

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

# Tickle Your Fancy

**A Woman's Guide To  
Sexual Self-Pleasure**



*"We will ALL be better lovers  
if we read this book."*

— Barbara Leigh, *Playboy*

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Illustrated by Steve Lee



**ticklekitty**<sup>®</sup>  
go love.

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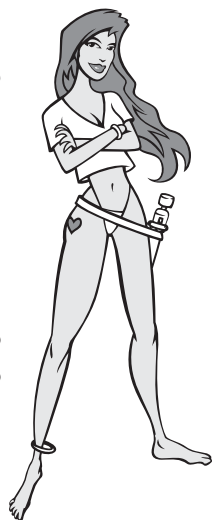
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Tickle Your Fancy

# Introduction

Historically, women have received mixed, even negative messages about masturbation. Even today, society conditions women to think masturbation is harmful, sinful and abnormal. Adults told us, when we were little girls, masturbation was bad and sometimes punished us for doing it. Overall, this repression of female masturbation promoted sexual insecurities, shame, guilt and fear. However, society is beginning to understand and accept that women across the world practice masturbation as a perfectly normal, healthy activity.



*Tickle Your Fancy: A Woman's Guide to Sexual Self-Pleasure* is a how-to guide that explains and details everything from the basics of getting started with masturbation to more advanced tips and techniques for enhancing sexual self-pleasure.

This guide helps women understand and embrace their natural ability to enjoy sexual self-pleasure without guilt or inhibitions. It discusses why masturbation is healthy and offers



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step-by-step instructions on a wide variety of techniques. Instructional diagrams and illustrations throughout the book will guide you in your learning process.

The first half of *Tickle Your Fancy* focuses on background and preparation information; the second half explains masturbation techniques and how to use popular sex toys.

There is no right, wrong or best way to masturbate. Every woman will have her unique preference and style—have patience and take time to discover what feels good to you. The techniques and recommendations offered in this book won't be pleasurable for everyone—experiment at your discretion and stop if anything causes you pain, discomfort or irritation. Always use caution when playing with sex toys, and of course practice good cleanliness and safety habits.

This book is for all women—no matter their age, relationship status or sexual orientation. It's possible that you're exploring your sexuality for the first time or that you've got an experienced hand and are looking for new ways to play. Whatever the reason, you found this book and should be commended for it. You are on your way to the endless possibilities of self-pleasure!

Think of this guide as your big sister, answering all your questions at length. It will alleviate your fears, introduce you to new techniques and help you develop a positive image of your body. If masturbation is new to you, the key is to openly explore it and give yourself time. Release your sexual inhibitions, have fun and enjoy yourself. Happy self-loving! ♥



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# Masturbation is Healthy



**M**asturbation is the first natural sex activity for most women. Biologically, we were meant to experience sexual pleasure with and without a partner. As children, we touch ourselves and learn that stimulating our genitals gives sensual pleasure, but it isn't until late childhood or adolescence that we recognize such behavior as "sexual."



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Still, those who don't discover masturbation as children can develop it as a learned skill. The problem is, some women don't take the time to explore their full sexual potential. Some claim, "I tried it before and didn't enjoy it," never indulging again. Lack of knowledge or persistence might cause such resistance. When you had sex for the first time, was it completely enjoyable? The first time you ate spinach or sushi, did you really like the taste? Maybe, but probably not. Masturbation is no different: Just as you acquire taste for new food, you can learn to like masturbation. And just as your culinary tastes might develop over time, your preferred masturbation techniques will likely change also.

Masturbation helps you explore your sexuality, allowing you to harmlessly discover and fulfill your sexual needs and desires. Regardless of race, age, marital status or orientation, masturbation can help you develop a strong sex life—mentally, emotionally and physically.

### masturbation:

*The stimulation or manipulation of one's own genitals, often resulting in orgasm or sexual self-gratification. For women, masturbation generally consists of stimulating the genital area and clitoris. Sex aids or sex toys, including a variety of dildos, vibrators and other unique devices, are often used to enhance pleasure.*





## Masturbation is Healthy

*Jessica, 30, is an attractive, successful and single sales executive. She exercises four times a week at the gym near her office. She has a standing appointment with her manicurist and treats herself to a massage when she can afford it. She empowers herself to make her own decisions. As an independent woman, she would never dream of waiting for a man to come along and do something for her—except when it comes to sex. Her sexual desires are only fulfilled when she's involved in a relationship, completely relying on her partner for all her sexual needs. She's even spent years in bad relationships just to preserve the sexual component.*

Sounds ridiculous, doesn't it? Jessica isn't alone—many women still have old-fashioned ideas about fulfilling their sexual needs. But we all have sexual desires, so why should the lack of a partner deprive us from fulfilling our sexual desires? Why not take matters into your own hands?

For some couples, the climax of one partner means sex is over for both of them. The other partner might feel unfulfilled, cheated or both. When this occurs, women sometimes feel guilty expecting to have their needs met! We should never be ashamed or afraid

**In 1972, the American Medical Association declared masturbation a normal sexual activity.**



**An estimated 10% to 15% of women don't pursue masturbation simply because they don't know what to do.**

to voice our needs. Suppose you were hungry and anticipated a luxurious dinner for two all afternoon. But if, when the meal arrived, your date said he felt full after the salad, you would hardly forego your own hunger and say, "That's all right. As long as you're satisfied, I'm satisfied." If you're still hungry, say so—your sexual needs are as real and valid as your date's sex drive. You should be able to communicate your desires, as well as satisfy them, even if your partner is tired, indifferent or unavailable.

Some women fear masturbation will reduce the quality of their lovemaking with a partner. Others worry that it will over-stimulate them or condition them to respond only to a certain stimulus. But masturbation doesn't jeopardize a healthy sex life, nor is it only an alternative to sex. Quite often, it can greatly enhance your sex life—with or without a partner.

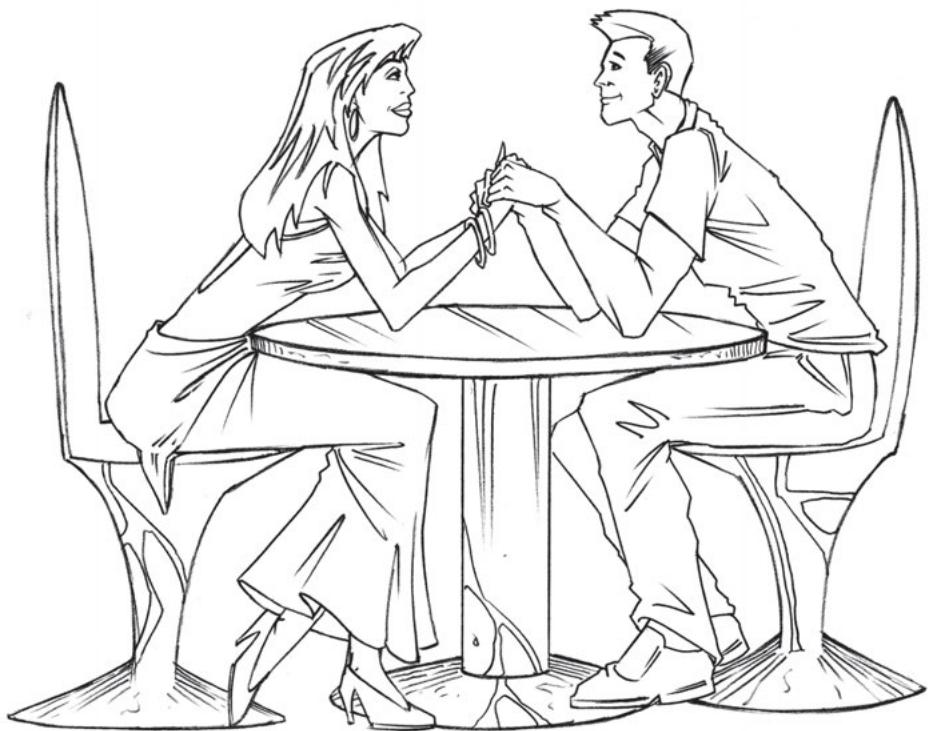
## Masturbation is healthy because ...

***it boosts your self-esteem.*** Masturbation can help you overcome personal inhibitions and fulfill your sexual desires, fueling your self-confidence and self-image.

***it can help relationships.*** Just because two people choose to share their lives doesn't mean their



## Masturbation is Healthy



bodies share the same schedule. When sexual desires, levels of excitement or pace differ, sexual self-pleasure can fill the void.

**it's consistent sex.** Masturbation provides individuals with a sexual outlet during puberty, as well as between romances, marriages and divorce. With masturbation, you can remain sexually active your entire life—always on your schedule and as frequently as you like!



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**it improves communication.** Once you know exactly where and how you like to be stimulated, you can communicate these desires to your partner. You can show your partner what you like by guiding their hands and/or demonstrating yourself.

**there are physiological benefits.** Regular orgasms induce a state of peaceful relaxation by releasing your body's pleasure chemicals, called endorphins, from the brain. This process may help alleviate menstrual cramps and promote better sleeping.

**it's safe sex.** With the proper use of sex toys and good hygiene, masturbation reduces the possibility of acquiring or transmitting sexually transmitted diseases (STDs), including HIV and other common viruses transferred between sex partners.

**you can choose to be abstinent.** If you refrain from sexual activities with others, masturbation provides sexual release without the need for a partner.

**it overcomes physical constraints.** You can still enjoy sexual pleasure, even if your partner becomes ill or physically disabled. ♥



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# 7 Clitoral Stimulation

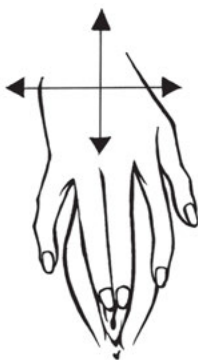
Using your fingers to stimulate the clitoris is a fundamental skill for masturbation. It's important to get familiar with your clitoris and learn the stroking styles that work best for you. As you develop this skill, concentrate on increasing your state of arousal and observe the sensations your clitoris 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.

Using your hands, you can stimulate your clitoris with combinations of various strokes. By using one or more fingers in pleasurable motions, delicately explore yourself and note the different levels of enjoyment that each technique produces. Experiment to determine your own specific taste.



## Clitoral Stroking Styles ...

**up and down, side to side.** Begin your clitoral stimulation with basic movements: up and down, side to side. Place a finger or two softly on your clitoris and explore, using various amounts of pressure. Stroke up and down, side to side, becoming familiar with each of your inner vulva's unique crevices and soft skin folds. Discover your most sensitive spots.



**rolling between fingers.** Place your thumb and index finger around the clitoris, then gently squeeze and lift it. Delicately roll it between your fingers. Start with a soft, slow roll, gradually picking up the pace and pressure. Explore light pinches and tugs to see how your clitoris reacts to each of these sexual sensations.

**circular rub.** Almost anyone can enjoy the circular technique. Place two fingers side by side over the top of your clitoris. Apply desired pressure and rub over your clitoris in circular motions. Experiment with varying the speed and pressure, using small to large circles. Once you perfect this technique, you may orgasm very quickly.



# Love Yourself Like Nobody Else!

*Live out your full orgasmic potential in this playful self-pleasure guide for women.*

Come enjoy all the breathtaking passion you have coming to you... stress-melting touches that satisfy your soul... followed by wave after wave of heart-racing orgasms like you've never imagined!

*"I love it! It's about time women learned the ins and outs of solitary sex."*

—TV's *Talk Sex with Sue Johanson*



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

Have you seen Dr. Sadie's bestsellers?

*Toygasms!*  
*Tickle His Pickle*  
*Ride 'Em Cowgirl!*  
*Tickle My Tush*

## The pleasure is all yours...

- ♥ Discover over **30** sensual touches and buzzes for a lifetime of *ohmygod!* orgasms.
- ♥ See over **60** guiding illustrations to awaken the magic in your hands.
- ♥ Find out how to caress yourself to deep, satisfying G-spot climaxes.
- ♥ Learn to free your mind for all the pleasure you deserve.

**A pleasure trove for today's women...**  
and "the other team's playbook" for curious men!



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