

"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 and Techniques



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Toygasm! The Insider's Guide to Sex Toys and Techniques
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Toygasms!

f Fore play

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!



Toygasms!

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 have 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



Foreplay

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* pleasure coming your way. ♥

X's and O's,

A handwritten signature in black ink that reads "Dr. Sadie Allison". The signature is written in a cursive, flowing style.

Dr. Sadie



Toygasm!

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 or two, 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.



Toygasms!

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 all, 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



How To Spring A Sex Toy On Your Lover

- ♥ 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.



Toygasms!

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.



How To Spring A Sex Toy On Your Lover

- ♥ *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.



Toygasms!

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 open, honest communication."



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'd like—and find out what would turn him on. Chances are, he'll act like a kid in a candy store.



Toygasms!

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



How To Spring A Sex Toy On Your Lover

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!



Toygasm!

6 Vibrators— Get Your Buzz On!

Vibrator: Any device or sex toy that has an electrical or mechanical movement designed to arouse or soothe. Vibrators come in a variety of shapes for topical use, or phallic-shaped for topical use and penetration.

Vibrators can open a whole new world of pleasure in your sex life. They're perfect for delivering intense pleasure to the clitoris and vulva, with a level of stimulation and orgasm-inducing power unlike any other toy.



Toygasms!

Vibrators come in a variety of designs, from body massagers to lifelike double-headed things to special gloves with vibrating fingertips. Available in two broad categories, plug-in electrical vibrators tend to be more powerful (and won't lose juice at critical moments!), while battery-powered models are smaller, more portable, less expensive and even waterproof.

You can use a vibrator to lightly massage your muscles and body parts, or to directly stimulate your erogenous zones. Many women achieve intense orgasms much more quickly with vibrators than with manual methods. Vibrators also help create a more powerful build-up to orgasm, allowing you to finish with another preferred technique. And while you might be perfectly satisfied with a different method for achieving orgasms, why not give vibrators a try? Variety is the spice of life!

Electric Vibrators: Plug In—Turn On

No batteries required—just plug these “personal massagers” into the wall and you're off! You'll find quality brand-name models at department stores, electronic gizmo shops and lingerie boutiques—although sales staff will be more knowledgeable at reputable sex toy shops (and you'll be less embarrassed asking!). These shops also stock the widest range of accessories.

Electric models provide extreme pleasure to your entire body, not just your erogenous zones. You'll enjoy their penetrating



Vibrators—Get Your Buzz On!

and diffuse vibrations, whether it's to soothe your aching back, or your aching loins. They tend to be larger than battery-operated models, and much more powerful, so be sure to take your time before working up to full vaginal or penile contact. And of course, keep them out of the bathtub or shower!

Hand Wands

The most popular and recognizable electric model, hand wands are less than a foot long, with an easy-to-grip handle and a vibrating head about the size of a tennis ball. You can control the frequency of the vibrations, either soft or fast in some models, or like a dimmer switch in other models. Start off easy! The fast speeds can be uncomfortable in the beginning, but the slow vibrations can be heavenly. Set your vibrator to slow, and tease the insides of your thighs before making direct contact with your clitoris. Also consider placing a wash cloth in between yourself and the vibrator or keeping your panties on when you first try it—the vibrations could be too intense.

Hand wands deliver such an intense vibration, they are often the right prescription for pre-orgasmic women to help them achieve their first orgasms. They



Toygasms!

can also help postmenopausal women bring their libido back to life.

Pleasure-amplifying attachments are made specifically for these models and fit over the ball-shaped head. For women, there are straight, smooth 3" to 4" phallic shapes, or a curved design that reaches your G-spot. Many women claim this simultaneous clitoral and G-spot stimulation to be the best. For men, options include a special "cup" attachment to stimulate the head of the penis which makes for thunderous orgasms.

Double Headers

If you like strong simultaneous genital and anal stimulation, these models will give you the jolts of a lifetime. Double headed electric models resemble the standard hand wands, but with two tennis ball-sized heads and plenty of vibrating power. And the heads are spaced just right for the vigorous dual-action workout you crave.

Swedish Pleasurizers

For skin-to-skin contact, strap this classic design over the back of your hand and let your fingers and palm vibrate you to orgasmic bliss. Men have used this model with success, although it makes the stroking action a bit cumbersome. For women who love to masturbate with their fingers, but want a new variation that's easier to



Vibrators—Get Your Buzz On!

use than a Swedish massager, check out the Finger Fitters in this chapter.



Whispering Coils

Shhhh. If noise is an issue, plug in a coil-electric vibrator. Its tantalizing vibrations come from an electromagnetic coil, and some models even resemble a small hair dryer. Experiment with the half-dozen or so attachments for playful variety and precise stimulation. Now you can be assured that your vibrator will be whisper quiet—but will YOU?



Sadie Sez:

An electric vibrator is a golden treasure for women who have trouble orgasming.



Toygasms!

Battery-Powered Vibrators: *Have Juice—Will Travel*

Imagine...vibrators without the tether of an electric cord! Today's popular battery-powered sex toys come in an amazing array of shapes, sizes and colors, ready to deliver the extraordinary pleasure you want. Several attachments even let you customize your toy by changing its shape and texture, and special sleeves allow you to insert it for wild new tingly sensations. Experiment and surprise yourself!

Portables don't always have the vibration power of plug-ins, but you won't be disappointed at the power and features available today. You'll find most battery-powered models offer several speeds—or you can opt for the variable control switch, and set your own vibration frequency exactly how you like it. The latest models offer even more bells and whistles—like pulsation patterns and intensity control—which sounds like overkill at first, until you give them a try! Some models come with a hand-held controller connected to the toy by a wire—giving your partner a fun device to ramp up your pleasure. But self-contained units make one-handed solo play a lot easier, leaving your other hand free to roam.

Keep in mind that the type of vibration or movement tends to create greater pleasure than the size of the toy. The challenge is finding the models that satisfy you. Start by considering what

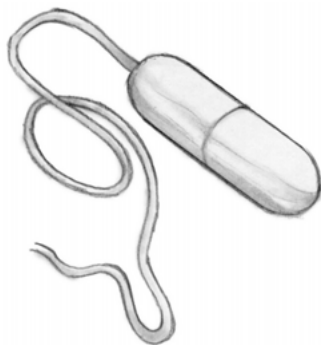


Vibrators—Get Your Buzz On!

you really want: portability, bathtub play, realism, simultaneous vaginal/clitoral or vaginal/anal stimulation—then let your imagination run wild! I'll help you sort it out.

Love Eggs

For powerful clitoral sensations, egg-shaped vibrators are the first choice among most women. Sometimes called bullet vibrators, they come in many oval shapes, from slimmer to longer and



rounder. Plenty of colors, too. You control your own sensations with a small hand-held device as you cradle and move the egg all over your clitoris. They're not designed for insertion, but lots of other models are.



Sadie Sez:

With an egg pressed against your chin or cheeks, your whole face and tongue become an instant vibrator. Got any ideas what you might do now??



Toygasms!

Ol' Reliables

Cylindrical vibrators are among the most commonly used vibrators. Some are smooth, others look like an erect penis, but either way, they provide a steady stream of external and internal stimulation. They usually range in size from four to eight inches long, and approximately one and a quarter inches in diameter. You'll usually find the variable speed control at the base.



Realistic

Similar to the lifelike dildos in the previous chapter, these vibrators have many of the anatomical features of an actual penis: veins, realistic skin texture, testicles—The Works! They add a nice twist for those who love their penetration with vibration and the touch of realism.



Contours

Designed to create softer, gentler clitoral sensations, contours are smooth, made of plastic or jelly, and appear very feminine. They're perfect if you have a very sensitive clitoris.



Are You Getting the Orgasms You Deserve?

Sex Educator Dr. Sadie Allison wants you to!

She'll guide you through today's vast sex toy jungle to help you find the shapes, sizes and sensations that satisfy you—along with lots of fun, safe ways to achieve the best orgasms of your life.

**Orgasms are a natural gift.
Come inside and unwrap yours.**



Meet America's Pleasure Coach
Dr. Sadie Allison

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

 DrSadie  DrSadieAllison

Tastefully illustrated and temptingly readable, *Toygasms!* will show you:

- ♥ How to find the most exciting sex toys for you—and your lover.
- ♥ No-blush secrets to introduce your lover to hot toy-play.
- ♥ Stimulating ways to make EVERY sex toy even better.
- ♥ Over 40 toy-tested techniques for mind-blowing orgasms!
- ♥ How to hide your personal sex toys from prying eyes.

And much more...



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