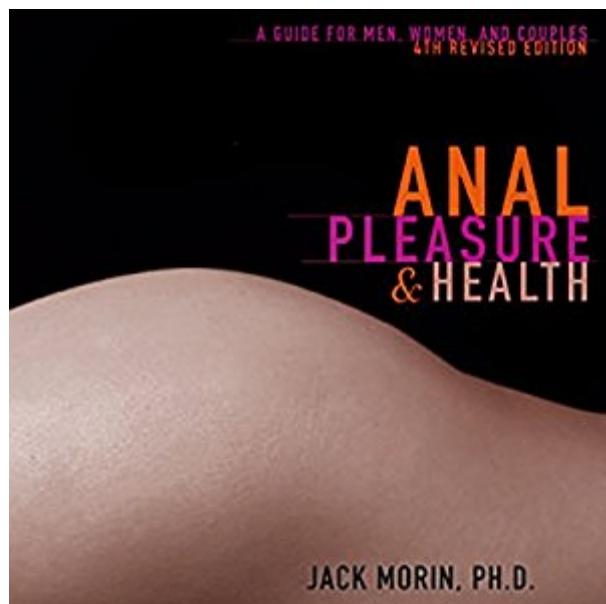


The book was found

Anal Pleasure And Health: A Guide For Men, Women, And Couples



Synopsis

For many years the focus of fear and disgust, the anus is actually one of the human body's most wondrous creations-elegant, efficient, and richly supplied with pleasure nerves. However, stress and ignorance can turn the anus and its functions from a source of delight into a painful disability. What's needed is an owner's manual-and here it is! Join therapist and sexologist Jack Morin, Ph.D., on this tour of the anus, complete with information and exercises to open the door to new sources of comfort and gratification. You'll unlearn habits that can cause everything from hemorrhoids to chronic pelvic pain- and, if you choose, learn new ways of achieving solo and partnered pleasures through this humblest of portals.

Book Information

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Customer Reviews

This book is truly amazing, dealing with all aspects of this most important aspect of every person. The physiological descriptions and illustrations opened my eyes. There is just so much ignorance about the actual structure and physiology of the anus, rectum, sigmoid colon, and descending colon. It takes no more proof than reading any number of sex blogs, and even Wikipedia. There is so much this book can teach you about the real physiology of these areas, as opposed to all the misinformation you will encounter on www. However, there is so much more to this book than the physical aspects. Professional sexologist Dr. Jack deals with all the emotional, psychological and spiritual issues as well. I found myself agreeing with everything I was reading, and feeling really excited about it all! This book contains so much common sense and even mystical truths. Ask me: I

have been practicing Buddhist meditation for 19 years, which has completely transformed my everyday experiences. This author knows what he is talking about, and what he says can be truly helpful and healing for any injured soul, including many injured behinds. You don't even have to be interested in anal eroticism to benefit. It is also about good health, of which the anus, rectum and colon form an integral part. Before reading this book I always felt a little uneasy about my very personal and long-standing interest in this subject, going back to when I was only three and knew absolutely nothing about sex. At that tender age I felt great excitement and an urge (itch?), but did not know what it all meant.

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