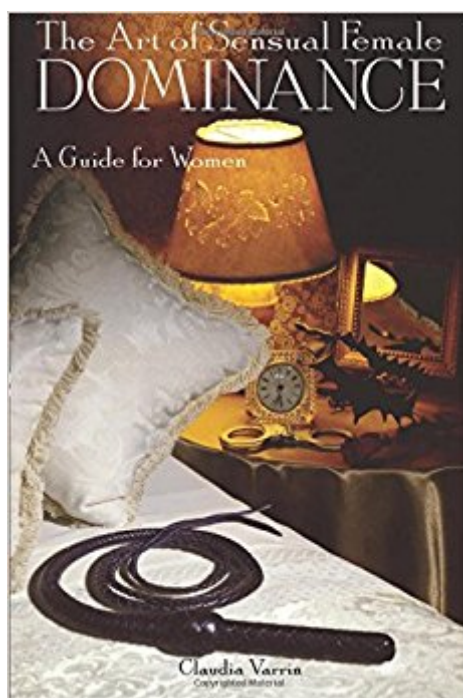


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# The Art Of Sensual Female Dominance



## Synopsis

Ex-mistress Claudia Varrin celebrates the delightful and unexpected romance and sensuality of D&S (dominance and submission) and offers suggestions on how to add this delicious spice to a bland sexual relationship. From its light-hearted "party games" to its detailed anatomy lesson (imperative for anyone who plans to wield a whip), *The Art of Sensual Female Dominance* explores many D&S practices in a direct but sensitive way. Varrin communicates how these practices not only are sexually fulfilling but also can bring couples closer emotionally and spiritually. The book suggests ways in which a woman can introduce D&S into a relationship, gives advice on how to set up one's first D&S scene, and explores the emotions each partner experiences before, during, and after "playtime". There is instruction on the specifics of bondage, foot worship, and discipline, to name just a few of the fabulous fetish and fantasy chapters.

## Book Information

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## Customer Reviews

Many [players] feel that, with planning and the love of a caring partner, D&S can be a safe way to heal, change, and grow. Although each partner is strong enough to stand alone, each needs the other for the acceptance all humans crave, for validation, for someone to trust with the erotic fantasies in their secret heart. As you play at D&S, never forget that you are holding your partner's trust and fantasies in your hand, and extend around him the protective shield he needs at this time. Enjoy your time at the "top," but remember the one who put you there.

Do you have a strange fascination with riding crops, even though you've never been on a horse? Do

you gaze lovingly at ship's moorings, sensing there are better things to tie up than boats? If you do, then here is your permission to explore the dark side of your fantasies! The Art of Sensual Female Dominance is a tasteful, insightful, and often amusing guide for women who want to incorporate domination into their love relationship and for those who just wish to play and have fun. It is a woman's introduction to a different, more daring lovestyle that can spice up life in the bedroom and out. Claudia Varrin is a sophisticated lifestyle dominatrix who is highly regarded for her expertise in the multi-dimensional aspects of dominance. Writing from her D&S heart as well as her personal experience, her book discusses communication and trust in the D&S relationship as well as risk and safety factors. The book includes illustrations helpful for beginners, anatomy depictions for discipline and trampling, and true stories relating some of her favorite experiences with male submissives. Miss Varrin will guide the budding domina in the step-by-step techniques necessary to conduct the first D&S encounter and to get in touch with the inner power and self-control required to dominate another person.

(this review may contain spoilers) This is a good guide for the curious couple wanting to add some kink to their sex life. More than that it is a good book for the curious woman wanting to know what it means to be dominant. It is NOT what you read about or watch in fiction. This guide won't transform you into the porn Dom with whips and leather (unless you already have that tendency, and need it unlocked with a bit of pushing). It is what you make it however. If you want the role of Goddess. Your man will worship you, serve you, please you AND LOVE EVERY SECOND!! Believe me it is not a dream. Every woman has the power to bring men to their knees. A Dominant woman keeps a man on their knees until she is fully satisfied.

Ok, as ANOTHER lifestyle Domme on here, I'll echo the sentiment that this is definitely a book written by a paid professional and not coming from the perspective of a woman in a relationship where she's experimenting with dominating the man. As such, it comes off as shallow, and skewed towards catering to male fantasies. Catering to male fantasies, what does that mean? It means making the scene all about what this guy wants, and leaving the woman to whatever enjoyment she can get incidentally. Which may be a lot if you get off on what Varrin suggests, or what you BF or hubby want to do. Or it might be just a little. Personally, prancing around in a fancy outfit, and getting off on how much I'm this guy's fantasy domme, doesn't do it for me. Wearing what I feel like wearing--a corset and a skirt one day, jeans and a tank top the next, etc.--and doing what I please does a whole lot more. And for the typical target reader of this book, who isn't being paid by her guy

by the hour, I'm betting she has more in common with me than Claudia's image of the woman in charge. Anyone can figure out the appearance aspects of looking dominant, and there are many forms you can aspire to beyond stereotypical pro-Domme (how about badass chick in jeans/tank top with a Bowie knife? that's pretty hot, just saying...). What's hard is what to do with this person, and how to get into their head, and connecting with what you want that manifests itself this way. You need a book for all these things, not so much focus on calling yourself the queen and what your outfit should be. To anyone that is looking for this type of book, I recommend any of the standard primers (Screw the Roses, the Topping Book, etc.), as well as Sex Tips from a Dominatrix. Although written by another pro-Domme, it's much more technical, has more complete basic info and lots of pics to go with it, and is more focused on the woman's pleasure and written in a more down to earth tone. Not to mention, it has lists of date-night movies and other things which I think people and couples with a budding interest in BDSM might enjoy.

This book is very detailed and well writing . It's a perfect "instructions manual" for a new domme or "baby domme" looking for more specific information on the basics of BDSM.

I enjoyed this book. It answered my questions, and put into words some of my thoughts and desires in a more concise way. I think some of her personal examples were more helpful than others, but there wasn't anything that I thought was gratuitous. I also like it because it discussed flexibility of thought in a way different than many other femdom books. Personally I like it both ways because I have a very active and sometimes dangerous job in an important leadership position. I enjoy giving up control and being the "mindless" servant/submissive, but unlike Sutton's book, I do not see women as superior, just uniquely different and special. It probably is impossible to have a totally equal relationship, but this book allows for the ebbs and tides of most relationships and day to day lives. I can have a stressful day and just want to be ordered, or it can be stressful and I want control, either way is good and natural which comes out in this book. I encourage this book for married couples, not b/c your life is empty without it, but rather it will help you decide if you have any interest in exploring or not. Self-discovery is always good and this book helps you do it without going to extremes (Sutton) or trashy (cheap porn movies).

Then you will love this book! Claudia Varrin is the Dr Ruth of the B&D scene. In addition to being able to understand and explore the world of dominants and submissives, she also provides a terrific amount of psychological insights into men and women. She outlines the worlds of the dominants

and submissives and gives rules and safety guides for those who wish to choose this lifestyle. Her insights are also helpful in everyday life: for instance why do so many men stay in relationships with women who are absolutely hateful, demanding and humiliating to them? Why would a strong powerful businessman pay a woman to demean him sexually? Who has the real power in these relationships? The book is good because it is honest and no nonsense about a taboo subject that has always been with us. It provides loads of information even if you are not into the scene. If you have been married 30 years and just want to be the woman on top, or ask for a little zing after reading this book you may find your husband thrilled you bought it and brought things up. The book focusses on the sexiest organ in the body---the brain. Ms. Varrin also has another book out which I have not yet read, but I feel if it is half as informative it too is well worth picking up.

The book is well done but has a D&S or S&M focus instead of a more gentle sensual approach. It is definitely not for a beginner (although it IS informative.)

My sister is interested in exploring this lifestyle with her husband. After reading the review, I decided that this is the book I wanted to purchase as a gift for her. I read the book myself (and am already very experienced in the D/s lifestyle but as part of a MD/fs couple). I found it to be a very good overview of and introduction into many elements of play.

Definitely for a real beginner. Gave a few basic pointers, lots of common sense stuff. I give it an okay, something to read while killing time. Nothing too exciting about it.

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