



Women's Anatomy of Arousal: Secret Maps to Buried Pleasure

Sheri Winston

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WINNER, 2010 BOOK OF THE YEAR AWARD! THE AMERICAN ASSOCIATION OF SEX EDUCATORS, COUNSELORS & THERAPISTS (AASECT).

Find out why Dr. Christiane Northrup has called Women's Anatomy of Arousal "the most comprehensive, user-friendly, practical and uplifting book on women's sexuality I've ever read. It's the gold standard!"

Women have a largely unknown network of structures responsible for arousal and orgasm that their owners and even most medical professionals don't know about. We're not just talking about Ye Olde G-Spot here. Women have an entire erectile network that, if properly stimulated, can elevate their erotic experience from "Oh!" to "Oh! Oh! Oh!"

Join celebrated sexuality teacher Sheri Winston as she integrates ancient wisdom, lost knowledge and modern sexuality information in a sexy, fun, empowering guidebook that illuminates every woman's secret paths to fabulous, orgasmically abundant sex. Whether you're a woman or a man who loves women, this book is for you!

There's great information here, but that's not why Winston wrote the book. She wrote it to transform people's lives and support them to reclaim their erotic birthright. And what she shares works! When people apply the information and techniques she provides, the result is often a whole new level of sexual pleasure. Many women experience their first ejaculations and/or become multi- or mega-orgasmic. Men learn how to make their female partner REALLY happy.

Women's Anatomy of Arousal includes discussions of anatomy and energetics, female ejaculation and expanded orgasm, and much more. It's packed with sidebars providing great tips to women and their lovers. There's even a short chapter for guys ("The Easy Girl's Guide to Making It Easy for Guys") summarizing the main points of the book!

Winston's background includes over twenty years as a nurse-midwife, gynecology practitioner and student of the ancient erotic traditions. Over the years, she has developed her own unique approach to sexuality education, called Wholistic Sexuality. She gets rave reviews as a teacher. Now her teaching is available in this fun, fascinating, immensely readable book that can transform your sex life for the better.

Winston is the executive director of the Kingston, NY-based Center for the Intimate Arts.

Women's Anatomy of Arousal: Secret Maps to Buried Pleasure Details

Date : Published September 5th 2017 (first published September 1st 2009)

ISBN :

Author : Sheri Winston

Format : Kindle Edition 274 pages

Genre : Sexuality, Nonfiction, Womens, Psychology, Relationships

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From Reader Review Women's Anatomy of Arousal: Secret Maps to Buried Pleasure for online ebook

Vanessa says

Sheri Winston is just lovely! The history portion was too long for me but the tone of the book was great. Sex Positivity at its finest and I liked the discussion of yin and yang. Kind of new agey which can be a turn off but female sexuality is honored and that is always a good thing.

Janna Seagull says

"Hello new world!" That's what I said to myself after reading this eye-opening book. Gave "Women's Anatomy Of Arousal" as a birthday gift to many of my girlfriends. As friends, shouldn't we share secret maps to buried pleasures?

Stephanie Smiley says

Great information that all humans with vaginas or who play with them should know. I wish the language was less heteronormative and at times cringe-worthy. I still recommend this book to anyone but the writing style lost 2 stars for me.

Asa says

clitoris has legs, legs are hella big they guard the gates and account for much of what people consider vaginal pleasure. Clitoris is connected to uterus with a strap that pulls them out the way when deeper states of arousal are reached to ready for penetration. Unparalleled book on female anatomy. Start pages 101-125.. book is fantastic, that being said, Pictures are all more boring then necessary. and could be reworked to up the sexy.

Lily says

The only sex book you will ever need.

Sarah says

I loved this book and will be posting a review very soon on my blog.

Jules says

Wow! I learned so much about my body. I knew women had complicated parts, that that's just the tip of the iceberg (literally). This book has practical anatomy, openly speaks about choices, and, of course, some grounded information on sex. It's a read for any girl or woman and a great read for men who want to please them.

Blair says

The information, once you get to it, is good. But you have to wade through the author's personal spiritual beliefs through much of the first half of the book.

You need to skip to just past half of the book to actually get to the content that the book's title is about. The anatomical drawings and explanations are quite good, but they do coexist with more spiritual beliefs.

I recommend the book for the drawings and explanations, but with the reservation that much of the book gets in the way of the information it presents.

Pete says

Women's Anatomy of Arousal: Secret Maps to Buried Pleasure is an awesome book every hetero-normal male should read, by *Sheri Winston*. I fished out this book in my personal bookshelves to loan a friend. He wanted to become an *Orgasmic Olympian* for his gal.

Being a gyn practitioner this book was well assembled to suite either gender, but would be especially valuable to guys in being a fantastic romance partner. Obviously lesbian ladies could also benefit with a greater understanding.

A very great informative book readers will enjoy.

Frank Wiegers says

the best book on women's sexuality ever and I have read a lot of them.

Stephanie says

The bible!!! Both men and women need to pick this up

Elizabeth says

borrowed from gretchen

Elizabeth,

You have 127 new posts from 28 discussions on goodreads.

Summary

Topics from Goodreads Librarians (28 topics with new posts)

Topics From Goodreads Librarians

Goodreads Librarians topic: "Request to correct book info" (2 new posts)

message by Jain

This edition of Planet of Exile by Ursula K. Le Guin is being treated by the site as though it were an edition of The Dispossessed, including its summary, original publication date, etc.:

<http://www.goodreads.com/book/show/10741...>

(I looked the ISBN up on the UPC database, and the book really is Planet of Exile, so it's not simply a case of the book's being mistitled.) Feb 21, 2012 04:36AM

reply to this post

message by Marisa

It's already fixed but that ISBN is a German edition. Feb 21, 2012 05:20AM

reply to this post

Goodreads Librarians topic: "Merge books" (2 new posts)

message by Rosalie

Amanda wrote: "Combined #7"

Thank you!

How can I get the new cover to show up instead of the old one when someone does a search for "Blood of the Demon"? Feb 21, 2012 07:00AM

reply to this post

message by Paula

It is the most popular one that displays, i.e. the one shelved and rated the most. There is no way to change this at the moment. Once the second edition has more reviews it will display Feb 21, 2012 07:04AM

reply to this post

Goodreads Librarians topic: "Unknown Book - No Information AT ALL! Can't rescue. " (1 new post)

message by Angela

Yeah, all the additional author information I pulled out of the librarian log and put back in the regular book data, but those books aren't ones I own. Just knowing the second author isn't enough to work those ones out.

Still at a loss for the ones I do own. It's a puzzle. :) Feb 21, 2012 07:27AM

reply to this post

Goodreads Librarians topic: "This is not a Stephen King quote" (2 new posts)

message by Lesli

It's baaaaaaack: <http://www.goodreads.com/quotes/show/414...>

<http://www.goodreads.com/quotes/show/468...>

<http://www.goodreads.com/quotes/show/462...> Feb 21, 2012 09:09AM

reply to this post

message by Paula

and their gone ! Feb 21, 2012 09:23AM

reply to this post

Goodreads Librarians topic: "Rüdiger Safranski" (2 new posts)

message by Luc

<http://www.goodreads.com/book/show/20789...>

This issue is filed under Rudiger Safranski, but it should be filed under Rüdiger Safranski. It is a biography on Heidegger.

Could someone edit this?

Luc. Feb 21, 2012 09:34AM

reply to this post

message by Cloudedleopard

Done Feb 21, 2012 09:43AM

reply to this post

Goodreads Librarians topic: "Demian - Hermann Hesse" (3 new posts)

message by Abu Hassan

Please combine these two editions:

<http://www.goodreads.com/book/show/24861...>

&

<http://www.goodreads.com/book/show/13124...> Feb 21, 2012 10:44AM

reply to this post

message by dely

It is not possible because the primary author in the second record isn't Hermann Hesse but this one: ?????
?????

Somebody who understands this language should add Hermann Hesse as primary author and only then the two books can be combined. Feb 21, 2012 10:48AM

reply to this post

message by Violetta

Got it, thanks. There are a few other titles in Arabic under ????? ??, would you be able to tell us if they need to be combined as well? Feb 21, 2012 10:52AM

reply to this post

Goodreads Librarians topic: "Replacement cover art" (2 new posts)

message by C.J.

Hi again,

The Ghost Hunter's Road Book is now here

<http://www.goodreads.com/photo/author/53...>

Kind regards Feb 21, 2012 11:11AM

reply to this post

message by Marina

Added cover for 5 Feb 21, 2012 11:22AM

reply to this post

Goodreads Librarians topic: "Wrong cover image" (2 new posts)

message by Andrew

My book has the wrong cover image. Not sure what info you need to put it right.

Some Memories: Growing Up with Marty Robbins - As Remembered by His Twin Sister, Mamie by Andrew Means

Here it is listed on Amazon:

<http://www.amazon.com/SOME-MEMORIES-Grow...> Feb 21, 2012 11:20AM

reply to this post

message by Paula

We need a non amazon/ bookseller source of the image. Booksellers are not appropriate sources of info any more

If you post a link here someone will upload Feb 21, 2012 11:29AM

reply to this post

Goodreads Librarians topic: "(The Complete) Stalky & Co." (9 new posts)

message by Jonathan

I own two books, one called "Stalky & Co." and the other called "The Complete Stalky & Co.". They are substantially different: the latter book contains five extra stories by Kipling as well as a new introduction by another writer. However, when I search for the ISBN of my edition of the Complete book, I find it in the database with the title "Stalky & Co.", as though it were the original shorter book. This seems an error to me. Should I correct it? (I'm a new librarian, starting today.) Feb 21, 2012 05:12AM

reply to this post

message by Kathy

I have both of these, too, and was wondering the same thing. If they're separated it will probably be necessary to check at intervals to make sure they haven't been re-combined. A Librarian's Note on Complete ("This edition contains five stories not in the original.") might do the trick. Feb 21, 2012 05:38AM

reply to this post

message by Cait

Yes, the editions with the extra five stories should be separate from the editions without. Are you comfortable separating them? You can separate the "complete" editions one by one from the combine page and then combine just those editions together, or you can use the separate tool (available from the editions page or the combine page) to split all of the "complete" editions out at once. Feb 21, 2012 05:47AM

reply to this post
message by Sandra

Yes please fix it Jonathon, and do as Kathy suggests and put a Librarian note on it as well. Feb 21, 2012 05:48AM

reply to this post
message by Jonathan

Thanks for your quick replies! I'll have a go at it; but not immediately, because I have some paid work to do at the moment. Feb 21, 2012 05:56AM

reply to this post
message by Jonathan

I think I have now sorted out the situation. It was a bit of a struggle...

I couldn't see how to leave a librarian's note on the Complete Stalky (of which there are now four editions), but instead I added to the note that you see when combining books by Kipling. Feb 21, 2012 11:01AM

reply to this post
message by Kathy

Jonathan wrote: "I couldn't see how to leave a librarian's note on the Complete Stalky (of which there are now four editions)..."

I added the note to one edition (link is just below the title on its Edit page). It doesn't show up at present, but if Complete is ever re-combined with the original book, the note should pop up on the Combine Edition page.

ETA: I've also changed the book's standard description to reflect that it's not the same as Stalky & Co.. Feb 21, 2012 11:40AM

reply to this post
message by rivka

Kathy wrote: "It doesn't show up at present"

It does, attached to the book in question, on the combine page. Feb 21, 2012 11:50AM

reply to this post
message by Jonathan

Thanks, Kathy. Feb 21, 2012 11:50AM

reply to this post

Goodreads Librarians topic: "Sourcing New Book Covers" (8 new posts)

message by Iluza

Hi guys I'm new using GR, I have two issues. I had try to find "KALPA IMPERIAL" by Angélica Gorodischer and the edition I'm reading didn't appear so I try to create it.

When I looking for ISBN it appears but if I search titles did not. I don't know why it happens.

so, the book is this one.

<http://www.goodreads.com/book/show/19097...>

and in this url you can find the cover art.

<http://leelibros.com/biblioteca/files/im...>

I hope it helps! Feb 21, 2012 05:42AM

reply to this post

message by Sandra

Done, Iluza, plus I added some info from WorldCat. Feb 21, 2012 05:47AM

reply to this post

message by Iluza

Thanks you so much. Do you have any idea why didn't apper if you sear "Kalpa Imperial"? where can I report this bug? Thnks in advance Feb 21, 2012 05:54AM

reply to this post

message by Iluza

Iluza wrote: "Thanks you so much. Do you have any idea why didn't apper if you search "Kalpa Imperial"? where can I report this bug? Thnks in advance" Feb 21, 2012 06:06AM

reply to this post

message by ^

I think that for now I'll build my 'list' of acceptable book cover sources at Goodreads' tab on

In the longer term, maybe one of the resident staff wizards can throw a spell or two to enable us librarians to keep two lists: one (personal) book sources, the second list of (GR approved) cover art sources?

6.38pm GMT: At http://solo.bodleian.ox.ac.uk/primo_libr...

I have just fallen foul of a 40 character limit for the URL of a page containing an ISBN ! So I can't add the University of Oxford's Bodleian Library as a link! Feb 21, 2012 09:05AM

reply to this post
message by Melissa

I'm an author and I'd like to provide the graphics for my book cover. Please let me know who to contact.
Thanks! Feb 21, 2012 12:04PM

reply to this post
message by rivka
Hi, Melissa.

Snagged the cover from your site, and did some other cleanup on your book. You also might want to claim your author profile. Feb 21, 2012 12:10PM

reply to this post
message by Melissa
rivka wrote: "Hi, Melissa.

Snagged the cover from your site, and did some other cleanup on your book. You also might want to claim your author profile."

I've done so. Thanks. Feb 21, 2012 12:19PM

reply to this post

Goodreads Librarians topic: "Middle name or not?" (1 new post)

message by Peter
Peter wrote: "Peter wrote: "There are 2 profiles for the same author: Judson Philips and Judson Pentecost Philips."

I just found a third, using AKAs for his pseudonyms:

[author..."

There are several books where he used his middle name, but they are very limited in number. I think Judson Pentecost Philips should be retained for those few books, and treated as any other pseudonym (ie. used only for the books he published that way). Some of these books are:

1. Death Delivers a Postcard LoC entry <http://lcn.loc.gov/42009308>
2. The Death Syndicate LoC entry <http://lcn.loc.gov/38032629>
3. The Fourteenth Trump LoC entry <http://lcn.loc.gov/42022859>
4. Murder in Marble LoC entry <http://lcn.loc.gov/40005398>
- and 5. Red War LoC entry <http://lcn.loc.gov/36010716>

Paula wrote: "Go with what is on the cover of the books, LOC would be used as final decider should there be an issue but as you note LOC does not use middle name either."

LoC does not appear to be consistent. If you look at the entries in LoC for books by Philip Owen, books by Hugh Pentecost, or the 5 books listed above, that LoC does use the middle initial ("Judson P. Philips") in their Main title entry.

(eg. Mystery at a country inn / Philip Owen [i.e. J. P. Philips].

Death syndicate / Judson P. Philips.

The fourteen dilemma / Hugh Pentecost [i.e. J. P. Philips].)

If the goal is to duplicate what is on the book covers/title pages, then for his books published before 1950 the middle name is required.

N.B. I own some of these titles. Feb 21, 2012 12:44PM

reply to this post

Goodreads Librarians topic: "New edition; can someone combine them for me?" (5 new posts)

message by Alwyn

Hello,

I have no librarian status, but I wanted to add a new edition of the following book:

<http://www.goodreads.com/book/show/72103...> . I pressed the button 'add new edition', but he created for an unknown reason a new book: <http://www.goodreads.com/book/show/13494...> . Please, can someone combine them for me? Furthermore I would like to know what I did wrong and how you can add a new edition, so I can do it the next time by myself.

Thanks in advance!

Alwyn Feb 21, 2012 12:40PM

reply to this post

message by Random

Combined.

New editions do not get combined automatically. This needs to be done manually by librarians. Feb 21, 2012 12:47PM

reply to this post

message by Alwyn

Thanks. So non-librarians can add new books, but no new editions? Doesn't seem very logical to me; why does the option 'add new edition' exist at all? Feb 21, 2012 12:54PM

reply to this post
message by rivka
It prepopulates some of the fields. Feb 21, 2012 12:56PM

reply to this post
message by Alwyn
Ah, I understand, thanks. Feb 21, 2012 01:01PM

reply to this post

Goodreads Librarians topic: "Book needs to be deleted or combined..." (1 new post)

message by Laura
I'm not sure what's going on with this book, but it either needs more info and then combined with the other versions of Cryptum or deleted. It can only be deleted by Super Librarians, though. Help, anyone?

I'm pretty sure it's supposed to be this book, since it came up when I searched Cryptum. Feb 21, 2012 02:13PM

reply to this post

Goodreads Librarians topic: "A short story from an anthology has been created as a stand alone book" (6 new posts)

message by Dawn
I came across this and when I went to do some research to put in a cover image I realized that it is actually a single story published in two anthologies, A Gift of Dragons: Illustrated Stories and Legends.

It is posted as a audiobook but any reputable download includes a whole book and not just one story.

There are 81 people with community reviews and I'm not sure if there is anything to be done with it.

I am hoping someone with a better knowledge of Anne McCaffrey can look into this. Thanks. Feb 21, 2012 02:20PM

reply to this post
message by rivka
Dawn wrote: "It is posted as a audiobook but any reputable download includes a whole book and not just one story."

Not sure what that means. It was available for a time as an independent audiobook. Feb 21, 2012 02:34PM

reply to this post
message by Dawn

Ahh, I just didn't see it when I was looking then. All I found with just the single story were some pretty sketchy looking downloads.

Thanks. Feb 21, 2012 03:03PM

reply to this post
message by rivka

I don't think it's available any longer, nor has been for at least 5 years. But that's no reason to take it off GR.
Feb 21, 2012 03:08PM

reply to this post
message by Dawn

I agree totally, I was just thinking that it should be combined to one of the anthologies as it seemed odd to be on it's own but I was not aware that it was actually released as a single story.
I will leave it alone and again thanks for clearing it up for me. Feb 21, 2012 03:13PM

reply to this post
message by rivka

Sure. Nice to know being a McCaffrey fangirl is useful on occasion. ;) Feb 21, 2012 03:25PM

reply to this post

Goodreads Librarians topic: "Dark Light Anthology" (2 new posts)

message by Jennifer E.
Nenangs wrote: "did it anyway. :)"

ETA:
noticed something funny, the author order appears on the book page did not match the sequence i add them.
:)

I add them as per wendy's post, but the showing list is differe..."

I'm guessing this is because you and I were editing at the same time. Feb 21, 2012 03:12PM

reply to this post
message by rivka

Actually, it's a known bug. (The order issue. Not missing names.) Feb 21, 2012 03:26PM

reply to this post

Goodreads Librarians topic: "delete unknown book" (5 new posts)

message by Robert

This book <http://www.goodreads.com/book/show/13344...>

has an isin that belongs to another book already in goodreads and should be deleted. Feb 21, 2012 05:26PM

reply to this post

message by rivka

I am not seeing another book with that ASIN. What book? Feb 21, 2012 05:29PM

reply to this post

message by Robert

This is the ASIN B00688O4ZU. It belongs to Everything in its Time.

<http://www.amazon.com/Everything-Time-Tr...> Feb 21, 2012 06:06PM

reply to this post

message by Robert

<http://www.goodreads.com/book/show/13452...> Feb 21, 2012 06:07PM

reply to this post

message by rivka

Merged.

For future reference, please rescue unknowns rather than creating new editions. Feb 21, 2012 08:13PM

reply to this post

Goodreads Librarians topic: "Strange book entry" (5 new posts)

message by Jennifer

When looking at the list of books by author Eva Ibbotson, I found a book with no data. It is titled Unknown Book 12954695, by Unknown Author 696. It has been rated by a number of users.

Is this a result of losing the Amazon information? I couldn't figure out any possible previous incarnation, however. What should we do for this sort of ghost?

Thanks. Feb 21, 2012 09:21PM

reply to this post

message by rivka

Jennifer wrote: "Is this a result of losing the Amazon information?"

Yes. It is only possible to rescue books if you can figure out what they are based on how they have been shelved or reviewed. Feb 21, 2012 09:36PM

reply to this post

message by Jennifer

Is the title's number a clue to its identity? Feb 21, 2012 10:34PM

reply to this post

message by fullybook

Jennifer wrote: "Is the title's number a clue to its identity?"

I think not. Feb 21, 2012 10:47PM

reply to this post

message by rivka

Jennifer wrote: "Is the title's number a clue to its identity?"

No. Feb 21, 2012 11:01PM

reply to this post

Goodreads Librarians topic: "Changing A Book Cover" (10 new posts)

message by Barnaby

Hello!

I've just updated my book to the 'second edition' version but need to change the book cover. The original edition that was listed was something done through an Arts Council scheme, via a small publisher, before the book got picked up by a bigger publisher. So, having updated the details, I now need to update the cover itself!

The new cover has been added as a new photo to the 'images' section. If you can't use that, please contact me via barnabyeatonjones@gmail.com and I will email you a copy.

Thanks. Feb 21, 2012 09:09PM

reply to this post

message by Barnaby

Alternatively, you can find the new cover here...

<http://www.amazon.co.uk/Lemon-Barnaby-Ea...> Feb 21, 2012 09:10PM

reply to this post

message by Lobstergirl

Did they re-use the ISBN? If yes, you'll need to create an alternate cover edition. If a new ISBN was issued, a new record with that ISBN should be created, with the new cover. Also, we can't use any images from Amazon. I think the preferred method is for you to add the image to your profile photos (rather than to the book images section) so someone can upload it. Feb 21, 2012 09:25PM

reply to this post

message by Kathleen

Should be good now...let me know if it isn't. Feb 21, 2012 09:28PM

reply to this post

message by Darkpool

So what's happened to the previous edition cover version? Feb 21, 2012 09:32PM

reply to this post

message by Barnaby

Ah, lovely, thank you!!

It was a new edition with a new ISBN (I have updated all the info). The original cover was jettisoned, as the new publisher wanted to create a 'brand style' - due to this being the first book in a trilogy. So, the next two books will follow with a similar graphic for the cover/spine.

Thanks again. Much appreciated. Feb 21, 2012 09:41PM

Websterdavid3 says

Review of “Women’s Anatomy of Arousal: Secret Maps to Buried Pleasure”

By Sheri Winston, 2010 (review by david)

I so wish I had learned from nurse and sex-educator Sheri Winston as a teen. Reading her book has made me a better lover.

Sheri takes her readers on “an in-depth, illustrated tour of the land of female genitalia, feminine sexuality and the intimate erotic arts.” (p.5) For all humans who have female parts or “like to play with them.”

The human body is so delightful and complex. Sheri teaches the “symphony of arousal,” how singles or couples can become literally entranced in sex.

Four examples of what I didn’t know before reading Sheri: 1) She explains what is known about female ejaculation. 2) Sheri points out that women have more total erectile tissue than men, though much is buried. 3) Sheri connects loving well with the heart practice of not judging and comparing others. 4) She explains the biology behind the power of slow sex; why less movement is sometimes more. Thank you, Ms. Winston.

This book provides wonderful erotic art; a lengthy introduction (which some readers skipped); hands-on practical tips for creating energy and arousal; as well as a list of Sheri’s personal 16+ types of orgasm from “little tickly genital-sneeze orgasms” to “love-gasms” to “telepathic mutual mind-blowers.” (p. 16)

Bon Appetit!

Thank you to JS for suggesting this book; and to KFL for upgrading my writing and life.

Renia Carsillo says

One of the best books on women's sexual response that I've ever read. Unlike most books of this nature, it's centered around teaching a woman to own her own sexuality, not pleasing a partner or coupled sex. Unintimidating, thoughtful and even funny at times. This one should be on every woman's bookshelf.

Dawn Serra says

Sheri Winston's book is a comprehensive look at feminine desire, energy, and anatomy. Though the book is very heteronormative, she is wonderfully inclusive in the different expressions of female anatomy and pleasure.

I wish all of the sections that provided tips for men were phased in a way that was inclusive for any gender who loved and made love to women - the information on how to stimulate, excite, and please someone with female anatomy is valuable whether you're a man, woman, or gender queer individual.

That said, Sheri's information about the arousal network in female genitalia is comprehensive and informative. As a long-time sex educator, I even learned a few new things (Bartholin glands, anyone?).

I also loved the way that Sheri gives permission to women to explore their bodies and their pleasure, to try things on, to get to know their bodies, and to practice on themselves before incorporating a lover.

In our society, it's all too common for women to neglect their bodies and their pleasure in an effort to please others, when in fact, taking charge of your own body and your own pleasure is what makes one a fantastic and engaging lover.

I will certainly recommend this book to people who need to learn more about the beautiful symphony that is the female arousal network and all the different ways you can stimulate, please, and tantalize a female-bodied person.
