

**"Dr. Sadie Allison is a Penis Genius!"**

—Adam Carolla,  
*Loveline*



**Dr. Sadie Allison's**

# **TICKLE HIS PICKLE**

**Your Hands-On Guide To Penis Pleasing**

# Tickle His Pickle

Your Hands-On Guide To Penis Pleasing



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San Francisco



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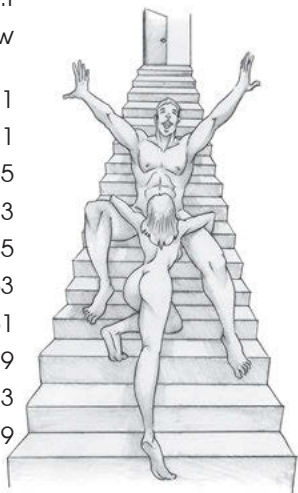
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Tickle His Pickle

# F Fore Play

**W**elcome to the book that's all about your guy's pickle.

Whether it's sweet, dill, candied or kosher—now that you're between the covers, let's call it precisely what it is: *a penis*.

For all of society's fixations and infatuations, it's odd there's never been an instructional handbook on the penis for the millions who'd surely appreciate it: women. Haven't you got a few dangling penis questions you've always been curious to get to the bottom of?

Such as, "*What does he REALLY want me to do to it?*"



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Then fasten your seatbelt! I'm about to bring you as close to understanding the penis as you can get without actually having one. As America's Pleasure Coach, I've spent years looking behind the bulge—asking, touching, playing, investigating, fondling—and I'm here to report to you on *everything* I've uncovered.

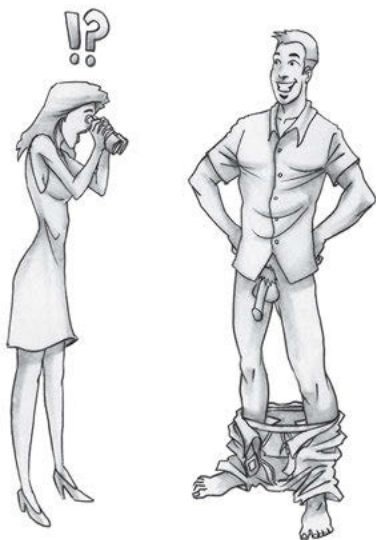
I'll show 'n tell exactly what most guys want, hope and dream you'll do (and a few things they pray you *don't!*). Then you can decide to try the things that turn *you* on, too—even if your own guy is too quiet, polite or shy to ask.

You have my personal guarantee: He won't know what hit him—and what got into you! ♥

X's and O's,

*Dr. Sadie*

Dr. Sadie



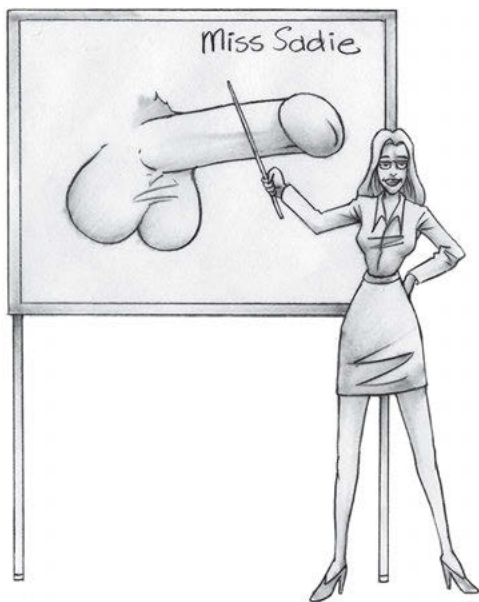
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# W Welcome To Penis School!

**C**lass is now in session. I'm Sadie, your Personal Pleasure Coach, and I'll be showing you some pretty exciting stuff.

So please get comfortable, open your mind, let go of those inhibitions, and get ready to experience orgasmic new passions.

If penis pleasing is relatively new to you, *Congratulations!* You're about to discover the secrets some women never learn in a lifetime. If you're experienced, *Welcome!* You're sure to see lots of exotic new





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f techniques that will melt your lover into your hands. If you're gay—*Hel-LOo-o!* You'll pick up some great pointers here, too. And if you're the object of our affection—*come up here so the whole class can admire you!*

Penis School has no tests and no report cards (but pop quizzes may spring up at any time!). Try only what you're comfortable doing, and advance at your own pace. Talk. Experiment. Laugh. Love. Practice. Improvise. Orgasm. And when you find what works for him—and you—*do it again!*

Whether you're dating for now or mating for life, no matter what your looks, age or physique, you're going to learn how to keep “that glow” in your lover's eyes while you start feeling even sexier inside. And whether your relationship is bumpy or blissful, you'll see how it can be a lot more loving and affectionate—inside the bedroom and out.

So relax. Take a deep breath and begin on the next page. I hope you'll enjoy attending Penis School as much as you enjoy doing the homework! ♥

**IMPORTANT:** The first lesson of Penis School is **safer sex**. Be sure to read, understand and practice everything in the Appendix before engaging in any sexplay.



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# Let's Talk About You

I'll bet you could fill a week's worth of Happy Hours telling me about all the headaches that bring you down.

But are you letting those daily distractions follow you into the bedroom? Do you and your guy climb into bed every night only to conk out? What happened to love? What happened to love-making? What's happening to your love life?





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What if—out of the blue—you initiate a master plan to rekindle your love life? What if the centerpiece is a daring new passion for your guy's penis? What if you start dazzling him with exotic new strokes, touches and licks that render him speechless with mind-blowing orgasms? Would you get his attention? Would you reignite desire? Do I even have to ask!?

Yet I guarantee that NONE of my erotic advice will work for you if you can't put yourself into "The Moment." So ask yourself: are passion, pleasure, romance, affection, love and orgasms what you want in your life?

Good! Then let's get into "The Moment."

## Sharpen Your Pleasure Focus

*Ohhh, that feels good ... I wonder why the car was making that funny noise ... Yes!! More of that... What time are the kids coming home?... Faster, faster, harder, THERE!... I hope he isn't staring at my butt...*

Does your mind scan faster than a couch potato with a TV remote? Would you agree it's difficult to enjoy sex when worries, anxieties and hang-ups keep crashing your party? You've come down with a case of the PITs—Pleasure Interrupting Thoughts—a common problem among both women and men.



## Let's Talk About You

What's the answer? Start making a conscious effort to tune out the negative PITs at the exact moment they intrude. Don't let them rob you of your lusty moments together. Focus only on how good you're feeling—and how good you make him feel. That's what being in "The Moment" means—it's truly empowering.

## Get Out Of The PITs

Are you battling any of the following Pleasure Interrupting Thoughts? Then here are some easy ways to turn them around. Remember: focusing on your PITs only draws attention to them. Instead, draw attention only to what turns you on!

**"I can't relax."** Create your own personal oasis: Lock the door. Unplug the phone. Mute the message machine. Turn off the TV, cell and computer. Treat yourself to a hot bubble bath. Light a scented candle, pop in your favorite CD and feel the groove. Read an erotic story. Pleasure yourself.

**"Nice girls don't."** *Au contraire*: nice girls DO—you may simply be ready to move on to the next phase of your adult life. Sexual wants and needs can change over the years, so relax and discover the joy that pleasing your partner will bring you in return. *Remember*: there's nothing "dirty" about sex—it's one of life's greatest gifts to you.



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**“I’m too fat.”** Your guy isn’t going to care about your thighs while your luscious lips are working your magic on him. Being sexy isn’t about how you look. It’s about attitude, self-confidence and feeling sexy inside.

**“I’m afraid I may not like it.”** Fear usually comes from the unknown, so you may need to turn and simply face your fears. Go slowly and talk about your feelings if you need to. You may be surprised to discover you really enjoy it.

**“I don’t like the sight of his penis.”** Then don’t look! Turn out the lights and let your skills take over. Add in soft light as you get more comfortable. Try to gain a new appreciation for his penis. After all, it’s permanently attached.

**“He doesn’t smell great.”** Then bathe before sex—together! Wash his penis for him and make sure you rinse him completely of soap (it tastes gross). Suggest a sensual shave to start him smelling even sweeter! (See Chapter 5.)

**“I don’t like his taste or texture.”** Then mask it with fruit-flavored lubes or something good from the kitchen—like maple syrup!

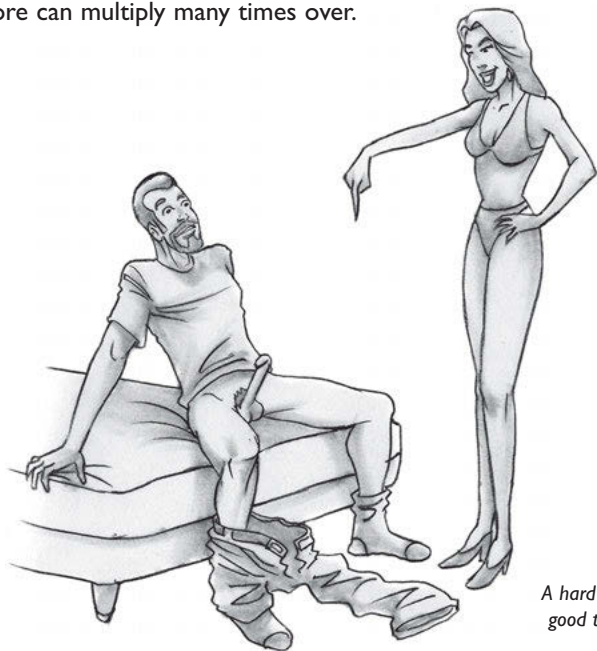
**“I don’t know how to start.”** You’ve already taken a giant step forward by opening this book. Just pick an easy starter technique that looks inviting—and try it. Guys may not always tell you, but most of them LOVE when their woman initiates sexplay.



## Reveal Your Sexual Power

Are you confident in your lovemaking? Comfortable expressing yourself erotically? Sexually equal with your partner?

This guidebook is about empowering you to enjoy sex because you want to please *yourself*—not simply please your guy. You'll quickly discover that losing your inhibitions can be a liberating experience. Finding more passion in your life can bring more passion back to you. Giving new pleasure to the one you adore can multiply many times over.



*A hard man is  
good to find!*



## Tickle His Pickle

Whether you realize it or not, inner beauty radiates outward. When you feel good about yourself, your lover will feel good about you, too. Take this opportunity to make a fresh start to reveal your full sexual power—and revel in it!

## Good Sex Starts At The Lips

I mean communicating! Real, honest, open, two-way talk about what's on your minds. But since many guys need help in the communication department—it may be up to you to break the ice.



## Let's Talk About You

Venturing into these frozen waters can be difficult—even a bit embarrassing. But once you start talking, you can each begin to open up about any issues that may run under the surface. Remember: talking about sex doesn't ruin a romance—it rescues it.

What can you discover? Only what's on each other's mind! Perhaps he's harboring issues about size, scent, taste, erection quality or ejaculation control. Or could you be coping with dryness, discomfort or no orgasms? The news may not all be negative—perhaps you're both ready for more oral sex, new positions, greater variety or even a vibrating sex toy!

Airing your issues in a positive light, rather than letting them linger unexamined, can lead to a much healthier relationship. You'll be able to stop all that guessing about what may be wrong.

Then you can agree on solutions that bring you closer together. And if any issues run deeper than you thought, you can sort things out by talking to a qualified therapist.

## Touch Each Other With Words

Good communication isn't just for exploring issues. It's for exploding passion! Just choose the right words, and you'll make your partner feel wanted, desired and loved as you stimulate a deeply intense connection.





## Tickle His Pickle

But where do you start? Try whispering one or two of these icebreakers that'll send a thrill up and down his spine. Reassure him that everything each of you says will stay just between the two of you:

- ♥ “What would you like to try tonight?”
- ♥ “It turns me on to talk about fantasies. Tell me one of yours...”
- ♥ “Can I tell you what turns *me* on?”
- ♥ “Do you like when I do this...or *this*?”

Once you break the code of silence, the words start flowing, and the passion starts showing. And if yesterday's desire for slow 'n sensual has now become today's craving for fast 'n furious, words can be the best passion catalyst.

Ever talk about sexy things *outside* the bedroom? Try it over a romantic dinner, at the park or even on a long walk. Choose non-intimidating places where you can't easily be overheard—unless that's what you want!



Sadie Sez:

**A surefire conversation starter.** Frustrated by a stubborn non-talker? Try this: bookmark your favorite sections in this book, and set it out for him where you know he'll find it—in the bathroom!



## Let's Talk About You

Untying your tongues will allow you to do many more sexy things with them—and we'll get to that in Chapter 4.

### A Word About Dirty Words

*The English language has more vivid words for sex than just about any other topic. But as you've probably noticed, most of the politically correct words for sex also drain the joy right out of it.*

*"OH GOD EJACULATE INSIDE ME!" sounds a bit too dorky. And "CUM" is a bit too porny. So I've tried to select words for this book that you might say in quiet conversation with your closest friends, and in the heat of passion with your lover.*

*You'll also notice that my nouns and verbs get hotter as the action gets hotter. Just like yours can, too!*

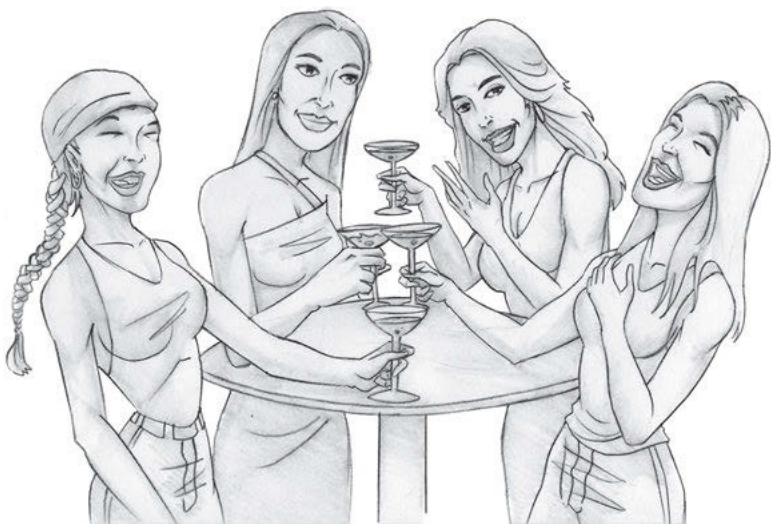
## What's In It For You?

A handjob and a blowjob shouldn't be a job. They should be a pleasure, as well as erotic, sensual, fun and fulfilling. They're the ultimate bond, and if they aren't currently part of your repertoire, or have somehow dropped out of your routine, I'm here to help you find fresh inspiration.

So lend me your ears—as well as your hands and mouth!



## Tickle His Pickle



Why not check with your best friends and see what they know about the subject. Set up a *girls-only* lunch date! You know: finger food, cosmopolitans and people-watching—with three of your closest girlfriends. And bring this book! By the second cosmo, you'll learn exactly what your friends and their guys love doing behind closed doors (and in wide-open spaces!).

It's a good way to remind yourself what a wonderful pleasure we've all been given to enjoy. Not wicked. Not a sin. But oh so wickedly sinful! ♥



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# 8 Giving Great Head

If there's a heaven, what do you suppose guys are praying for when they arrive? Hot fudge sundaes? You bet—being licked off them by eager, creative, bodacious angels!



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Blowjobs. Head. Hummers. BJs. Going Down. Fellatio. Whatever you call it, guys will do anything to get it. After all, it's their complete erotic fantasy come true: sights, sounds, sensations and screaming orgasms. Oral sex is as hot and intimate as it comes.

That explains why many guys dream about the female mouth even more than the vagina (if you can believe that!). Why? Both are warm, wet and tight—but the mouth has a tongue that licks, lips that suck, and teeth that tease.

So be empowered! You have his full trust. He's at your mercy. And you control every moment of his pleasure. Oral sex is the ultimate sexual gift you can give to your guy. So why not give it your all?

## Blowjob Basics

Did you find the pamphlet that came with the guy's penis the first time you tried oral sex? No? Then I'll bet you had to figure it all out all by yourself, while you awkwardly took his manhood into your mouth.

So let's start fresh today, okay?

I'm about to show you enticing oral sex techniques for you to take only as far as you please. You don't have to "deep throat"



## Giving Great Head

him. You don't have to taste his come. And you certainly don't have to swallow—although you just might like it after all. Just pick and choose what tickles your fancy, and advance from there.

Start by getting comfortable. Oral sex can be a bit tiring, so be sure to position yourself so your upper body and shoulders can move up and down with you. And if your neck gets sore, he's got two hands that should be more than willing to massage it for you.



Sadie Sez:

**The best blowjob ever!** Do you know the ONE technique that elevates a great blowjob into an outstanding blowjob? **Enthusiasm.** More than paint-by-the-numbers know-how, true oral sex artistry comes from wrapping energy, emotion, joy and rapture into your orgasmic masterpiece. Try it!



## Tickle His Pickle

You'll also discover that if you're currently pregnant, or you don't want to be, oral sex is the perfect pleasure solution! And if either of you has a physical disability or recent injury that makes intercourse challenging or impossible, a good blowjob will have you both feeling better fast.

As for you, just remember: you set the depth. You set the pace. You set your comfort. You're in control.

**Safer Sex Precaution:** *To fully enjoy the pleasures of oral sex, both of you should be totally monogamous and free of all sexually transmitted diseases (STDs). If you are not monogamous lovers, or either of you engages in any high-risk behavior, read the Appendix at the end of this book before trying any of these techniques to learn how safer sex will maximize your pleasure while minimizing your risk.*

## Ready...Set...Blow!

Set out just a few props now and be ready for all the action to come.

- ♥ **Hair Band.** If you're done with messy hair fun, you'll want to tie your hair back to give him a better view and keep those strands from dropping into your mouth in the heat of passion.



## Giving Great Head

- ♥ **Thirst Quenchers.** Set out a glass of water, seedless grapes or even a few mints or menthol cough drops to keep your lips and mouth wet and lubricated.
- ♥ **Slippery Stuff.** Buy some good fruit-flavored water-based lickable lube—and place it within arm's reach.
- ♥ **Protection.** For safer sex, have an ample supply of latex condoms close by.

You're ready...now let's explore the four phases of oral sex.

### Phase I: The Agony Of Anticipation

Start by filling his senses with your feminine mystique. Put on that sensuous perfume you know he likes. Spray the sheets with lavender. Wear something new and sexy.

Now whisper in his ear exactly what you've been fantasizing about all day—and how you're about to share that fantasy with him. Model and pose in your sexy outfit for him, while you touch yourself with sensual squeezes and exotic strokes. Tell him that what you are about to do together really turns you on, and let him tell you what he wants you to do, too.

Land soft, wet kisses on his mouth, neck and earlobes. Show him what foreplay is all about! Warm up your mouth on his





## First Licks

Ready? Let's start with the basics.

**Lip Gloss.** Flood your puckered lips with saliva, then glide them gently up and down and all around his shaft. Swirl around the head, too.

**Gummer.** Curl back your moistened lips over your front teeth. Not only does it feel good, but your lips will protect him from bumping into your teeth.

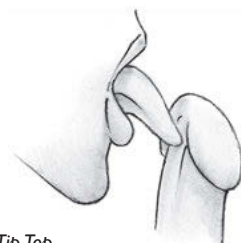
**Tip Top.** Slide the tip of your wet tongue all around his head, peehole and V-spot. Work your tongue into every crevice and skin fold till he's taut and hard.

**All-Day Sucker.** Push your lips outward and create a gentle suction on his shaft. Now suck 'n glide up and down without losing the vacuum.

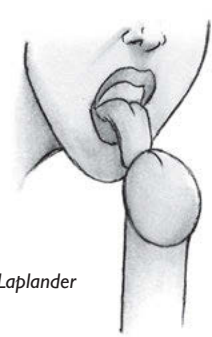
**Laplander.** With your tongue full, wide and relaxed, lick his penis upward like a melting ice cream cone.



*Lip Gloss*



*Tip Top*



*Laplander*



# Hotter Sex Is Now In Your Hands!

Here's the penis instruction manual that should come with every guy—all the highly orgasmic touches and techniques that'll rev up your passion, rekindle his intimacy, and spark the reddest hottest lustiest sex ever.

**"Raise your Penis I.Q."**

— TV's *Talk Sex with Sue Johanson*



Meet America's Pleasure Coach  
**Dr. Sadie Allison**

Bestselling Author of  
*The Mystery of the Undercover Clitoris*  
*Ride 'Em Cowgirl!*  
*Tickle Your Fancy*  
*Tickle My Tush*  
*Toygasms!*

 DrSadie  DrSadieAllison

**Peek Inside. You'll Discover...**

- ♥ Over 50 sizzling techniques to master oral lovemaking
- ♥ Fulfill his erotic fantasies (so he'll beg for more)
- ♥ Arousing sex toy tricks that'll supercharge his orgasms
- ♥ A tiny erogenous zone that triggers king-sized climaxes
- ♥ Top 10 tips to avoid the biggest penis no-no's

*Plus many more turn-ons—  
for both of you!*



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