

## Bondage for Beginners



Show some restraint! Explore your sexual nature by learning the ancient sensual art of binding your lover. This title presents an introduction to bondage in consensual relationships, *Bondage for Beginners* is non-violent and absolutely safe. Along with rope bondage, and instructions for over 20 different knots to use, there are ideas for incorporating a wide range of restraints into your lovemaking, including cuffs, straps and harnesses. This title helps to discover the different types of fastenings and props that can be used, and get advice on setting the scene and mood. A variety of positions and bonding arrangements, from easy to more complicated ideas, are described, such as the double-limb, the breast bondage and the spread-eagle, as well as self-bondage techniques.

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