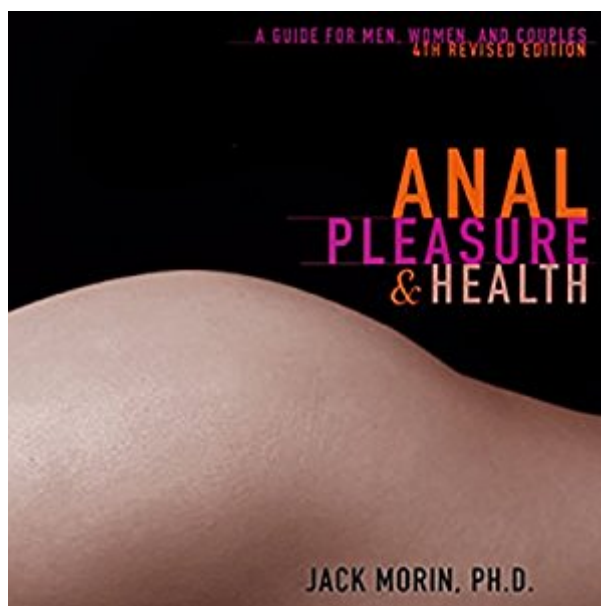


The book was found

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

Great book! It has a lot more than I expected. Not one of those "this is how you do it" guides that just don't work. Every person is different & this book covers the facts for everyone to learn from.

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. It has taken a long time for me to come to fully accept this aspect of myself, due to all the prejudice, hatred, ignorance, religious taboos, and plain old stupidity that exists around this vitally important subject. Full and final self-acceptance, and a much better understanding of what is going on within, only really came with the reading of this important book. I even urged my wife to read it. She has no interest in anal exploration at all, but she has some issues with anal tension relating to piles from time to time. Needless to say, I never have any piles. She knows about my personal interest and accepts it fully. I understand her personal disinterest and also accept that fully. Dr. Jack is completely non-judgmental (wisely so) about all aspects of sexuality, ranging from strict monogamy to outright promiscuity. That is precisely how it should be: he is a true professional. In the process he helps the reader to come to terms with his or her own personal issues, and to move towards greater self-acceptance, which is the basis of every personal spiritual path. We cannot love others fully and truly until we come to terms with our own demons and learn to accept all aspects of ourselves fully, the good with the so-called "bad". This book comes highly recommended for those people for whom anal sex, anal health, and anal exploration presents a stigma. It will help you get over it. There is so much prejudice and aversion to this very important topic, but sexologist Jack takes all the blinkers, and all the blinds off and goes into all aspects rationally and calmly, clearly illustrating that there is nothing to fear. Thank you Jack! You are a true differentiator in this world!JP

I just found out that a new version of the classic guide to all things anal, *Anal Pleasure and Health* by Jack Morin, came out with a new edition! I'm excited to see what the changes were and I highly recommend this book to anyone looking to learn about anal play, for men or women, and even for those who think they know a thing or two about the butt. Trust me, you'll learn

something. Anyone who wants to learn more about anal eroticism, anal health issues, and psychological aversions to anal play should pick up Jack Morin's book.

Your ass will thank you later

Excellent book of advice.

This is an interesting, comprehensive, & educational read. Written in an open-minded, thoughtful, & matter-of-fact way. An invaluable resource for anyone wanting to better understand this all-to-often taboo subject. Here are its chapters: Table of Contents Acknowledgements List of Illustrations Introduction: A Quarter Century of Anal Exploration Ch. 1: A Brief History of Anal Pleasure Ch. 2: Confronting the Anal Taboo Ch. 3: How to Use This Book Ch. 4: Looking & Touching Ch. 5: Beneath the Skin Ch. 6: Mind & Body Ch. 7: Inside the Anus Ch. 8: Anal Eroticism Ch. 9: Discovering the Rectum Ch. 10: Attitudes Toward Rectal Stimulation Ch. 11: Mutual Exploration Ch. 12: Anal Intercourse Ch. 13: Realms of Power Ch. 14: A Lifetime of Anal Pleasure Appendix A: Health Problems Involving the Anus & Rectum Appendix B: Summary of Research & Findings Bibliography Index

It was an informative read with all the information written in a easy and enjoyable format. Any questions or doubts have been answered. If you are looking for enjoyment in this area, you will enjoy this book.

This is an excellent book. In this field you find a lot books but very few written by a qualified and knowledgeable professional. We are lucky to have Dr. Morin's work.

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