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# 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

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## 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 led 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 conservative couples who want to wade slowly into exploring new sexual territory.

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