



Anal Sex Tips For Guys and Girls [illustrated] (Volume 1)

Angelicka Wallows

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I have always been interested in trying new sorts of pleasures, and obviously anal sex is one of them. I admit that I started quite early and got the chance to do it with two great partners the first time, who made me enjoy it straight away.

As I am getting a lot of questions about it on my blog, I decided to share my few years experience in the matter with you, as well as the testimonials I got from many readers. And thus **Anal Sex Tips For Guys & Girls** was born. It contains valuable tips to make anal sex a pleasurable experience.

When done right, anal sex is extremely pleasurable, and a delicious way to spice up and diversify your sexual life. So why not give it a try?

Warning: This 4000+ word sex guide contains explicit material and is exclusively intended for adults of both sex.

Excerpt:

A little bit of anatomy here guys! If you've got to stick your penis somewhere, you'd better understand how it is configured so that you know how to actually get it in.

Unlike the vagina, the anus is not a straight path. It is more like an "S" shaped path. The entry of this path is guarded by two strong muscles: the internal and external anal sphincters. It is the contraction of these muscles that causes pain during anal penetration, and it is their relaxation that makes it a pleasurable act.

The rule here is to keep them relaxed. You can achieve that by good preparation, generous lubrication, and by "pushing" gently, just like you do when you defecate (which is why I like to deep clean myself first, as it boosts my confidence in doing so). Pushing when you try to get a penis inside is can seem a bit contradictory (and that's probably why it is said to be against nature!), but doing so will tremendously facilitate the penetration. You can practice Kegel exercises, just like you do with your vagina, to master anal relaxation and become more aware of your backside.

Download now to learn all about anal sex, how to do it right, how to enjoy it safely, how you can improve it and what you should and shouldn't do.

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