THE ULTIMATE GUIDE TO ANAL SEX FOR WOMEN

TRISTAN TAORMINO

CLEIS
Sex | Life
PRESS

The Ultimate Guide to Anal Sex for Women

by Tristan Taormino

Illustrated by Fish

Copyright © 1998 by Tristan Taormino.

All rights reserved. Except for brief passages quoted in newspaper, magazine, radio or television reviews, no part of this book may be reproduced in any form or by any means, electronic or mechanical, including photocopying or recording, or by information storage or retrieval system, without permission in writing from the Publisher.

Published in the United States by Cleis Press Inc., PO. Box 14684, San Francisco, California 94114.

Printed in the United States.
Cover and text design: Karen Huff
Logo art: Juana Alicia
First Edition.
10 9 8 7 6

Illustrations copyright © 1998 by Fish.

for Felice,

whose heart and
soul

are in here

Acknowledgments

There are so many people whom I'd like to thank for their contributions to this project.

To Felice Newman and Frederique Delacoste, for their time, devotion, and gracious understanding of an insanely hectic schedule. Special thanks to Felice, to whom this book is dedicated, for going beyond the call—and even farther than that.

To Susie Bright, Pat Califia, everyone at Good Vibrations, Nina Hartley, Bert Herrman, Jack Morin, Carol Queen, Anne Semans, and Cathy Winks for their extraordinary, groundbreaking work.

To Robert Morgan for unbelievable generosity and kindness.

To Tammy Fortin at Aardvark Books, The New York Public Library Amazon.com, the Society for Human Sexuality, and San Francisco Sex Information for research assistance.

To Nancy Bereano of Firebrand Books, Joan Nestle, Greg Constante of Alyson Publications, Pat Califia, and Sarah Miller for permission to reprint their work.

To Russ Kick, Bill Brent, and The *Black Book* for tremendous help with the resource guide.

To Karen Green, Don Spargo, Jr., and Rosana Francescato for insightful editorial advice.

To Tom Bates for making a whole lot possible. To Chip Rowe for being The Man.

To Thia "Fish" Jennings for her wit, her understanding, and her brilliant illustrations.

To everyone who responded to my survey for being so generous and sharing intimate details of their lives.

To Kate Bornstein, Bree Coven, Morgan Dunbar, Gerry Gomez Pearlberg, Mario Grillo, Colin Hall, Ron Lieber, Dan Mitchell, Audrey Prins-Patt, Janet Schomer, and D. Travers Scott for their friendship, love, and support.

To Karen Green for too much to even name.

To Winston Wilde for being my daddy.

To my mother, Judith Pynchon, for always supporting me.

And, finally, to my dogs, Reggie Love and Jordan Love, who are my constant companions during late-night research, reading, writing, and revisions.

Contents

Introduction • 1

Confessions of a Backdoor Betty:
Why I Love Anal Sex and Why I Wrote This Book

10 Myths About Anal Sex • 13

Myth #1: Anal sex is unnatural and immoral.
Myth #2: Only sluts, perverts, and weirdos have anal sex.
Myth #3: The anus and rectum were never meant to be eroticized.
Myth #4: Anal sex is dirty and messy.
Myth #5: Only homosexual men have anal sex.
Myth #6: Straight men who like anal sex are really gay.
Myth #7: Anal sex is always painful for the person on the receiving end.
Myth #8: Women don't enjoy receiving anal sex; they do it just to please their partners.
Myth #9: Anal sex is the easiest way to get AIDS.
Myth #10: Anal sex is naughty.

Our Asses, Ourselves • 21

A Brief Anatomy Lesson
The Anus, Anal Sphincters, and PC Muscles
Exercising Your Pelvic and PC Muscles
The Anal Canal and the Rectum
Basic Preparations
Short, Smooth Nails
Clean Tools
Clean Butt and Empty Bowels
Relaxation
Safety First

3 Beyond Our Bodies: Emotional and Psychological Aspects of Anal Eroticism • 39

- Desire
- Communication
- Fear
- Expectations, Needs, and Fantasies
- Patience
- Presence
- Trust and Power

4 Tools of the Trade • 49

- Latex
- Lubricants
- Butt Plugs
- Vibrators
- Dildos
- Anal Beads
- Tips

5 Shaving and Enemas: Spring Cleaning and Then Some • 67

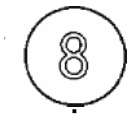
- Enemas
  - Bulb Syringe Enemas
  - Enema Bag/Hot Water Bottle Enemas
  - Shower Attachment Enemas
  - General Tips for a Safe Enema
- The Barber and the Back Door: Shaving the Anal Area

6 Doing It for Yourself: Masturbation and Anal Eroticism • 75

Let Your Tongue Do the Walking • 81

- Analingus
- Analingus and Safer Sex

7



Anal Penetration • 86

Insertive Anal Penetration

Receptive Anal

Penetration For Both

Partners

Positions for Anal

Penetration

Anal Fisting • 102

Myths About Anal Fisting

Anal Fisting and Safer

Sex Anal Fisting: The

How-To's

S/M and Genderplay • 112

S/M and Anal Sex

Genderplay and Anal

Sex

Anal Health • 120

Taking Care of Your

Ass Anal Ailments

Anal Sex and STDs

HIV and AIDS

The Ultimate Frontier • 130

Resources • 133

Books

Publications

Shopping Guide

Sex Information Resources

World Wide Web

Resources

Index • 145

About the Author • 153

About the Illustrator • 153

Illustrations

1. Female Anatomy / Page 22
2. Anorectal Anatomy / Page 27
3. Male Anatomy / Page 29
4. Anal Toys / Page 50
5. Female Condom / Page 52
6. Putting on a Condom / Page 54
7. Enema Equipment / Page 68
8. Making a Dental Dam / Page 85
9. Missionary / Page 95
10. On Top / Page 97
11. Doggie-Style / Page 99
12. Spooning / Page 100

Introduction

Confessions of a Backdoor Betty: Why I Love Anal Sex and Why I Wrote This Book

Confessions

Yes, I admit it—I love anal sex. The first time someone put a finger in my butt, I almost went crazy from the pleasure. The sensations I experienced were so intense, incredible, and heavenly that it was mind-blowing. I felt high from the experience, and I couldn't wait to do it again. The first time I put my finger in someone else's butt, the results were just as fabulous—I felt entrusted with my partner's deepest vulnerabilities, in awe of the ecstatic pleasure I could give. Then came more fingers, tongues, vibrators, small dildos, bigger dildos, butt plugs, a penis, bigger butt plugs, even an entire small hand.

Each time I could take a little more and give a little more, I felt more sexually alive and powerful. As I incorporated anal eroticism into my sex life, my sex life became better and better. The sex got hotter, my partners extra adventurous, my orgasms fierce and explosive. The physical sensations were undeniably some of the best I'd ever felt in my life. I confess too that beyond the deep body gratification, the naughtiness of it all really turned me on. Even my most kinky, sexually liberated friends weren't doing *this—or* if they were, they never talked about it (and I knew the intimate details of everything else they were doing in bed). Only sexually voracious gay men fucked each other's asses with abandon the way I was. Neither my partners nor I identified as gay men, so what did we think we were doing?

Too Many Myths

Growing up in this culture, it is nearly impossible to escape the taboo of anal sexuality and all the myths surrounding it. From an early age, we are taught that our assholes are private, dirty, and shouldn't be touched in a sexual way. Whether we learn about the birds and the bees from popular books or in sex education class, the anus is rarely mentioned, unless to say it's behind our genitals. As I grew up, I heard "fag jokes" about men who "do each other in the butt"; these men were derided for their practice of anal sex. If we do hear about people other than gay men having sex, they are usually labeled "kinky" or "perverted," and the sex is clearly considered abnormal. When anal sex is acknowledged as an erotic preference in sex research and popular advice columns, it is portrayed as a fantasy of straight men whose women partners endure pain in order to please. There are rarely representations of women who enjoy anal sex with either men or women. Most recently, anal sex has been linked to the AIDS virus and represented as dangerous and

even deadly.

I became sexually active in the eighties, just at the beginning of the AIDS crisis; by the time I became more sexually literate and experienced and discovered the pleasures of anal sex, AIDS had become epidemic. Because gay men were becoming infected in alarming numbers, they became designated the high-risk group. According to the majority of safer sex guidelines at the time, anal sex was how you got AIDS. And I was having anal sex. It's scary when major medical institutions tell you that one of your favorite things to do in the world is no longer just naughty, but actually life-threatening.

The progress made in the sexually liberated 1970s and the decadent 1980s, which contributed to a wider acceptance of many sexual practices previously considered taboo (including anal sex), was squelched by AIDS phobia in the 1990s. For example, in the first edition of the very popular *The Joy of Sex*, published in 1972, Dr. Alex Comfort writes:

> This [anal intercourse] is something which nearly every couple tries once. A few stay with it usually because the woman finds that it gives her intenser feelings than the normal route and is pleasurably tight for the man.[1]

However, in *The New Joy of Sex: A Gourmet Guide to Lovemaking for the Nineties*, Comfort describes the rectum as "a canal primarily engineered for other purposes." He dismisses the practice of anal sex because of the risks associated with HIV infection: "In the light of present knowledge, this is best avoided altogether."'

When the fear of AIDS first became widespread, much of the so-called safer sex guidelines were rife with misinformation. The same institutions releasing propaganda about safer sex

claimed that heterosexuals and lesbians weren't at risk. Then heterosexuals and lesbians started getting sick. Members of the gay community and AIDS activists realized that the key to saving lives was having correct information and making it widely available. The problem is that myths and misinformation about anal sex are rampant in our society, while accurate statistics, facts, personal experiential accounts, and healthy, positive representations are nearly impossible to find. Soon, activists realized that they had to start producing their own information.

The Truth About Girls and Boys

Of the little that has been written about anal eroticism, much has been by and for men who have anal sex with other men. In fact, in spite of the cultural taboo and largely because of AIDS, many members of the gay community have openly acknowledged that gay men have anal sex. In general, gay men seem to embrace anal sexuality and discuss it more honestly than others. In the wake of the AIDS epidemic and its devastating effects on the gay male community, exploration of the practice and risks of anal sex has become a way to save lives. Yet, because discussions, informative workshops, and literature tend to be community-based, people outside the community don't always have access to them.

This book is written primarily for women who want to learn more about anal sex and health and to explore insertive and receptive anal pleasure with women, men, and transgender people. My work focuses on the particular psychological, emotional, physical, and health-related issues that women face. Although the book concentrates on the experiences of women, many of the guidelines and generalizations about anal sex apply to everyone, regardless of gender.

"I'd Like Another, Please, Sir"

It is surprising to me that only one book exists that is devoted solely to anal eroticism: *Anal Pleasure and Health* by Jack Morin. While it is an incredibly groundbreaking, informative, and insightful work, it seems odd that it is the only one in a field populated by so much selection and variety. 1 recently decided to investigate just what sex books are being sold in America's bookstores. As my test site, I chose a well-known national chain bookstore in a fairly conservative neighborhood of Manhattan.

As I perused the shelves of the "Sexuality" section, I found an extensive selection. The majority of the books were devoted to improving the sexual awareness and the sex lives of readers—they discussed how to have hot sex, better sex, orgasmic sex, more sex, and safer sex. There were books by sex therapists, sexologists, sex researchers, sex workers, sex advisors, and other sexuality specialists. There were even a half-dozen titles dedicated to fairly alternative sexual practices, such as sadomasochism (S/M), dominance and submission, pain and pleasure, and bondage and discipline. Obviously, there is a significant market for sex books. This is due in part to our society's obsession with sex and sexuality, but it also reflects the importance of sex in our lives. People are hungry for information, ideas, and advice on all aspects of sexuality.

Among the thousands of books about sex currently in print, many are quite focused and specialized, covering such topics as solo sex, oral sex, vibrator sex, sex after fifty, fantasy sex, lesbian sex, phone sex, role-playing sex, gay sex, tantric sex, healing sex, transgender sex, cybersex, leather sex, kinky sex. There are also titles devoted to erotic massage, foreplay, romance, cross-dressing, monogamy, and nonmonogamy. And yet among the sea of sex volumes, there is only one about anal sex.

Anal Pleasure Stuck in the Margins

In general self-help sex manuals and other books that claim to cover the full spectrum of sexual practices, anal sex usually receives a mere few pages or a couple of sentences—if it is not left out altogether. In popular titles like Dr. Ruth Westheimer's *Sex for Dummies*^{TM} and *Sex in America: A Definitive Survey*, there is only brief information about anal eroticism and health. The coverage of anal sexuality pales in comparison to thoughtful, thorough, and informative sections on just about every other kind of sexuality; in addition, the information presented is often negative, misinformed, outdated, and even incorrect. So, while these volumes are described as "complete," "definitive," and "comprehensive," those of us searching for information on anal pleasure are often left wondering why it's missing.

Media Representations M. I. A.

If anal sex is in the margins of written works, it's off the map in other media. When was the last time you saw a positive representation of anal eroticism in a film? When was the last time someone mentioned anal sex on television? In a mainstream magazine? When I asked a group of women where they had seen representations of anal sex, the responses included:

- *Anal Pleasure and Health*, by Jack Morin (the only book of its kind)
- *Try* (a novel) and other works by Dennis Cooper
- *Trust* (a guide to handballing, or anal fisting), by Bert Herrman
- The original edition of *The Joy of Sex*
- *Lesbian erotica*
- *The Story of O* (classic erotic S/M novel), by Pauline Reage
- *The Lesbian S/M Safety Manual*, edited by Pat Califia
- *Sapphistry : The Book of Lesbian Sexuality*, by Pat Califia

- The Good Vibrations mail-order catalog
- Gay male erotic magazines and videos
- Chester Mainard's anal massage video
- Porn videos
- Leather-S/M community workshops

One respondent said: "From my perspective, I think there's mostly been a dearth of information, a loud silence, about women's—especially heterosexual women's—anal desires."

Because American media is consumed with sex and sexuality, many of the images we see on a daily basis—from soap operas and beer commercials to music videos and magazine ads—are saturated with sex. However, there is a great big void when it comes to anal sex.

Where Do Women Get Information About Anal Sex?

Women have many sources for information about sexual health and practices: family doctors, gynecologists, other health care professionals, therapists, parents, siblings, and friends. However, these sources generally don't provide information about anal health and sexuality. When was the last time you talked to one of these people about anal sex? While we may talk to any number of people about sexual health, STDs, birth control, and safer sex, most women don't feel comfortable discussing anal sexuality, and most experts don't bring up the subject. Even when I've been thoroughly quizzed on my sexual practices during a gynecological exam, the subject of anal sex and health has never come up.

Who Am 1?

As you've probably noticed, no titles or initials appear before or after my name—no M.D., Ph.D., M.A., C.S.W., or M.S.W. I am not a doctor, psychiatrist, psychotherapist, or sex therapist, although I have studied the work of many people who are.

feels more comfortable or allows them a sense of surrendering to their partner.

> *I like to be on my back when she fucks me in the ass. She's in control and I feel like I am giving my body over to her. if she uses her hand, she can do my butt and work my clit at the same time. if she's got the strap-on on, and we get at just the right angle, her thrusts can rub my clit.*

> *When my lover is on her back, I feel like I am topping her and her ass is mine. It's powerful, although I know that she's the one who's really in charge.*

The receptive partner may find that a pillow under her butt makes for easier penetration, and she can bend her knees or either bring her legs to her chest or rest them on her partner's shoulders. Although the latter position may create a better angle for entry, it is one that even the most flexible among us often find hard to sustain. In this position, your partner usually cannot provide clitoral stimulation, but you can provide your own with your hand or a vibrator.

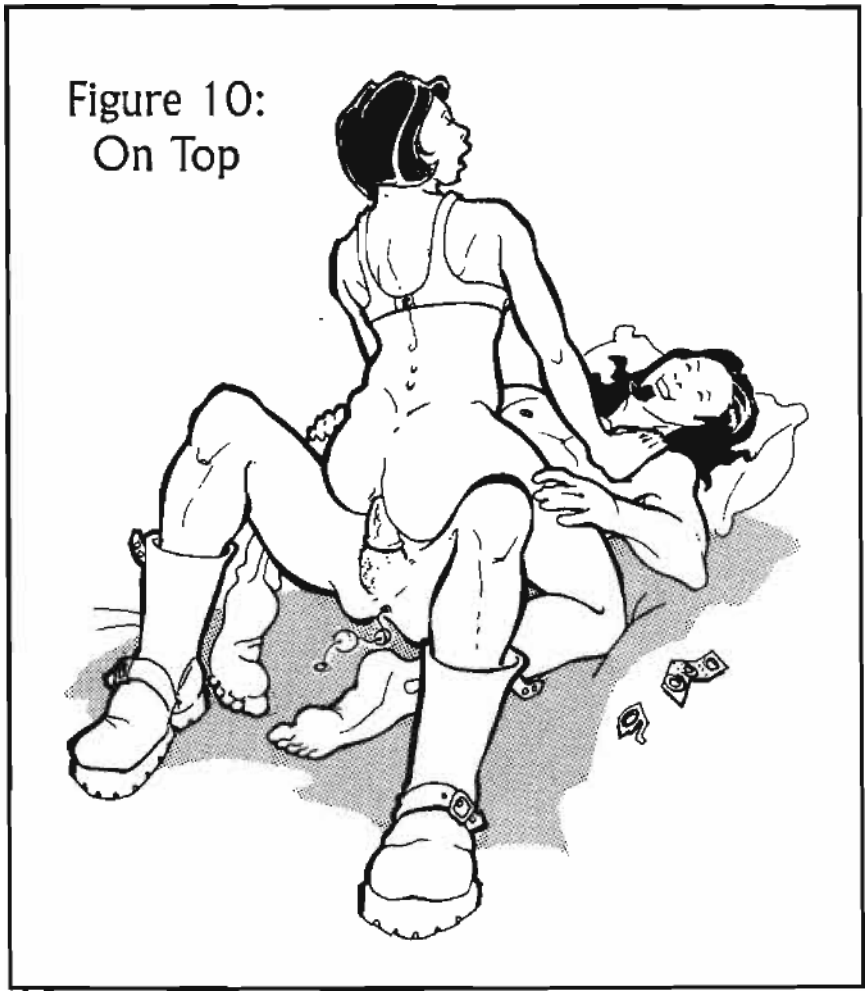
Receptive Partner on Top (figure 10)

In the receptive-partner-on-top position, the receptive partner can control the angle and depth of penetration. Straddling the insertive partner, she or he can sit straight up, or lean forward or backward according to her or his own desires. Again, facing each other means you can talk and communicate as well as stroke, rub, pinch, and stimulate other parts of each other's bodies; this position is also great for clitoral stimulation. Receptive partners can really take the lead in this position and be in charge of the depth of insertion, the amount of movement, and the

rhythm of whatever is doing the penetrating—finger(s), butt plug, dildo, or penis.

> *I like to be on top for anal sex. I can slowly sit down on his dick, taking my time to make sure my ass is ready. He can play with my clit as I lower myself onto him, and he loves to look at me, and talk dirty to me while we're doing it.*

Insertive partners who are inexperienced, nervous about how to penetrate their partners anally, or fearful of hurting their partners may find this position most relaxing because the receiver can do much of the decision making and work. The partners on the bottom often report liking this position best because they get a great view of their partner and can watch them as they receive pleasure.



> *If* we *have* anal *penetration with the dildo, 1 want her* to *be in charge. She knows* better how *fast and* deep to go, *plus I like* to *see her* do *all the work.*

Doggie-Style (figure 11)

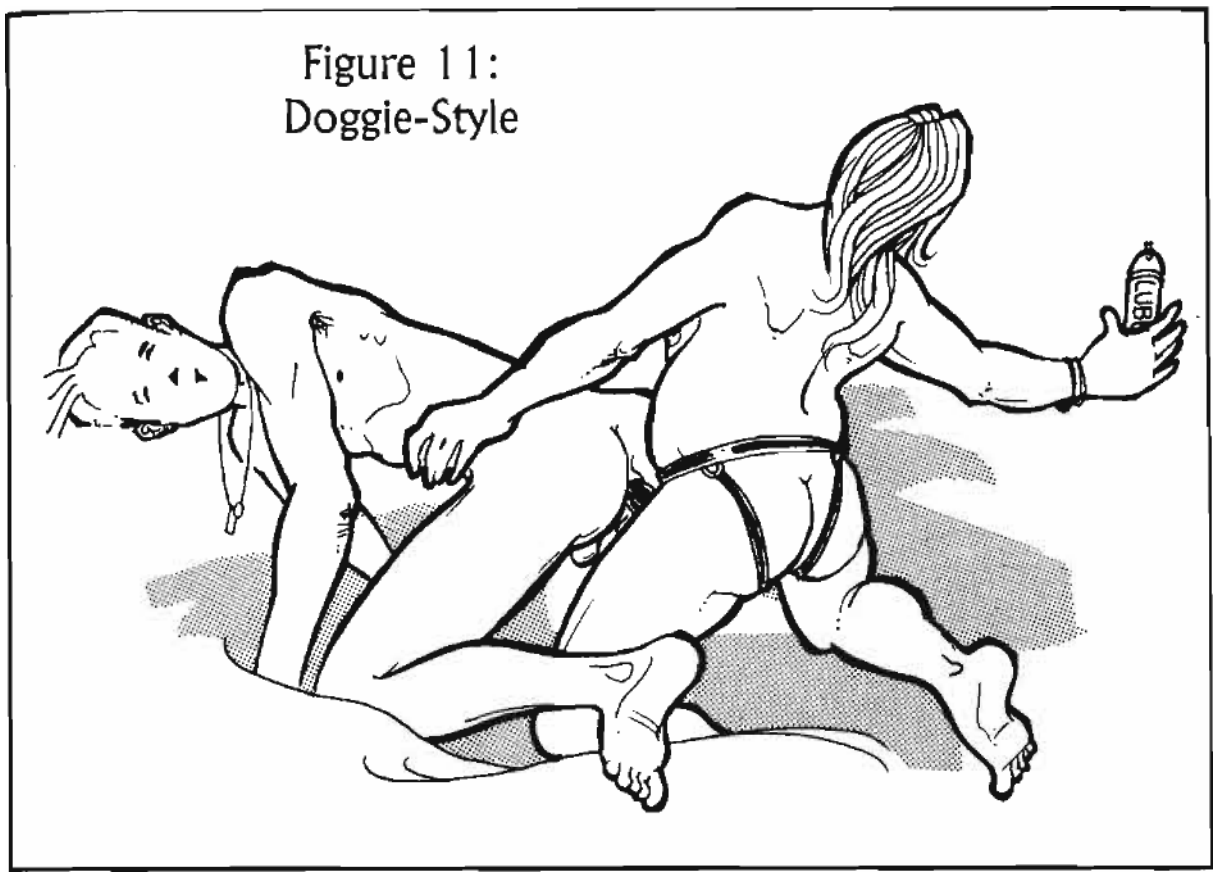
The doggie-style position is probably the first one many of us think of when we think about anal sex. Doggie-style is also a popular image in porn magazines and videos. This position, with the receptive partner on her hands and knees and the insertive partner behind her, is best for deep penetration. Because the rectum is in the most straight (not bent) position, the insertive partner can get good depth that is also comfortable to the receiver. If the receptive partner is a woman, this position also makes it easy to reach around and rub her clitoris.

Doing it doggie-style also means both partners can have lots of pelvic movement. The insertive partner can do a lot of deep, hard, or fast thrusting; the receptive partner can move back on or ride fingers, a dildo, or penis from this angle. Many people like to have their partner penetrate them from behind for a fast and frenzied kind of fuck. As when the receptive partner is on top, she can also be in control of the action if the insertive partner does less of the movement and lets the receiver come to her.

> *I love doggie-style the best. My boyfriend starts out slowly, but as my ass opens up, he can really fuck me from behind just like he fucks my pussy. He says he likes it too because he loves the feeling of my butt cheeks slamming against him.*

> *For giving, I like her on all fours with her ass in the air so I can see all the activity. For receiving—being on all fours or on my back... My favorite of all, though, is being bent over a table and gettin' it from behind.*

> *My current partner can be an incredibly sensual, effeminate submissive male. I love to see him with*



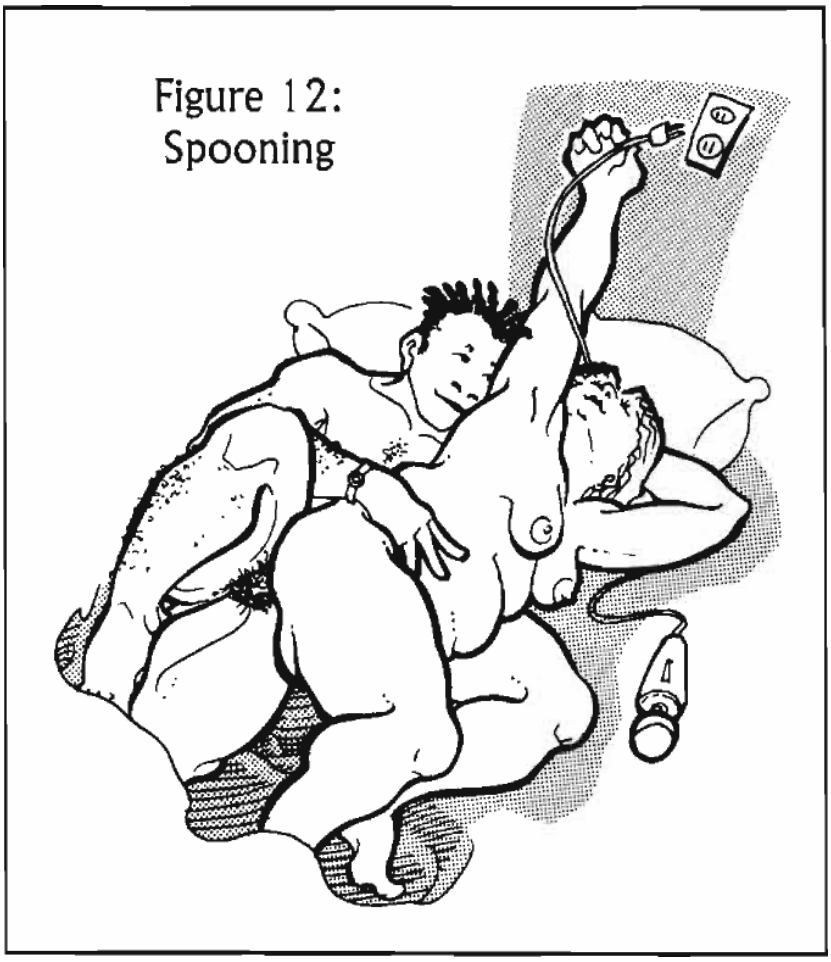
his ass in the air and his back arched, and I love *the way he* looks *when* tell *him* to *ride my cock and he thrusts himself back against me while I just kneel there, occasionally grabbing his hips or slapping his butt.*

In a variation on this position, the receptive partner is on her stomach with her knees either bent or straight. Although this one may seem awkward on first try, it just takes a little practice. This, too, is a good position for medium or deep penetration because the rectum is in an optimum position for smooth entry (as long as you don't forget that important curve!).

Spooning and Reverse Spooning (figure 12)

In the spooning position, both partners are on their sides either facing each other or facing the same direction. This

position is comfortable, flexible, and easily maneuver-able, and it gives both partners good control over theangle and depth of penetration; it's an ideal position forpartners who are of very different heights or sizes. Somepeople find that lying side by side gives them greater access to their partner's vagina, clitoris, penis, balls, and other parts of each other's bodies for exploration and stimulation. You don't get the depth of penetration this way that you get with other positions; however, spooning is good for a long, slow anal fucking session, where no one's in a rush to get somewhere. But don't get me wrong you can still have ecstatic orgasms this way.



> *Side-by-side works for me.* She *can* do *my ass and my clit and not go* too deep. *I like* to *have her fingers just a little ways into* my butt. *For me, that's the most sensitive part.*

I have gone over the major positions, but I have by no means covered all the possible ones. There are plenty more for you to explore. Some people like to reverse the receptive-

partner-on-top position and face the same direction rather than each other. Couples who are similar in size may find they can have anal sex standing up or with one person bent over a bed or table.

I like to be bent over the bed, standing, face down.

I love the feeling of having my partner penetrate me anally and vaginally at the same time using a dildo or vibrator in either orifice. I have often fantasized about having two men fucking me and feeling each other's dicks rubbing against each other through my walls.

Think of each new position as an opportunity to explore different depths, speeds, rhythms, and dynamics; there's lots of erotic territory to find simply by changing your point of view.

NOTES

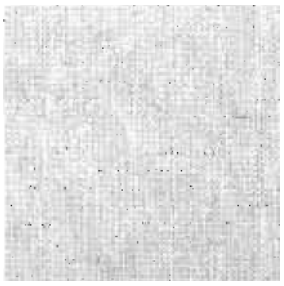
1. Herrman, *Trust,* 43.
2. Hartley, *Guide to Anal Sex*.
3. *Sex educator* Robert Morgan.

QUOTES AND SIDEBARS

Magenta Michaels, "*Taking Him on a Sunday Afternoon*" in *Herotica 2: A Collection of Women's Erotic Fiction* edited by Susie Bright and Joani Blank (San Francisco: Down There Press, 1991), 19.

Rose White and Eric Albert, "*She Gets Her Ass Fucked Good*" in *Best American Erotica 1997* edited by Susie Bright (New York: Simon & Schuster, 1997), 82.

AnaIs Nin, "*Mandra*" in *Little Birds* (New York: Harcourt Brace Jovanovich Inc., 1979), 131.



Anal Fisting

Myths About Anal Fisting

Just as there are many myths about anal sex in general, there are several misconceptions about anal fisting (or handballing) in particular. The following are a few of the most common myths.

Myth #1: Fisting is literally what it sounds like it is.

Anal fisting is not exactly what it sounds like—you don't just make a fist and stick it in someone's ass. Fisting is a gradual penetration process of adding finger after finger until you can curve your fingers and comfortably fit your entire hand in someone's rectum. Some people may cringe when they read that, but when done safely and properly, fisting can be an incredibly intense, pleasurable experience for both partners. As Bert Herrman, one of the leading experts on anal fisting, reminds us, "The joy comes from the feeling not the anatomical description."[1]

Myth #2: Only gay men practice anal fisting.

In the late 1960s and 1970s, gay and bisexual men popularized the practice of anal fisting, especially in bathhouses and private parties in major urban areas. It is widely believed that people engaged in fisting for decades before the sexual revolution, but the recorded history of the practice in Western culture dates to the late sixties. (According to sex educator Robert Morgan, fisting has been practiced in China and India for thousands of years.) Like other forms of anal sex, anal fisting has become intrinsically linked with gay men, and only gay men, because particular communities of gay men were widely practicing it. However, while not as common as other forms of anal eroticism, anal fisting is practiced and enjoyed by many women, with both female and male partners.

In her erotic writing of the early 1980s, Pat Califia wrote about anal fisting among lesbians who practiced S/M, and by the early 1990s, Bert Herrman reported that both men *and* women subscribed to Trust/The *Handballing*

TWO FINGERS, THEN THREE, sank into Roxanne's ass. She barely noticed. She was humming along on a smooth road. This was so easy, there was so little friction that it barely qualified as flicking. Nevertheless, there was pleasure, enough to turn her into a squirmy little girl, so bad and dirty that she wanted people to bend her over, pull down her panties, put things up her ass, move them in and out, make her tell them how much she liked it and squeal for more.

-Pat Califia

Newsletter. Some women, in fact, become aware of and interested in anal fisting through gay male pornography. Many women, especially lesbians, enjoy gay male erotic stories, photography, and videos and have learned about techniques and safety from these sources as well as from gay men who practice anal fisting.

> *My most erotic fantasies have always revolved around gay male pornographic images, which is part of why anal fisting appeals to me.*

Myth #3: Anal fisting is dangerous.

Some people think that anal fisting will leave the receptive partner in diapers or the insertive partner with a disease. When anal fisting is done with patience and care, it will not injure either of you. Insertive partners can practice safer sex to protect themselves from contracting an STD or other diseases. Contrary to some popular misconceptions, being anally fisted will not make you bleed excessively, damage your rectum, stretch out your anus, or rupture your intestines—if done correctly.

Anal Fisting and Safer Sex

Unless you are monogamous or fluid-bonded, you should practice safer sex every time you engage in anal fisting. There are some specific differences between the regular safer sex practices already outlined in the book and the precautions you should take for anal fisting.

Just as you can use water-based lubricants for anal penetration, you can use larger amounts of thicker, water-based lubricants for fisting; however, most experienced fisting aficionados say they prefer oil-based lubes because they are thicker and dry up much less quickly than their water-based counterparts. While you should never use oil-based lubes

for vaginal penetration, because they will not naturally flush out of the vagina, they do flush out of the rectum easily during defecation. It is important to remember, however, that you won't be able to use condoms for anal penetration one to two days after oil-based lubricants are used in the rectum, because the oils will destroy latex condoms.

Many fisters use Crisco regularly because it's thick, it's inexpensive, and it works. Regular, rather than butter or other flavors, is recommended. Remember that sticking your hand in a can of Crisco will leave that can full of bacteria and not usable with any new partner. Try Crisco sticks (individually wrapped portions that resemble sticks of butter) or scoop smaller amounts of Crisco out of the can into a separate container for use with one partner and one session; make sure to clean these containers frequently.

If you are nonmonogamous, you should *always* use protective gloves for fisting; the risks that are present for anal penetration are magnified for anal fisting. Bert Herrman outlines these risks for the insertive partner:

> The inside of one's body provides ideal transfer conditions for all sorts of microorganisms including the HIV virus. Surface abrasions in the walls of the large intestines (colon) are an ordinary occurrence even in normal conditions. No matter how clean one gets, one's insides will not be sterile...Minor paper cuts, scratches, and sores on your hands cannot be avoided. Microorganisms can even enter the system at the base of the fingernails.[2]

Latex gloves protect the person doing the fisting as well as the person being fisted. Even monogamous and fluid-bonded partners may prefer using gloves since the rectum is easily irritated by fingernails or rough skin.

While it is a proven fact that vegetable shortening and oil-based lubricants break down latex condoms, latex gloves tend to be much thicker than condoms and therefore can be used for fisting. Many sex educators recommend that you change into a fresh pair of gloves every fifteen to twenty minutes to ensure safety by preventing tiny holes from forming in the latex.

Latex gloves are sold in many drug stores, in bags of small quantities or boxes of fifty or one hundred. Some gloves are certified sterile, others aren't; however, the place you'll be putting your hand won't be sterile (not even with the most fastidious enema), so the gloves do not necessarily need to be sterile. Some gloves are powdered on the inside to make it easier to put them on. You should rinse gloves out because the powder may irritate your partner's delicate, sensitive anal tissue. Herrman has another tip for the glove wearer:

> We also suggest that tops (especially those who are HIV negative) should rub nonoxyno1-9...on their hand before inserting into the glove, in the event of leakage. While [nonoxynol-91 effectively kills the HIV virus, tests have shown that [it is] also very irritating to the kind of cells that line the rectum and vagina. This means that nonoxynol-9 may allow the virus to more effectively penetrate faster. So limit this stuff to inside the glove.[3]

Some people wear two gloves or purchase heavier rubber gloves commonly used for household work; these gloves also tend to be longer (more like "opera length"), which can be a plus for people who want to venture beyond the wrist. Keep in mind that heavier gloves tend to decrease the inserter's sensitivity and sense of how lubricated the glove is.

Recently, many people who regularly use latex gloves—especially those in health care professions—have

become either allergic to latex or latex-sensitive. If you are sensitive to latex, you might not want to try Herrman's technique of putting nonoxynol-9 inside the glove; you may also want to try well-fitting vinyl gloves. You might try coating your hand with liquid silicone (found in medical supply or auto supply stores) before putting on a latex glove.[4]

Anal Fisting: The How-To's

People who enjoy being penetrated by larger plugs and dildos and like the feeling of fullness and pressure may also delight in being fisted. Fisting takes a *large* amount of everything that anal sex requires: latex, lube, desire, patience, relaxation, communication, and trust. Fisting takes a great deal of time and skill; you should proceed to fisting only after you have become comfortable with extensive anal penetration.

Preparation

In order to prepare yourself to be fisted, it's a good idea to do some Kegel exercises for several weeks beforehand. Get used to contracting and relaxing your anal sphincter muscles. Relax. Deep breathing during foreplay and fisting is a great way to relax, get focused, and get in touch with your body.

I cannot stress enough that a proper diet with enough fiber is a key component to enjoying anal pleasure. Diet is very important for a person who's going to be fisted.

Most people who practice anal fisting recommend an enema for the receptive partner because of the depth of penetration. Chapter 5 covers different types of enemas and how to give them. Remember to have an enema at least two hours before the sexual encounter, avoid using harsh chemical enemas, and don't have enemas too often. An enema clears out not only the "bad" bacteria,

but also the "good" bacteria that normally live in and help our digestive systems; you can take acidophilus (available at most health food stores) to bring your system back in balance. Bert Herrman recommends that you eat easy-todigest food for nineteen to thirty-six hours before your enema, and very little eighteen hours before fisting. Avoid foods containing small seeds (like strawberries).

Some advice before you make a hellish trip to the laundromat: There is going to be some mess, so you should have lots of paper towels on hand. You should also know that oil-based lubricants and anal secretions are not exactly the easiest laundry job. Many fans of fisting recommend using "chucks," plastic sheets used as under-

SHE PUSHED, A RIPPLE DESCENDED FROM BEHIND HER breast bone, amplified, became a wave of desperate hard contractions. Kay had a grim, fixed smile on her face. She hung on to Roxanne's thigh with one hand and kept the other one wedged firmly in her asshole. Her rectum opened, closed, opened wider, and Kay slid in.

Her querulous asshole flattened out and disappeared. It felt as if her body had swallowed the advancing hand, sucked it in instead of struggling to repel it. Now it was folded up neatly inside her, a miracle, no pain at all, just the gift, the blessing of someone entering and pleasuring this forbidden part of her body. Kay had made this new channel, made it part of her just by touching it. Her lungs hurt. Had she been shouting?

-PAT CALIFIA

pads in hospitals. They are made to absorb, and they are disposable. You can find them at hospital supply stores.

Fisting Techniques and Tips

After the enema, an erotic fisting session should begin like any erotic encounter involving anal penetration. Relax. Do whatever you need to—baths, candles, music, meditation, visualization, deep breathing, massage—to relax each other. Take your time. Focus on your desire for each other, on communicating, and on trusting each other.

You should also experiment with positions. You want to find one that is comfortable for both of you and that allows the easiest entry and depth of penetration. Some people like to be on their backs with their legs on their partner's shoulders. Some like to be in the doggie-style position on hands and knees, affording a good angle of entry.

Others like to be in a sling—a specially designed seat made of leather, canvas, or plastic webbing (like a hammock for one). A sling is usually suspended from the ceiling or a hook high on the wall. You can lie in it comfortably with your head above your waist, and your partner can have good, flexible access to your ass. Slings can be an expensive item at specialty sex and leather stores and are usually purchased by advanced players.

Just as outlined in the techniques for anal penetration, you should work your way up from external stimulation to actual penetration, with all the necessary steps in between. Remember that the initial opening-up process takes time for the receiver. You may want to start with fingers, graduate to a small butt plug, maybe a dildo, then go back to fingers. Or you can use only your hand the entire time. Rather than pushing your way in, let your partner suck your hand inside and guide you to each new level. Work your fingers inside, adding more lubricant as you go, until you have worked up to four fingers.

A good way to begin the handballing process is to put your fingers together to create a point with your hand, and gently slide inside. Stop as soon as you feel resistance and stay there, letting the muscles get used to the feeling. Each person likes a different method for entry. Some people like to move with a slow, constant pressure. Others use a twisting motion to work their way inside. Some let the receiver draw the hand inside or go slowly in and out as you would with a penis or dildo. Some keep their fingers together in the point until they feel like they can spread their fingers slightly. You can also cup your hand with your fingers curled into your palm. The trickiest part of hand-balling is the first move into the rectum. Make sure that you are well lubed, because this will be a crucial step.

As with each progression of penetration, when you've gotten your hand inside the rectum, stay there for a while. Let your hand get used to the feelings, and let your partner get used to the feelings she or he is experiencing. Now, remember your anatomy lesson and that all-important curve of the rectum. Feel your way as you venture, and let your partner guide your hand. Go as far as feels comfortable for your partner. You don't have to keep going and going; get to a place that feels good, and decide that's as far as you'll go.

Once you're in the rectum, some partners may like you to stay where you are, while you stimulate their genital area with your free hand or a vibrator. Other folks may like some actual in-and-out movement; keep in mind that your movement while fisting should never be too drastic or jerky. Again, it's all about communication between the two of you.

> The challenge is not learning to stretch the anal canal; rather, it is learning to relax and let go, to allow these muscles to accept entrance from the outside with the same ease they should be allowing release from the inside.[5]

If you are the receptive partner, remember that you are in control of the action. It's critical that you pay attention to your body, know your limits, and communicate with your partner. She will take all her cues from you, and so you need to be aware of your desires, your needs, and the sensations you are feeling. Do not push yourself to do something if your body isn't ready. Rest and take a break if you need one. Stop if and when you need to stop. If you listen to your body, when it is ready to take an entire hand inside your rectum, the feeling will be nothing but pleasurable, intense, and ecstatic.

Afterward, you may feel like having another enema in order to clean out all the lubricant. Do not *have an* enema. Your system has been worked over, and an enema will only irritate your rectum, especially if there are minute abrasions. It is a good idea for you to eat and drink something.

You may experience some soreness, gas pain, irregular bowel movements, or slight spotting of blood when you wipe yourself. All this should correct itself within twenty-four hours. Use common sense: if you are bleeding, experiencing severe pain, have a fever, or feel very sick, go see a doctor immediately. But if you've listened to your body, and your partner has listened to you, anal fisting will leave you satisfied and happily exhausted.

NOTES

1. Herrman, *Trust*, 17.
2. Herrman, *Trust*, 22-23.
3. Herrman, *Trust*, 27.
4. Sex educator Robert Morgan. 5.
5. Herrman, Trust, 61.

SIDEBAR

Pat Califia, "*The Calyx of Isis*" in *Macho Sluts* (Los Angeles: Alyson Publications, 1988), 132, 135.

10 S/M and Genderplay

S/M and Anal Sex

Sadomasochism (S/M) is often misrepresented and misunderstood in mainstream culture; frequently, S/M is equated with whips and chains, violent abuse, and deviant behavior. In reality, S/M has nothing to do with abuse or force—it is a consensual exchange of power arousing to both partners that may or may not involve genital sex. S/M includes one partner who is referred to as the *dominant* or the top; this person is in charge of the encounter, or scene, taking an active role in directing the activities. The other partner, referred to as the *submissive* or the *bottom*, takes a receptive role in the scene. Both partners negotiate a scene beforehand, communicating their likes and dislikes as well as their physical and emotional boundaries and limits.

S/M encompasses a broad spectrum of practices, including but not limited to role-playing; dominance and

submission; bondage and discipline; flagellation (spanking, slapping, paddling, whipping); sensory deprivation with the use of blindfolds, hoods, gags, and/or ear plugs; and body modification (permanent and nonpermanent piercing, cutting, branding))

> *One of my current fantasies has my partner coming home while am scrubbing the floor on my hands and knees in a maid's outfit. She puts down her bag and tells me not to turn around, and then I realize that she is already wearing her strap-on as she proceeds to fuck me in the ass. HARD.*

Anal sex can be a very hot part of an S/M scene for many different reasons. Because it is already considered taboo, naughty, and forbidden, those attitudes can be exaggerated and played with in the context of an erotic encounter.

> My *favorite* way to combine *S/M and* anal *play is* to *make her submit* to *it and then tell her what a bad girl she is for wanting it.*

I COULDN'T RESIST RUNNING MY HAND OVER HIS BUM.

He pushed ***it*** *up into my palm, and I stroked the firm, muscular globes. I ran my hand lightly down the crack, past his anus and over his balls. I heard him expel his breath with a little sigh of pleasure, at which point I drew myself up and let the lash crack down upon the beautiful flesh.*

-LINDA JAIWN

ONLY A SHORT WHILE BEFORE, when she had been kneeling half-naked before Rene, and Sir Stephen had opened her thighs with both his hands, Rene had explained to Sir Stephen why O's buttocks were so easily accessible, and why he was so pleased that they had been so prepared: it was because it had occurred to him that Sir Stephen would enjoy having his preferred path constantly at his disposal.

-PAULINE REAGE

Sometimes *I like to incorporate* some of the *taboos about ass-fucking into our dialogue during* sex, like *saying*, "Oh, you're *such a bad girl—only bad girls like getting it in the ass. How did* you get s00000 *naughty?"*

For men and women interested in relinquishing control, letting someone else decide what goes on, or being told what to do by a top, anal sex provides a perfect activity of surrender. Others find that being anally penetrated is the ultimate experience of submission, yet still very safe because they can set the boundaries and be in control of the action.

I like anal sex because submitting to my partner this way is one of the ultimate gifts I can give her. It is something 1 crave and absolutely love, but it is also something that takes a great deal of trust for me to do.

S/M can also be an exploration of the limits of your body: how much you can give and take and for how long. Anal play and penetration can be an excellent manifestation of this metaphor.

> *It continues to amaze me that it feels really awesome, and that I can take a big butt plug, and that / like it so much. I also like being on the receiving end because...I love the aggressive side that comes out in her when she's fucking me in the ass.*

Many people who practice S/M explore the power dynamics of dominance and submission.

> *I like the idea of "forced" penetration. The idea of holding my lover down, with a knife to her throat, and forcing myself into her tight ass while verbally humiliating her and pinching her tits and slapping her...I love sensual and nonscene-oriented anal sex, too, but it is...the violation that really gets me off.*

For people interested in incorporating anal sex into dominant-submissive role playing, it is especially important to negotiate your desires and boundaries with your partner. Keep in mind that if the mutually agreed upon use of force, bondage, or very hard fucking are involved in a scene with anal play, you should still go slowly and let the receptive partner take the lead. S/M practitioners often explore the edges of pleasure and pain, but these practices should never be conflated with the experience of anal sex. Anal sex should never be forced or painful even in the context of an S/M scene, because you can do damage to your partner's body. When anal sex is consensual and approached with patience, gentleness, and lots of lube, it can be an ecstatic part of S/M play.

Genderplay and Anal Sex

> *My current partner is a bi woman and we alternately take on different gender roles in our relationship. There is a gender fluidity that is very important to me.*

Many people enjoy enacting gender role-playing, "switching" gender roles, or combining gender characteristics during erotic encounters. Genderbending and genderplay are great ways to explore the complexities of our own genders and how they relate to our sexual identities and practices.

Some of the myths associated with anal sex are related to gender and sexual identity, and these make it ripe for genderplay. For example, some men embrace its perceived link to submission and feminization:

> *I love to be fucked. I fantasize about being a woman. And sometimes about just being a man while my female partner takes on the role of a man in my head. The genderbending and role reversal here can sometimes be threefold as we switch gender, dominance, and identity all at the same time.*

Playing with the association between anal sex and gay men, some heterosexual and lesbian couples like to role-play gay male sex scenes:

> *I like genderplay within anal sex situations...1 like to be a "fag" with my (female) partner, who's also a gay man.*

With the help of some imagination, sexy dialogue, costumes and props, or a dildo and harness, you and your partner can be just about anyone you want to be.

SHE SPREAD MY LEGS WIDE, pulled on a latex glove, reached across me to the nightstand for lube, and then began working fingers into my ass.

"Don't move your hands," she whispered, while hers invaded me, one long finger at a time, first working in and then starting to fuck—repeating again and again until she had three up my ass and I was as stretched out and full as I'd ever been.

Her other hand, ruby ring glinting in the low light from a streetlamp, lay splayed across my belly, holding me down, thumb slowly working my clit, while she fucked my ass with the other. I held the bars but soon writhed crazily with the sensation, and as she flicked me more and more fiercely I raised my legs to her shoulders, spreading my ass as wide to her as I could wanting to let her get at me as deeply as possible.

When she felt my body tighten up in an imminent come, she stopped playing with my clit altogether, pulled my nipple hard, and I orgasmed from her pumping hand alone, coming until I was curled up practically sobbing—but still holding the bars.
"You're so good.'" I gasped when she was finally done with me, and she gave me that small smile again and said, "What I like about assholes is, everybody has one."

-CAROL QUEEN

You can be your girlfriend's boyfriend, your male partner's gay lover, or a "chick with a dick." Your female partner can be a male hustler or your husband. Your male partner can be a submissive young woman with a strict mistress or a girly girl being told what to do.

> *1 absolutely love to penetrate my male partners with a strap-on dildo. It's very important to me as a newly reformed butch dyke to continue to play with gender roles.*

Although dildos are not penis replacements, they certainly symbolize a great deal of erotic potential. Women who strap on a dildo can feel silly, sexy, or wildly powerful:

> *Mostly now I have sex with men (actually, I only have sex with one man now, but even before that it's been mostly men for the past few years), and I like to have a penis and fuck with it. I like to run around the house with my strap-on on, knowing I'm going to use it on my partner, who is nervous but excited; it makes me feel silly and selfish and rude and excited. I am typically more of a bottom in bed, but when I put on my penis, 1 am Ober-top, with a whole new erotic personality.*

Combining genderplay and anal sex is a way to explore a range of fantasies: enacting a more dominant, aggressive role; experiencing a submissive, receptive role; or assuming a different sexual identity altogether. Because everyone has the anal orifice in common, anal sex can be both the great equalizer and a source of genderbending, fantasy, and unlimited erotic possibilities.

NOTES

1. Read more about S/M in *Leatherfolk*, edited by Mark Thompson (Boston: Alyson, 1991); *Coming to Power*, edited by SAMOIS (Boston: Alyson, 1982); *The Second Coming*, edited by Pat Califia and Robin Sweeney (Los Angeles: Alyson, 1996); *Different Loving* by Gloria Brame (Random House, 1993); *Sensuous Magic* by Pat Califia (New York: Masquerade, 1996); *SM 101* by Jay Wiseman (San Francisco: Greenery Press, 1992).

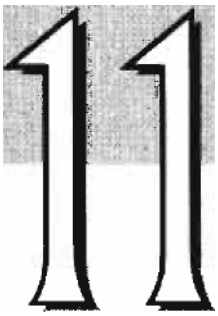
SIDEBARS

Linda Jaivin, *Eat Me* (New York: Broadway Books/Bantam Doubleday Dell Publishing Group, 1997), 164.

Pauline Reage, *Story of O*, translated by Sabine d'Estree (New York: Grove Press, 1965), 83.

Carol Queen, '*Ariel*" in *The Leatherdaddy and the Femme* (San Francisco: Cleis Press, 1998).

Anal Health



Taking Care of Your Ass

Many people assume that if you regularly engage in anal sex, you are more likely to develop anal ailments. Several common myths perpetuate this idea; myths about receptive anal sex partners getting hemorrhoids or anal fissures, having their rectums "stretched out," or becoming incontinent and having to wear adult diapers. In fact, the opposite is true quite frequently—people who practice safe, gradual, pleasurable anal sex have rectums that are as healthy as, and possibly healthier than those of people who don't have anal sex. Although it sounds surprising at first, the fact is that if you learn to exercise and tone your pelvic and sphincter muscles and regularly relax them during penetration, you are improving those muscles. The more you pay attention to your anus and rectum, the less alienated and anxious you will feel about it. The more

you experience anal pleasure, the less likely your anus and rectum will be a source of tension—and tension is a leading cause of anal health problems. People who have more awareness of anal muscles and practice relaxing them are less likely to have recurring anal tension, difficult bowel movements, or problems like straining.

Your rectum and anal canal are used to expelling feces, not being penetrated by fingers or penises. Like everything else new, anal sex takes some getting used to. Right after having penetrative anal sex, you may feel like you need to have a bowel movement. In some cases, you do, and you should sit yourself on the toilet. In other cases, your rectum is simply adjusting to the experience of anal penetration; remember that the contractions of anal muscles experienced during anal sex and during orgasm are similar to the contractions of those muscles during a bowel movement. If you feel like you have to go to the bathroom, by all means, go. You may find that it was a false alarm; if you do have a bowel movement, you may also have a little irritation, soreness, and/or diarrhea or loose stool. When feces come down the anal canal they can mix with lube, making things a little runny. Some women feel minor bladder irritation and burning during urination after anal sex. All of this is temporary, and your urination and bowel movements should quickly return to normal. If problems persist or you have pain, extreme irritation, or bleeding, see a doctor.

In general, if you want to take care of your anus and rectum, make sure you do the following: eat enough fiber-rich foods; practice good hygiene habits; do not strain to have bowel movements; get enough exercise; and manage and reduce the general stress in your life. If you have anal penetration when it is uncomfortable or painful, it can lead to more muscle tension and damage to the delicate tissue of the anal and rectal walls.

Anal Ailments

Several factors contribute to the majority of all ailments of the anus and rectum: a lack of fiber and other deficiencies in your diet; chronic anal, rectal, and intestinal muscle tension; and general stress and tension. Safe, responsible anal sex in and of itself does not cause problems; however, sexual activity can exacerbate existing conditions. If you are experiencing recurrent constipation, diarrhea, itching, burning, irritation, pain, or bleeding in the anus or rectum or during bowel movements, you should see a doctor. Problems like constipation, intestinal disorders, hemorrhoids, anal fissures, or blood clots can usually be easily diagnosed and treated; however, if they are left untreated, they can lead to more serious complications and health problems.

Anal Sex and STDs

It is important for women to have knowledge about our bodies, including our vaginas, clitorises, breasts, and rectums. You are your best source of information; you know your body and its uniqueness better than anyone else. When you experience anything unusual—including rashes or sores, persistent itching, irritation, abdominal or pelvic pain, burning or pain during urination, any unusual discharge, irregular bleeding or cramping, or discomfort or pain during sex—you should see a gynecologist or other physician promptly. In many cases, you may have a simple, easily curable infection, but you could also have a sexually transmitted disease (STD). *For* many women, *STDs may occur without any* symptoms *at all,* so the only way they can be detected is through medical exams and laboratory tests. Therefore, all sexually active women should have checkups, pelvic exams, and pap smears on a yearly basis.

It is equally important to find a gynecologist or other physician you respect, trust, and feel comfortable talking to about your sexual health and practices. I've been to gynecologists who assume I'm heterosexual and ask me the requisite "What form of birth control do you use?" I've been to others who don't ask me anything about my sexual practices, partners, or concerns. Your gynecological visit is no time to play "Don't Ask, Don't Tell." If they don't ask, it's your responsibility to tell. While a regular exam at the gynecologist should include a pelvic exam, pap smear, breast exam, and rectal exam, many doctors do not perform rectal exams unless patients specifically present rectal symptoms. If you regularly engage in anal sex of any kind, you should inform your doctor, be frank about your practices, and request a rectal exam, even if you feel fine.

Sexually transmitted diseases can be rectal- as well as vaginal. If you are diagnosed with an STD after a vaginal

Anal Sex Practices and Safer Sex

NOT SAFE: Unprotected rimming, unprotected anal finger-fucking, sharing anal sex toys without cleaning and disinfection or using a new condom; penis-rectum intercourse without a condom.

SAFER: Anal masturbation; rimming with a latex barrier; finger-fucking with a latex glove; cleaning, disinfecting, and using condoms with all sex toys; penis-rectum intercourse with a condom and withdrawal; fisting with a latex barrier; spanking or whipping that does not break the skin or draw blood.

exam and didn't have a rectal exam, you should return for a rectal exam. Because of the close proximity of our vaginas to our anuses, it is easy for women to spread infections from one orifice to the other. And if you had unprotected vaginal *and* anal sex, then the STD virus is likely to be living in both places; better to be safe than sorry. Most STDs can be treated and cured fairly easily with antibiotics if they are caught in their early stages. Untreated STDs can lead to more serious complications, including sterility, cancer, and, in some cases, death. So, please, take care of yourself.

Here are some of the most common STDs in America, their symptoms, and their treatments. I specifically discuss STDs that can be transmitted through anal sex and how the STDs affect your anus and rectum, since this book is primarily concerned with anal sex and health. Again, most women who contract an STD never exhibit symptoms until their condition becomes serious. You shouldn't attempt to self-diagnose an STD; use the following information as a guideline rather than a substitute for regular visits to the doctor.[1]

Anal Warts

Anal warts (like genital warts) are spread when your anal area comes into contact with the affected area of an infected partner. Anal warts begin as small pink bumps around the anus and in the anal canal; they tend to spread rapidly, forming clumps of bumps that may be itchy or painful if they are irritated. Their incubation period is usually one to six months. Anal warts are treated by removing them from the skin by applying chemicals to them (usually acids), burning them with an electric needle (electrocautery), or freezing them with liquid nitrogen (cryotherapy).[2] Even after visible warts are removed, the virus that causes them—the human papillomavirus

(HPV)—can remain in your body, and the anal warts can recur. You can also spread warts from your anus to your vagina and vice versa—another reason for regular rectal exams. If you have anal warts, you should also be checked for vaginal warts. Women diagnosed with anal warts should have regular exams even after they are removed to monitor recurrences and prevent complications.

Hepatitis

Hepatitis is an inflammation of the liver that has several different strains; I am going to address hepatitis A and hepatitis B because they are the most common and the most relevant to anal sex and health. The hepatitis A virus

Protecting Yourself

- Get tested for HIV and STDs regularly, especially if you have unprotected anal sex with partners.
- Always use condoms, dental dams, latex gloves, and water-based lubricants for all anal activities.
- Learn how to use condoms properly (see chapter 4).
- For an extra measure of safety during penis-rectum intercourse, have your partner withdraw before ejaculation. Remember, semen from men who are HIVA-' has a high concentration of the virus and is very infectious.
- Safe, slow, and gentle anal sex decreases the chances of trauma to anal/rectal tissue; keep in mind, however, that you may already have minute tears or sores in the rectal lining that you don't know about.
- If you and your partner are both HIV+, you should still practice safer sex to avoid being exposed to a different strain of the virus or transmitting opportunistic infections.

is found in the feces of an infected person, so it can be spread by unprotected anal penetration and especially unprotected oral-anal contact. The hepatitis B virus is found in all bodily fluids of an infected person, including semen, saliva, vaginal secretions, blood, feces, and sweat. People with hepatitis may experience a variety of symptoms, including low energy, loss of appetite, depression, body aches, nausea, diarrhea, abdominal pain, rashes, swollen glands, fever, chills, dark urine, weight loss, and, if the condition has become serious, jaundice. Some people can be carriers of hepatitis and not have any symptoms; others can develop chronic, recurring hepatitis. People who are at risk of contracting hepatitis B can be vaccinated against the virus.

Genital Herpes

About 150 million people in the United States have been exposed to the herpes virus.' Genital herpes can be trans-mitted through sexual contact, including vaginal, oral, and anal sex; the herpes virus can also enter the body through mucous membranes or cuts in the skin. Within a week of exposure, people with herpes usually first experience a tingly or burning sensation in the genital area; then they develop bumps or blisters in the affected area, which can be itchy, sore, and/or painful. Women can also experience flu like symptoms, swollen glands or lymph nodes, a vaginal discharge or yeast infection, and painful urination. Initial sores usually heal in one to three weeks without treatment. There is no cure for herpes, and symptoms can recur during outbreaks. These outbreaks can be brought on by stress, a compromised immune system, or prolonged exposure to the sun; they can last for up to three weeks. Although a person is most contagious during an outbreak, transmission of the virus can happen during nonactive periods as well (especially the two weeks after an outbreak)

and with or without visible blisters or other symptoms. Sores can appear not only on but around the genitals, and condoms and dental dams will protect only the area they cover, so partners should limit their activities accordingly during outbreaks. In recent years, people with herpes have successfully used a drug called Zovirax™ (either ointment or pills) to control and treat symptoms.[4]

Rectal Gonorrhea

Rectal gonorrhea is transmitted exclusively through sexual contact. Symptoms appear within three to seven days of exposure and include soreness or burning during bowel movements and an anal discharge. Up to 80 percent of women who have gonorrhea have no symptoms, and this is even more true in cases of rectal gonorrhea than vaginal gonorrhea.' Rectal gonorrhea is treated with antibiotics, including penicillin, tetracycline, and ceftriaxone.

Chlamydia

The symptoms of chlannydia, which is transmitted through sexual contact, present one to three weeks after infection and are very similar to those of gonorrhea, including bowel movement discomfort, anal burning, soreness, and discharge; women may also experience swelling and soreness of the lymph nodes and rectal bleeding. Two-thirds of women, however, have no symptoms.[6] Chlamydia is also treated with antibiotics like doxycycline and azithromycin. Studies show that 45 percent of people with gonorrhea also have chlamydia, so people who've been diagnosed with one disease should definitely be tested for the other.[7]

Syphilis

Much less common today than in the past, syphilis is transmitted through vaginal, oral, and anal sex or through

mucous membranes and cuts in the skin. It can have an incubation period of two to eight weeks. Ten to ninety days after exposure, people with syphilis experience the primary stage of the virus. A round ulcer (called a chancre) erupts in the affected area. The area in and around the chancre may ache or burn—or not. People may also have swollen lymph nodes. After the chancre hardens, heals, and disappears, the secondary stage begins. The secondary stage is marked by a general skin rash that may be itchy and painful. You may also experience fever, swollen glands, aching joints, headaches, nausea, and/or constipation. This stage is when people are most contagious. The third and fourth stages, latent and tertiary, are very serious and can be deadly if untreated. Syphilis is treated with antibiotics, usually penicillin, doxycycline, or tetracycline.

HIV and AIDS

Fads About Transmission

HIV, the virus that causes AIDS, is carried and transmitted through bodily fluids and most concentrated in blood, semen, menstrual blood, breast milk, and vaginal secretions. HIV is transmitted in several ways: through unprotected sexual contact with the bodily fluids of an infected person, by sharing needles with an infected person (through intravenous drug use), by receiving infected blood (through a transfusion), or from mother to baby via amniotic fluid, during delivery or breast-feeding. Current literature confirms that it's easier for women to get AIDS from men through sexual intercourse than vice versa.' This is because the tissue of the vagina is more susceptible than the tissue of the penis to trauma, tears, and minute sores, which provide infected semen a direct

route to the bloodstream—and this is even more true of the tissue of the rectum. Also, semen has a higher viral load than vaginal fluid.

Women can transmit the virus to their women partners through unprotected oral and digital stimulation, especially if there are cuts or sores (which may or may not be visible) in their mouths or on their hands. They can also transmit the virus by sharing sex toys without using condoms or disinfecting them.

Finally, intravenous drug use is the riskiest route of all.

NOTES

1. For more information on STDs and anal sex, I recommend *Anal Pleasure and Health* by Jack Morin; The American Medical Women's Association Guide to Sexuality, edited by Roselyn Payne Epps and Susan Cobb Stewart; and *Your Sexual Health* by Dr. Jenny McClosky (San Francisco: Halo Books, 1993).
2. Morin, *Anal Pleasure*, 210.
3. Epps and Stewart, *Guide to Sexuality*, 140.
4. Epps and Stewart, *Guide to Sexuality,* 138-9.
5. McCloskey, *Your Sexual Health,* 164.
6. McCloskey, *Your Sexual Health.*
7. Epps and Stewart, *Guide to S*exuality, 134.
8. Epps and Stewart, *Guide to Sexuality,* 152.

The Ultimate Frontier

My goal for this book is to give women knowledge about their bodies, so we may all have safe, pleasurable anal erotic experiences. In my research, I have come across so many women who really enjoy anal sex—the unique physical sensations, the emotional intensity, the complex psychological dynamics. These same women took a major step in breaking their silence—a silence so widespread among all of us—to tell me that they love anal sex. Then they told me why they love to do it, how they love to do it, when they love do it, and with whom (or what) they love to do it. It felt great to finally hear other women's stories and not feel so alone with my own desires, fantasies, and experiences of anal sex. I hope The *Ultimate Guide to Anal Sex for* Women incites this kind of communication among its readers and that this important dialogue continues.

There are other books about anal sexuality in the works as this one goes to press, and I find that very exciting. There is

so much more scientific, medical, and anecdotal research yet to be done on the subject. Just as each person's ass is unique, each person's particular take on anal sexuality is, too. We need more surveys, more stories, more guides, more information. Just think—the more information we have, the more anal sex we can have!

You obviously had the desire and curiosity to learn more about anal sexuality or you would never have picked up this book. If you've gotten this far, my desire is that you are now armed with information, resources, ideas, and some answers to your questions. Questions! People have so many questions about anal eroticism. I hope I have answered some important ones. I also hope that if you've got others, you'll ask them. Ask a friend, a lover, a health care professional, a sexologist, or one of the incredibly well-trained voices on the other end of the line at San Francisco Sex Information. The more I've brought up the subject of anal eroticism in my travels, the more people I've found who really want to talk about it. If we try not to censor ourselves, we just may learn something new—a simple how-to technique or even a secret hunger your lover never thought she could tell you.

Use this book with love, understanding, desire, and trust; ideally, it will reward you with some hot, sexy anal play. Remember that patience and practice make perfect. In my anal erotic experiences, I've felt sheer bliss, absolute surrender, indescribable rapture, and overwhelming pleasure—and I haven't gotten anywhere near perfect yet. In fact, I don't really want to. For me, the ultimate thrill is in the voyage.

Resources

Books

The American Medical Women's Association Guide to Sexuality by Roselyn Payne and Susan Cobb Stewart (New York: Dell Books, 1996).
Although it may look like a conservative, straight-laced, dry medical guide, don't judge this book by its cover (or title); in fact, it's incredibly informative and has especially useful details on women's sexual health as well as STDs and how they affect both the vagina and the rectum.

Anal Pleasure and Health by Jack Morin (San Franicisco: Yes/Down There Press, 1986). As far as I am concerned, Jack Morin is the anal sex guru, and everyone should get a copy of this book; based on over six years of research, this latest of several revised editions is the most reliable source for information on anal sex. It also includes extensive work on psychological aspects of anal sexuality. A new edition is due in 1998.

The Complete Guide to Safer Sex edited by Ted Mcllvenna (Fort Lee, NJ: Barricade Books, 1996). From The Institute for Advanced Study of Human Sexuality, this book is thorough, easy to read, sex-positive, and an invaluable source of information about sexuality and safer sex practices.

The Erotic Mind: Unlocking the Inner Sources of Sexual Passion and Fulfillment by Jack Morin (New York: HarperCollins, 1995). Another gem from Jack Morin, this book explores our most intense turn-ons and how they are often linked to our own life struggles.

The Essential AIDS Fact Book by Paul Harding Douglas and Laura Pinsky (New York: PocketBooks, 1996).
One of the more recent books on the subject, this book offers clear, concise information on HIV and AIDS, including history, transmission, prevention, testing, health care, insurance, and legal matters.

The New Good Vibrations Guide to Sex by Cathy Winks and Anne Semans (San Francisco: Cleis Press, 1997). Subtitled *Tips and Techniques from America's Favorite Sex* Toy Store, this volume includes a wealth of information on sexual practices and techniques, anatomy, safer sex, and, of course, their specialty, sex toys. It also includes a super resource guide.

The Janus Report on Sexual Behavior by Samuel S. Janus and Cynthia L. Janus (New York: John Wiley & Sons, Inc.). Self-described as "the first broad-scale scientific national survey since Kinsey," this book analyzes the findings of a sex research project.

The Kinsey Institute New Report on Sex by June M. Reinisch, Ph.D., with Ruth Beasley, M.L.S. (New York: St. Martin's Press, 1990). Subtitled *What* You *Must Know* to *Be* Sexually Literate, this is the latest work based on the Kinsey-Roper survey done in 1989.

The Lesbian SIM Safety Manual, edited by Pat Califia (Los Angeles: Alyson Publications, 1988). Although this was compiled a decade ago, it has plenty of solid information on lesbian sexuality and SIM; just remember the AIDS information is outdated.

Sex for Dummies" by Dr. Ruth K. Westheimer (Braintree, MA: IDG Books Worldwide, 1995). Dr. Ruth's guide to the basics of sexuality: anatomy, birth control, AIDS, romance, foreplay, after-play, masturbation, sexual health, and plenty of her therapeutic advice. You can also check out Dr. Ruth online at http://www.drruth.com.

Sex in America: A Definitive Survey by Robert T. Michael et al. (New York: Little, Brown and Company, 1994). The results of and commentary about a 1992 sex survey by social scientists.

Shared Intimacies: Women's *Sexual Experiences* by Lonnie Barbach and Linda Levine (New York: Anchor Press, 1980). A sample of interviews of American women about their sexual activities, styles, preferences, fantasies, and experiences. Frank, varied, and interesting.

Trust: The Hand Book (*A Guide to the Sensual and Spiritual Art of Handballing*) by Bert Herrman (San Franicisco: Alamo Square Press, 1991). The definitive guide to all aspects of handballing, or anal fisting, including preparation, techniques, safety, health, drug use, questions and answers, and the spiritual aspects of handballing.

The Woman's HIV Sourcebook: A Guide to Better Health and Well-Being by Patricia Kloser and Jane MacLean Craig (Dallas, TX: Taylor Publishing, 1994). An HIV/AIDS reference guide geared toward women, with information on transmission, prevention, testing, health care, relationships and family, and legal and financial concerns.

Your Sexual Health by Dr. Jenny McCloskey (San Francisco: Halo Books, 1993). An international best-seller, this book covers everything you need to know about sexual health, from anatomy to safer sex, with extensive information on STDs.

Publications

Anything that Moves

The quarterly magazine for the

uncompromising bisexual. 2404 California Street #24 San Francisco, CA 94115 (415) 703-7977 x2

Bad Attitude

A magazine for lesbian and bisexual women focused on erotica and S/M. PO. Box 390110

Cambridge, MA 02139

The Black Book

The best directory there is of sex-positive services and organizations in the U.S. and Canada.

P.O. Box 31155

San Francisco, CA 94131-0155

(415) 431-0171 (800) 818-8823 http://www.queernet org/BlackBooks BlackB@queernet.org

Cuir Underground

A San Francisco based bimonthly magazine for the pansexual kink communities—people of all genders and sexual orientations who enjoy S/M, leather, fetishes, genderfuck, and other forms of radical sexuality.

3288 21st Street, #19-L

San Francisco, CA 94110

(415) 487-7622
http://www.black-rose.com/cuiru.html
cuirpaper@aol.com,

F/DOS

Grassroots sex newspaper for "free-thinking consenting adults of all eroto-sexual persuasions."

PO. Box 96

Boston, MA 02137-0096
(617) 262-0096

(800) 4UEIDOS
eidos4sex@pipeline.com

Black Sheets

A "kinky, queer, intelligent, irreverant" zine of sex and pop culture.

P.O. Box 31155

San Francisco, CA 941 31-01 55

(415) 431-0171 (800) 818-8823
http://www.queernetorg/BlackBoolcs
BlackB@ios.com

Paramour

Magazine of literary and artistic erotica.

PO. Box 949

Cambridge, MA 02140-0008

(617) 499-0069
http://www2.xensei.com/paramour/
paramour@xensei.com

Shopping Guide

Sandmutopian Guardian

Practical, factual, pansexual guide to a variety of S/M practices, written by the people who do them.

c/o Utopian Network

P.O. Box 1146

New York, NY 10156
(516) 842-1711
http://www/catalog.com/utopian
siradam@ix.netcom.com

Trust, The Handballing Newsletter

Alamo Square Distributors

PO. Box 14543

San Francisco, CA 94114

(415) 863-7410

Adam and Eve

Mail-order catalog of toys, videos, and lingerie.

P.O. Box 200 Carrboro, NC 27510

(919) 644-1212 (800)
274-0333
http://www.aeonline.com

Ambiance, The Store for Lovers
Retail stores offering toys, books, and lingerie.

Colonial Shopping Center

7537 Mentor Ave.

Mentor, OH 44060

(216) 942-4669

4745 Great Northern Blvd.
North Olmstead, OH 44070
(216) 779-4100

6879 W. 130th St.

Parma Heights, OH 44130
(216) 885-2001

20144 Van Aken Blvd.

Shaker Heights, OH 44122
(216) 751-2003

Arthur Hamilton

Mail-order catalog specializing in enema equipment.

P.O. Box 180145

Richmond Hill, NY 11418

(718) 441-6066

Ask Isadora

Audiotapes of world-renowned sex advice columnist Isadora Alman.
Isadora Alman

3145 Geary Blvd. #153

San Francisco, CA 94118

(415) 386-5090
http://www.askisadora.com
isadora@sfbayguardian.com

A Woman's Touch

A feminist retail store of toys, books, and safer sex supplies.

600 Williamson Street

Madison, WI 53703

(608) 250-1928 wmstouch@aol.com

Blowfish

Mail-order catalog of toys, books, and videos.

2261 Market Street #284

San Francisco, CA 94114-1600
(415) 285-6064 (800) 325-2569
http://www.blowfish.com
info@blowfish.com

Chase Products

Medical equipment and supplies; good place for enema accessories.

P.O. Box 1014

Novi, MI 48376-1014

(248) 348-8191

chase@wwnet.com

Behind Closed Doors

Mail-order catalog of toys, books, and videos for women.

P.O. Box 93

Woonsocket, RI 02895-0779

(800) 350-3314

ccondon@tiac.net

Betty Dodson, PhD.

Self-loving books and videos. PO. Box 1933

Murray Hill Station

New York, NY 10156

Come Again Erotic Emporium

Store and mail-order catalog of toys, books, and lingerie.

353 E. 53rd Street

New York, NY 10022

(212) 308-9394

Come As You Are

701 Queen Street West

Toronto, Ontario
Canada M6) 1 E6
(416) 504-7934

Condomania

Retail stores and mail-order catalog of condoms and safer sex supplies.

7306 Melrose Avenue Los Angeles, CA

(213) 933-7865

351 Bleecker Street

New York, NY

(212) 691-9442
http://www.condomania.com

Crimson Phoenix

Retail store of books, toys, and novelties.

1876 SW 5th Avenue

Portland, OR 97201

(503) 228-0129

The Crypt

Retail store of toys, videos, and fetish wear.

1712 E. Broadway

Long Beach, CA 90802

(310) 983-6560

Dressing for Pleasure

Retail store and mail-order catalog

of toys and clothing, specializing in fetish wear.

PO. Box 43079

Upper Montclair, NJ 07043 (201) 746-4200 mail-order (201) 746-5466 store

Eve's Garden

Woman-oriented store and catalog of toys, books, and videos.

119 W. 57th Street #420

New York, NY 10019-2383

(212) 757-8651

(800) 848-3837
http://www.evesgarden.com
evesgardengfocusint.com

Fantasy Unlimited

Retail store of toys, books, magazines, and fetish wear.

102 Pike Street

Seattle, WA 98101

(206) 682-0167

Diversified Services

Mail-order catalog for toys and nonfiction D/S publications.

PO. Box 35737

Brighton, MA 02135

(617) 787-7426
john-warren@msn.com

Focus International

Mail-order catalog of sexual health education pamphlets and videos.

1160 E. Jericho Turnpike
Huntington, NY 11743

(516) 549-5320
http://wvvw.sex-help.com/

Forbidden Fruit

Retail store of condoms, lubes, toys, and fetish wear.

512 Neches

Austin, TX 78701

(512) 487-8358

Good Vibrations

Retail stores and mail-order catalog of books, toys, and videos.

Store:

1210 Valencia Street

San Francisco, CA 94110
(415) 974-8980

Store:

2504 San Pablo Avenue
Berkeley, CA 94702 (510) 841-8987

Mail-order:

938 Howard Street #101

San Francisco, CA 94103

(415) 974-8990 (800) 289-8423
http://www.goodvibes.com

goodvibe@well.com

Grand Opening

Retail stores and mail-order catalog of books, toys, and videos.

318 Harvard Street #32

Arcade Building, Coolidge Corner
Brookline, MA 02146

(617) 731-2626
http://www.grandopening.com
grando@tiac.net

Intimate Treasures

Mail-order catalog of toys and videos; subscriptions to "catalog of catalogs."
P.O. Box 77902

San Francisco, CA 94107

(415) 863-5002
http://www.intimatetreasures.com

It's My Pleasure

Feminist retail store of toys, books, and videos.

4258 SE Hawthorne Blvd.

Portland, OR 97215

(503) 236-0505

Lovecraft

Retail stores and on-line catalog of toys, books, videos, and lingerie.

63 Yorkville Ave.
Toronto, Ontario
Canada M5R 1 B7

(416) 923-7331

2200 Dundas Street East
Mississauga, Ontario

Canada L4X 2V3

(905) 276-5772
http://www.regesex.com/

Loveseason

Retail stores and mail-order catalog of toys, videos, books, and lingerie.

4001 198th Street SW #7
Lynnwood, WA 98036

(206) 775-4502
(800) 500-8843

12001 NE 12th Street
Bellvue, WA 98005

Passion Flower

Retail store of toys, books, videos, and lingerie.

4 Yosemite Ave.

Oakland, CA 94611

(510) 601-7750
passion@passionflwr.com

Pleasure Chest

Retail store and catalog of toys and clothing.

7733 Santa Monica Blvd.

West Hollywood, CA 90046
(213) 650-1022 store

(800) 75-DILDO mail-order
http://www.thepleasurechest.com

Romantasy

Retail store and catalog of toys, books, and lingerie.

2191 Market Street

San Francisco, CA 94114

(415) 487-9909 (800) 922-2281
info@romantasy.com

http://www.romantasy.com

Rubber Tree

Retail store for safer sex supplies.

4426 Burke Avenue North
Seattle, WA 98103

(206) 663-4750

Sin

Retail store and catalog of fetish wear.
1512 11th Street Seattle, WA 98122
(206) 621-0397 (800) 315-7466
http://wwwsin-inc.com

sin@aa.net

Spartacus Leathers

300 SW 12th Avenue

Portland, OR (503)
224-2604

The Stockroom

Retail store and catalog of toys and clothing.

4649 1/2 Russell Avenue

Los Angeles, CA 9002 7

(213) 666-2121 (800) 755-TOYS
http://www.stockroom.com
info@stockroom.com

Stormy Leather

Retail store of toys and clothing, specializing in leather and fetish wear. 1158 Howard Street

San Francisco, CA 94103

(415) 626-1672
http://www.stormyleather.corn
info@www.stormyleather.com

Information Resources

Toys in Babeland

Retail store and catalog of toys, books, and videos.

711 E. Pike Street Seattle, WA
98122 (206) 328-2914 (800)
658-9119 Babeland@aol.com
letters@babeland.com
http://www.babeland.com

Voyages Catalog Group

Mail-order catalog of toys, videos, and other adult catalogs.

PO. Box 78550

San Francisco, CA 94107

(415) 863-4822
http://www.voyages.corn

Xandria Collection

Mail-order catalogs of toys, books, and videos.

165 Valley Drive
Brisbane, CA 94005

(415) 468-3812
(800) 242-2823

American Social Health Association

A nongovernmental organization devoted to the prevention and control of all sexually transmitted diseases.

P.O. Box 13827

Research Triangle Park, NC 27709
(919) 361-8400

Centers for Disease Control National AIDS Clearinghouse

P.O. Box 6003

Rockville, MD 20849-6003

(800) 342-AIDS
http://www.cdcnac.com

E-SIC

A special-interest group for lovers of enema erotica. E-SIC hosts an informative Web site on enema information.

c/o AMTI

P.O. Box 64307

Virginia Beach, VA 23467-4307
(757) 495-2564 fax
http://204.141.230.178/esig-www/pages/info01.htm#Index
WaterLuv@etzine.com

Human Awareness Institute

An organization that produces work-shops on love, intimacy, and sexuality. 1730 S. Amphlett Blvd., Suite 225 San Mateo, CA 94402-2712

(415) 571-5524, (800) 800-4117

http://www.hai.org

office@hai.org

Institute for the Advanced Study of Human Sexuality (IASHS)

School with a postgraduate degree pro-gram in human sexuality studies. IASHS also produces educational pamphlets, books, and videos and safer sex supply kits.

1523 Franklin Street

San Francisco, CA 94109

The Institute Sex Information Network: (900) CAN-HEAR ($2/min.)

The Kinsey Institute

Indiana University

Bloomington, IN 47405
http://www.indiana.edui-kinsey/

Los Angeles Sex Education Resources
(213) 486-4421

National STD Hotline
(800) 227-8922

Planned Parenthood
(800) 230-PLAN

http://www.ppfa.org

San Francisco Sex Information
P.O. Box 881254

San Francisco, CA 94188-1254
(415) 989-7374

http://www.sfsi.org

The Sex Institute

513 Broadway

New York, NY 10012

(212) 674-7111

SexQuest: http://www.sexquest.com
rjnoon@sexquest.com

Sexuality Information and Education Council of the U.S. (SIECUS) A national, nonprofit advocacy organization that develops, collects, and disseminates information, promotes comprehensive education about sexuality, and advocates the rights of individuals to make responsible sexual choices.

130 W. 42nd Street, Suite 350
New York, NY 10036-7802
(212) 819-9770
http://www.siecus.org
siecus@siecus.org

Society for Human Sexuality

A social and educational organization devoted to the understanding and expression of all safe and consensual forms of human sexuality. Locally, SHS serves the Seattle area, but anyone can take advantage of their incredibly thor-ough Web site, which covers everything having to do with sexuality: magazines, books, videos, information lines, organi-zations, conferences, mail-order resources, local resources in Seattle, WA, and Portland, OR, plus links to other

sex-related Web sites.

University of Washington

SAO 141

Box 352238

Seattle, WA 98195

(206) 526-5328
http://weber.u.washington.edu/-sfpse

The Society for the Scientific Study of Sexuality (SSSS)

An international organization dedicated to the advancement of knowledge about sexuality.

PO. Box 208

Mount Vernon, IA 52314

(319) 895-8407
http://www.ssc.wisc.edu/ssss/

The Virgina Johnson Masters Learning Center

The co-founder of the Masters and Johnson Institute runs this center which provides audiotapes, videos, seminars, workshops, an informative Web site, and other materials on sexuality, intimacy, love, and relationships.

10803 Olive Blvd., Suite 200

St. Louis, MO 63141

(314) 991-0341

http://www.vjmIc.com
drvjm@vjmIc.com

World Wide Web Resources

Alternate Sources

http://www.alternate.com

The only global CD-ROM, directory, and Web site search engine for all the alternate sexuality communities. They also publish a directory.

Alt Sex

http ://www.altsex.org

A Web site dedicated to BDSM, homosexuality, bisexuality, polyamory, sexual health, and transgender issues.

Alt Sex Anal Sex FAQs
http://www.halcyon.com/elf/altsex/anal-sex.html

American Board of Sexology
http://www.indiana.edu/-kinsey/ASB/newhome.html

Charles Haynes's Radical Sex
http://www.fifth-mountain.com/radical sex

A directory of links to other radical sex sites.

Coalition for Positive Sexuality (CPS)
http://www.positive.org

A quick-and-easy online tour through the most important topics for teens who are sexually active or thinking about having sex.

Femme Productions
http://www.royalle.com

Run by Candida Royalle, Femme produces erotic videos from a woman's perspective, along with this informative Web site. Online catalog, interactive forums, and the 'Ask Candida" advice column.

InstaTek Human Sexuality Site
http://www.instatek.com/sex/start.

Information on bondage and discipline, S/M, BDSM resources, sexual activities, and sexual ethics.

IASHS Sexology NetLine
http://www.netaccess.on.ca/-sexorg/index.htm

A Web site dedicated to the advancement of knowledge of human sexuality. It includes information on sexual topics, questions and answers, a resource list, conferences and workshops, and other sexology links.

Queer Resources Directory
http://www.qrd.org

QRD has over 20,000 files and links about everything queer.

Sex, etc.

http://www.-rci.rutgers.edu/—sxetc

An online newsletter of information on sex, abstinence, contraception, AIDS, STDs, drugs, health, and more, produced by teens for teens_

Sexual Health InfoCenter
http://www.sexhealth.org/infocenter/infomain.htm

A public service of Renaissance Discovery, this Web site has a guide to safer sex, STDs, lesbian/gay/bisexual issues, and sexual problems.

Index

A
adult bookstores, 48n, 56, 65
advice columns, 2
Ages of *Lulu*, *The*, 48n
AIDS, 11, 128-129; and anal sex, 3-4, 18-19; and gay men, 4; and heterosexuals, 4; and lesbians, 4
Albert, Eric, 91, 101 n
alcohol and drugs, 45-47, 92
American Medical Women's Association, 35
American Medical Women's Association Guide to *Sexuality, The*, 36, 38n, 129n
amniotic fluid, 128
amoeba, 33, 84
amyl-nitrite, 46
anal beads, 10, 50, 63
anal canal, 16, 21-30, 32-33, 67, 88 anal health, 4, 7, 11, 32-33, 121-129 *Anal Pleasure and Health*, 5, 6, 14, 20n, 38n, 129n
anal sex, defined, 8-9; etymology, 8; and gay men. 2. 4, 14, 16-17, 103-104; in film, 6; and heterosexual men, 17; and heterosexual women, 17, 103-104; and lesbians, 103-104; media representations, 6-7; myths, 2-4, 8-9, 13-20, 41-43, 102-104, 112, 120; in porn, 6,98; preparations, 16, 31-37, 77-78, 87-88, 107-108; psychological aspects, 4, 8, 10, 130; research, 8-9; taboo 2-4, 8-9, 13-14, 19, 41-42, 113
anal sleeve, 50
anal warts, 124-125
analingus, 1, 10, 18, 51, 53, 81-85, 94
anatomy, 10; anorectal, 21-30; female, 22, 28-29, 76; male, 29-30
antibiotics, 127-128
anus, 11, 16, 21-30, 51, 55, 75-76, 79-80, 82, 121, 124
Aqua Lube, 57
"Ariel," 119n
"Ass Forward," 48n
AstroGlide, 56
Aveeno Shaving Gel', 73
azithromycin, 127
B
baby oil, 59
bacteria, 22, 32-33, 35, 54, 59, 84, 107-108
Bakos, Susan Crain, 18, 20n, 48n
bails, 100
bathing, 22, 33-34, 78
Beasley, Ruth, 20n, 38n
"Beauty: The Rites of Purification," 73n
Beauty's Release, 73n *Best American Erotica 1997*, 101 n
Best Lesbian Erotica 1998, 66n
Betadine, 31, 64
birth control, 7, 123
bladder, 22, 29, 121
Blank, Joani, 101n
bleach, 31, 64, 72
bleeding, 111, 122, 127
blood, 126
body modification, 113
bondage, 5, 15, 113, 115
bowel movement, 16, 23, 32-33, 68-69,72-73, 121-122
bowels, 16, 73; empty, 32, 67
Brame, Gloria, 119n
Brantley, Cynthia, 20n
breast exam, 123
breast-feeding, 128
breathing, 25-26, 78, 107
Bright, Susie, 17, 20n, 40m 48n, 101 n
bulb syringe, 68-69 butt plug, 1, 10, 17, 50-51, 58-60, 80, 93, 97, 115; cleaning, 31; harness, 59; size, 59-60, 93;

vibrating, 50, 60
buttocks, 27, 79, 81, 87
C
Califia, Pat, 103, 108, 111n, 119n
"Calyx of Isis, The," 111 n
ceftriaxone, 127
chancre, 128
child birth, 128
Chlamydia, 127
chucks, 108-109
clitoral stimulation, 25, 47-48, 60, 76-78, 87-88, 95-96, 98, 100
clitoris, 22, 76, 82, 123
colitis, 73
colon, 33, 82, 105
colonic, see enema
Comfort, Dr. Alex, 3, 12n
Coming to *Power*, 119n
communication, 9-10, 40-46, 82, 86, 89, 91-93, 110, 115, 130-131
Complete Guide to *Safer Sex*, The, 37, 38n, 66n
Condomania, 65
condoms, 32, 51-55, 57, 61, 84-85, 105-106, 125, 127; animal skin, 55; female, 52-53; "natural," 55; ribbed, 55; and sex toys, 31, 61, 63
consciousness-raising, 75constipation, 33, 41, 122
Cooper, Dennis, 6
Craig, Jane MacLean, 38n
Crisco, 57, 59, 105
cross-dressing, 5, 15, 117-118
cryotherapy, 124
cunnilingus, 81-82, 84, 129
Current Diagnosis and *Treatment in Gastroenterology*, 38n
D
dental dam, 10, 51, 54, 57, 84-85, 125, 127
desire, 10, 39-40, 42-44
Details, 20n, 38n
deviance, 13, 112
diarrhea, 33, 41, 69, 121-122
diet, 32, 107, 121-122
Different Loving, 119n
"Different Place, A," 38n
dildo, 1, 10, 43, 50-51, 53, 59, 61-62, 78, 80, 93, 97-98, 116, 118; cleaning, 31; harness, 17, 62; jelly, 61; nightstick, 50; realistic, 50, 61; silicone, 61; size, 93; vibrating, 50
discipline, 5, 113
Dodson, Betty, 76-77, 80n
dominance, 5, 112, 115
douching, 10, 67
Douglas, Paul Harding, 38n
doxycycline, 127-128
drug stores, 56, 69, 106
E
E. coli bacteria, 33
Eat Me, 84n, 119n
Elbow Grease, 57
electrocautery, 124
Embrace, 57
emotional safety, 43, 39-48, 90
enema, 10, 16, 33, 67-73, 82, 107-108, 111; bag, 68-69, 71; coffee, 72; equipment, 68, 72; eroticized, 67; high colonic, 67; shower attachment, 68; vodka, 72
Epps, Roselyn Payne, 38n, 129n
erogenous zone, 22
Eros Bodyglide, 57
erotica, 5-6; gay men, 7; lesbian, 6; literature, 11
Essential AIDS Fact Book, The, 38n "Every Boy," 66n
expectations, 42-44
F
fantasy, 10, 42-44, 104
fear, 9-10, 41-42
feces, 16, 22-23, 32-33, 54, 82, 84, 121, 126
fellatio, 16-17
fiber, 32, 107, 121-122

finger cot, 51
fingernails, 31, 51, 78, 105
fissures, 122
fisting, 1, 10, 102-111
flagellation, 113
Fleet Ready-to-Use Enema", 68, 72
fluid bonding, 34-37, 105 foreplay, 5, 33
ForPlay, 57
fountain syringe, 69
Friedman, Scott L., 38n
G
G-spot, 16, 28-30
gay men, 5; and AIDS, 3-4; and anal sex, 3-4, 57, 116; and fisting, 103-104; in pornography, 104
genderbending, 116
genderplay, 11, 116-118
genital herpes, 126-127
genital warts, 124-125
glans, 29
gloves, 31, 105; double, 54-55, 106; latex, 10, 31, 51, 54-55, 57, 76, 79, 84-85, 105-107, 125; opera length, 106;
golden showers, 15
gonorrhea, 127
Good Vibrations, 7
Grandes, Almudena, 46, 48n
Grendell, James H., 38n
group sex, 15
gynecological self-examination, 75
gynecologists, 7, 122-124
H
hair, 22, 73
handballing, *see* fisting
Hartley, Nina, 39, 42, 48n, 83, 84n, 101n
health care professionals, 131
hemorrhoids, 41, 122
hepatitis A, 33, 82, 84, 125-126
hepatitis B, 125-126
herpes virus, 126-127
Herotica: A Collection *of Women's Erotic Fiction,* 101n
Herrman, Bert, 28, 38n, 74n, 101n, 102-103, 105-108, 111n
Heterosexuality, 20n, 138n
high-risk, 3, 84
HIV, 3-4, 11, 18-19, 34-36, 51-52, 82, 84, 105-106, 125, 128-129
homophobia, 14
human papillomavirus (HPV), 124
hydrogen peroxide, 31, 64
hygiene, 10, 16, 22, 31-32, 82, 121
II
l-D, 57
Institute for Advanced Study of Human Sexuality, 37, 38n
intercourse, see penetration
intestinal disorders, 33, 122
intestinal virus, 32, 82, 84
IV-drug use, 128-129
1
Jaivin, Linda, 83, 84n, 113, 119n
Janus, Cynthia L., 20n
Janus, Samuel S., 20n
Janus Report on Sexual *Behavior, The*, 20n
Johnson, Virginia E., 20n, 38n
Joy of Sex, The, 3, 6, 12n
K
Kegel exercises, 25-26, 63, 78, 107
Key, Dorian, 58, 66n
Kink: The *Hidden* Sex *Lives of Americans,* 20n, 48n
Kinsey Institute New Report on Sex, *The*, 20n, 36, 38n
kissing, 33
Kloser, Patricia, 38n
Kolodny, Robert E., 20n
KY Jelly, 57
KY Liquid, 56-57
!-
labia, 22
latex, 10, 31-32, 34-37, 49-55, 84-85;

allergy, 106-107; and lubricants, 56-57
laxatives, 72
Leather Daddy and the *Femme,* 119n
leather sex, 5, 7, 112-115
Leatherfolk, 119n
Leland, Elliot, 20n
Lesbian SIM Safety Manual, The,
6 lesbians, 6, 103-104
Little *Birds,* 101n
lubricants, 10, 35, 49, 55-59, 69, 76, 79-80, 92, 104-105, 109, 121; and condoms, 53; and dental dams, 51, 84; "liquidy," 56-57; oil-based, 57-59, 104-106, 108; thick, 57; water-based, 56-57, 104, 125
M
Macho Sluts, 111n
mail-order catalogs, 48n, 56, 65, 71
Mainard, Chester, 7
"Mandra," 101n
massage, anal, 86; erotic, 5
Masters and Johnson, 32
Masters, William H., 20n, 38n
masturbation, 5, 10, 13, 30, 75-80
McClosky, Dr. Jenny, 129n
McIlvenna, Ted, 38n, 66n
McQuaid, Kenneth R., 38n
Michael, Robert T., 20n
Michaels, Magenta, 87, 101n
Miller, Sarah, 20n, 26, 38n
misinformation, 3-4
monogamy, 5, 34-35, 105
Morgan, Robert, 38n, 73, 101n, 103, 111n
Morin, Jack, 5-6, 14, 20n, 38n, 129n
mouthwash, 84
mucosa, 73
N
naughtiness, 2, 19, 26, 113
negotiation, 115
nervous system, 23
Nestle, Joan, 24, 38n
New Good *Vibrations Guide* to Sex, The, 16, 20n, 36, 38n, 66n
New Joy of Sex: A Gourmet Guide *to Lovemaking for the Nineties, The,* 3, 12n
Nin, Anes, 94, 101n
Nina Hartley's *Guide* to Anal Sex, 48n, 84n, 101n
nonmonogamy, 5, 34-37, 105
nonoxynol-9, 35-37, 106-107; and irritation of tissue, 35-36
Northwest AIDS Foundation, 66n
O
Old Testament, 14
oral sex, 5, 13; see *also* analingus, cunnilingus, fellatio
orgasm, 2, 16, 25, 63, 76
P
pain, 17-18; fear, 41; and pleasure, 5, 115
pap smear, 122-123
parasites, 33, 82, 84
patience, 10, 45, 93
PC muscles, 21-30; exercising, 23-26, 60, 121
pelvic exam, 122-123
penetration, anal, 10, 24-25, 29, 59-64, 79, 82, 86-111, 121; finger, 1, 18, 51, 88, 121; and G-spot, 29; hand, see fisting; insertive, 41-42, 61-62, 77, 86-90, 97; penis, 36-37, 51, 53-54, 59, 121, 125; and prostate, 29; receptive, 23, 28, 40-41, 46-47, 60, 77, 90-93; vaginal, 25, 29, 49, 51-52, 56, 101, 105, 128 penicillin, 127-128
penis, 1, 16, 29, 51, 53, 84, 87, 93, 97-98, 100; bulb, 20; base, 29
perineal muscles, 22-23, 29
perineum, 16
phone sex, 5
Pinsky, Laura, 38n
poppers, 46
porn magazines, 98, 104

porn videos, 43, 45, 78, 98, 104
positions, 92, 109; doggie-style, 83, 92, 98-99, 109; missionary 95, 109; receptive partner on top, 92, 96-97; reverse spooning, 99-101; sixty-nine, 83; spooning, 99-101
povidone iodine, 31 power dynamics, 10, 47-48
pregnancy 37, 52
presence, 45-47
Probe, 57
Probe Silky Light, 57
proctitis, 73
prostate gland, 16, 29-30, 61
pubic bone, 22, 29
pubococcygeus muscles see PC muscles
Q
Queen, Carol, 117, 119n
R
Reage, Pauline, 6, 114, 119n
Reality' Female Condom, 52-53, 66n
rectal exam, 123-124
rectal tissue, 81, 51-52, 121, 125
rectosigmoidal junction, 27
rectum, 16, 21-30, 32-36, 55, 57, 67-68, 72-73, 78, 80, 98, 105-106, 110, 121-124; curves, 28, 61, 93, 99
Reinisch, June M., 20n, 38n
relationships, 34-35, 43
relaxation, 10, 33-34, 88, 90-91, 107, 109, 110; exercises, 76, 78 Religious Right, 17
Restricted Country, *A,* 38n
Rice, Anne, 70, 74n
rimming, *see* analingus,
role-playing, 5, 113, 115-118
romance, 5
Roquelaure, A.N., 74n
S
sacrum, 22, 29
sadomasochism (S/M), 5, 11, 15, 67, 103, 112-115
safer sex, 3-4, 7, 10-11, 19, 31-32, 34-37, 52-53, 84-85, 104-107, 122-129 saliva, 126
SAMOIS, 119n
San Francisco Sex Information, 36, 38n, 131
Sapphistry: The Book of Lesbian Sexuality, 6 Saran Wrap, 84
Second *Coming, The,* 119n
Semans, Anne, 20n, 38n, 66n
semen, 36, 52, 55, 125-126, 129
seminal vesicle, 29
sensory deprivation, 113
Sensuous Magic, 119n
sex, education, 2, 4, 6-7, 14, 21; kinky, 2, 15; manuals, 5-6, 21; research, 2, 5, 11, 15, 130-131
Sex *for Dummies*^{TM}, 6, 38n
Sex *for* One, 80n
Sex *in America: A Definitive Survey,* 6, 20n
Sex on *Campus: The Naked Truth About the Real Sex Lives* of College *Students,* 20n
sex toy cleaner, 31, 64
sex toy stores, 17, 48n, 56, 71, 109
sex toys, 10, 36, 49-66, 76; disinfecting, 31-32, 64, 129; flared base, 50, 61, 64, 76-77; safer sex, 36, 57, 59, 129; smooth, 63-64; see *also* anal beads, butt plugs, dildos, vibrators
sexologists, 5-6, 131 sexual health, 7 sexual history, 34
sexual identity, 116, 118
sexual revolution, 102
sexually-transmitted disease (STD), 7, 11, 18, 34-37, 41, 51, 82, 84, 122-129
shaving, 10, 73
"She Gets Her Ass Fucked Good," 101 n
Shopping Guide, 65 shower bidet, 71
sigmoid colon, 22, 27, 29
silicone, 107
silver bullet, 71
sling, 109

Slippery Stuff, 57
SM 101, 119n
soap, antibacterial, 31
Society for Human Sexuality, 66n
Sodom, 14
sodomy laws, 14
speculum, 75
sphincter muscles, 21-30, 53, 77, 79, 88-89, 120-121; external, 23, 27; internal, 23, 27; relaxation, 23, 33, 59-60, 88, 120-121
STD see sexually-transmitted disease
Stewart, Susan Cobb, 38n, 129n
Story of 0, The, 6, 119n
stress, 33, 121-122
submission, 5, 98, 112-115
surrender, 28, 41, 96
Susie Bright's Sexual *State of the Union,* 20n
Susie Sexpert's Lesbian Sex *World,* 48n
sweat, 126
Sweeney, Robin, 119n
syphilis, 127-128
tailbone, 22, 27, 29
"Taking Him on a Sunday Afternoon," 101n
tantric sex, 5
testis, 29
tetracycline, 127-128
therapists, 7
thigh harness, 62
Thompson, Mark, 119n
tongue, 51, 81-85
top, 96, 106, 112
touching, 33-34
transgender, 5
transverse colon, 67
trust, 10, 47-48, 90
Trust: The Hand Book *A Guide* to the Sensual *and Spiritual* Art *of Handballing,* 6, 38n, 74n, 101 n, 111n
Trust/The Handballing Newsletter, 103-104
Try, 6 Turkey baster, 72
U
urethra, 22, 29, 32
urethral sponge, 22, 28; see *also* G-spot
urinary tract infection, 32, 54
urination, painful, 121-122; after penetrative sex, 32-33, 121
uterus, 22
vagina, 22, 51, 55, 75-76, 82, 84, 87, 100, 105-106, 122
vaginal discharge, 126
vaginal douche, 72
Vaseline, 59
vibrator, 1, 5, 10, 60-61, 78, 80, 87-88,93, 96, 110 volatile nitrites, 46
vulnerability, 1, 90
Web sites, 65
Westheimer, Dr. Ruth, 6, 37, 38n
Wet, 57
Wet Light, 57
White, Rose, 91, 101n
winking, 88
Winks; Cathy, 20n, 38n, 66n
Wiseman, Jay, 119n
Women's HIV Sourcebook, The, 36, 38n
women's movement, 75
Y
yeast infection, 32, 54, 126
Your Sexual *Health,* 129n
Zovirax', 127

About the Author

Tristan Taormino is series editor of the annual collection Best *Lesbian Erotica,* for which she has collaborated with guest editors Heather Lewis, Jewelle Gomez, and Jenifer Levin. She is co-editor of *A Girl's Guide To Taking Over the World: Writings from the Girl Zine Revolution,* (NY: St. Martin's Press, 1997) and *Ritual* Sex (NY: Rhinoceros Books, 1996) a collection of writing on sex, religion and spirituality. She is also publisher and editrix of the pan-sexual erotic magazine *Pucker Up.* Her writing appears in several publications and anthologies, including *The Femme Mystique, Heatwave: Women in Love and Lust, Sex Spoken Here, Chick-Lit 2,* and *Virgin Territory II,* as well as *On Our Backs, Sojourner, The Boston Phoenix, The Advocate, X-X-X Fruit, Venus Infers,* and *Blue Blood. The Advocate* named her one of the Best and Brightest Gay and Lesbian People Under 30. She lives in Brooklyn.

About the Illustrator

Fish is an illustrator and cartoonist whose credits include the zine *Brat Attack* and *The Topping Book* and *The Bottoming* Book. You can find her work at http://www.devildog.com.

THE ULTIMATE GUIDE TO ANAL SEX FOR WOMEN

Tristan Taormino

The Ultimate Guide Anal Sex for Women is the first self-help book on anal sex for women. Accurate how-to advice is combined with interesting, eye-catching sidebars - myths, excerpts of erotic stories, and colorful narratives illustrating sexual techniques.

User-friendly, sexy, and honest, *The Ultimate Guide* to *Anal* Sex *for* Women offers comprehensive information on all aspects of anal eroticism and anal health for all women-heterosexual, lesbian, and bisexual.

This attractive, upbeat guide covers anatomy; taboos and myths; fantasy, gender-bending, and power play; latex, lube, and toys; relaxation exercises; analingus; penetration, including fisting; and anal health. Bibliography, resources, index.

Great Sex Manuals
THE NEW GOOD VIBRATIONS GUIDE TO SEX

Tips and Techniques from America's Favorite Sex Toy Store
Cathy Winks and Anne Semans

"The Best Sex Manual Ever Written"
— The Advocate

Recommended by medical professionals and sex therapists.

Ten years of selling sex toys in a women-owned vibrator store, Good Vibrations, have given authors Anne Semans and Cathy Winks a unique perspective on sex. After talking to thousands of men and women about sex, they've learned what real people enjoy doing in bed and what information can help anyone achieve a happier, more satisfying sex life. This invaluable bedside companion is the single best reference guide to expressing and sharing sexual pleasure ever published.

Best Lesbian Erotica and Best Gay erotica feature the steamiest, most thought-provoking lesbian and gay sex writing you'll find. Each year, guest judges selected from the queer literary world review the year's best erotica and choose the final collection, representing a wide range of styles and voices. Once again, we present the best in sexy, literate queer writing—sometimes dark, sometimes perverse, often strange and irreverent, frequently unconventional, but always compelling, provocative, and hot.

BEST LESBIAN EROTICA 1998

Tristan Taormino, Series Editor
Selected and introduced by Jenifer Levin
$14.95ISBN: 1-57344-032-9

BEST LESBIAN EROTICA 1997

Edited by Tristan Taormino Selected by Jewelle Gomez
$14.95ISBN: 1-57344-065-5

BEST LESBIAN EROTICA 1996

Edited by Tristan Taormino Selected by Heather Lewis
$12.95ISBN: 1-57344-054-X

BEST GAY EROTICA 1998

Richard Labonte, Series Editor
Selected and introduced by Christopher Bram
$14.95ISBN: 1-57344-031-0

BEST GAY EROTICA 1997

Edited by Richard Labonte
Selected and introduced by Douglas Sadownick
$14.95ISBN: 1-57344-067-1

BEST GAY EROTICA 1996

Edited by Michael Ford
Selected and introduced by Scott Heim
$12.95ISBN: 1-57344-052-3

AVAILABLE AT YOUR FAVORITE BOOKSTORE
AND FROM CLEIS PRESS

How to Order

- Phone: 1-800-780-2279 or (415) 575-4700
- Monday—Friday, 9 am-5 pm, Pacific Standard Time
- Fax: (415) 575-4705
- Mail: Cleis Press P.O. Box 14684, San Francisco, California 94114
- E-mail: Cleis@aol.com

Books from Cleis Press

SEX GUIDES

Good *Sex: Real Stories* from Real *People,* second edition, by Julia Hutton.

ISBN: 1-57344-000-0 14.95 paper.

The New Good *Vibrations Guide* to Sex: *Tips and* Techniques *from America's Favorite Sex* Toy *Store,* second edition, by Cathy Winks and Anne Semans.

ISBN: 1-57344-069-8 21.95 paper.

The *Ultimate Guide* to *Anal* Sex *for* Women by Tristan Taormino.

ISBN: 1-57344-028-0 14.95 paper.

SEXUAL POLITICS

Forbidden Passages: Writings Banned in Canada, introductions by Pat Califia and Janine Fuller.

Lambda Literary Award Winner.

ISBN: 1-57344-019-1 14.95 paper.

Public Sex: *The Culture of Radical* Sex by Pat Califia.

ISBN: 0-939416-89-1 12.95 paper.

Real Live Nude Girl: Chronicles of Sex-*Positive* Culture by Carol Queen.

ISBN: 1-57344-073-6 14,95 paper.

Sex *Work: Writings by Women in* the Sex *Industry,* edited by Frederique Delacoste and Priscilla Alexander.

ISBN: 0-93941 6-1 1-5 16.95 paper.

Susie Bright's Sexual Reality: A Virtual Sex *World Reader* by Susie Bright.

ISBN: 0-939416-59-X 9.95 paper.

Susie Bright's Sexwise by Susie Bright.
ISBN: 1-57344-002-7 10.95 paper.

Susie Sexpert's Lesbian Sex World by Susie Bright.

ISBN: 0-939416-35-2 9.95 paper.

DEBUT FICTION

Memory Mambo by Achy Obejas.

Lambda Literary Award Winner.

ISBN: 1-57344-017-5 12.95 paper.

We Came All The Way from Cuba *So You Could Dress Like This?: Stories* by Achy Obejas.

Lambda Literary Award Nominee.

ISBN: 0-939416-93-X 10.95 paper.

Seeing Dell by Carol Guess

ISBN: 1-57344-023-X 12.95 paper.

VAMPIRES & HORROR

Brothers of the *Night:* Gay Vampire *Stories* edited by Michael Rowe and Thomas S. Roche.

ISBN: 1-57344-025-6 14.95 paper.

Dark Angels: Lesbian Vampire Stories, edited by Pam Keesey.

Lambda Literary Award Nominee.

ISBN 1-7344-014-0 10.95 paper.

Daughters of Darkness: Lesbian Vampire Stories, edited by Pam Keesey.

ISBN: 0-939416-78-6 12.95 paper.

Vamps: An lllustrtated History of the *Femme* Fatale by Pam Keesey.

ISBN: 1-57344-026-4 21.95 paper.

Sons of Darkness: Tales of Men, Blood and Immortality, edited by Michael Rowe and Thomas S. Roche.

Lambda Literary Award Nominee.

ISBN: 1-57344-059-0 12.95 paper.

Women Who *Run with the Werewolves: Tales of Blood, Lust and Metamorphosis,* edited by Pam

Keesey.

Lambda Literary Award Nominee.

ISBN: 1-57344-057-4 12.95 paper.

EROTIC LITERATURE

Best Gay Erotica 1998, selected by

Christopher Bram, edited by Richard Labonte. ISBN: 1-57344-031-014.95 paper.

Best Gay *Erotica* 1997, selected by Douglas Sadownick, edited by Richard Labonte. ISBN: 1-57344-067-114.95 paper.

Best Gay *Erotica* 1996, selected by Scott Heim, edited by Michael Ford.

ISBN: 1-57344-052-3 12.95 paper.

Best *Lesbian Erotica 1998,* selected by Jenifer Levin, edited by Tristan Taormino. ISBN: 1-57344-032-914.95 paper.

Best Lesbian Erotica 1997, selected by Jewel**le** Gomez, edited by Tristan Taormino. ISBN: 1-57344-065-514.95 paper.

Serious Pleasure: Lesbian Erotic Stories and *Poetry,* edited by the Sheba Collective. ISBN: 0-939416-45-X9.95 paper.

GENDER TRANSGRESSION

Body Alchemy: Transsexual Portraits

by Loren Cameron.

Lambda Literary Award Winner.

ISBN: 1-57344-062-0 24.95 paper.

Dagger: On *Butch* Women, edited by Roxxie, Lily Burana, Linnea Due.

ISBN: 0-939416-82-4 14.95 paper.

Am My Own Woman*:* The Outlaw *Life of Charlotte von Mahlsciorf,*

translated by Jean Hollander.

ISBN: 1-57344-010-8 12.95 paper.

PoMoSexuafs: *Challenging* Assumptions *about Gender and Sexuality* edited by Carol Queen and Lawrence Schimel. Preface by Kate Bornstein.

ISBN: 1-57344-074-4 14.95 paper.

Sex Changes: The *Politics* of *Transgenderism* by Pat Califia

ISBN: 1-57344-072-8 16.95 paper.

Switch Hitters: Lesbians Write Gay *Male Erotica and* Gay Men *Write Lesbian Erotica,* edited by

Carol Queen and Lawrence Schimel.

ISBN: 1-57344-021-3 12.95 paper.

LESBIAN AND GAY STUDIES

The Case *of the Good-For-Nothing Girlfriend* by Mabel Maney.

Lambda Literary Award Nominee.

ISBN: 0-939416-91-3 10.95 paper.

The Case of the Not-So-Nice Nurse

by Mabel Maney.

Lambda Literary Award Nominee.

ISBN: 0-939416-76-X 9.95 paper.

Nancy Clue and the Hardly Boys in A Ghost in the Closet by Mabel Maney. Lambda Literary Award Nominee.

ISBN: 1-57344-012-4 10.95 paper.

Different Daughters:

A Book by Mothers of Lesbians,

second edition, edited by Louise Rafkin. ISBN: 1-57344-050-7 12.95 paper.

Different Mothers:

Sons & *Daughters* of *Lesbians* Talk

about Their Lives, edited by Louise Rafkin. Lambda Literary Award Winner.

ISBN: 0-939416-41-7 9.95 paper.

A Lesbian Love Advisor by Celeste West. ISBN: 0-939416-26-3 9.95 paper.

On *the Rails: A Memoir,*

second edition, by Linda Niemann. Introduction by Leslie Marmon Silko. ISBN: 1-57344-064-7 14.95 paper.

Queer *Dog:* Homo *Pup Poetry,*

edited by Gerry Gomez Pearlberg.

ISBN: 1-57344-071-X12.95, paper.

WORLD LITERATURE

A Forbidden *Passion* by Cristina Peri Rossi. ISBN: 0-939416-68-99.95 paper.

Half a Revolution: Contemporary *Fiction by Russian Women,* edited by Masha Gessen. ISBN 1-57344-006-X $12.95 paper.

The *Little School: Tales of Disappearance and Survival in Argentina* by Alicia Partnoy ISBN: 0-939416-07-7 9.95 paper.

Peggy Deery: An Irish Family *at War*

by Nell McCafferty.

ISBN: 0-939416-39-5 9.95 paper.

THRILLERS & DYSTOPIAS

Another Love by **Erzsebet GalgOczi.**

ISBN: 0-939416-51-4 8.95 paper.

Dirty Weekend: A *Novel of Revenge*

by Helen Zahavi.

ISBN: 0-939416-85-9 10.95 paper.

Only Lawyers *Dancing* by Jan McKemmish. ISBN: 0-939416-69-7 9.95 paper.

The Wall by Marlen Haushofer.

ISBN: 0-939416-54-9 9.95 paper.

POLITICS OF HEALTH

The Absence of the Dead Is Their Way of *Appearing* by Mary Winfrey Trautmann. ISBN: 0-939416-04-2 8.95 paper.

Don't: A *Woman's Word* by Elly Danica. ISBN: 0-939416-22-0 8.95 paper

Voices in the Night: Women Speaking About incest, edited by Toni A.H. McNaron and Yarrow Morgan.

ISBN: 0-939416-02-6 9,95 paper.

With the Power *of Each* Breath: A Disabled *Women's* Anthology, edited by Susan Browne, Debra Connors and Nanci Stern. ISBN: 0-939416-06-9 10.95 paper.

WRITER'S REFERENCE

Putting Out: The *Essential Publishing Resource Guide For* Gay *and Lesbian* Writers, fourth edition, by Edisol W. Dotson. ISBN: 1-57344-033-7 14.95 paper.

TRAVEL & COOKING

Betty *and Pansy's* Severe Queer *Review of New* York by Betty Pearl and Pansy.

ISBN: 1-57344-070-1 10.95 paper.

Betty *and Pansy's* Severe Queer *Review of San Francisco* by Betty Pearl and Pansy. ISBN: 1-57344-056-6 10.95 paper.

Food for Life & Other Dish, edited by Lawrence Schimel.

ISBN: 1-57344-061-2 14.95 paper.**COMIX**

Dyke *Strippers: Lesbian* Cartoonists A to Z, edited by Roz Warren.

ISBN: 1-57344-008-6 16.95 paper.

The Night Audrey's Vibrator Spoke:

A Stonewall Riots Collection

by Andrea Natalie.

Lambda Literary Award Nominee.

ISBN: 0-939416-64-6 8.95 paper.

Revenge of Hothead *Paisan: Homicidal Lesbian Terrorist* by Diane DiMassa. Lambda Literary Award Nominee.

ISBN: 1-57344-016-7 16.95 paper.

Since 1980, Cleis Press has published provocative, smart books—for girlfriends of all genders. Cleis Press books are easy to find at your favorite bookstore—or direct from us! We welcome your order and will ship your books as quickly as possible. Individual orders must be prepaid (U.S. dollars only). Please add 15% shipping. CA residents add 8.5% sales tax. MasterCard and Visa orders: include account number, exp. date, and signature.

How to *Order*

- **Phone:** 1-800-780-2279 or (415) 575-4700 Monday–Friday, 9 am-5 pm Pacific Standard Time
- **Fax:** (415) 575-4705
- **Mail: Cleis Press**
- PO. Box 14684, San Francisco, California 94114
- E-mail: Cleis@aol.com

"A book that's long overdue!... The Ultimate Guide to Anal Sex for Women is informative, sexy, and inspirational."

—Betty Dodson, Ph.D., author, Sex for One

The first self-help book on anal sex for women

The Ultimate Guide to Anal Sex for Women offers comprehensive information on all aspects of anal eroticism and health:

- For *all* women—heterosexual, lesbian, bisexual—who want to learn how to enjoy anal sex—with a partner or by themselves
- Clear, illustrated discussion of anatomy
- Helpful tips on safety, preparation, and hygiene
- Building trust and communicating your desires
- Pleasurable anal penetration: how to give it, how to get it
- Where to find toys, accessories and safe sex supplies
- Fantasy, genderbending, and power play
- Explicit stories of women's real experiences with anal eroticism
- Complete bibliography, index, and guide to helpful resources—videos, books, magazines, and Web sites

"An essential how-to for beginners and a valuable reference for enthusiasts."

—Cathy Winks, co-author, The New Good Vibrations Guide to Sex

• • •

"At last! A frisky girl's manual for satisfying anal eroticism. Tristan Taormino has put together a wealth of taboo-busting insight, erotic technique, health and safety information..."

—Pat Califia, author of Sensuous Magic and Public Sex: The Culture of Radical Sex

CLEIS

CLEIS PRESS
1-800-780-2279
cleis@aol.com

Sex|Life PRESS

$14.95 ISBN: 1-57344-028-0
ISBN 1-57344-028-0
51495
9 781573 440288
DISTRIBUTED BY PUBLISHERS GROUP WEST