



# BDSM Positions: The Beginner's Guide to BDSM

*Stefan Ziglar*

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Contrary to popular belief not all the activities that fall under the classification of BDSM involve both parties wearing lots of leather while one person flogs the other. In fact, BDSM is actually more concerned with pleasure than pain and ensuring both partners are comfortable at all times is key part of the experience. If you have ever been the least bit aroused by the thought of being restrained or restraining a sexual partner or light biting or spanking than **BDSM Positions: The Beginner's Guide to BDSM** might be just the thing you need to explore the idea of BDSM exploration more clearly. **BDSM Positions: The Beginner's Guide to BDSM** starts out by explaining the basic ideas behind BDSM experiences and the physiology behind the idea that pleasure can be derived from pain before discussing the mindset behind BDSM activities and the tools you will need to explore fully. Finally, there is a discussion of a wide variety of bondage positions appropriate for everyone from novices to BDSM masters and the ways to experience them as safely as possible. Recent studies have shown that as much as 70 percent of the general population derives some pleasure from some form of BDSM practices be they restricted movement, dominance, submission or some form of painful stimulation. Don't you owe it to you and your partner to explore a diverse range of sexual possibilities? You never know what you may in fact be missing.

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