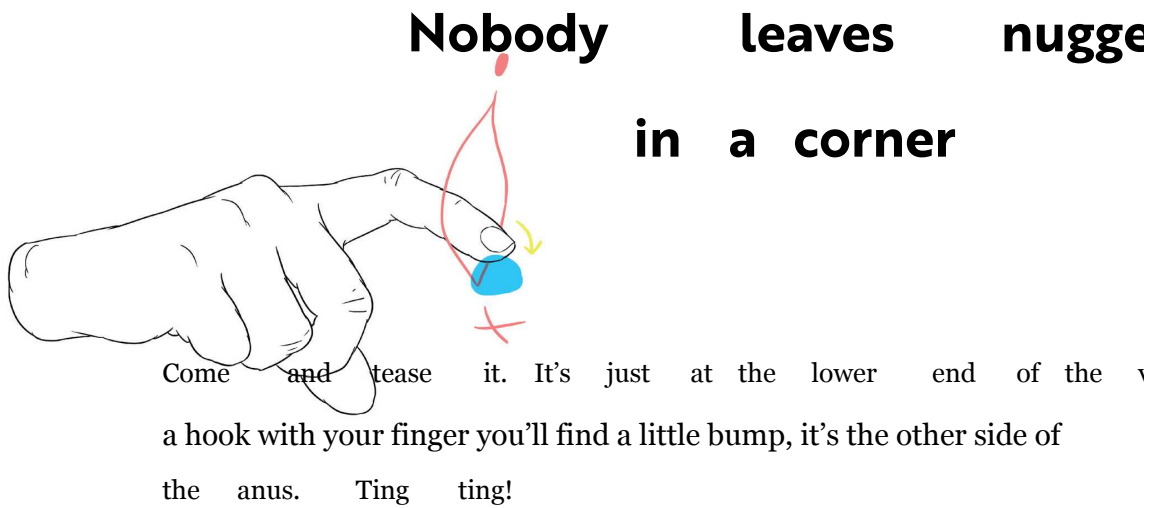
This can be painful for some people so go slowly
their body is telling you.

Nugget

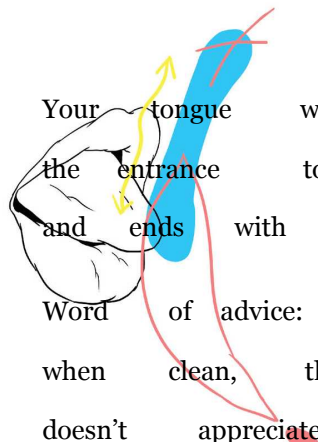


Here the thumb is inside the vagina and the index finger is placed at the entrance to the anus. The two fingers need to meet without letting the index go inside Widget's butt. To mime the motion imagine you're trying to attract the attention of pussy, pussy!

OK, SHALL WE FUCK?



Anus vestibulis

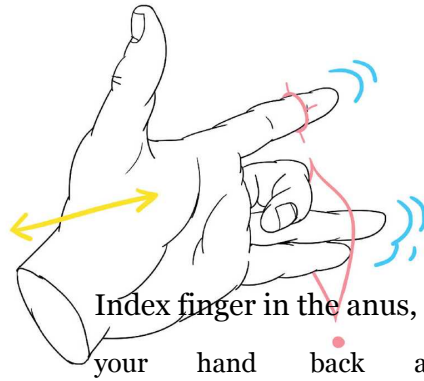


Your tongue wanders from the anus to the vestibule
the entrance to the vagina and the urethra). It goes
and ends with a fragrant kiss.

Word of advice: use a dental dam for this movement
when clean, the anus is teeming with evil bacteria
doesn't appreciate.

Unless I'm mistaken, we've all got an anus so I've
advice¹⁷¹ linked to it under the Unisex section (page

OK, SHALL WE FUCK?



Front and back

Index finger in the anus, the other fingers in the vagina, you move
your hand back and forth... Easy- peasy.

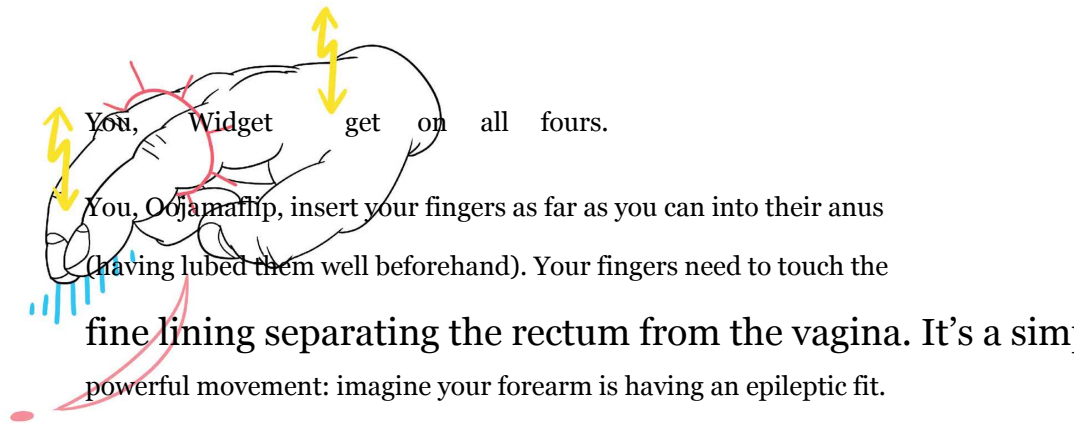


DON'T TRY VAGINAL PENETRATION AFTER
FOR GOODNESS' SAKE!

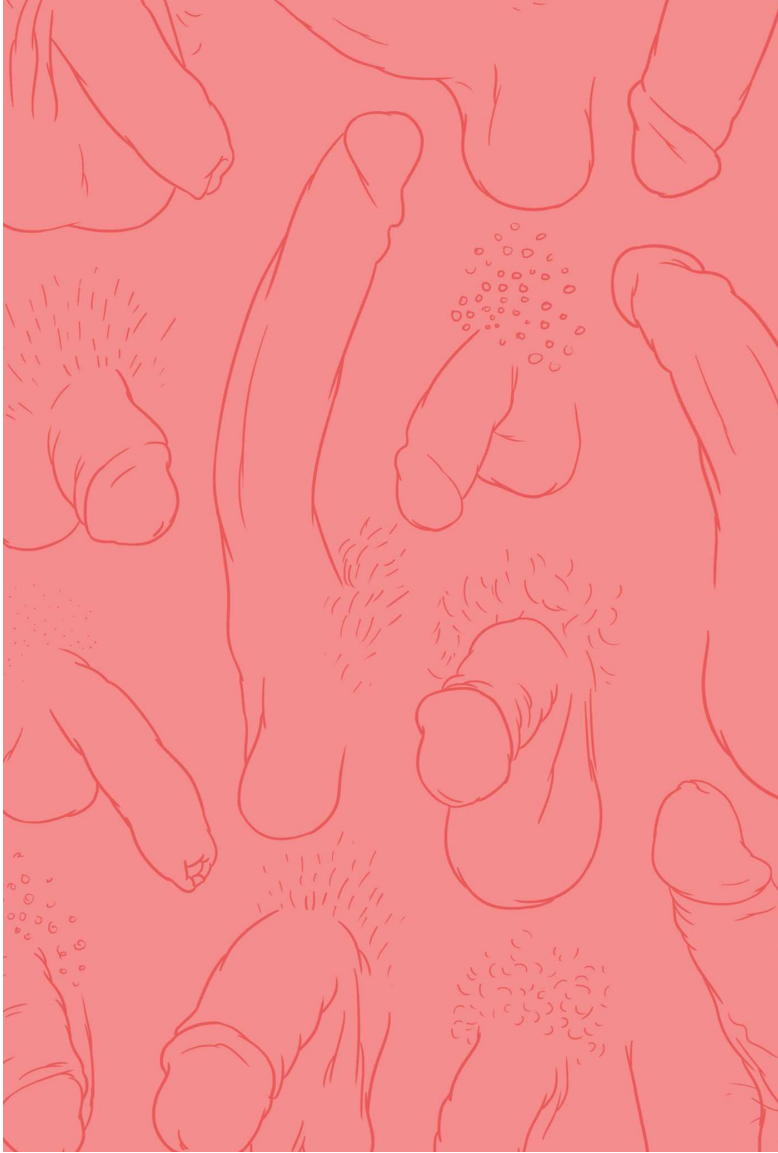
Well, unless you really want to develop the mother

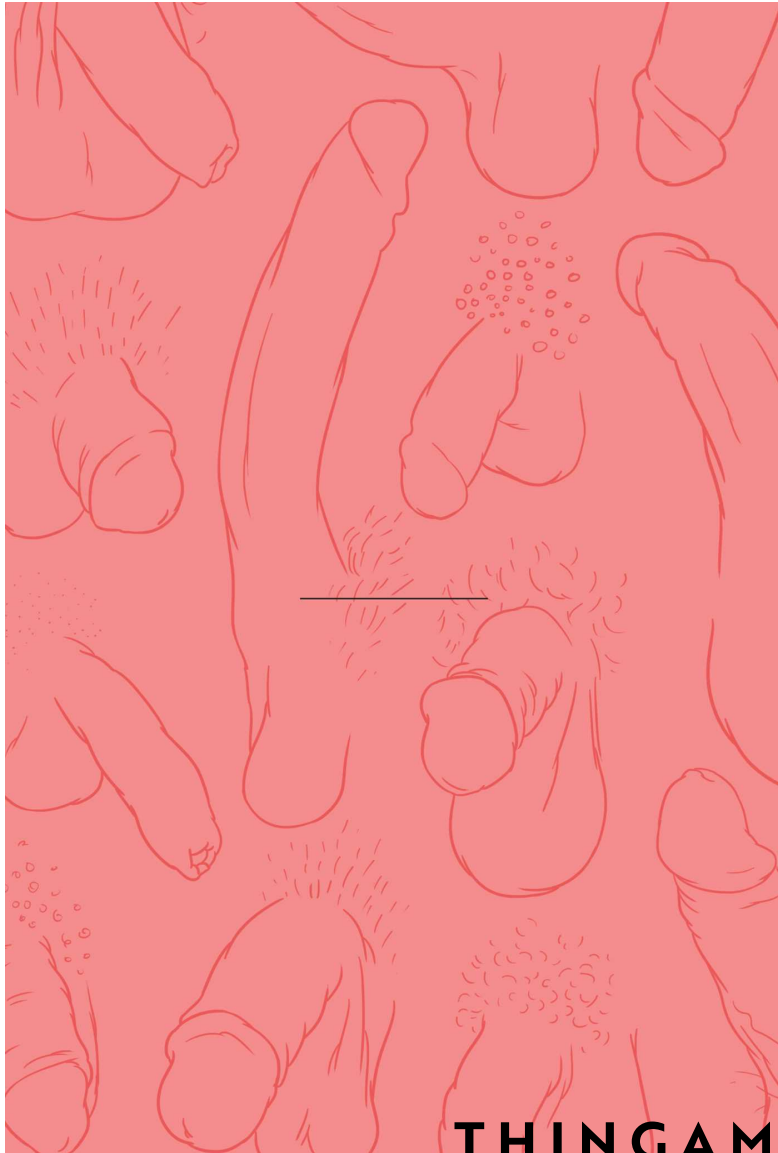
To reduce any risk, you could douche and ensure that Ooja
swashes their dick/dildo or changes condom before switching orifices.

At the furthest end



I assure you the sensation is exquisite...





THINGAMAJIG'S

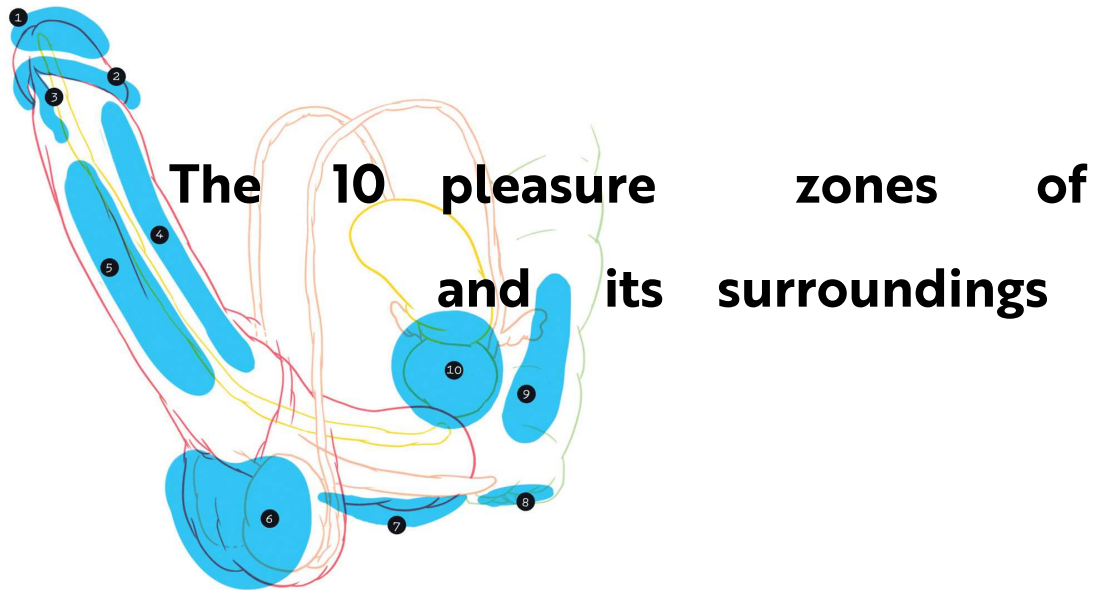
PLEASURE

ZONE

Shakapawoaow

OK, SHALL WE FUCK?

Er, no, the penis is not just a simple handle to point to. It's a complex and subtle thing that, which is a good thing from time to time. If you look closely the pleasure is exactly the same as those for people with vulvas! And each has its own range of sensations. You may have zones, only you know. If you think you're not participating in some areas don't worry. The advantage, with different tastes and sensations evolve and it's good to reattempt that didn't come good in the past. If you're not sure be a pity to miss out on a new pleasure!



OK, SHALL WE FUCK?

❶ **The head** (external stimulation)

I'm not going to introduce it again. This proud homologous to the clitoral head. It loves riding, and Dick van Dyke. But also and especially tong

❷ **The protruding ring** (external stimulation)

A sensitive and chubby little lifebuoy. It likes n getting stuck into an orifice of any sort.

❸ **The frenulum** (external stimulation)

Fragile and delicate, it doesn't like being yanked.

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❹ **The corpora cavernosa** (external stimulation)

To the touch they are firm rather than spongy. Their sensitivity depends on the individual.

❺ **The erectile spongy tissue** (external stimulation)

Potentially the most sensitive part of the penis. an anti-stress function.

❻ **The balls** (external stimulation)

They like attention. And we all know someone ,

❼ **The bulb** (external stimulation)

Located between the scrotum and the anus, when on it blood is pushed upwards towards the head provides indirect stimulation. The feeling of pleasure is similar to that felt when pressing on the testicles as you don't have a pussy, you can't check. Neither way...

8 **The anus** (external stimulation)

It smells of sausage when idle. It's a good place to be nervous about anal sex.

9 **The rectum** (internal stimulation)

Yes, yes, yes...

10 **The prostate** (internal stimulation)

You can reach it with one finger. Feel for a small walnut lump.

Stimulating this area and nearby can give supercharge
which are very different from those you're familiar with using your
penis. The story goes that a friend, whose name
lost use of their legs for a moment. And I don't
¹⁷⁹mythomaniac.

This all just means that it would be dumb to
pleasure!

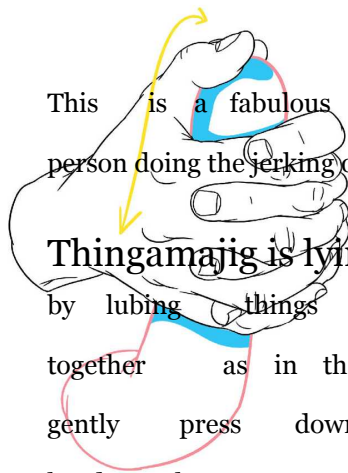
OK, we're not sure whether the prostate is really
zone. There is a theory that it's the bulb that, by
from inside, sends blood to the head of the penis

OK, SHALL WE FUCK?

THE COCK:
180
A PRACTICAL GU

*Let me
zoom zoom zang*

The two- hander



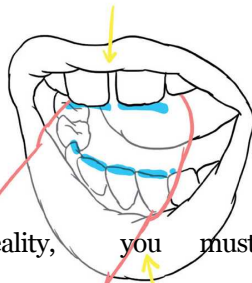
This is a fabulous two- hander that everyone will person doing the jerking off is also very comfortable.

Thingamajig is lying flat and you kneel between their thigh: by lubing things a bit and encircle their dick with together as in the drawing. Then move up and down gently press down on the frenulum and drawing your head when you get there.

I'm ¹⁸¹ sure you'll like it!

OK, SHALL WE FUCK?

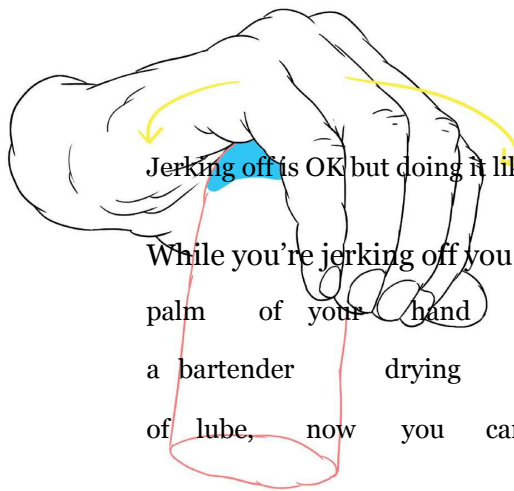
Love teeth



In reality, you mustn't actually use your teeth but just
on the head. It can be really gentle, believe me.

Go slowly, remember the head is a very sensitive

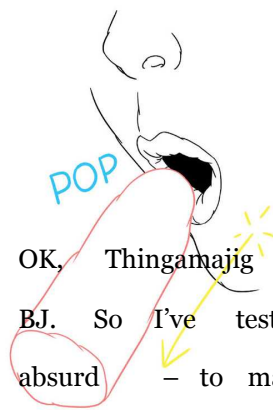
Gear stick option



Jerking off is OK but doing it like a pro is better.

While you're jerking off you can move up to the head with the whole palm of your hand and make circular movements, a bartender drying up a cock-shaped glass. Gently of lube, now you can get back to yanking the plank...

OK, SHALL WE FUCK?



Pow blop whiiiiizz

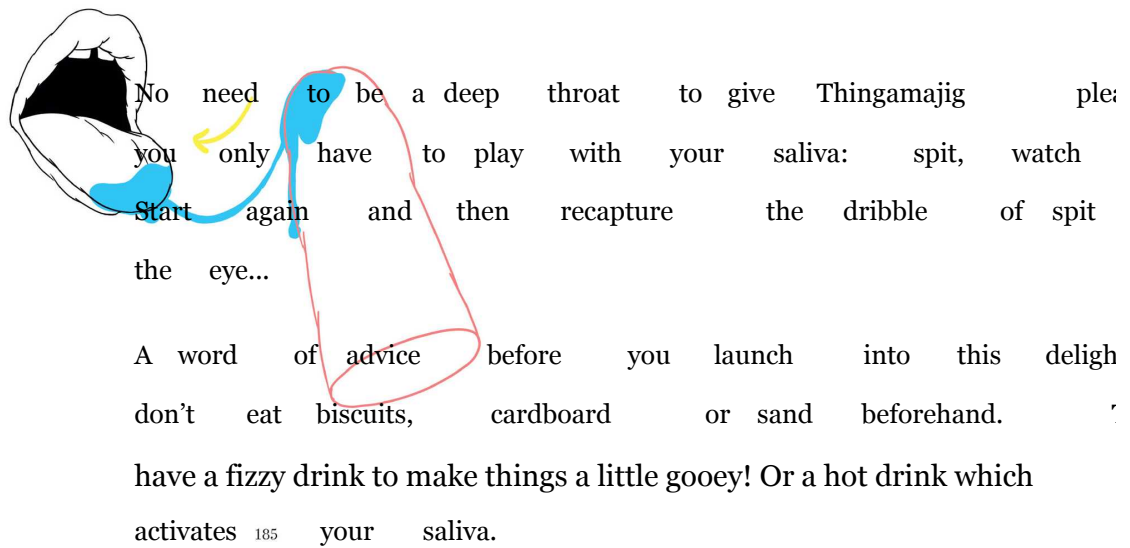
OK, Thingamajig has a taste for mouth sounds when
BJ. So I've tested quite a range of techniques for yc
absurd – to make the most noise possible. I tried to
off using a pot of slime and even treating their dick like a mike. But
I failed.

And then I remembered how much I used to love sucking
in a somewhat unusual way. Let me explain but don't

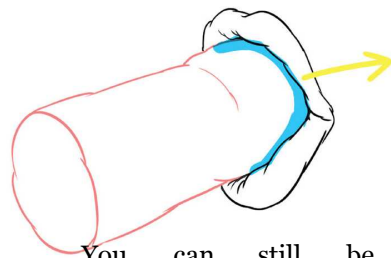
I stick it in as normal, as though I was sucking a banana
(OK!) and on coming up for air to release it I suck
sound as it leaves my mouth.

Not only does it make a noise, my Calippo seems to
this new feeling of suction.

The dribble

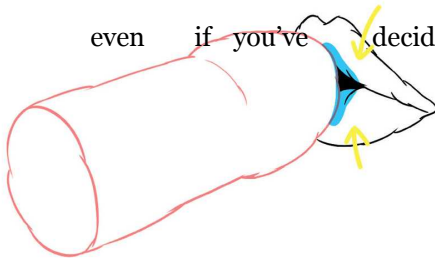


OK, SHALL WE FUCK?

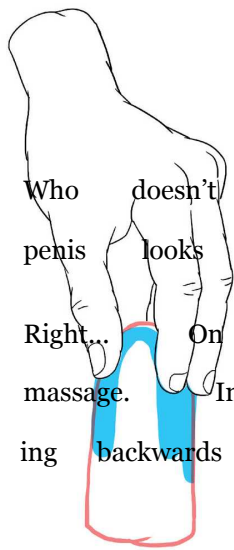


Jaw ache?

You can still be nice to Thingamajig while taking simple and gentle movement. Before, during and after even if you've decided you won't do any sucking...



Head massage

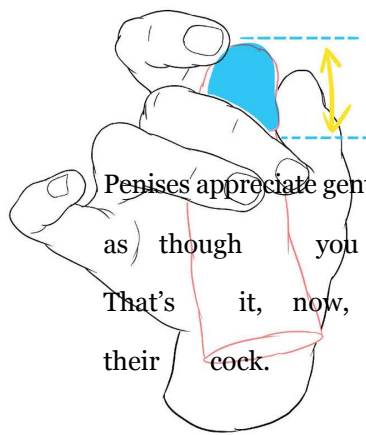


Who doesn't like a head massage? Who doesn't think
penis looks like a head?

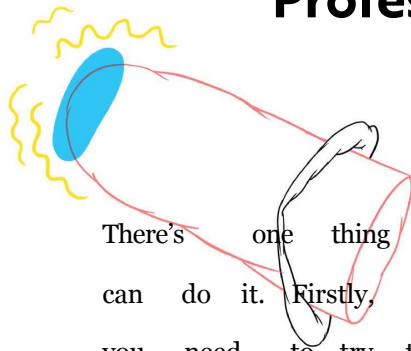
Right... On that basis, we can presume that everyone
massage. Imagine that your hand is giving a head
ing backwards and forwards, up and down. Guaranteed

OK, SHALL WE FUCK?

Gentle coming and go



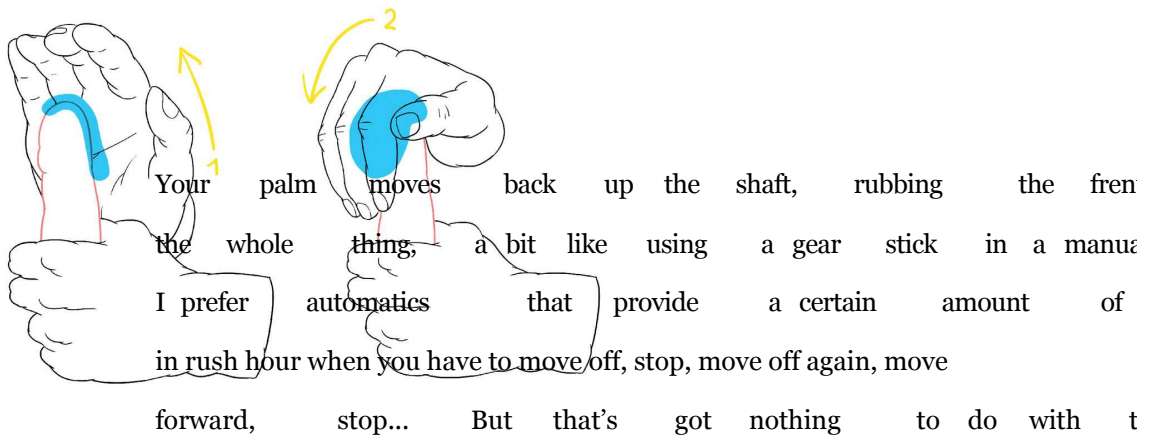
Professional sound effect



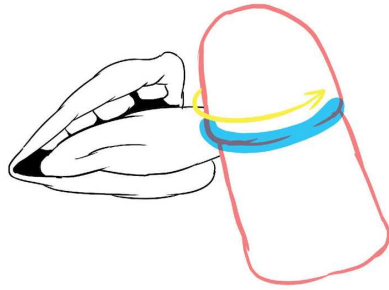
There's one thing about deep throats that's pretty cool
 you can do it. Firstly, you need to deep throat. Once you
 you need to try to make a sound, any old sound. Then
 back of your throat to vibrate and, in so doing, tickle
 head. Good luck.

OK, SHALL WE FUCK?

Changing speed



Let's get back into first gear, and move on upwards...



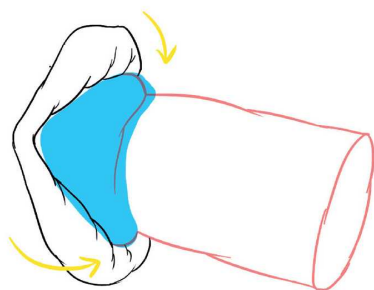
Lovely bulge

There are techniques that allow you to rest your jaw

slackening off. Self-sacrifice is not something to be taken lightly, OK?

The drawing is pretty clear so I'm not going to bust

OK, SHALL WE FUCK?

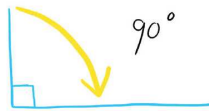


Bulge addition

A good BJ is one that can be gentle at times. There's

Thingamajig's wick until it bleeds. Agreed? So he
you pay attention to their head up to the bulge at t
using the pressure that you think best. All I can ad
likes attention.

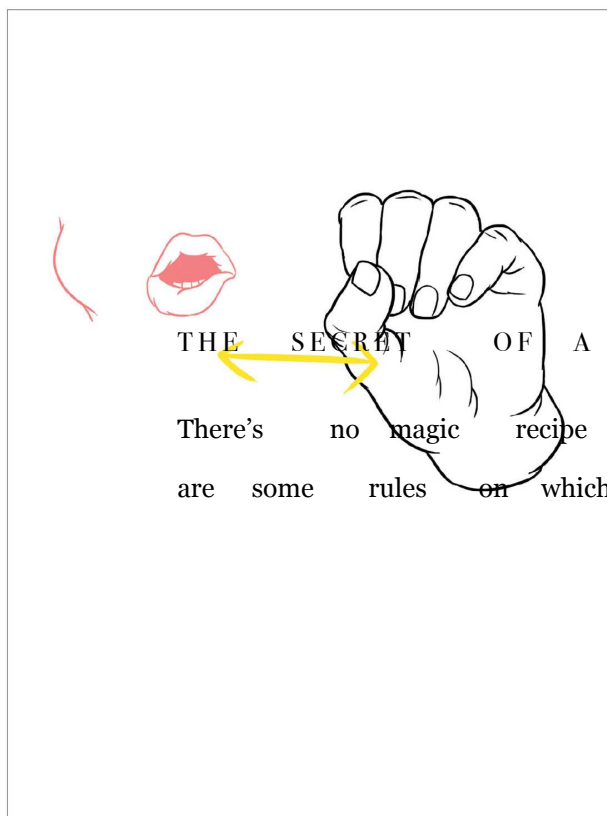
A question of angles



To maximise giving a good fellatio you can pull the
to form a right angle with the belly. That intensifies the ple:
and, in addition, it's a lot more practical if you wan
majig in the eye.

If you can do it hands-free, you can go straight to
it's greatly appreciated.

OK, SHALL WE FUCK?



THE SECRET OF A GOOD BLOWJOB

There's no magic recipe and neither is there one way
are some rules on which penises tend to agree...

Give them time to become aroused. Just because T
it doesn't mean they are ready to receive the ultimat

Play with their genitals, find their erogenous zones and hav

pretending to move in on their bits, looking them
funny watching their disappointment when you m

2

Don't hold back on the lube. Spit on their dick, let
down, enjoy withdrawing their penis from your
dribble of saliva bond you together, look them in

3

Mind your teeth and don't pull too hard on their have one). The best thing is always to ask them on in your relationship because between those who those with sensitive frenulums and those with ins easy to lose the plot.

4

Be creative. There are thousands of ways to suck and jerk off. Firstly, ensure you change the pace of what you do. Try lick breath, pumping, spitting, nibbling, massaging the finger up their butt, adjusting the pressure of your hand by holding on increasingly tightly, going up and down at the the contrary, using a more relaxed hand to masturbate with their balls, licking their frenulum to relax your bulb, licking their anus, pumping their head or th

5

Show them that you're enjoying it. If so inclined, on their cock, the smell, the taste... Don't hold as though you were savouring the most delicious 'HMMM! THIS CORNETTO IS AWESOME!!!'

6

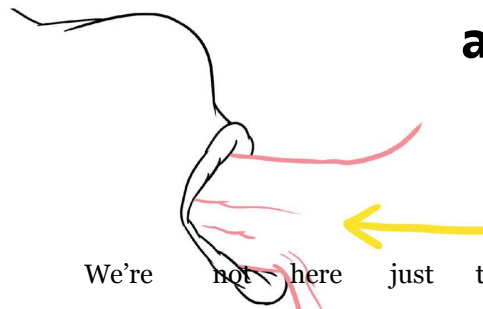
Communicate, for God's sake! This advice will help
don't stop to ask Thingamajig what they like.

7

And finally, for trans women there's an excellent zine called
Trans Women by Mira Bellwether.

OK, SHALL WE FUCK?

Deep throat, a user's manual



We're not here just to have fun so let me talk about
For starters, it's something that needs to be done
respect! If it's part of domination, that doesn't mean
one or doing it like a bad ass. Also, some people see
differently: the one who does the sucking has the power! Yup, old cock!

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In any case, you need to
agree on a sign that will
allow the sucker to say
STOP.

Start by making sure
you've got a towel, just in
case. You'll understand

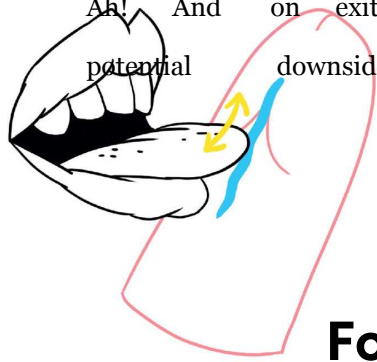
why at the end.

You can do it kneeling, but
access to the throat can
be difficult and therefore
painful.

This is what I advise: ask your partner to lie on their
the side of the bed. Make sure their neck is in a
their mouth. This position will enable the best insert

reached the back, you ought to feel a tightening
that means that you need to withdraw double qu
partner can't breathe.

Ah! And on exit, they just might vom all over you
potential downside... Grab a towel!

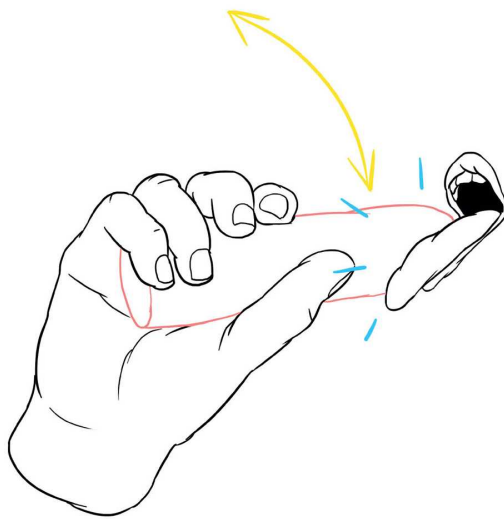


Focus on the frenulum

197

The frenulum is a little thing to be handled with care
also an erogenous zone that shouldn't be overlooked.
varies of course from one penis to the next but it's
to feel little tongue flicks there.

OK, SHALL WE FUCK?



Tongue twister

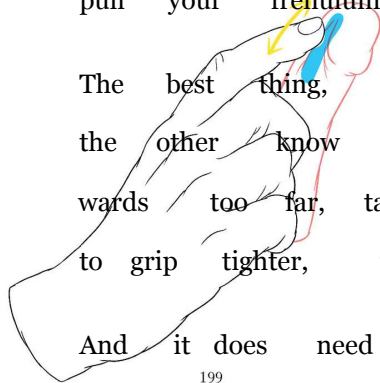
Fuck being gentle; what I'm suggesting here is that
fuck. Tap their head against your tongue and their
all shook up.

BE CAREFUL OF THINGAMAJIG'S FR

Yes, because the penis is a fragile thing. It's always
the first time you let yourself be jerked off. Fear that the other will
 pull your frenulum too hard. And that does often

The best thing, obviously, is to progress slowly for
 the other know to adjust their strokes. Be careful
 wards too far, taking all the skin with you. If Thingan
 to grip tighter, they will make it clear.

And it does need to slide easily so a little lube/ saliva

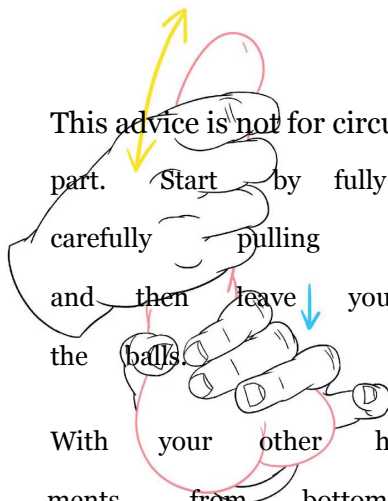


Slowly

Slow the rate back down again? I can be subtle.

O K , S H A L L W E F U C K ?

Out it comes

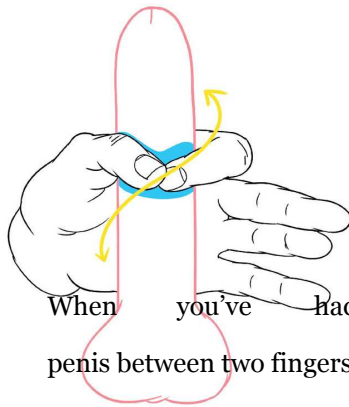


This advice is not for circumcised penises. Well it is, but not the first

part. Start by fully lubricating Thingamajig's penis carefully pulling the foreskin downwards to expose and then leave your hand in place at the base of the the balls.

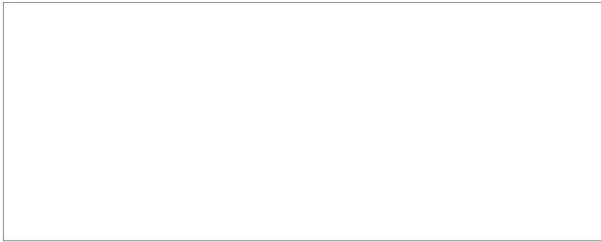
With your other hand (also well lubed up), make up movements from bottom to top. You can altern your hand, spit from time to time on top...

It makes a change to the jerk off when the skin is also going up and down and I've been told it's very good.



Staying power

When you've had enough of using your whole hand, penis between two fingers and make up and down movements just by using your wrist. What's more, it'll give you an



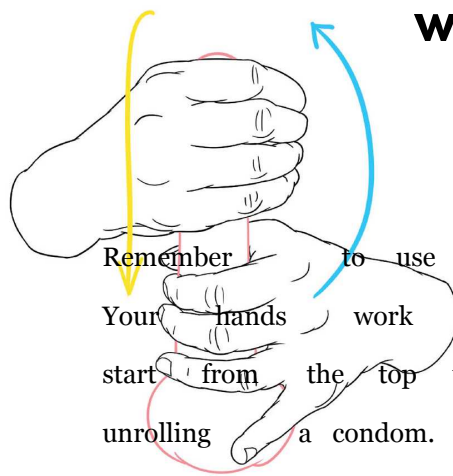
HEY, OLD COCK, NO NEED TO APOI
IF YOU'RE HARD- ON IS SOFT.

Nah, it happens to everyone and it doesn't matter.
from fondling your partner until the erection retur
case may be. Nice to offer, to offer nice, as we say.

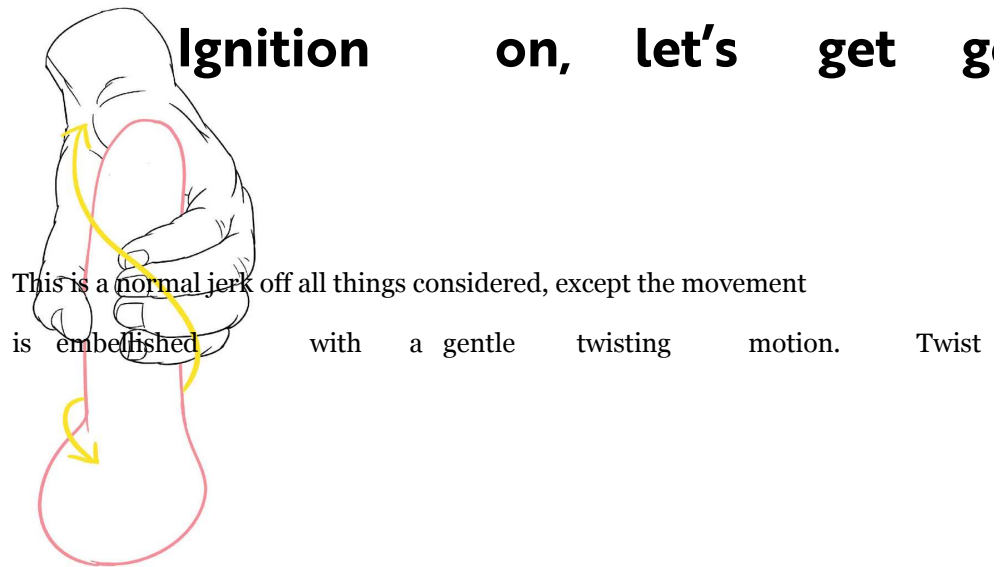
And by way of a reminder, penetration is not a must
Get that out of your head.

O K , S H A L L W E F U C K ?

**And, what's the deal
with coordination?**

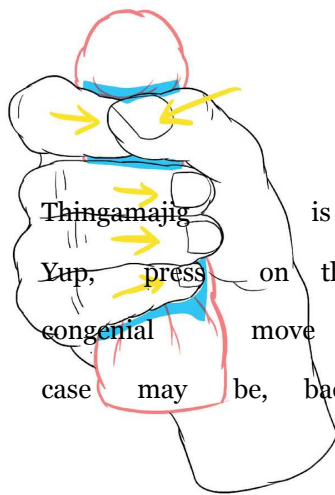


Remember to use lots of lube before launching
Your hands work in turn. Slide your right hand
start from the top using your left and so on... Basically,
unrolling a condom.



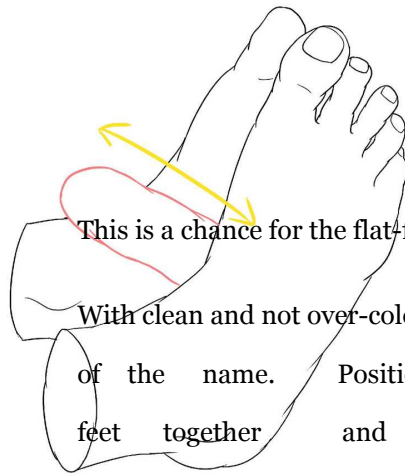
OK, SHALL WE FUCK?

Stressbuster



is stressing you out? Use their dick
Yup, press on their penis as much or as little as they
congenial move has the added advantage of bringing
case may be, back a great erection.

Footjob



This is a chance for the flat-footed among you to shine!

With clean and not over-cold feet, throw yourself into a footjob worthy of the name. Positioned opposite Thingamajig, legs feet together and massage their penis. Thingamajig you by holding your feet in place.

OK, SHALL WE FUCK?

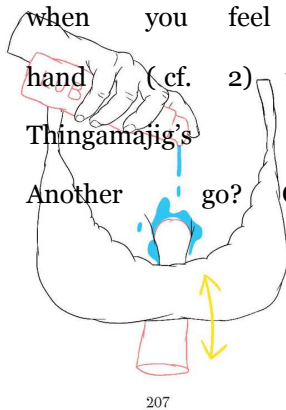


A professional jerk

And off we go for a professional jerk off! It's essential if you try this method that you stop and start to prevent ripping your pal's dick off.

Thingamajig lies on their back and you sit astride
hand rests flat on their groin, the thumb pressing the bulb.

Your other hand gives a gentle, straightforward masturbation. Prepare to move up a gear in a moment. Ready? (cf. 1) Grip their dick firmly and jerk away as though you want Thingamajig to be able to continue for 4 or 5 seconds. That will drive when you feel they are on the point of climaxing, 1 hand (cf. 2) from the penis to let them breathe Thingamajig's spasms have passed. Return and t Another go? C'EST PARTI!



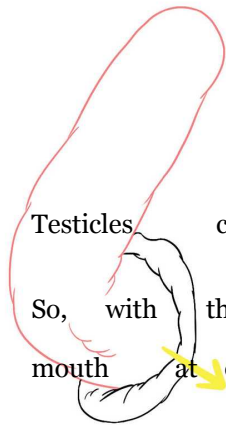
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Titty fuck

If you have breasts and they are sizeable enough, I recommend you try what is called a 'titty fuck'. It's more a bra because it leaves your hands free to play extra lube.

OK, SHALL WE FUCK?

Alibofis* style



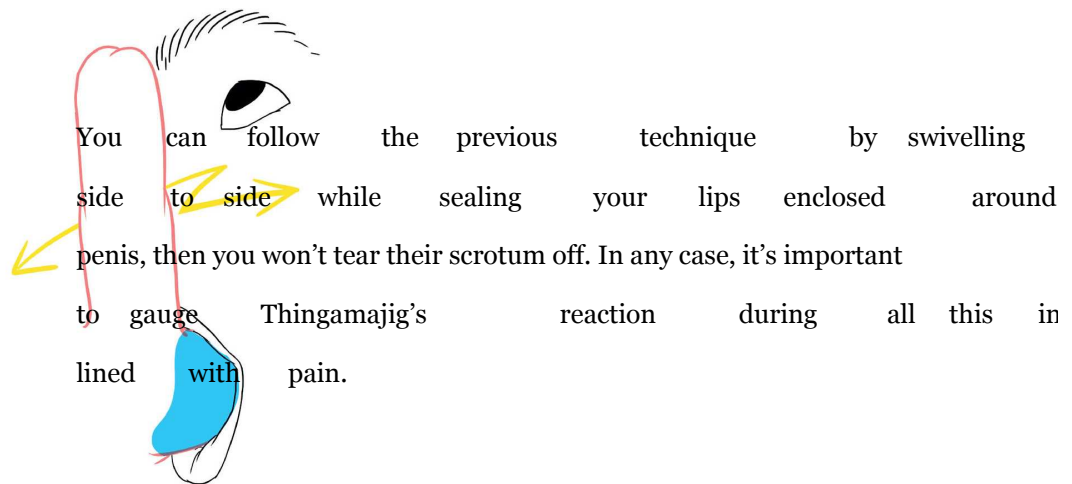
Testicles can be more or less sensitive depending

So, with this technique, you're going to suck both
mouth at once or one at a time.

You can complement this with a gently- as- you- go

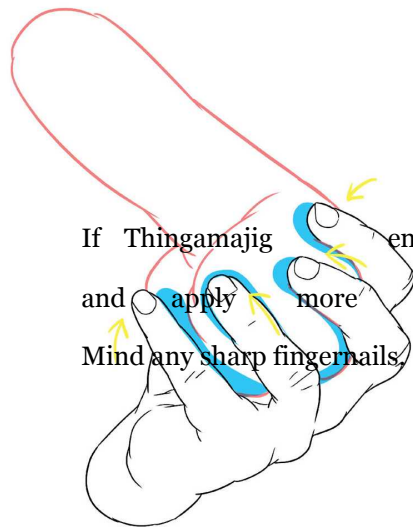
** Alibofis is Marseille patois for 'balls'.*

Neither yes nor no



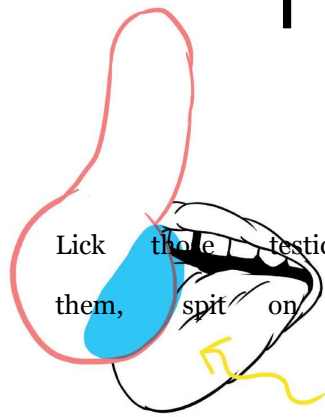
OK, SHALL WE FUCK?

Hands full



If Thingamajig enjoys it, you can enclose their testis and apply more and more pressure while they moan. Mind any sharp fingernails.

I love you, cocksucker...



Lick those testicles, for heaven's sake. Max wetness,
them, spit on them. Start over.

OK, SHALL WE FUCK?



It's always a pleasure

During a blowjob, don't forget to massage their
pleasurable and practical when you're unsure what
ten fingers and thumbs.

Make sure you light that bulb

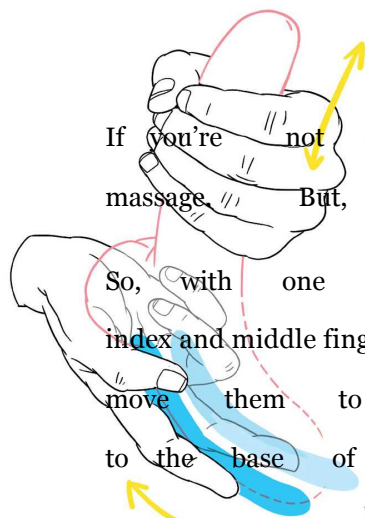


really knows what to call this area. The bulb
place that really deserves more attention. It's the c
penis and can be very sensitive, depending on the

Pay homage to it by giving it a great big lick. From
several return trips will be appreciated, especially
pressure applied by your tongue.

OK, SHALL WE FUCK?

Full massage

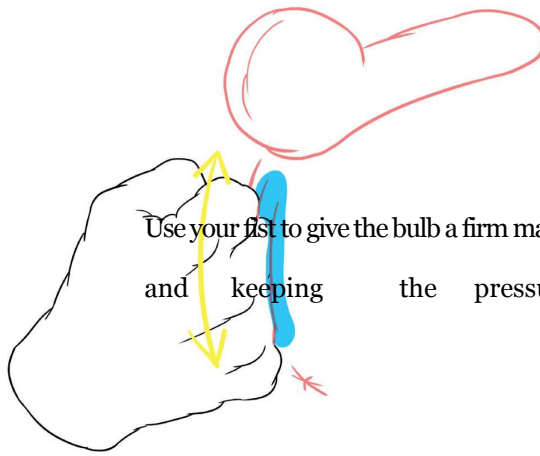


If you're not especially coordinated, you may not
massage. But, whatever, give it a go because you r

So, with one hand, give Thingamajig a classic hand
index and middle fingers of the other hand as per the drawing and
move them to and fro, massaging the sides of the
to the base of the balls.

This massage can be done very gently but I've heard
the effects in full, a certain amount of pressure is required.

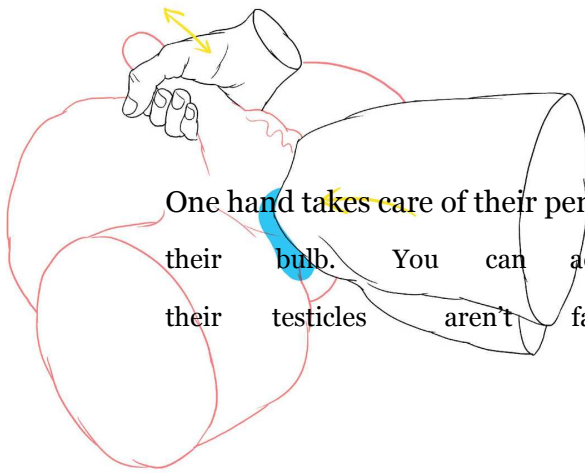
Fist on bulb



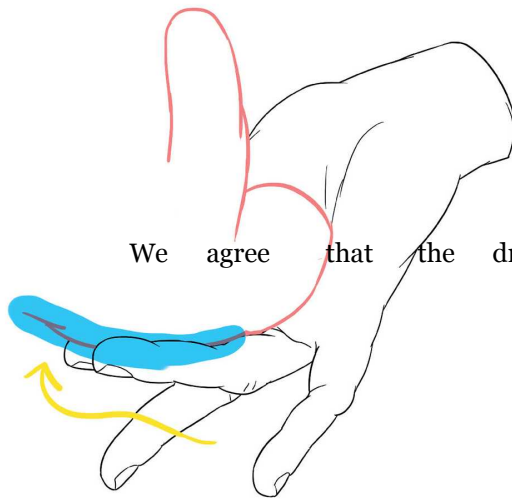
Use your fist to give the bulb a firm massage using a rotating movement
and keeping the pressure constant. Just like in the

OK, SHALL WE FUCK?

A knees- up



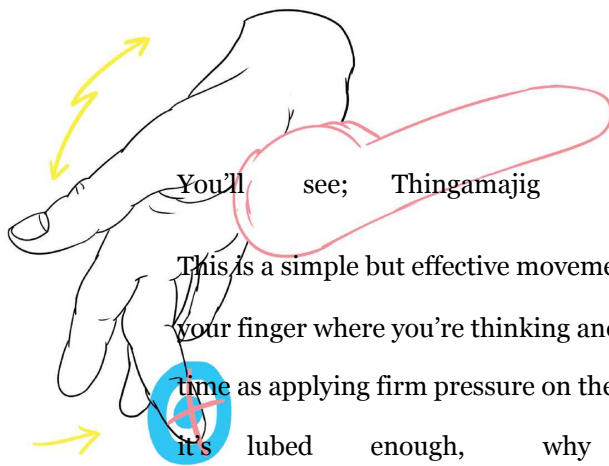
No comment



We agree that the drawing is self-explanatory, don't

OK, SHALL WE FUCK?

Vibrofinger their an

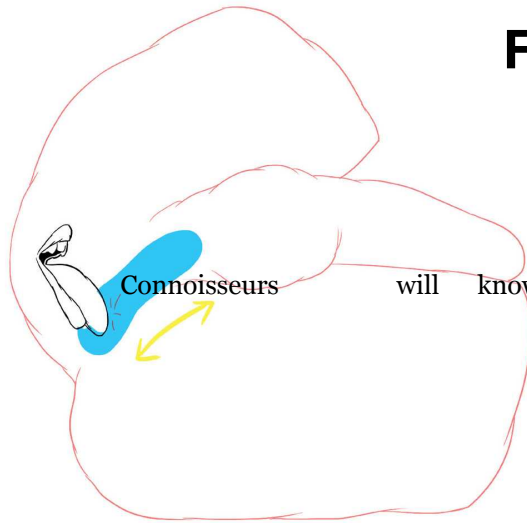


You'll see; Thingamajig will love it.

This is a simple but effective movement: all you need do is to place your finger where you're thinking and vibrate your forearm at the same time as applying firm pressure on the area in question. And then, if

it's lubed enough, why not insert it... See how you

For butt lickers



will know how to appreciate this treat.

OK, SHALL WE FUCK?

BZZ

BZZZZ

BZZZZZZ...



The vibrations from a dildo will relax the anus just as effect
as poppers.



BLISS CLUB

Straight

men

anal

sex,

too.

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They

just

don't

know

it

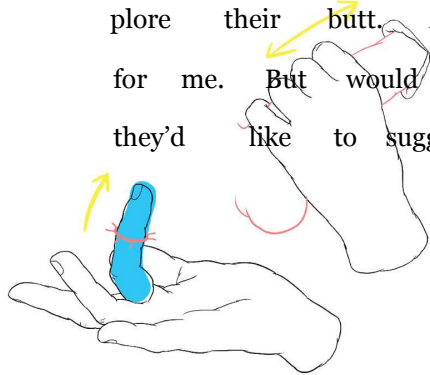
yet.

OK, SHALL WE FUCK?



—————TIMES ARE CHANGING AND MEN,

Plenty of cisgender, straight men write to me to say
plore their butt. As a cisgender, hetero woman it's a
for me. But would you believe it, plenty of chicks a
they'd like to suggest it to their dudes! So what ar

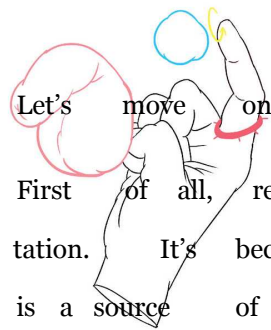


Just one finger, if you |

222

No, your finger won't necessarily smell of poo if you stick it between
their buttocks. You might just end up giving Thingamaji
of pleasure, even to the point of reaching orgasm.

Play with your prostate



Let's move on to serious topics and talk about the prostate. First of all, remember you can do this whatever you want. It's becoming more and more common because it is a source of INTENSE pleasure and stimulating. You can achieve far more powerful orgasms than 'usual'. Don't pay attention to your cock during this exercise so you can focus on one pleasure at a time. You can, of course, do this in a less acrobatic *à deux* . Ready?

Make yourself comfortable and start massaging you
lube so it's easy to gain access.

Once you feel that your anus is ready to let you thr
finger gently as directed in the illustration. (You need to make sure
you're pointing towards the front of your pelvis.)

OK, SHALL WE FUCK?

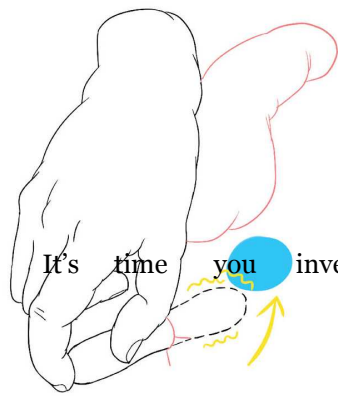
Your prostate isn't far away. The concept is not to
sage it; for starters I recommend just brushing agai
the palm of your hand and you'll notice that it's mo
skim over the surface than to press down, it makes
tickles. That's what we're aiming for at the beginning
Afterwards, up to you to direct operations...

P.S.: the first time can be disappointing because you need a certain
amount of time to tame your butt.

Thanks to Adam, author of *Le Traité d'Aneros* [T
(it's a must read).

The jewel in the crown

Your prostate is a happy chappy when it meets a 1
This little marvel can give you extraordinary orgas
powerful than those you experience with your pen
alone, contracting your perineum to move it around
try it out before/ during/ after intercourse. You c
work without anyone knowing.



Prostate vibrator

It's time you invested in a vibrator for new sensations.





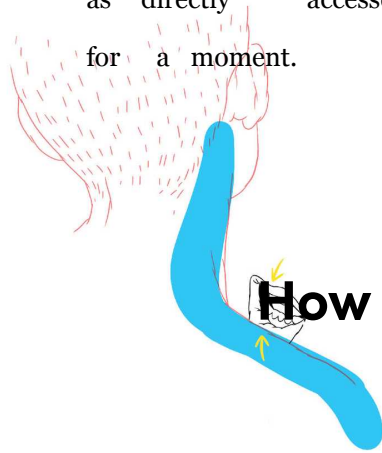
3.

UNISEX

**Our erogenous zones
and other tricks...**

OK, SHALL WE FUCK?

What with all the excitement of showing you m, niques to tease Widget and Thingamajig, I completely to you about erogenous zones... Because they are as directly accessed pleasure zones and they are for a moment.

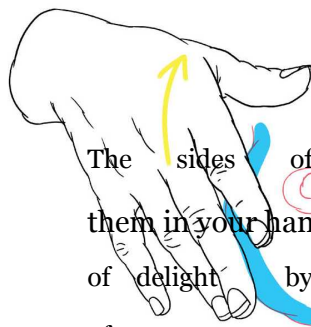


How about some necki

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The neck and the shoulders really get me going, but Try to bite Oojamaflip around there to make them shiver all over. Go gently at first to provoke gentle quivering, then go harder and harder so that the feeling spreads throughout their body... GOOD TO GO CROSS COUNTRY!

Light touches



The sides of their breasts are especially sensitive to being touched. When you hold them in your hands and going squish, you might offer them a quiver of delight by lightly brushing them with your hand, the back of your hand, or a piece of paper, a paintbrush, etc. Whatever you have to use, it should be soft. Goosebumps and more guaranteed.

OK, SHALL WE FUCK?

BLISS AND ORGASM

I'm often asked about the difference between 'bliss' and 'orgasm'.

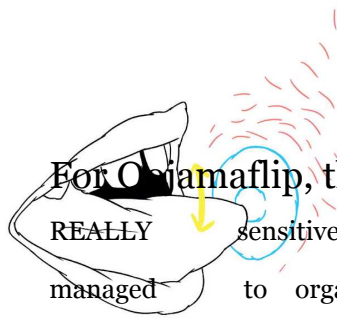
Beyond the fact that you could easily find the answer online, let me give you my definition of these two terms.

Bliss is the pleasure you get from a situation, whether I am in heaven over a house/ I adore you're being answer to the question: 'Did you come?' you could but I didn't reach orgasm, babe'.

An orgasm is the culmination of an extremely well encounter.²³⁰ The big bang that tells you your pleasure A type of extreme bliss.

N. B.: orgasm isn't something that both sexes can systematise and the simple fact of feeling bliss can mean your quality experience. It's when there isn't bliss that asking yourself questions...

Nipple sucking



For Oojamaflip, the nipple area can be extremely sensitive.

REALLY sensitive, depending. Legend has it that managed to orgasm through nipple stimulation.

Think about it as though Oojamaflip has two clits instead of two nipples

and give them a thorough BJ. Nice and gently, skin your tongue over the top... Alternate between using going more quickly, then lightly once more... Even job. GET NIPPLE SUCKING!

SKINCARE CREAM

Calendula soothes your sore genitals after lovemaking. This remedy cream you can buy in the chemist. You can use it on the entrance of the vagina or the sore penis after a fisting session. It's also great for cracked skin from breastfeeding.

OK, SHALL WE FUCK?

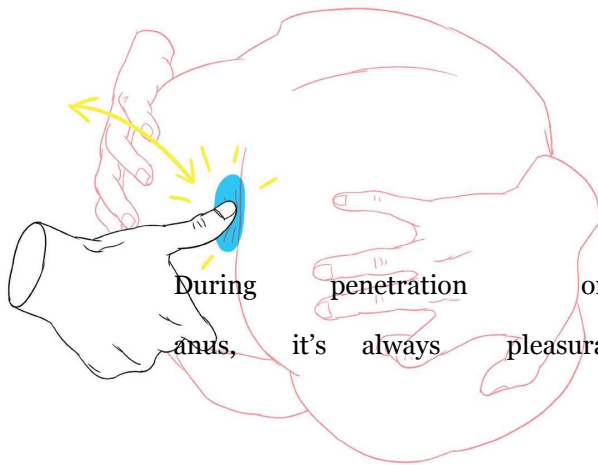
Opening fireworks



Before letting yourself be taken by an octopus
(I know that's your fantasy), you could start by as
to devote some attention to your orifices. Some people cons
submissive, others see it as a joining together — a
one being inside the other.

THERE'S AN INSTRUCTIONAL GATE
ON PORN SITES, YOU KNOW?

You can learn from the screen to do a whole host
sucking like a pro, stylish oral sex, erotic massages,
To be honest, it's hard work but someone's got to

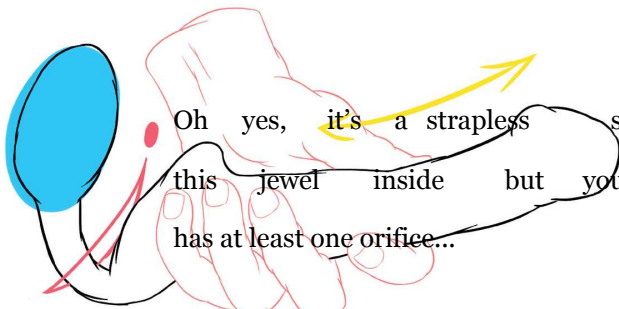


Tap tap

During penetration or while you're doing the house
anus, it's always pleasurable. TAP TAP!

OK, SHALL WE FUCK?

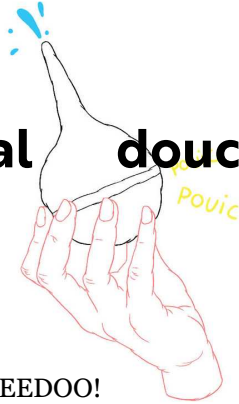
Strapless strap-on



Oh yes, it's a strapless strap-on and it's better to have this jewel inside but you can stick it anywhere, insofar as the body has at least one orifice...

I advise butt beginners to start small. It's also ideal for long-term relationships because it gives a real skin-on-skin sensation.

Anal douche, a user's guide



POOPY POOPEEDOO!

There's no harm giving yourself an anal douche from time to time. Especially when you know you're going to get buttfucked.

Anal douche: a user's guide.

Buy one from a chemist and experience that singular moment when you look the pharmacist in the eyes across the counter.

Plan to use it between 15 minutes and 2–3 hours beforehand, depending on your bowel movements.

Start by filling a (clean) sink with tepid water.

Fully depress the douche bulb and keep it below the waterline so it fills with water.

Remove it and give it a gentle squeeze to make sure nothing is trapped inside. Plunge it below the waterline a second time to fill it up to the brim. You don't have to do this but it will prevent filling your butt with air and letting rip in polite company.

Then move to the toilet to insert this magnificent bulb into the butt.

Squeeze the bulb to empty the contents inside yourself without pushing to let out the poo-stained water.

Repeat once or twice...

Now you're ready for carefree anal sex!

It's also great if you suffer from occasional constipation!

OK, SHALL WE FUCK?



Tea time!

Is it cold? Drink a lovely, hot cup of tea and place y
are inspired to go.

IT'S HARD TO ORGASM

WHEN YOU'RE HOOKED ON PC

For anyone who manages to let go while watching their partner(s).

Porn is practical but it makes our brains a bit lazy ready-made images and when confronted with reality on disappointing.

I'm not saying porn is a bad thing but I have noticed let your imagination fly, or better still, concentrate on pleasure, your orgasms are definitely more satisfying.

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Here's a step-by-step plan to kick the habit:

- Limit watching porn until you can stop completely first step that requires willpower. But it is feasible!
- Once you've weaned yourself off it, try to remember the scenes that turned you on the most and try to climax without computer on.
- The third step involves using your imagination. fantasies so you reach orgasm again. Get inspiration or podcasts.

– You're ready to try to only focus on your pleasure or imaginary help. This process may take quite a while, but you're ready to habituate your brain but, I promise, it's worth the effort!

OK, SHALL WE FUCK?

Make

intercourse

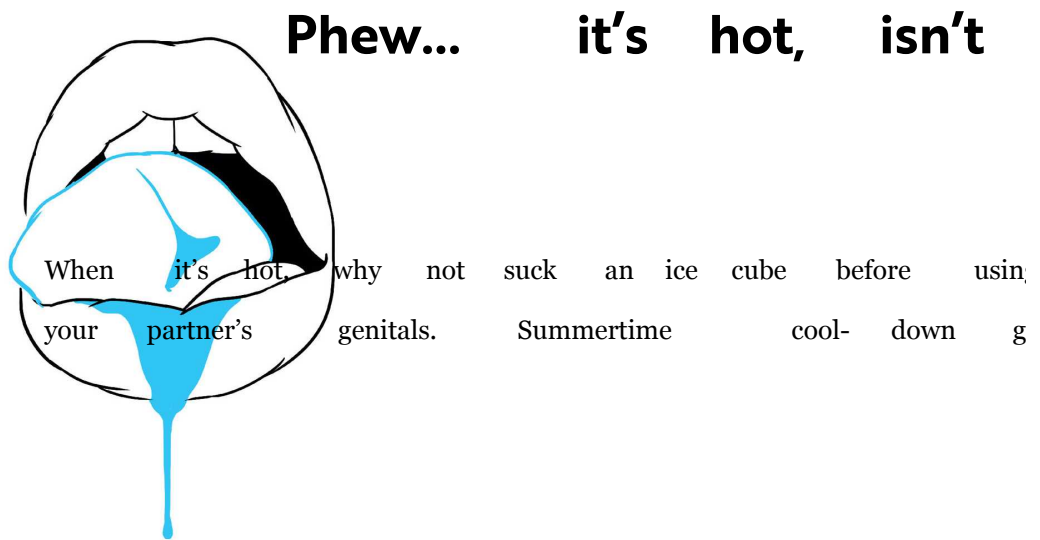
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option

rather

than

a goal.



OK, SHALL WE FUCK?

Nice and flat



Lick the anus making your tongue completely flat. Just that.

THE JOYS OF MASTURBATION

It's a magical ritual that will allow you to push your learn to love yourself or simply relearn how to take

Before you start, tidy your bedroom and make sure comfortable. You might also opt to do this in the c

Forget porn – you won't need it. Then switch off your phone and your computer (unless you want to listen to some music).

Switch off any lamps and light some candles. To create a scented and relaxing ²⁴¹ environment, light some incense or get oils diffuser.

Get yourself a mirror, some massage oil and a dildo one, you can also use a washed, organic courgette/ the music.

Now you're ready so off we go.

– Start by saying out loud what you want to disentan

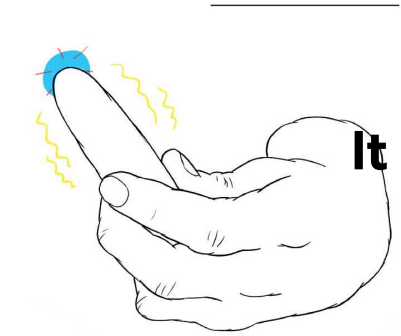
Of course, you may not have any hang-ups, you can relax or take enough time for a change... It's up to

– Now massage your body with the oil. Stroke you to toe. Take your time and look at yourself in the beautiful you are in the candlelight. Appreciate the

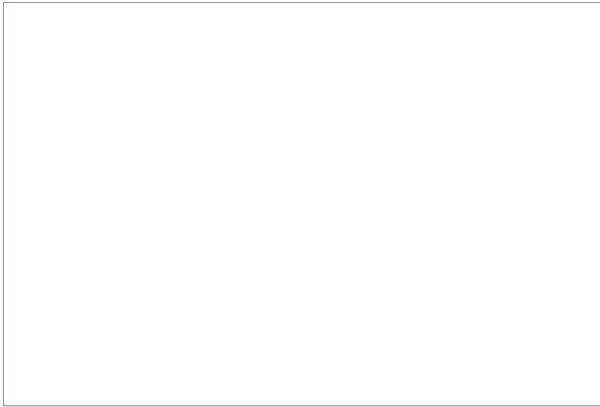
– As for what happens next, up to you to see what take. You could try a new masturbation technique; anal sex; discover your vagina and its mysteries using your fingers; taste your spunk; and so forth.

Basically, there are thousands of ways to discover you it on your own can be a fabulous way to going a b there's no one there to see you and therefore no sl yourself go, baby!

OK, SHALL WE FUCK?



**It doesn't feel quite right.
Relax your anus.**

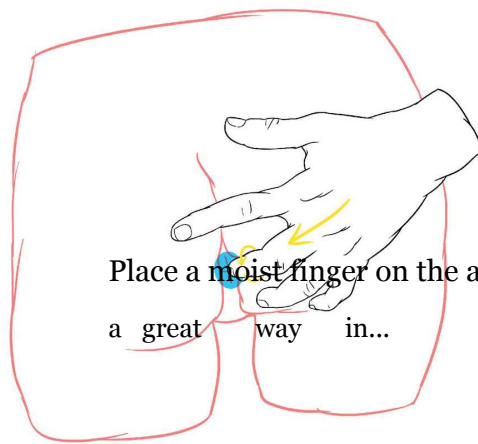


Placing your vibrator on
And more if the flesh is willing.

IN BED, I'M THE OPPOSITE
TO WHAT I AM IN MY DAY- TO- DAY

OK, that's not a proven fact for everyone, but people's can completely seesaw when they are having sex. shy and discreet person can become a tiger or dominant. Same thing for extroverts and powerful individuals with heavy responsibilities and discover they are passive or submissive in bed.

It's as though sex gives us a space where we can free ourselves from what we force ourselves to be during the act. I call it deviant; I prefer to imagine that we are revealing the 'force' making it all much healthier!

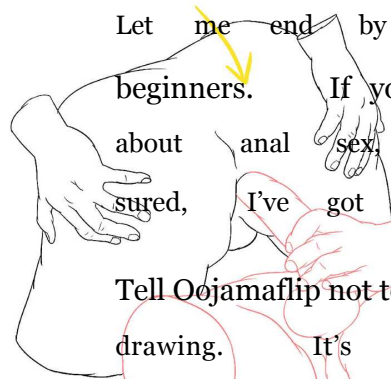


Go into orbit

Place a moist finger on the anus and make circling movements. What
a great way in...

OK, SHALL WE FUCK?

I'm in charge!



Let me end by giving you a little piece of advice
beginners. If you've never tried it I can understand
about anal sex, especially if you are at the receiving
end, I've got a technique designed to help you have
Tell Oojamaflip not to move and to keep their penis/dildo as per the
drawing. It's important that they understand that
mustn't try any thrusting, even just gently, because
the choreography. You need to feel in control and
an inadvertent thrust that might end up damaging
your pants – you're in charge! Take your time, go
when you first feel it. You could also take hold of their penis/dildo if
that gives you some extra reassurance.

Don't forget the lube; it may be needed.

BLISS CLUB



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A POST-SEX DEBRIEF

In order to improve and adjust our movements
partners, we need to take a moment to discuss w
what less good. And to give each other little kisses,

Time to wrap it up

I could have produced thousands more drawings and never finished this book, given how many things there are to say. Further, my editor is hassling me and I also think it's time for a normal life. Taking notes while on the job is, I kid , exhausting...

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So, congratulations! You've managed to read this book and its inclusive pronouns. Beyond the perfidious joy of imagining these high-wire mental gymnastics, I hope this inclusive language becomes more common for whoever, wherever and whenever.

If there is one (or perhaps two) thing(s) to hold on to for your time and step outside the traditional lifestyle paradigm designated. We need to move away from representations from the past because they imprison us in guilt-ridden boring sexuality. Equality between the sheets starts with the precepts that have been imposed for so long.

of dividing people into those who penetrate and those who are penetrated, we don't have to ask ourselves the question: "man" and who the "woman". There is no submissive partner (unless that turns you on, of course). In a world with hard and fast rules, just bodies wanting to express themselves fully, without shame or obligation. I'm not going to get from easy to get your head around it all and I've got a lot of issues I need to deal with... And I'm genuinely very grateful for the stories that helped me move forward and grow during this time. Collaborative work is wonderful. And it's a beautiful thing to see. I was not alone writing this... We were 280,000. And as the other person might say: 'I'm pulling out all the stops'.

Thanks

A big thank you to all those people who helped, in and fingered me.

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is a bit ooh, la, la.

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it, gave me the strength to carry on when I wanted
because life is sometimes shit.

About the Author

Jüene Plã is from Marseille and works as a character video gaming industry.

What Jüene likes more than anything else is sex : 2000s. The trouble was she found sex rather boring riously let her down during # metoo. So how could ²⁵³ mess? She still had Destiny's Child but as for sex one way forward, do some drawings to help her par that there's more to life than penetration. Being gene decided to share her research and put it up on Instag great surprise, she struck a chord. After 18 months, account jouissance. club has 600,000 subscribers, perhaps the only one who was bored?

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