



# The Ultimate Guide to Prostate Pleasure: Erotic Exploration for Men and Their Partners

By Charlie Glickman, Aislinn Emirzian

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## The Ultimate Guide to Prostate Pleasure: Erotic Exploration for Men and Their Partners By Charlie Glickman, Aislinn Emirzian

Growing numbers of men and their partners are enhancing their sex lives with prostate play. Just as G-spot exploration forever transformed millions of women's experiences of orgasm, The Ultimate Guide to Prostate Pleasure offers men erotic pleasure beyond what they imagined possible. This light-hearted, accessible guide has all the information you need to find and stimulate the prostate (sometimes called the p-spot or the male g-spot), including how to have easy anal penetration, techniques for prostate massage, tips for sex toys, anal sex, strap-on play and pegging, and a break-down of the possible health benefits of milking the prostate. This book supports all men who want to explore this powerful source of sexual fulfillment?both curious and seasoned adventurers who are ready to put their ass on the line for erotic enjoyment.

- Friendly, accessible tone
- Written by a male-female team
- Gives permission to all sexual interests and lifestyles.
- Suggestions for talking with partners about prostate play
- How to maintain prostate health.
- Important safety and hygiene information
- Tips and techniques about communication, massage, toys, positions, etc
- Many suggestions for hot anal exploration?by yourself or with a partner

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### Editorial Review

#### Review

"A friendly and thorough book that covers everything you want to know, and many things you may not even know you need to know, about exploring prostate play."

—About.com

"I recommend this book to anyone that is into, getting into, or even just curious about prostate play."

—*Mr. Will's House of Thrills*

"A truly comprehensive guide to prostate play. While the authors have been careful to thoroughly address the basics for beginners, more experienced players will still find this book useful."

—Mistress Jadis

"The book reads well, approaches subjects in a readable way, and is informative and candid. It feels as though you have a prostate sex expert in the room with you as you read it, ready to answer any question you may have and reassure you that your desire to experiment is fine!"

—John D Stories

"This is a wonderful book for anyone interested in learning more about the prostate, whether you have one or love someone that does."

—*Property of Potter*

"Both easy and fun to read and written in a very entertaining style – the language colorful, but not so much so that it distracts you for the massive amounts of information the pages provide. I'd definitely recommend it to anyone of any sexual orientation."

—*Quixotic Orchid*

"Not only does *The Ultimate Guide to Prostate Pleasure* provide detailed, practical advice about prostate stimulation, it is inclusive of transgender women and genderqueer people, and it comprehensively addresses cultural constructs of masculinity that may prevent men from enjoying prostate play (for instance, the idea that heterosexual men do not enjoy sexual penetration). I loved reading it and would highly recommend it to anyone interested in this topic."

—Laura Anne Stuart, *SEXPRESS*

"If you only have one book about prostate play on your bookshelf, *The Ultimate Guide to Prostate Pleasure* should be it. In fact, I'd go so far as to say that it's the best book on anal play of any sort that I read simply by being inclusive, realistic and easy to digest."

—*Of Sex and Love*

"You've heard of G-spot orgasm, now let's move on to the P-spot. This is THE guide."

—Barbara Carrellas, author of *Urban Tantra*

"When this book says ultimate guide it means ultimate. I swear they cover every question that has ever been asked, or possibly will be asked about prostate play!"

—Clitical

"I would feel confident recommending this book to anyone interested in exploring prostate and anal pleasure from an absolute beginner to an intermediate level player. Even if you have taken a course on this topic previously, *The Ultimate Guide to Prostate Pleasure* serves as a fantastic reminder for all the tidbits of information consumed in the course of a class."

—The Sex Lady

"After interviewing 200 men and their partners Charlie Glickman (who I have personally referred to as a "prostate whisperer" and "prostate Batman"- clearly he's my go-to source on all things prostate) and Aislinn Emirzian have produced a roadmap to prostate pleasure that I can only describe as exhaustive, in the best possible way. This book serves as an "intro to prostates", a guide to pleasure through prostate stimulation and a discussion of the stigmas that surround the activity all at once. Regardless of you orientation or experience level, even if you have no immediate plans to stimulate a prostate, this book is an immensely valuable addition to your library."

—The Redhead Bedhead

"Charlie and Aislinn have done a fantastic job compiling all the info into an easily accessible guide. I HIGHLY recommend it. It would be pretty awesome for a couple to read it together. In fact, this book and a beginner prostate toy would make an extremely thoughtful gift."

— The Beautiful Kind

*The Ultimate Guide to Prostate Pleasure* is a great book. I love its language especially; clinical when necessary, a dash of tongue-in-cheek humor, and then its casual/relatable the rest of the time. Thank goodness, really, it has been quite refreshing to finally be treated like a real, live adult by a "how to" book, instead of a "dummy". And it isn't just the language that has me smiling, it is that the reader starts with FAQ's AND THEN, the authors answer those questions right away! How cool is that? I was pleased that I didn't have to wait until the end to get answers."

—Rose Caraway

"Men who may not feel confident exploring anal play will be empowered to claim the prostate as an erogenous zone ripe for exploration. And men who already enjoy prostate play will find much to learn from sex educators Charlie Glickman, Ph.D., and Aislinn Emirzian, whose wisdom and warmth will be both reassuring and inspirational to readers."

—*Erotic Readers and Writers Association*

"Women have their G-spots. And thanks to the prostate, men have their P-spots. Most gay men are fully aware of this special internal playground, but what many don't know is how to make sure it's reaching its full potential. Until now. Say hello to *The Ultimate Guide to Prostate Pleasure: Erotic Exploration for Men and Their Partners*. Think of it as kind of a Back Doors for Dummies. Or Everything I Ever Needed to Know About My Prostate I Learned from that Kindergarten Teacher I Banged Last Week. But in all seriousness, this is an extremely interesting read (and the homework's fun, too). Written in a very conversational tone with limited use of clinical sounding terms, it's filled with advise on not just how to make this tiny gland the life of every party, but also how to maintain its health. It answers any possible question you might have, plus dozens you've likely never considered. Read this book and who knows, you might just learn a few new tricks. Which in turn might help you get a few new tricks."

—Gay List Daily

"This modern guide will steer you past any hang-ups and gently around anatomy's curves to bring you

prostate pleasure and orgasmic thrills you never knew you had coming to you. If you've got questions, Charlie and Aislinn have got the answers."

—Dr. Sadie, Author, *Tickle My Tush—Mild-To-Wild Analplay Adventures for Everybooty*

"Dr. Charlie Glickman and Aislinn Emirzian have written the end-all guide to prostate pleasure. This book will appeal to so many different groups of people - solo, partnered, vanilla, hetero, queer, bi, gay, young, old... everyone who wants to know more about this oft-ignored source of pleasure in one's sexual repertoire. The focus of this book is on informing beginners through masters level everything from dispelling myths to basic communication skills to the how-to's of giving or receiving prostate pleasure. Well done!"

~Lanae St.John, Sexologist & Sex Educator "The MamaSutra"

"I appreciate that I was exposed to new ways of thinking about prostate stimulation and to perspectives that Charlie and Aislinn have gleaned from others' trials, errors, and significant pleasures. This very good book will likely influence many people's sexual lives, and ways of thinking about sex and what it means to be a man (and a sexual man), for years to come."

—Debbie Herbenick, author of *Great in Bed*

"This superb guide combines the friendliness of a good buddy with the savvy knowledge of a top-notch sex educator, explaining the in's and out's, how's and why's, of prostate pleasure, including answering those questions you thought you couldn't ask anybody. Whatever you want to know about the pleasures and the how-to's of prostate stimulation, it's in this book."

—Joan Price, author of *Naked at Our Age: Talking Out Loud about Senior Sex*

"A great addition to a largely underground history that is finally coming into the light. Everyone deserves the sex information that will make their desires consensually possible, safe, and full of pleasure." —Dr. Carol Queen

"A very thoughtful and well-written look at this hidden but important part of male sexuality. Highly recommended for any man or couple who wants to explore the prostate and its potential for extra sexual pleasure."

—Paul Joannides, PhD, author *Guide To Getting It On*

From the Back Cover

### **Discover the Power and Pleasure of the P-Spot**

The P-spot is today's hottest topic in male sexuality. Just as G-spot exploration forever transformed many women's experience of orgasm, growing numbers of men are enhancing their sex lives with P-spot arousal and orgasm. *The Ultimate Guide to Prostate Pleasure*, written by sex educators Charlie Glickman, PhD, and Aislinn Emirzian, offers men erotic pleasure beyond what they imagined possible. This indispensable manual to P-spot pleasure covers both solo and partner play. Whether you are a first-time adventurer or a seasoned practitioner, *The Ultimate Guide to Prostate Pleasure* will support and guide your exploration of this powerful source of sexual fulfillment.

What you'll learn inside:

- Handy how-tos on massage, pegging, positions, toys and more
- Techniques for building trust and talking about your desires

- How to maintain and improve prostate health
- Important safety and hygiene information
- Illustrated tips and techniques about achieving supercharged orgasms

#### About the Author

Charlie Glickman is a sexuality educator, writer, blogger, workshop eacher, and university professor. He is certified as a sexuality educator by the American Association of Sexuality Educators, Counselors, and Therapists and is the Education Program Manager at Good Vibrations. He lives in Oakland, CA.

Aislinn Emirzian is a sex educator, coach, and workshop instructor who got her start working with sex-positive adult toy stores like Good Vibrations in San Francisco and Oh My Sensuality Shop in Massachusetts. She resides in the San Francisco Bay Area.

### **Users Review**

#### **From reader reviews:**

##### **Linda Davis:**

Do you have favorite book? In case you have, what is your favorite's book? Reserve is very important thing for us to be aware of everything in the world. Each reserve has different aim or goal; it means that book has different type. Some people sense enjoy to spend their the perfect time to read a book. These are reading whatever they get because their hobby is reading a book. What about the person who don't like studying a book? Sometime, man feel need book whenever they found difficult problem as well as exercise. Well, probably you will require this The Ultimate Guide to Prostate Pleasure: Erotic Exploration for Men and Their Partners.

##### **Gwen Dawes:**

Reading a e-book tends to be new life style on this era globalization. With reading through you can get a lot of information that may give you benefit in your life. Having book everyone in this world could share their idea. Ebooks can also inspire a lot of people. A great deal of author can inspire their very own reader with their story as well as their experience. Not only the storyplot that share in the publications. But also they write about the information about something that you need case in point. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors in this world always try to improve their expertise in writing, they also doing some study before they write for their book. One of them is this The Ultimate Guide to Prostate Pleasure: Erotic Exploration for Men and Their Partners.

##### **Ok Lord:**

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their spare time with their family, or their friends. Usually they performing activity like watching television, gonna beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your free time/ holiday? Could be reading a book could be option to fill your cost-free time/ holiday. The first thing that you will ask may be what kinds of book that you should read. If you want to try

look for book, may be the guide untitled The Ultimate Guide to Prostate Pleasure: Erotic Exploration for Men and Their Partners can be very good book to read. May be it could be best activity to you.

**Dennis Utley:**

The Ultimate Guide to Prostate Pleasure: Erotic Exploration for Men and Their Partners can be one of your basic books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that can increase your knowledge in words, easy to understand, bit entertaining however delivering the information. The article author giving his/her effort that will put every word into pleasure arrangement in writing The Ultimate Guide to Prostate Pleasure: Erotic Exploration for Men and Their Partners however doesn't forget the main point, giving the reader the hottest and based confirm resource info that maybe you can be one among it. This great information could drawn you into new stage of crucial contemplating.

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