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Pleasure
Coach™



"Bootylicious!"

—Laura Henkel, Ph.D.
Sexologist

tickle my tush

Mild-to-Wild Analplay Adventures for Everybooty

*“Whether you’re solo or with a partner—
your fun, safe thrill-ride starts here.”*

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Sexuality Educator & Writer

*“Dr. Sadie demystifies a taboo subject with
humor, eloquence and a playful ease that
leaves no vital information behind.”*

EMILY MORSE

Host, *Sex with Emily* & Co-author, *Hot Sex*

*“Finally—a book that reveals all about
anal sex in a way that’s simple and fun,
reminding us that it’s really all about
one thing: pleasure!”*

DR. SANDOR GARDOS

Clinical Psychologist & Sex Therapist

“Dr. Sadie is an exciting, alluring, thought-provoking artist. Each of her books moves me to new heights, like magnificent works of art.”

LAURA HENKEL, PH.D.

Erotic Art Appraiser & Founder, Sin City Gallery

“If I’m gonna take advice from someone about my tush, it’s gonna be Dr. Sadie. Her style and humor are pleasant and informative, and she’s not afraid to leave out any embarrassing and important details.”

ELENI SOLOMOU

International Sex Columnist



TICKLE MY TUSH

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Dr. Sadie Allison

Illustrated by Steve Lee



ticklekitty®
go love.



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ForePlay

Anal. Sex.

Funny how these two little words together can create such an uproar.

That's no surprise, of course, after enduring centuries of mystery, hearsay, taboo—and that predictable *eeew* of the uninformed.

Yet, you did pick up this book, and to you I say, *welcome!* I'm here to unmask the mysteries, toss away those taboos, and clear up any leftover misinformation so you can explore everything you like—up close and personal—or from a safe (yet exciting) distance.

The decision to try buttplay is entirely up to you. No pressure, no judgement, no shame—and best of all, you'll discover there's really nothing “wrong” with it. Frankly, it's one of the most intimate acts of lovemaking you'll ever try.

Yet buttplay is not a spur-of-the-moment decision either, because it takes preparation, responsibility, safety and unselfishness to enjoy it to its fullest. After all, it's *your* body, *your* feelings, *your* pleasure, *your* adventure.

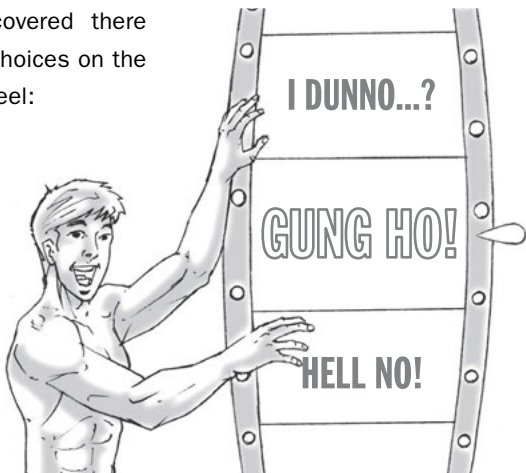
So nestle in, relax, and let me guide you on a sexual journey that's unlike anything you've ever experienced. I'll make sure you're ready, comfortable, informed, safe and wildly aroused. And, oh yeah: I promise to be gentle.

Come spin the analplay decision wheel

Most of us already know where we stand on analplay. You do, and so does your lover. But have the two of you honestly answered the biggest question of all: Are your positions one and the same?

Over time, I've discovered there are really only three choices on the Analplay Decision Wheel:

1. I Dunno...?
2. Gung Ho!
3. Hell No!



You could easily find yourselves in an analplay mismatch. One of you is red-hot—the other's not. Or both of you are open-minded, but feeling confused or uncertain. Or here's a shocker I'm seeing more and more: the mounter suddenly realizes he's now being eyed as the mountee! To all of you I say: let me help you find your common ground.

But first, may I ask a favor—no matter where you stand on analplay?

Please keep reading, at least one more page.

Why? Because this book isn't about analplay...exclusively.

It's about that entire erogenous zone that follows you wherever you go. (You know, the one you've admired in others as they're walking away—and vice-versa!)

If you haven't yet explored that *entire* region of eros-sensitivity—you and your lover are overlooking some highly sensual butt foreplay, as well as some hot, tantalizing *ohhh-so-close-but-not-quite* penetration thrills. And I'm right here to guide you, at your own pace and comfort.



Butt wait...there's more!

Yes, there's no shortage of bad puns, and I promise I'll try and hold them back.

The truth is, I've deliberately written this book from mild to wild. This means you may find the first few chapters terribly exciting, and the next few chapters simply terrible. Or you may wish this book would never end.

The real beauty of mild to wild is you get to choose the erotic techniques to your liking—and (caution: unavoidable bad pun ahead) leave the rest behind.

What better way to spice up your relationship, revive a lagging sex life, or add daring new adventures to your pleasure repertoire. There are two butts in your bedroom, right? Just keep in mind that pleasing your lover with these intensely intimate joys means they can easily come right back at ya!

Sound like a plan? You've got nothing to lose, and new intimacy to gain. At your own pace, on your own terms, and only as far as you desire, of course.

X's and O's,



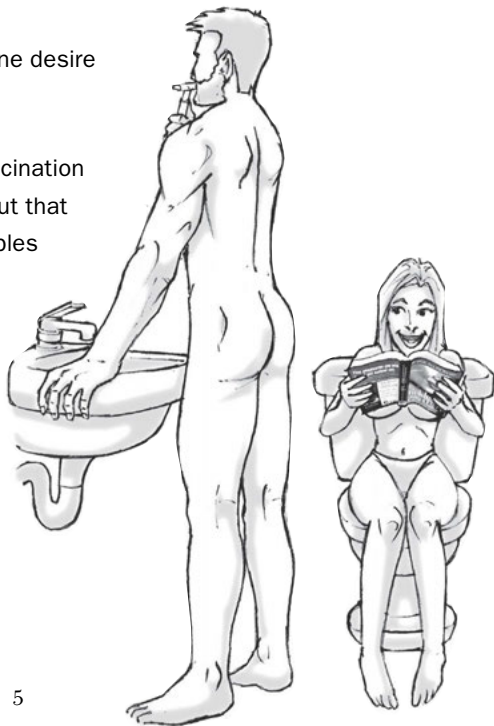
Dr. Sadie
America's Pleasure Coach



1 Butts Up?

Why in the world would anyone desire anal sex?

Aside from the one-track fascination of the “Gung Ho!,” it turns out that more and more straight couples are now exploring this highly erotic adventure. In fact, it’s confirmed by recent health and sexuality surveys.



And if anyone in your town happens to be offering seminars on safe analplay, make your reservations early: they're selling out. Even the number of analplay questions that people email to *Tickle Kitty* are on the rise.

Yet perhaps the leading indicator of analplay enthusiasm is showing its biggest jump in history. Sextoy manufacturers note a rise in sales for all kinds of quality, buzzy, curvy toys designed exclusively for anal pleasure—now widely available for purchase in mainstream consumer outlets.

But enough about everyone else. What about *you*? What if you're unsure about analplay, leaning away, or even running away? What if you're intrigued by some of it, but not all of it? And what if your lover's backdoor "hints" are getting louder and more impassioned?

Do you ignore—or explore?

Skip the how, and grasp the why

Are you up for exploring new adventures? Then take a deep breath, open your mind, and try to forget the subject of this book. *Really.*

Now, with all your preconceived notions cleared, and no one looking over your shoulder (except perhaps your lover!), check off all of your wants and desires as a couple:



Our Wants & Desires Checklist

Fill it out together and feel free to add your own.

Deeper intimacy.

Enhance the emotional connection I crave.

Sexual exploration.

Expanding boundaries to new horizons really excites me.

Super orgasms.

I love 'em eye-popping, sheet-grabbing, larger-than-life.

Table turning.

I get excited not just from giving, but from receiving.

Partner pleasing.

I get off sending my lover into full pleasure orbit.

Adventure seeking.

Mysterious new sensations + acting naughty = big thrills.



Did you check more than two? Four? All?

Congratulations! You can be completely fulfilled and emotionally satisfied for the rest of your life *if you never have anal sex*. On the other hand, you may be surprised to discover that the survey you just completed is also a checklist of the top reasons women and men say they enjoy analplay.

Now that you know the *why*, it's important you know the *why not*.

When you should *not* get involved

As with everything people enjoy in life, there's moderation on one hand, and recklessness on the other. And drawing a line between the two is essential to your health and safety.

The reasons are ultra-clear: Anal sex requires mutual consent, trust, communication, preparation and a lot of safety precautions.

If you ever feel you are being pressured into this act, STOP! Anal sex can be loaded with physical and emotional risks for you.

Remember: this book is written for trusting, mature couples—and is based on safety first, pleasure second. Please be sure to do what's best for YOU.



So...are you ready?

A simple, honest, curiosity-seeking *yes* will take you as far as you wish to go. You'll start off with loving pleasures you may already know, enhancing them safely and erotically—from mild to wild—along this guided path:

- ♥ **MILD.** Start by exploring what's perhaps the most ignored pleasure zone—the *entire* backside. You'll learn sensual new touches, massages and other erotic joys that involve *no penetration whatsoever*. You two can enjoy surprising buttplay pleasures you may never have dreamed of!

- ♥ **WILDER.** To really rev your engines, come zero-in on that center of love, a tiny spot rippling with zillions of erotic pleasure receptors waiting to thrill you like never before. Soft fingertip play, with or without some modest penetration, could rocket you to the most satisfying pleasures you've ever experienced.

- ♥ **WILDEST.** Discover the how-to secrets of pleasurable penetration—the preparation, positions, safety and thrills—for one *or both* of you. You'll also reach into today's toy chest of pleasure, pulling out specially designed analplay sextoys to excite and delight you.



So are you mildest? Wildest? Or somewhere in between? It's all perfectly fine, as long as you start slowly and move forward at your own pace.

And one last tip: read this book together. In bed.

You'll not only make these erotic discoveries simultaneously—you won't have to wait very long to try 'em!

A word about words

Wouldn't you agree, that some of the hesitancy you may feel toward analplay has a lot to do with the hideous language we've been given to describe it?

Anus—*eek!* Sphincter—*oy!* Feces—*yuck!*

On the other hand, there's a rich abundance of slang available too, like asshole, chocolate highway, bone smuggler. Go ahead: try saying THAT in your sexiest voice without laughing!

After vigorous debate, Tickle Kitty's editors unanimously agreed to swap many of this act's unappetizing language with more enlightened words designed to pulsate—not repulse. Hopefully you'll agree it's a change for the better:



Dr. Sadie's Official Analplay Translator

(Because this is a sex book—not a textbook!)



Anus	A-spot
Sphincter (A-spot muscles)	O-rings
Anal canal	Pleasure inch
Rectum	Pleasure tunnel
Anal sex	Analplay or Buttplay
Feces	Poop or Color
Ass	Tush, Booty or Butt
Analingus	Rimming or Licking
Intergluteal cleft (buttcrack)	Butt cleavage
Perineum (sensitive area between A-spot & genitals)	Taint



Is analplay only for straight couples?

Did you do a double-take? While many lovers—gay and straight—have always enjoyed anal sex, it's historically been seen mostly as a gay act. That's why I created this analplay guide for heterosexuals: because straight guys are often uncomfortable with man-on-man imagery. This can easily cost them the promise of pleasure, no matter how much their wives or girlfriends insist to the contrary. To you guys I say, go ahead and explore—your heterosexuality is secure! (Turn to page 14 if you don't believe me.) But since all butts are created equal, the information in this book can help anyone—no matter what their sexual orientation is. That's why it says "Adventures for Everybody" on the cover!



Dr. Sadie Sez





Fingerplay

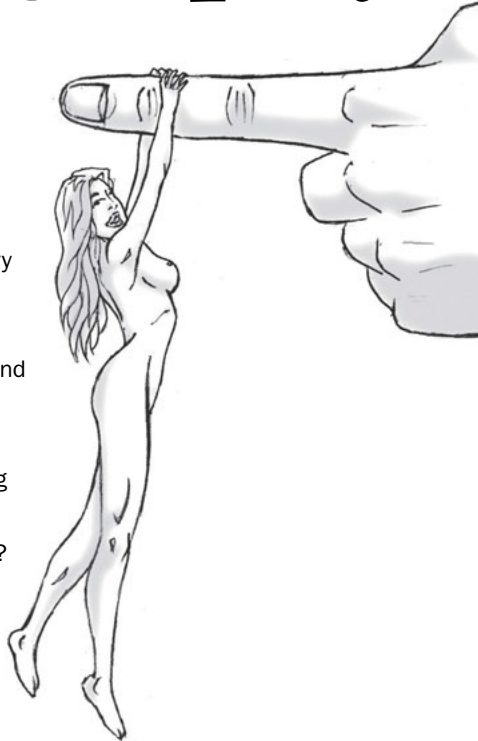
What if you discovered a secret seduction spot on your lover?

What if your lover found that very same spot on you?

What if you started playing around with each other's spots?

What if you both *l-o-v-e-d* playing with these spots and now can't keep your hands off each other?

That, dear friend, is how you put the *us* in *anus!*



Finding your own fingerplay comfort level

Your lover's "secret seduction spot" is the totally arouse-able A-spot, of course. But what if you're feeling uneasy about having your *own* spot touched?

Try this. Next time you're deep into the excitement of foreplay, instead of giving your lover a knee-jerk "no" or a modest "maybe"—give yourself permission to feel a few moments of your partner's gentle, loving fingertip touch. You might be pleasantly surprised. After all, your partner is simply pleasuring another of your erotic epicenters.

Still not for you? That's perfectly okay.

Totally for you? Congratulations! You've added a passionate new dimension to foreplay—and perhaps the start of something much more....

Learn your lover's silent language of love

Without a word, your partner is always telling you whether pleasure is growing—or slowing. This silent posturing is known as body language, and if you're uncertain how to interpret it, it's okay to ask thoughtful questions, such as: "Would slower feel better?" or "Are you ready to go a little deeper?" or "Do we need a little more lube?"



Share the intense joy of less

The moment your finger first touches the A-spot should thrill your lover to the core. But do you know how to electrify that moment in a way that sets off bursts of sexual fireworks that will rocket your lover to the moon?

Do nothing.

That's right: hold still. But remember that doing nothing doesn't mean your lover is feeling nothing. *Au contraire!* The A-spot is so sensitive, your stillness can set off a chain reaction of pulsing, quivering sexual excitement—no matter which level of fingerplay you're enjoying.



THE 5 LEVELS OF
Fingerplay

Fingerplay can be as subtle—or surreal—as your lover desires. And it's up to you two to find the comfort levels that suit your sexual appetites.

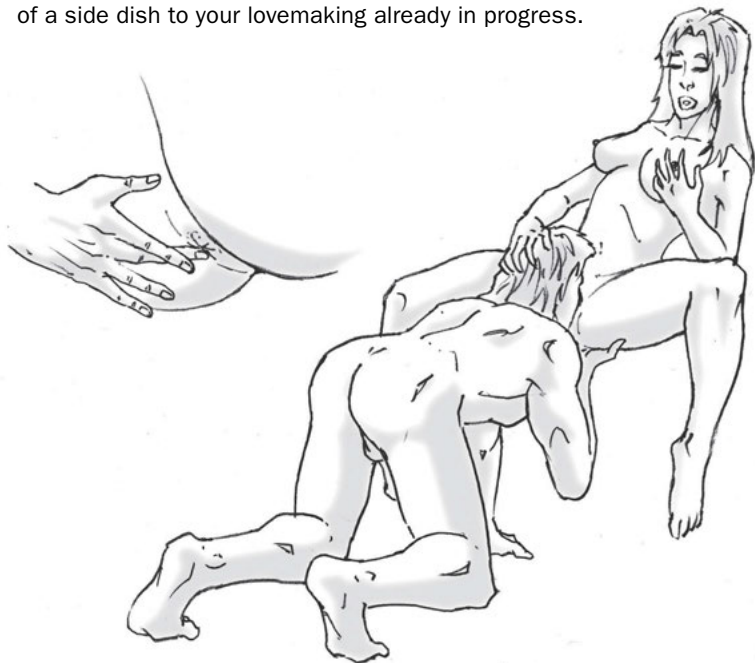
The good news is you have five levels of fingerplay to choose from, and each of you is perfectly free to choose your own level. So go ahead—be as wild or mild as you like.



LEVEL I**Fingerpadding:
No-penetration fingertip fun**

Even if you're a bit squeamish, giving fingerpad is no big deal. But *getting* fingerpad can trigger waves of pleasure that ripple throughout your lover's sensual nervous system—as long as you remember one all-important rule-of-thumb: touch gently.

This is the way you switch on the zillions of ultra-sensitive pleasure receptors packed into your lover's A-spot. What's more, these thrills aren't even the main course—they're more of a side dish to your lovemaking already in progress.



Remember: like a love note to the A-spot, the lubed finger never goes in—it just teases and pleases at the entrance, like this:

Pat

Gently tap the center until you drive your lover crazy. Vary your speed. Feel a subtle suction each time you lift off.

Pet

Glide your fingerpad over the A-spot repeatedly in a sensual “come-hither” motion, or slowly spell out a saucy love message, letter by letter.

Cuddle

Nestle your fingerpad into the A-spot with soft pressure—and hold still. Tactile thrills for your lover, mental thrills for you.

Shimmy

How subtly can you twitch your fingerpad? If it's like the small quick movements of a shiver—you've got it. Now try it!

Orbit

Gently glide your slippery fingerpad s-l-o-w-l-y around the rim, like you're circling Uranus! Go clockwise—then try counter-clockwise.



The pleasures you seek are right behind you.

Discover exciting new passions with the world's most fun and accessible how-to analplay guide.

“Seduce the wild side of each other’s flip side!” REID MIHALKO Sex Educator & Speaker



America's Pleasure Coach
Dr. Sadie Allison

Have you seen Dr. Sadie's bestsellers?

Ride 'Em Cowgirl!
Tickle His Pickle
Tickle Your Fancy
Toygasms!

- ♥ **Stay mild—or go wild!** Heat up with sensual butt massage. Arouse with gentle fingerpadding. Or take your analplay adventures to the limit.
- ♥ **Safeguard your health.** Be confident with insider safer sex practices. Stay comfortable and protected—wherever your curiosities take you.
- ♥ **Come from behind.** Try all the touches and teases that unleash exhilarating climaxes—especially the proud 'n loud *prostate orgasm!*
- ♥ **Double your pleasure.** Discover the table-turning thrills of “pegging” and see why so many women—and men—are ecstatic.
- ♥ **Go for ultimate arousal.** Explore the erotic joys of fingerplay, tongue teases, penetration, butt toys, role reversal, and much more....

Over **50** tasteful illustrations show you both how to give—and receive—with ease.



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