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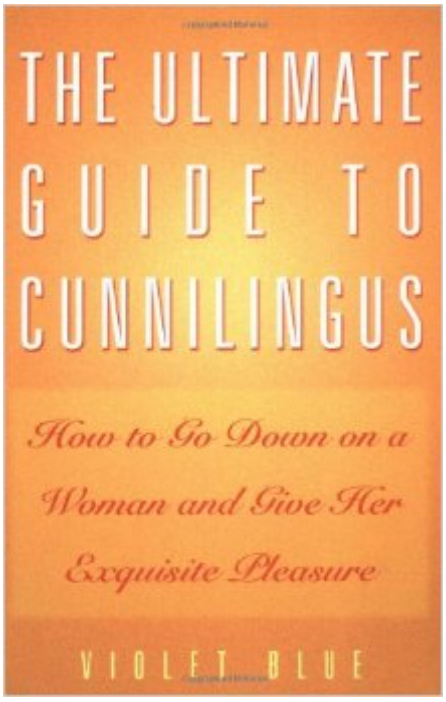
The Ultimate Guide To Cunnilingus: How To Go Down On A Woman And Give Her Exquisite Pleasure (Ultimate Guides Series)



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Synopsis

Many people enjoy giving and receiving cunnilingus, but where do you turn when you want to learn more about oral sex or ways to introduce it into a relationship? The Ultimate Guide to Cunnilingus is a resource for people who are looking to expand their expertise or are simply curious. In her clear, concise, and informative text, sex educator Violet Blue provides step-by-step instructions for going down on a woman, as well as accurate and up-to-date information on female anatomy and response. In her friendly, witty tone, Blue dispatches fascinating facts and discusses games for lovers, positions, safety, a variety of techniques, erotic book and video recommendations, and tips for effectively communicating with a partner.

Book Information

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Customer Reviews

I checked out this book because it has been nominated for an award in London, and was quite surprised at the depth and detail covered here. Most books that claim to explain stimulating women sexually seem to handle the material with kid gloves, almost with distaste. But the author clearly has a passion for explaining exactly how the female sexual response system works, and what types of stimulation produce pleasurable results. This is the first time I have seen cunnilingus clearly and honestly explained, and it is without a doubt the most complete book on the topic.In addition, because the author is a young sex educator working in the field -- at the established sexual pleasure pioneer Good Vibrations nonetheless -- the information goes beyond standard cunnilingus, providing how-to's on every possible variation one can imagine. Using manual stimulation (hands),

adding sex toys, incorporating anal play, cunnilingus and S/M, sexual fantasy and cunnilingus, female genital massage, sexual pressure points to heighten pleasure, and the list goes on. There is a mine of information here, as well as etiquette for givers and receivers. The tone is warm and engaging, and doesn't make the mistake many sexual pleasure guidebooks make by coming off too seriously, or using "New Age" terms -- no "goddesses" or "yonis" here.This book rises far above the rest, and I've read them all. Most come off as soundbites, whereas this is a complete book and an exhaustive resource. It deserves to win that award.

This is a very good book, and it successfully managed to improve my sex life. With the techniques learned in this book, you can definitely give your lover pleasure without pain. The descriptions are short but to the point, and the techniques are what really get detailed in the book. There are also some chapters that inform you about the dangers of cunnilingus, such as disease and the effect that bad hygiene can have on both people. There are safety tips, cleanliness tips, and foreplay techniques.While this book is helpful for both men and women, it was clearly intended for lesbians. There's nothing wrong with that at all, but it just limits the information a man like myself can use. Most, if not all the illustrations in the book involve two women, and about 1/3 of the entire book covers relationships between lesbian lovers, and techniques and activities that could only be done between them. The author even stresses the fact that she is a lesbian, and that the book is intended mostly for that audience. Despite that, the book is helpful to both men and women, and I thought that it was very informative, well thought-out, and the author wasn't afraid to use coloquial language...no 'beautiful flowers' or 'godesses' in this book...just general terminology and slang, making it easier to read and understand. Definitely a great book for men or women looking to improve their sex life.

The title of this book is perfect for the content, as this is certainly the ultimate guide. I have bought and read all of the books on this subject, and Blue's book covers everything, literally everything, in a tasteful and warm-hearted manner. There are more ideas for cunnilingus, and giving a woman an orgasm with your mouth, than anywhere else. Every step is detailed and nothing is left to question. There are many helpful illustrations, dozens upon dozens of techniques and the book goes far into territory that other books do not cover. Of all the cunnilingus guides available, this one is the most useful.While I am a straight man, I had no problems with the material's all-orientation presentation. The author makes no assumptions about who is reading the book and instead concentrates on exploring the subject to the absolute limits. I have a mouth and lips, and my wife has female

anatomy; this book was written for me. I was especially pleased to find out the lesbian tips, though the author makes it clear she is not a lesbian herself it is refeshing to know she has researched every angle for the book, including lesbian resources. What a wonderful sex-positive book. It is simply the best.

This is THE book to get on going down on a woman. Most other sex guides don't cover the vast amount of ground the author covers, and even though I knew a good amount of the anatomy stuff I learned a whole lot about how to use my mouth and hands. It's essential reading for guys who want to know exactly how to make women come and what happens physiologically when they do. Plus the sections on using extra tricks with cunnilingus like blindfolds, sex toys, fantasies, and advanced stuff makes it a book I keep using. And she's a great young writer who brings a breath of fresh air and a savvy sense of style to the world of sex writing.

My hubby and I have spent the last month exploring The Ultimate Guide to Cunnilingus. Love it! I found it exceptional in its depth and coverage. I have been very disappointed that few resources cover oral sex (or any specific sex act other than regular intercourse) with any depth. I am grateful this book exists.

Okay, I must admit, I have no real need to know how to perform cunnilingus but I just wondered about the `how to' involved in this practice. I was surprised to find out all sorts of other great stuff in this book.Now that I have read this book, I think that in a life or death situation I certainly could perform this erotic practice but I don't think there are any life or death situations involved unless we are talking `the little death' of orgasm. As a woman, I did have a good idea involved in the `how to' but now I have a knowledgeable book sense of what men and lesbians are experiencing.The book is well written and to the point, full of the usual female physiology, anatomy, and safe sex but I must say done very well. I didn't care for the chapter titles, not titillating enough for my taste with the exception of chapter five titled `taste and textures'. I did learn some great facts for example the ph of the vagina and the ph of seaman. Oh yeah there is a whole chapter on tongue techniques and positions. Oh and we do touch on some other practices in the sex arena but this book is focused on the giving and receiving of cunnilingus.This book was spiced up quite nicely with the great short erotic stories at the end of each chapter written by Alison Tyler and sprinkled through out are some real people insights about going down. Also, included are some really wonderful illustrations.Over all a good instruction book on this oral erotic practice enjoyed by so many.girldiver:)

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