

Nina Hartley's Guide to Total Sex

By Nina Hartley

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Nina Hartley's Guide to Total Sex By Nina Hartley

Legendary porn star Nina Hartley's guide to thrilling, liberating, mind-blowing, soul-fulfilling, and intimacy-building sex!

Witty, smart, and frankly provocative, Nina Hartley knows sex. As a sex performer, sexual adventurer, and sex educator, she's done the fieldwork and has taken extensive notes. Now, she's ready to share her research. Let's just say that she's had all the sex-the good, the bad, and the indifferent-so you won't necessarily have to!

Nina Hartley's Guide to Total Sex is for sexual pioneers and enthusiastic novices. Unabashedly erotic, the book covers a lot of territory, allowing readers to sample the whole smorgasbord or just nibble at what they see as the choicest bits. To start things off, Nina includes explicitly detailed chapters on foreplay, oral sex, masturbation, toys, and games. Sexual adventurers (and voyeurs) will find chapters on swinging, three-ways, anal sex, erotic domination, sensual submission, and much more.

Nina is a strong advocate of safe sex, physically and emotionally, and she helps readers establish personal ground rules. But as a sexual liberationist and a feminist, her core belief is that, between consenting adults, all sexual behaviors are a matter of personal choice. Whether you're trying to reignite the passion with a longtime spouse, or explore new terrain with a new lover, Nina offers a variety of ideas to achieve exhilarating, deeply satisfying, intimate, and profoundly liberating sex.

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Editorial Review

From Publishers Weekly
Feminist, registered nurse, sex educator and star of more than 400 adult films, Hartley's sex guide is a thorough, level-headed and straightforward look at all things sexual. Eighteen witty, easy-to-read chapters cover subjects from foreplay and cunnilingus to fellatio, three-ways, domination, toys, bondage and spanking. Each chapter ends with a handy chart reviewing dos and don'ts for the acts explored in detail. Hartley's experienced and capable voice takes the mystery out of sex, viewing all manner of intercourse as healthy activity that often requires more communication and lubrication than partners realize. Intended mainly for heterosexuals and the bi-curious, Hartley and Levine, her husband, emphasize the enlightened female perspective, though advice on technique and position is useful for anyone. Unlike many other sex guides, this one does not include illustrations or photos, which makes it a comfortable choice for more reserved or reticent readers; as Hartley puts it, this is the sex guide "I wish I had owned when I turned eighteen."
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Review
Nina Hartley ... shepherds so many people to greener sex pastures. ... *Guide to Total Sex* will be a pleasure seeker's bible. -- *Annie Sprinkle, Ph.D., porn star turned sexologist, author of Dr. Sprinkle's Spectacular Sex*

Nina Hartley is a F****ing genius! -- *Timothy Greenfield-Sanders, author of XXX: 30 Porn Star Portraits*

Truly amazing . . . I honestly think it is the best book written about sex, ever. -- *Margaret Cho*

About the Author
Nina Hartley is a sexual entertainer, activist, educator, and registered nurse, who has starred in hundreds of adult entertainment films and videos, including *Boogie Nights*. As a "feminist porn star" and sex educator, Nina has taken her positive message to college campuses nationwide. Working with her husband and collaborator, I. S. LEVINE, together they've created a bestselling series of instructional videos.

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Julia Flowers:

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Vera Pinckney:

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