

"Earth-moving 'O's...every time!"

—Barbara Leigh, PLAYBOY



Dr. Sadie Allison's

TOY GASMS!

The Insider's Guide to Sex Toys and Techniques



Toygasms!

The Insider's Guide to Sex Toys & Techniques



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Foreplay

I know something about you. You're a lover of excitement, sexual adventure and mind-blowing orgasms—or you want to be. So c'mon in, I've got some heart-pounding ideas for you.

Every human being is wired for pleasure. The key is knowing how to throw the switch—not just a little, but wide open. That's what my book is about. Safe, private, life-affirming sheet-grabbing, scream-out-loud, scrape-me-off-the ceiling orgasms. And thanks to the miracles of machines, electricity and inventors with wild imaginations, there's a world of toys out there waiting for you—whether you're solo, monogamous, or hot 'n heavy with a new lover.



Sure there's a ton of choices. But no need to be confused or intimidated—help is here!

Sex toys are designed exclusively for pleasure, but must also be used with respect for safety, hygiene and comfort. This is true whether you use them by yourself—or with your partner. I'll guide you through it all, whether you're a bit shy, a sexual connoisseur, or somewhere in between. I've tried many of these toys myself, so you'll read my first-hand experiences, as well as tips from other women and men who have confided in me. Look for my 'Sadie Sez' advice throughout the book.

You'll find out the easiest way to introduce your lover to a sex toy for the first time. You'll explore the colorful world of buzzing, vibrating, pulsating orgasm-givers. You'll discover new pleasure tricks that maximize ecstasy for you—as well as your lover. And you'll feel totally reassured that there's nothing wrong or unusual about receiving pleasure like this—you've just graduated to adult toys.

Ladies, no matter where you are on the orgasm spectrum, this fun's for you. If you haven't yet to orgasm—this guide will help you get there (along with a very big smile!). If you enjoy orgasms—but all too infrequently—I'll help you experience bigger, better, longer, stronger

multiples! And if you're the adventurous type looking for new ways to play, I'm going to give you new heart-pumping ideas to stimulate your creativity and ingenuity!

And guys... if you've never played with sex toys, or think they're only for women— you're in for a big surprise. You may even decide to pass up Monday Night Football for them! And you'll quickly discover that once you give multiple *toygasms* to your woman, she'll constantly beg you for more sex. Can you handle it, big guy??

So what are you waiting for? Dive in. And start enjoying all the *toygasmic* pleasures coming your way. ♥

X's and O's,

A handwritten signature in cursive script that reads "Dr. Sadie Allison". The signature is written in black ink and is centered on the page.

Dr. Sadie



How To Spring A Sex Toy On Your Lover

Great sex starts with open communication. So if you're eager to introduce a sex toy to both, don't startle your lover by pulling a giant, buzzing phallus out of the nightstand. Spend a few minutes beforehand discussing this new opportunity for adventure. Whether your lover is gung-ho or a bit shy, it's important to consider their feelings and not apply undue pressure if they hesitate. In fact, airing anxieties is often the best way to relax, and both of you could soon be in for a future full of record-breaking orgasms.



Why are people hesitant to try sex toys? Fear and lack of education. Even if they are mildly curious—or fantasize secretly about them—the reality may be a bit overwhelming. Here's the key to introducing a plaything into your repertoire: be patient. You'll discover that a little knowledge about sex toys will help ease your fears and open new doors to sexual exploration with your partner.

Fear, guilt and shame can be rooted in family conditioning, societal pressures or religious upbringing. However, they're no match for the libido, which usually gets its way. After a discovery and pleasure are healthy, both in life and in bed.

Why Sex Toys Can Increase Sexual Intimacy In Women

Women who resist toyplay the most are also among those who could benefit from it the most. By starting off with a simple toy, either solo or with your lover, you could begin enjoying many more of the physical pleasures you have coming to you, especially if:

- ♥ You have not yet learned to orgasm, or don't orgasm very often
- ♥ You're able to orgasm during solo play, but never with your partner

- ♥ You want exciting new pleasures that complement your relationship
- ♥ You want to break out of a sexual rut and rekindle your physical fires
- ♥ You still want pleasure when your man is out of town!

Many thousands of women have enjoyed their first orgasms with the help of a little vibration to send them over the edge. Others have learned to orgasm more easily—either solo or with lovers—and at the same time, increase sexual intimacy. You'll know these people by the sudden appearance of smiles on their faces.

You can then take it to the next level and give your lover one of the most craved treats of all time: let him watch you play with your toy. Don't believe me? Try it when you're ready, and you'll see his eyes widen with awe. There's just something a little naughty about it, and that's okay—it's just the two of you exploring and having fun. Note how special you feel. It's truly empowering, and he'll adore you even more for it.

You may be surprised to learn that many sex therapists and sexuality experts actually prescribe sex toys for their patients. Toys are safe, fun and liberating, once you find the right one (or ones!) for you. And they can be purchased discreetly on the Internet or by catalog and shipped to you in a plain unmarked box.

Read on. Understanding more about yourself, your comfort, and the modern toys available to you today are your first steps toward enjoying greater sexual intimacy and physical pleasure tomorrow—and for the rest of your life.

Hey Guys: Sex Toys Can Turn You Into A Sex Star!

I know you guys can get just as antsy about introducing sex toys. But once you overcome your hesitation, you may soon discover intimate pleasures you've only dreamed about. And toys offer many other benefits, too:

- ♥ *You increase your sexual mastery.* If you want to be a bigger star in bed, a toy can help you raise the volume of your partner's orgasms, making her climax easier, more often, and with much greater intensity.
- ♥ *You add variety to your lovemaking.* Toys give you a new means to satisfy your partner. They're not competition for your hands, penis and tongue, they simply give you a new way to pleasure your partner that will drive her wild and make her crave you more often.
- ♥ *You gain new steam.* Toys let you continue pleasing your lover after you've been totally

satisfied—easily, passionately, completely.

- ♥ *You earn more appreciation and affection.* When you focus on her pleasure, you'll get a lot more in return.

Attitude Is Everything

You are a great lover. If that's anything but total truth, toys will help—not hurt—your sexual confidence. Do any of these fears sound familiar?

I must not be good enough for her.

Toys are no replacement for you. They don't kiss, whisper sweet nothings, exude pheromones or even take out the garbage. There's no emotional connection. They complement sex, and your lover will usually compliment you. Think of toys as a sexual enhancement designed to bring pleasure to both of you. After all, the more ways you can give your lover orgasms, the more passionate your lover will be with you, and the more you'll be turned on.

Will she still want me as a lover after we start using a toy?

Humans are built for sex; toys are designed for foreplay and fun, or extending the lovemaking after intercourse. So the answer is yes, she will still want you, and now, probably more.

I feel weird about bringing a gadget into bed. Is this normal?

Yes, the sensations and vibrations of another object in bed with you can be a bit unusual the first time, but this doesn't mean there's anything amiss. What could be amiss is that you didn't discuss your desire to bring a toy into bed before the lovemaking began. A gentle conversation about the subject, perhaps eased with a glass of wine and the glow of candlelight can actually inspire the desire you were seeking.

'Jack, 36, a high-tech sales exec, wanted to try a vibrator with his girlfriend Janet. "I sat her down and told her I had an important question. 'I really enjoy our sex life,' I said, 'but don't freak out... I'm kinda curious about trying out a sex toy together. I think we'd both enjoy it.'"

"Well, that got Janet's interest right away, and she said she'd be open to exploring it with me. Phew! I thanked her, and suggested we look through a catalog or boutique together to get something she'd really like. She was thrilled—and it all came down to

How To Bring It Up

Introducing the subject comes naturally to some, while it's awkward for others. Yet, the rewards of acceptance far outweigh any risk you'll take. Here are some suggestions to overcome your fears that have worked for others, and will make those first steps easier on you.

Women: slow and go

When a guy's hot and turned on, he'll go for almost anything, right? Can you think of a better time to bring up that cool little vibrator you discovered?

Start by whispering there's something you found that you REALLY like—then bring out a small, non-phallic vibrator (even if it's not your first choice). Virtually every guy loves watching a woman use a toy on herself, so why not start there? After a little while, you can try it on him—up and down his penis and all around his scrotum. You won't hear any complaints.

Now that you've broken the ice, you can break out even more toys. If you enjoy penetration, start with something smaller than his penis—no guy wants to see a toy that's bigger than him (at first). Give him a sense of control, engage in sexy talk about what you like—and find out what would turn him on. Chances are, he'll act like a kid in a candy store.

Guys: work it in

If you have difficulty bringing up this subject, as most guys do, here are some suggestions to make it easier on you:

- ♥ *Explore this book with your lover.* This will save you the stress of finding the right words to educate her on the pleasures of toys. You'll both find a wealth of common sense advice designed to ease fears and spark passion.
- ♥ *Be sensual.* Even without any toys, start exploring her in new and erotic ways. Let her feel special by touching her in new places. Use the magic of your hands and fingers. Try delicate strokes and back massages with sensual massage oils. Move the sexual and sensual part of your relationship into a new phase of exploration, so that graduating to sex toys will be part of the natural progression.
- ♥ *Use humor.* Yep, try bringing up the subject in a funny way. For instance, on your next grocery shopping list, write 'milk, cereal, bread, Love Egg, juice.' Voila, the topic is opened.

for discussion. Use your imagination—well-timed humor can instantly knock down barriers and lead to open, honest communication.

- ♥ *Have a look together.* Go online and see an array of pictures and descriptions of the various toys your lover might like. Or visit a sex toy shop together. After the giggling stops, you may find the toy that's right for both of you. Then be a sport—spring for the purchase and the treat will be all yours!
- ♥ *Don't push it.* Start with something simple, non-phallic and non-vibrating, like a flavored lube or topical enhancement gel. After that, you can introduce a vibrating egg—small, effective, cute. Make sure she knows that if she says stop, you will stop.
- ♥ *Reinforce positively.* If she's shy, just leave the vibrating egg with her. She may get curious and try it out on her own. Don't forget to include the batteries! She may surprise you.♥



Sadie Sez:

Guys! Don't fight 'em, join 'em! Team up with vibrators and win every time!



Your Next Stop: The Erogenous Zone

Erogenous Zones: areas of the human body that can be sexually arousing when touched and caressed, either by your partner or by yourself.

Do you know your most powerful sex organ? Look up. It's your brain. It's where your body receives its most powerful sexual signals, such as attitudes, desires and fantasies. In short, your turn-ons—and your turn-offs. Often gaining a better understanding about your body can turn off a hang-up forever—leaving you freer to explore and enjoy your own sexuality.



Female Anatomy 101

The female body is one of nature's most beautiful works of art. Soft, curvy, sensual and erotic. Regrettably, many women aren't really acquainted with their very own masterpiece. You can simply by becoming comfortable with your own touch-sensitive areas—and understanding a little more about them—you'll quickly enhance your own pleasure, sensually and sexually.



Sadie Sez:

A small hand mirror can help, too!

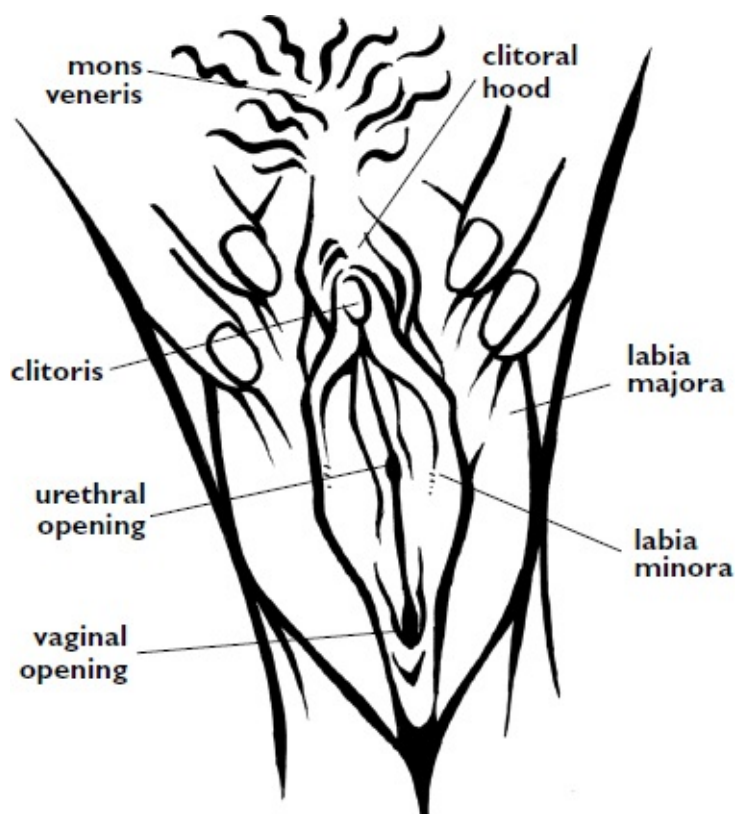
Vulva. The external genitals—the labia minora and labia majora (inner and outer skin folds or “lips”), the tip of the clitoris (“clit”), the prepuce (clitoral foreskin or “hood”), two Bartholin’s glands (which produce lubrication during arousal) and the urethral and vaginal openings.

Labia majora and labia minora. The lips of soft skin on the vulva’s outermost parts (labia

majora) designed to protect the inner folds (labia minora) and inner vulva. Both sets of lips, especially the labia minora, are highly pleasurable erogenous zones that swell with blood while reacting to touch and penetration.

Clitoris. This is a woman's orgasm nerve center—the primary source of sexual pleasure. The tip of the clitoris is located at the top of the vulva, hidden slightly under the clitoral hood, where the inner and outer labia meet. You can see it by gently parting the labia. It's about the size of a pea. The two clitoral shafts (crura or “legs”) extend inward and straddle each side of the vaginal canal.

The Vulva



Vagina. In its unexcited state, this canal usually measures three to four inches deep, but can actually double in depth and width when aroused. Of course, it's designed by nature to be elastic, since it must also stretch to accommodate a newborn.

G-spot. Located inside the vagina, near the roof, about three-quarters of the way up, this small spongy area is a highly pleasurable erogenous zone. The G-spot, also known as a urethral sponge because it surrounds and protects the urethra, responds pleasurable to stroking and pressure in many women.

Pelvic muscles. You know these muscles, because they're what you use to control urination. Both women and men have the PC (pubococcygeus) muscles. During arousal

and climax, the PC muscles contract involuntarily—randomly at first, then building into rhythmic, pleasurable contractions during orgasm. Women can actually increase vaginal tightness and orgasmic intensity with Kegel exercises—just squeeze and release these muscles.

Mons veneris. Latin for “Hill of Venus” (the Roman goddess of love), the mons veneris is the soft cushiony area that sits on your pubic bone. The hair protects this area of your body, while the mons protects the pubic bone from impact during intercourse.



Sadie Sez:

Make Kegels part of your daily routine. Flex your pelvic muscles at your desk, in your car, doing your hair, watching TV! No one will know but you.

Breasts, areolas and nipples. A sensual erogenous zone, your breasts, nipples and areolas (small rings of color around each nipple) can be sources of great pleasure. Stimulation can make the nipples erect and sensitive to touch during your pleasure sessions. Some women experience orgasm from nipple stimulation alone!

Anus, rectum and sphincter. Full of densely concentrated nerve endings, this erogenous zone can be quite sensitive to touch. Stimulating these nerve endings can be intensely pleasurable, even orgasmic.

Perineum. This is the small area between the bottom of the vulva and the anus. Many find gentle teasing and stroking of this area to be extremely pleasurable.

Male Anatomy 101

Because a male's genitals are external—and deliver pure primal ‘motivation’ all day long—guys tend to be self-proclaimed experts on their own sexual anatomy. Let's just see how much you guys *really* know:

- ♥ *Shaft.* It's made up of two sections of spongy erectile tissue and blood vessels, plus a third section that extends to the tip of the penis. To create an erection, these tissues fill with blood.
- ♥ *Glans.* The most sensitive part of the penis, the glans (“head”) contains the greatest number of nerve endings, making it very similar to the clitoris in women. At the bottom

edge of the glans is the frenulum, which connects the glans to the shaft, and has many nerve endings which produce pleasure for men during stroking.

- ♥ *Testicles.* This is where testosterone and sperm are produced. Located inside the scrotum (“sack”), these two organs are best handled delicately, though some men find gentle stretching or tugging to be pleasurable.
- ♥ *Prostate.* This is the organ that produces the ejaculatory fluid, which later mixes with sperm to make semen. It is located below the bladder and behind the pubic bone, and can be stimulated through the anus. A pleasure center in men, many can climax from direct prostate stimulation.
- ♥ *Anus.* The anus has a high concentration of nerve endings and can evoke significant pleasure for men. While some men consider anal stimulation to be unnatural or only okay for women, others discover it can provide many new sensations and orgasms.
- ♥ *Perineum.* Extending from the back of the scrotum to the front of the anus, the perineum is often overlooked as an erogenous zone that merits exploration. Also known as the ‘taint.’
- ♥ *Nipples.* A man’s nipples can be every bit as sensitive as a woman’s, and many men enjoy gentle sucking, stroking or pinching from their partners. ♥



Getting Ready For Pleasure

Whether you're planning for a solitary experience—or one shared with a partner—a few simple steps can help you get comfortable to free your mind and body.



- ♥ *Set the stage.* Disconnect your phone, cellular or pager. Accent your surroundings to create just the right ambiance. And be sure to gather any visual and sexual aids on your romantic menu within arm's reach.
- ♥ *Sound.* Select the music to match your mood: slow and romantic for sexy and sensual; upbeat for pump-it-up action. Flip in a long-playing CD so you won't be interrupted by mood-busting commercials on the radio.
- ♥ *Candles and lighting.* Nothing beats a soft glow for romantic ambiance. Light the candles—and dim the lights.
- ♥ *Temperature.* Warmer air may ignite your passions, but cooler air might increase your sensitivity. Choose accordingly.
- ♥ *Aroma.* Scented candles, perfumes, flowers or incense can provide intimate, subtle aromas to heighten the senses. Just don't overdo it.
- ♥ *Location location location.* Don't limit yourself to the bed or couch—playing in the bathtub or shower adds spice!

- ♥ *Entertainment.* Videos, magazines, erotic literature or Internet sites can all accompany to play with great visuals for titillation or fantasy.
- ♥ *Privacy.* For heaven's sake, put the kids to bed... and make sure they're asleep! Don't let an innocent request for 'a glass of water' mess up your well-deserved orgasm.
- ♥ *Talk it up.* Don't be shy to whisper sweet dirty nothings to your partner!

The Clitoral Waltz

The clitoris is the nerve center for orgasm—and is your primary source of sexual pleasure. Many women are unable to reach orgasm through intercourse alone, and require some form of clitoral stimulation to achieve climax.

The clitoris' head is located at the top of the vulva, hidden slightly under the hood, where the inner and outer labia meet. About the size of a pea, the clitoris can be viewed by gently parting the labia. The clitoris can also be compared to a penis, though it's obviously smaller in size. Like a penis, the clitoris has erectile tissue and a very high concentration of nerve endings. This highly sensitive organ swells with blood when sexually aroused, becoming erect and possibly doubling in size. Bringing the clitoris to this erect state during sex-toy play helps lead up to orgasm. Its sensitivity to touch varies greatly among women.

Using your fingers or toys to stimulate the clitoris is a fundamental skill for arousal. It's important to get familiar with your clitoris and learn the stroking styles that work best for you. As you develop this skill, concentrate on increasing your state of arousal and observe the sensations your clitoris produces. With proper stimulation, the clitoris' small head, underneath the clitoral hood, will swell with blood and begin to appear. The more aroused you get, the more erect and visible the head becomes. Once the clitoris is clearly erect and visible, you're on your way to orgasm.

Whether you prefer tortuous finesse, or rapid massage—or both—using the right motion at the right moment will trigger the most intense orgasms of your life. Try these just with your hand. Then use a dildo or vibrator for added ecstasy.

Clitoris Cuddle



Place two fingers side by side over the top of your clitoris. Apply just enough pressure while rubbing in circular motions. Try varying the speed and pressure with small to large circles. You'll know when you're in the rhythm—you may orgasm very quickly.

Three-Finger Rub



Place your index finger and your ring finger on the top inside areas of your outer labia. Spread the labia out against your body, holding your lips apart. Now your middle finger is in perfect position to stimulate your fully exposed clitoris, and your other hand is free for sex-toy play!

Figure Eights



Glide one or more fingers up, over and around your clitoral area in figure eights. Use small figures, focusing on the tip of your clitoris, or larger figures, stimulating the entire clitoris and inner labia. You can also start at the top of the vulva, near the clitoris, and guide your fingers down to the bottom near your vaginal opening at the lower part of the “eight.” Now get creative and rub your way from one to ten!

Side Winder



Place one fingertip on each side of your clitoris. Slide your fingers vertically, up and down, up and down, stimulating your sensitive inner labia as well as your clitoris.

Hand Job

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