



50 Illustrated Masturbation Techniques for Women

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Everyone masturbates. No matter what is our sex, age, social and relationship status. We all like to dip into the ocean of self-pleasure once in a while. Some more often and others less frequently. But, we all do it.

Although being criticized on moral or religious grounds for centuries, masturbation is actually very beneficial for men and women of all ages. For example, sexual self-stimulation is recommended by experts on mental health as a good way of relieving depression and anxiety by driving out negative thoughts, at least for a while.

Frequent masturbation is a perfect way of teaching every person to understand its own sexuality and getting to know your body and your desires.

And now the fun part. There is not just one way to pleasure yourself. There's a plenty of techniques that masturbation could be done through. These techniques involve touching, pressing, rubbing, squeezing, stroking or massaging using your fingers, hands or certain objects.

This book unlocks the door to the new experiences. 50 techniques you've probably never tried before will give you hours and days of immense pleasure you've never experienced before.

All techniques are perfectly safe and require nothing more than your hands and some free time.

What's inside this book:

- * 50 masturbation techniques for women
- * Detailed explanations for each technique
- * Vivid illustrations for each technique
- * Tips on how to make your orgasm even better
- * Become a part of the SteadyHealth community to talk about new female masturbation techniques

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