

The book was found

The Mistress Manual: The Good Girl's Guide To Female Dominance



Synopsis

Are you the Nursemaid, the Governess, the Queen, the , the Goddess? How many things can you think of to do with your hairbrushâ | besides brushing your hair? Does the idea of your man washing dishes in the nude inspire thoughts of more than clean dishes? Then this is the book for you. The brainchild of an experienced and wickedly creative dominant woman, The Mistress Manual gives you the skills and encouragement you need to turn your male into an obedient, devoted, and very happy helpmeet!

Book Information

Paperback: 220 pages

Publisher: Greenery Press; Revised ed. edition (June 2000)

Language: English

ISBN-10: 1890159190

ISBN-13: 978-1890159191

Product Dimensions: 5 x 0.5 x 8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (168 customer reviews)

Best Sellers Rank: #27,377 in Books (See Top 100 in Books) #142 inÂ Books > Self-Help > Sex #249 inÂ Books > Parenting & Relationships > Marriage & Adult Relationships #294 inÂ Books > Self-Help > Relationships > Love & Romance

Customer Reviews

I don't usually gravitate towards the dominance side of bdsm but I did have a lover at one time who wished to explore his own submissive nature. This book is an excellent education for any woman or man, for that matter, who is interested in experiencing female dominance. This is not a simple overview of female dominance or bdsm techniques but a true manual that takes you through the evolution of becoming a Mistress and the enacting of fantasy with your male partner. If you are new to the concept of female dominance this is an excellent book to guide you through the pleasure and pain of being the ultimate Nursemaid, Governess, Queen, , or Goddess. The book is broken into three main sections: Becoming a Mistress, The Mistress in Action, and The Five Archetypal Fantasies. Becoming a Mistress brings light to idea of female dominance and the pleasure that can come from command while also discussing the psychological aspects of dominance and finding a partner to explore your fantasies. I enjoyed this section immensely since so many factors concerning personal guilt and relationships are addressed in regards to female dominance. If you're

new to the sensual art of dominance you will gather a great deal of self-awareness and understanding in this section concerning bdsm and female dominance. The Mistress in Action begins the real sexual play of dominance between you and your male partner. From the language of dominance to the ties that bind you'll learn some basics that you can expand on with additional reading. This is an excellent book for the novice domme. Once you and your submissive discover specific items that are enjoyable I highly recommend SM101 by Jay Wiseman to explore more techniques and in-depth understanding of BDSM.

I work in the capacity of a personal and professional growth coach with a very sex positive approach. I find that when people have issues, they often show up eventually in the bedroom. I also have an assumption that our society has both a fascination with sex and at the same time a lot of guilt, shame and ignorance around it, especially areas involving sexual fantasies. As a psychological professional, I see that shame and guilt around certain fantasies often leads to acting out. Husbands and wives are often reticent to share some of their fantasies because of shame and this creates a barrier between them. In my practice, I have found honest, humor and a safe environment leads to increased intimacy and a safe space to explore new behaviors that enhance intimacy. In our culture, women often feel disempowered and sometimes they fantasize about turning the tables. A lot of men find this interesting too and sometimes even pay for it because they are too ashamed to discuss this desire with their wife or partner. While there is a lot of material out there on this topic and other related topics, not all of them are equal. I came across this book accidentally in a bookstore and picked it up and started reading it. I found it entertaining and it had some ideas that I laughed at and others that sounded very interesting. This book also explored five archetypal fantasies that form the basis of many men's fantasies with respect to a woman being dominant. This was an interesting discussion and it lead deeper into the territory of how to discuss these fantasies with a partner and use this material to spice up your sexual communication and sex life. This title is geared to conversative couples who want to wade slowly into exploring new sexual territory.

[Download to continue reading...](#)

The Mistress Manual: The Good Girl's Guide to Female Dominance
He's on Top: Erotic Stories of Male Dominance and Female Submission
EROTICA: FEMALE DOMINATION MALE SUBMISSION
ROMANCE BONDAGE BDSM (Torture Dominance Femdom Tease and Denial Sex Short Erotic Adult Stories): Woman Dominating Man
The Girl from Berlin: GruppenfÃ hrer's Mistress Audition
Songs for Male and Female Singers: Gilbert and Sullivan (Book & CD) (Audition songs for male & female singers)
Surgical Management of Pelvic Organ Prolapse: Female Pelvic Surgery Video Atlas

Series: Expert Consult: Online and Print, 1e (Female Pelvic Video Surgery Atlas Series) Basic, Advanced, and Robotic Laparoscopic Surgery: Female Pelvic Surgery Video Atlas Series, 1e (Female Pelvic Video Surgery Atlas Series) Get inside Her: The Female Perspective: Dirty Secrets from a Woman on How to Attract, Seduce and Get Any Female You Want Good Gut: The Next Thing You Should Do If You Want to Heal Your Gut and Improve Your Intestinal Health (good gut guide, gut health, good gut diet) Gay Marriage: Why It Is Good for Gays, Good for Straights, and Good for America The Looneyspoons Collection: Good Food, Good Health, Good Fun! Chemtrails, HAARP, and the Full Spectrum Dominance of Planet Earth Panther: Germany's quest for combat dominance (General Military) BDSM: Taboo Erotica - BDSMErotica Collection - Erotic Romance Short Story Anthology of Dominance, Billionaire Romance, Romantic Suspense, Submission, Bondage, Master - Adult Bedtime Short Stories BDSM: The Dark Secret (BDSM Alpha Billionaire Dominance Romance) (BDSM Contemporary New Adult Taboo Women's Fiction Short Stories) Inheriting Control: An Erotic Gift of Dominance, Power and Lust (The Ring of Influence Book 1) The Edge of Dominance (The Doms of Her Life Book 4) Cheated & Deafeated: Mistress Harley's How To Gambling Guide: Stop being a loser & start being less of a loser (Cheated & Defated Book 1) Safety Skills for Asperger Women: How to Save a Perfectly Good Female Life Mistress Of Scott Manor : HISTORICAL EROTICA: (Scottish Victorian Highlander Regency ~ TABOO EROTICA) (PEASANT DIARIES)

[Dmca](#)