

# The Mistress Manual Good Girls Guide To Female Dominance Lorelei

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## FRANKLIN COHEN

A Guide to Claiming Your Feminine Power Harlequin

A handbook for BDSM specifically meant for professionals. Ladies who practice BDSM for pay encounter unique situations which are not discussed in other books about BDSM. Learn what to expect during the initial days as a Dominatrix, as well as information regarding important legal issues and safety issues, and business practices that will augment your professional practice. This book contains detailed discussions of submissive male psychology, types of sessions commonly requested of professional Dominants, a detailed discussion of types of equipment that you should be familiar with, as well as equipment care. Although it is meant as an introduction only, this book will provide invaluable information to any professional sex worker, as well as the lay person who would like access to information which can only be found in this book.

*The Good Girl's Guide to Bad Girl Sex* Tiller Press

Male feminization for fun and growth? Why not? It's a question that critical thinkers ask about many subjects. Everyday there's someone who sees something and instead of saying no they ask, why not? What if the Wright brothers agreed with everyone that man can't fly? What if Henry Ford believed like everyone else that there could be no mass production? What if Galileo gave up on the idea that the world is round and not flat like the Church wanted him to? If something can be beneficial for you or others, but the accepted societal view says it's wrong, does that really make it wrong? Male-to-female crossdressing is one of those things. Sometimes viewed as an unmanly due to societal paradigms and beliefs and called a deviant behavior, it's carried a stigma with it. Does that mean it shouldn't be done? Women are allowed to cross-dress; it has become commonplace for women to wear men's styles of clothing, yet men are forced to stay in men's clothes. Dresses, skirts, stockings and all the feminine accoutrements have fallen to the wayside for most women today, and it's perfectly acceptable for them to wear flannel shirts with jeans, or sweatpants with sneakers or flat shoes. Why not? Why shouldn't a male be offered the same flexibility? Until the time comes when open-mindedness is more prevalent, and paradigms and beliefs are changed, it's still possible to do in secret or with likeminded people and groups, and the benefits are just as great. To balance the individual's masculine and feminine energies and activate the rise on Maslow's hierarchy of needs is not a trivial thing, and that is just one of many benefits it brings. If you, a person close to you, a spouse or partner, or a friend of yours is involved in male-to-female crossdressing, has an interest in it, or is bored and wants to try something new and exciting, then drop the veil of illusions by creating a new feminine illusion and thrive. Read on and see what benefits can follow in this thoughtful short read that just might improve your or someone else's life-or at least help you understand it better. Look inside now.

**Powering Your Femdom Relationship** Georgia Ivey Green

An experience is the process of personally participating in an activity, event or lifestyle. Fantasy does not always translate over to reality because reality must contend with the bodily limitations of the physical world, whereas fantasy enjoys the unlimited boundaries of the imagination. Nevertheless, fantasy is often the product of reality. For one person's fantasy is another person's reality. ; ; Notable FemDom author Elise Sutton examines the Female Domination lifestyle by taking the reader into the personal relationships and sexual practices of everyday people who live astonishing secret lives. ; ; Elise adds her insight and commentary as she examines what constitutes a successful FemDom relationship.

*An Indispensable Guide to Pleasure & Seduction* SCB Distributors

What you will find that follows this introduction is a set of rules and information that you can

adhere to in your Dominant / submissive relationship or not. It can be quite a lot of fun, just sitting down and reading a rule and each time a new rule is added the submissive life can change dramatically because of it. How you implement the rules or not, is entirely up to you, these are just guidelines, things that we have found have been fun and work well in our relationship, feel free to alter or change a rule to fit your own situations. I personally like to leave the book lying around the house just so my submissive husband can see it and know that it is there.

Createspace Independent Publishing Platform

A story you won't forget from #1 New York Times and USA TODAY bestselling author Maya Banks Mistress. It sounded so sordid, so impersonal, so far removed from the kind of relationship Marley Jameson had with Greek hotel magnate Chrysander Anetakis. Until it all came crashing down around them. Three months later, Marley awakened in the hospital with no memory of what happened before she got there. She couldn't remember her past, Chrysander...or the baby she carried. All she knew was that when Chrysander showed up and whisked her away to his private Greek island, being with him felt like home. Until she remembered the truth... "Readers will be swept along in this whirlpool of love, jealousy, betrayal and forgiveness." —RT Book Reviews on Wanted The Mistress was originally published as The Tycoon's Pregnant Mistress in 2009.

**Finding Love Through Female Domination** Mistress Dede

In this guide, you'll learn practical steps towards becoming a professional dominatrix. You'll learn how to brand yourself, how to advertise, how to vet clients as well as how to sustain your business. Additionally, there are 24 lessons that I, Aleta Cai, a well-known independent dominatrix in NYC learned through my experience in the industry over many years.

**Yes, Mistress** Greenery Press (CA)

This manual will work for any gender of dominant and submissive. In section 1: A chapter for submissives who wish to find a dominant partner or to influence their existing partner to become dominant. A chapter for people who have a submissive partner and wish to tentatively explore dominating that partner. A chapter for dominants, including the very experienced, who wish to maximise the pleasure and benefits for themselves and at the same time, maximise the contentment of their submissive. Advice on managing that tricky balance between vanilla activity and domination activity. In section 2: a myriad of ideas, suggestions and techniques to explore, including advice and suggestions on: The use of different punishment implements. A multitude of physical torments, and humiliation and degradation activities. A multitude of tips and ideas to incorporate in each of the five most popular enforced role plays. Page 5 provides opinions of my expertise from many followers of my blogs and published journals.

**A Guidance Manual** Greenery Press (CA)

"My submissive won't do what I want!" This is a common complaint, especially for new femdoms. This guide will help. Whether your submissive forgets to do things you've asked of them, or doesn't complete tasks you set, or thinks it's fun to disobey, or outright says 'no' when you ask something of them, this guide is for you. As a new Domme, disobedience can shake your confidence and leave you struggling because you just aren't sure what to do. Maybe you've tried a bunch of things to get your dynamic back on track, but it hasn't worked out as you'd hoped. This short, sharp, practical 'How To' femdom guide is for you. Discover why your submissive disobeys, what makes them obey, and how you can build a dynamic that makes them want to fall over themselves to obey you. Far past the basics of building a relationship where obedience is a given, this guide presents an actionable strategy for handling your submissive's disobedience: SLAPS\*. SLAPS is an acronym that describes 5 practical steps that will not only help you handle your submissive's disobedience, but that will also strengthen your dynamic while you're at it. S - Seek Clarity L - Listen A - Agree P - Punish (optional) S - Start fresh SLAPS is not just going to help you to deal with an instance of disobedience, but will help you use the experience to better understand your

submissive, to improve communication, to increase intimacy, and to make your dynamic and your relationship better. The toolset and strategies in this guide reach wider than simple disobedience and you can apply them more broadly, but if you just want to deal with your submissive not doing what you want, it will absolutely help you. \*This guide contains no actual slaps!

*Bow Down* Independently Published

A female-friendly guide to the erotic domination of the male by the female in a way that will benefit both. Each chapter is followed by a self-guided journal section, where you are encouraged to explore and clarify your feelings and responses to the themes being explored, thus helping both lovers illuminate mutual desires, needs and boundaries.

**Exploring Erotic Humiliation** Independently Published

Girls! Have you ever wondered how you can make real \$\$\$\$ money online without sacrificing your dignity? What if I told you there are guys out there willing to line up to serve a real, classy, and beautiful financial domme? I will teach you all the tricks of the trade so you can be prepared to start your own online business! I will teach you: 6 things you should do before starting your online empire-How to pick a perfect online name!-How to manage social media! 8 of the most popular fetishes you will encounter-Get a crash course on popular fetishes so you can be prepared from day 1! 9 DIFFERENT revenue streams to MAXIMIZE your earnings potential-Learn how the best dommes in the industry make their money!-Detailed walkthroughs!-Includes two example clip templates so you can start making content on day 1! Don't miss out on potential earnings by making rookie mistakes. This book will help you avoid them! Read and start earning money for your online financial empire! Read on and have men crawling beneath you!

**Enough to Make You Blush** Lulu Press, Inc

Have you ever wondered what it would be like to be a dominant woman who can control a man with just a look or a word? When the thoughts of being in control creep into your head, that sexy little smile starts to play over your lips, and you start to get some ideas that you want to try on your man. As women, we have all been there, but being women, many of us are unable to take hold of our control and dominate a man. The idea of being a dominatrix is often seen as a sexual and social taboo, and many women are afraid of what society would say, what our family and friends would think, and in general, we feel that it isn't the position of a woman to take the stance of power and control. Women are seen naturally as the weaker sex, the one to be protected by a man, and the man in the relationship is often seen to be in control, the leader, the strong and dominant one. Social norms often dictate how we feel about ourselves, and sometimes, it can hinder who we really are inside. Take heed, ladies. We are women. We are strong. We are powerful. We are fierce. We are romantic. We are dynamic. We are caring. We are fighters. We are lovers. We are women! This manual will give you an inside look on what being a Mistress is really all about and will give you insight on how to be a Mistress. Being a Mistress isn't all about leather outfits, stiletto heels, and a whip in your hand. It is a journey between you and your partner, where you are the leader, you are in control, and you have the final say. It is a path of adventure where you make the choices, you take charge, and where you can let all of your inhibitions go. It will give you insight into a new you, the one who has been trapped behind the social norms for far too long. Ladies, welcome your inner Mistress!

*A Good Girl's Guide to Female Dominance* Harlequin

Look beyond the fantasies of whip-cracking dominatrixes and cowering slaveboys, and you'll find real women and men in caring, consensual female-dominant relationships. Yet, given that social norms grant the majority of power to men, how do these relationships work? TammyJo and Fox have been building their female-dominant relationship for many years, and have gathered their most important discoveries and theories into this important manual. You'll learn: - how to take your roles beyond the bedroom - the role of rituals, contracts and protocols in day-to-day femdom life -

how to achieve training and growth that complement the nature of the relationship - how each individual can get his or her needs met within the context of a consensual disparity in power - how to integrate fetish desires into the relationship - how to cope with the realities of life (illness, work, family) without losing touch with the relationship ... and much more.

[How To Handle Disobedience](#) M. Evans

Originally published in 1994 in a simple pink,guidebook format by an experienced and wickedly,creative dominant woman, The Mistress Manual fell,out of print when the author moved on to other,projects. Now, Greenery Press has brought this,underground classic back to life, updated with new,ideas and information on 'Learning to Love,Command' to 'the Art of Discipline'. Learn how to,enact the Five Archetypal Fantasies, how to create,your own scenarios and much, much more.

*Dominatrix* The Mistress ManualA Good Girl's Guide to Female Dominance

From childhood onwards, females are encouraged into subservient roles, so that taking the lead can feel strange and unnatural, even "unfeminine" and "not nice". We are discouraged from aggressively grabbing what we want, and instead encouraged to sacrifice and nurture. We are taught to be prizes, not competitors. Surely, there has to be more to life than that. Many men -- the ones who value assertiveness (and even a little cruelty) in their female lovers would agree. Men are ready to be dominated, owned and used by the strictest, most sensual, and cruelest women? The subservient slaves get put in their places and then punished in a variety of naughty ways until they understand their place...This book is a rich resource of ideas for the woman who wants to embark upon FemDom journey with her man and is hungry for new kinky territory to conquer and in this guide, you'll learn practical steps towards becoming a professional dominatrix. Much of what is depicted about BDSM and the lifestyle is wrong. Our opinions on this lifestyle and art form are often times shaped by other people who have heard something about it and perhaps embellished it to the point of perpetuating myths. The truth is that BDSM is not degrading towards women, "One of the most common misconceptions surrounding a woman taking a dominant role is the assumption that she needs to be a display cruel behavior towards others, for the sake of her own gain or pleasure, and without consideration for their safety or well-being," it's not surprising that any woman would feel reluctant to adopt this role in her relationship. Taking the lead in bed doesn't mean being a sadist or demeaning your partner. It doesn't mean you have to change who you are. You're simply connecting with a powerful side of yourself that was always there, and sharing it with a person who wants to make you happy. It's about closeness and connection, not cruelty.FemDoms are to lead and not follow, be confident and be yourself, say what you mean and be attractive. A Warning for the Man/Men in Her Life, this book will teach your partner how to be more dominant, controlling, learn how to train you, learn how to punish you and hold you accountable for your actions. if you buy this book for her, you might get more than you asked for. You may want to quietly set it aside and buy her a set of fuzzy handcuffs instead. You have been warned.

**A Novel** Bantam

Have you ever wondered what it would be like to be a dominant woman who can control a man with just a look or a word? When the thoughts of being in control creep into your head, that sexy little smile starts to play over your lips, and you start to get some ideas that you want to try on your man. As women, we have all been there, but being women, many of us are unable to take hold of our control and dominate a man. The idea of being a dominatrix is often seen as a sexual and social taboo, and many women are afraid of what society would say, what our family and friends would think, and in general, we feel that it isn't the position of a woman to take the stance of power and control. Women are seen naturally as the weaker sex, the one to be protected by a man, and the man in the relationship is often seen to be in control, the leader, the strong and dominant one. Social norms often dictate how we feel about ourselves, and sometimes, it can hinder who we really are inside. Take heed, ladies. We are women. We are strong. We are powerful. We are fierce. We are romantic. We are dynamic. We are caring. We are fighters. We are

lovers. We are women! This manual will give you an inside look on what being a Mistress is really all about and will give you insight on how to be a Mistress. Being a Mistress isn't all about leather outfits, stiletto heels, and a whip in your hand. It is a journey between you and your partner, where you are the leader, you are in control, and you have the final say. It is a path of adventure where you make the choices, you take charge, and where you can let all of your inhibitions go. It will give you insight into a new you, the one who has been trapped behind the social norms for far too long. Ladies, welcome your inner Mistress!

[The Dominant Wife Rule Book - Chastity Device Edition](#) Savio Republic

NOW IN PAPERBACK! From Publishers Weekly: In The Good Girl's Guide to Bad Girl Sex, sex therapist Barbara Keesling asserts that nearly every good girl yearns to be bad and offers tips for unleashing the bad girl within. Keesling, who worked for a sex therapist as a surrogate partner for 10 years before becoming one herself, explores the inhibitions that women have about sex, and explains how you can dress, speak, walk, tease, use sex toys, give blow jobs and have orgasms like the bad girl of your dreams. In addition, Keesling, herself a former good girl meaning that like most women, she had learned to hide her wild desires from the world offers her personal story as inspiration for all women who want to learn how to feel good about being bad.

[A Girl's Guide to Femdom](#) SCB Distributors

This book is a rich resource of ideas for the woman who has embarked upon a femdom journey with her man and is hungry for new kinky territory to conquer. The material is arranged across twelve monthly sections, with 52 varied entries offering a different idea or scenario for each week of the year.

**Thoughts about Crossdressing and Male Feminization** Createspace Independent Pub

The submissive man in a vanilla relationship faces a daunting challenge. How can he convince his demure girlfriend to take charge without turning her off? How can he show her that female domination is not a sick stereotype, but a healthy and romantic way to enhance her life? This book is the answer to his prayers. His girlfriend's hesitation is perfectly understandable. Since female dominants are so often depicted as arrogant sadists intent on hurting and humiliating men, it's not surprising that any woman would feel reluctant to adopt this role in her relationship. After all, who would treat her beloved partner as if she hated him? But she has no need to worry. The real female dominant is not a cruel psychopath. Her relationship involves mutual trust, cooperation, and communication. She can be nurturing and reasonable. She can share her feelings and needs. She can be herself, more bravely than ever - and her partner will love her for it. In The Hesitant Mistress, author and dominant Dvanna Hightower gently introduces the novice mistress to a new world of life-enhancing possibilities. The male submissive will try to give his lady everything she desires; all she needs to do is recognize the confidence she already has inside her. Part self-help book, part kinky instruction manual, The Hesitant Mistress is an indispensable introduction to female-led relationships. Any woman who reads it will never be the same.----- CONTENTS -----I. Introduction:A Warning for the Man in Her Life; Some Reassurances for the Hesitant Mistress; Your Journey; The Female Dominant; The Female-Led Relationship; Is This Abuse?; The Male Submissive; How It Works - A Brief DemonstrationII. Gaining Confidence:Being Yourself; You are Attractive; Stop Apologizing; Say What You Mean; Don't Justify; Give Up Validation; Be Aware of Your Space; Wear Something Sexy; Know You Can Handle It; Become Self-Reliant; Declare A Preference; Lead, Don't Follow; Vocalize Your InstinctsIII. Training Him:You Were Made for This; Set Boundaries; Be Consistent; Set Expectations; Being Bossy; Watch Your Language; Reward and Punish; Answers and Objections; It's Your DecisionIV. Scening:Of Scenes and Bedrooms; Safewords; Stop and Think About It; Take Your Time; Caring Too Much; Fetishes; Games to Start Out With; Putting It All Into Practice; New Beginnings; A View From the Bottom - A Submissive's Addendum----- A Warning for the Man in Her Life -----This book will teach your partner how to be more dominant. That means she will learn how to actually be more dominant, not just how to act like a dominatrix long enough for you to get your jollies off in the bedroom. Your partner will learn how to say no to you. She will learn how to train you. She will learn how to punish you and hold you accountable for your actions. She will learn that she can demand whatever she wants from you, despite whatever you might

want from her. So beware, my unsuspecting male friend... if you bought this book for her, you might get more than you asked for. You may want to quietly set it aside and buy her a set of fuzzy handcuffs instead. You have been warned.

**Simple Guide to Feminization by Mistress Dede** Createspace Independent Publishing Platform Three decades ago, this book and its companion volume "The New Topping Book" began teaching tens of thousands of people the joyous arts of BDSM topping and bottoming - not just "how-to," but "why-to"... the insider details of emotional support and ethical interaction during kinky play. Since then, the growing popularity of BDSM, and the blossoming of the Internet as a source of information and connection, have created a whole new universe of possibilities for players. Now, the completely updated revised New Bottoming Book and New Topping Book give even more insights and ideas, updated for a new millennium, about how to be a successful, popular player! What the experts are saying "The only way I can think of to learn more about bottming than Dossie Easton and Janet Hardy teach you in [The New Bottoming Book] is to go out and bottom for yourself." - William A. Henkin, Ph.D., co-author, Consensual Sadomasochism

**Dominant Women** Mistress Dede

The private Mistress Lady Sas lives BDSM. She writes one of the most popular Femdom blogs in Germany and shares her BDSM expertise in this course. This book is aimed at Femdoms and subs, singles and couples, beginners and advanced, who are looking for a contemporary course and guide to BDSM. With many helpful tips and countless practical ideas for great sessions and shining eyes. "Femdom Academy" goes far beyond BDSM basics and is also aimed at advanced players who are open to fresh impulses. Content Foreword - 7 Introduction - 9 About the Author - - 9 How Did the Femdom Academy Come About? - - 11 Contemporary SM Instead Clichés from the 90s - - 12 Everyone Has to Find Their Own SM Style - - 14 Lesson 1. The Mindset of a Femdom and a Sub - - 15 Understanding and Living the Femdom Role - - 17 The Intonation of a Femdom - - 19 Why Does a Man Submit? - 20 The Silence Challenge - - 24 The Femdom Mindset - - 28 The Malesub Mindset - - 30 The SSC Principle - 31 The RACK Principle - 33 Short Theory Section - - 35 Lesson 2. The Relationship Between Mistress and Sub - - 38 Rules Help to Distinguish Between Everyday Life and BDSM - - 41 Create Your Own Role - - 45 Lesson 3. Prepare the Session - - 52 The Location - - 52 What Should I Wear? - 55 Lesson 4. Start the Session - - 57 Greeting the Mistress - 58 Practical Tips - - 60 Practical Examples - - 62 A Mistress Needs No Reason - - 63 Topping from the Bottom - - 66 Lesson 5. The Language of a Mistress - 68 Practical Exercise - - 68 Role Models Are Not Always Easy to Find - - 69 The Art of Verbal Eroticism - 72 Lesson 6. One Session and 1,000 Possibilities - - 78 The Most Important SM Practices - - 81 Lesson 7. How to Come up with Creative Ideas for Your Session - - 143 The Mechanics of Imagination: "Carrot and Stick" - - 144 The Idea of a "Challenge" - - 146 The Idea of a "Surprise" - - 147 Lesson 8. Concrete Ideas for Your Session - - 161 Lesson 9. Your Equipment - - 156 Lesson 10: Safety and Communication During the Session - 163 Saying No - - 167 Slave Questionnaire - - 169 Golden SM Safety Rules - - 176 Covering - - 179 Lesson 11: Sexual Gratification - 181 The Orgasms of the Femdom - - 181 The Ruined Orgasm - 185 Forced Orgasms - 186 Prostate Milking - - 187 Lesson 12: Ending the Session - 191 The Follow-up Conversation - - 193 Hygiene - - 197 Lesson 13: Personal Development - 198 Goals for Femdoms - - 200 The Session Log - - 201 The Slave Contract - - 202 Lesson 14: Finding a Play Partner - 220 Finding the Right Play Partner: 10 Tips for Malesubs - 223 Finding the Right Play Partner: 10 Tips for Femdoms - - 227 Lesson 15. Happiness in BDSM - 232 Glossary/Terms - 237 Bonus - 249 Reader comments "A great book that has given me many new ideas and impulses." - Dominatrix Lisa "Very interesting, worth reading for beginners and advanced. Even we, who have been active in this genre for many years, found new inspiration. Clearly structured and logically built, the book is a pageturner." - Manuela "The book describes very sensitively and in detail how a femdom relationship can work best. It reveals secrets of the experienced, charming Lady Sas and encourages the open-minded readers to experience something new on the further way. Very well done and incredibly rich in advice." - Fluffy "Certainly the best book I have read so far on the subject of BDSM. And I have read many." - Mistress Emma