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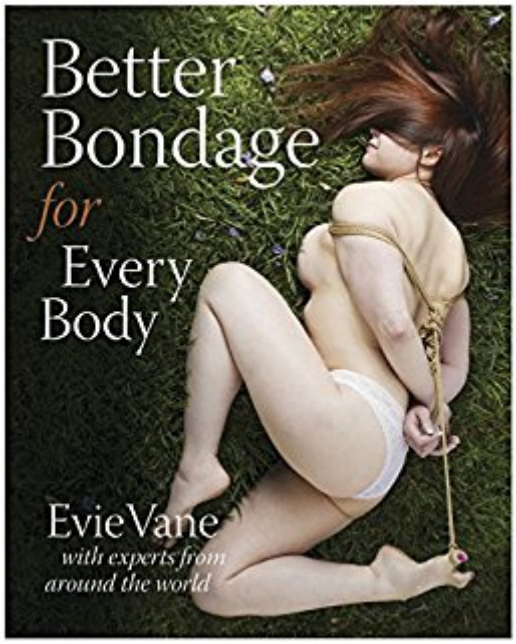
Better Bondage For Every Body



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Synopsis

Love getting tied up for fun? Just curious? This extraordinary celebration of rope bondage combines glorious full-color photos, groundbreaking research, and tips found nowhere else in one must-read book. Youâ ™ll get insightful writings by bondage experts worldwide on topics like pain processing, anatomy, and rope relationshipsâ ”plus the stretching warm-up youâ ™ve been waiting for. And if youâ ™re a rope bottom whoâ ™s curvy, male, 40+, or gender-nonconforming, or you have a special physical condition like fibromyalgia, youâ ™ll get helpful ideas tailored just for you, gathered from bondage lovers spanning the globe.Those who love to tie havenâ ™t been left out, either! Youâ ™ll learn ties for partners with limited range of motion, along with tips for guerrilla bondage (aka rope bombing) from one of its pioneers. And an entire chapter is devoted to self-tying, written by a professional international performer and longtime instructor.As for that groundbreaking research, put your thinking cap on. For the first time publicly, a 15-year neuroscientist shares his insights developed over four yearsâ ”including through his own case studiesâ ”as to why rope bondage makes us feel as amazing as it does.Inspirational essays and a list of resources round out this remarkable volume, which comes on the heels of the popular Little Guide to Getting Tied Up. A heartfelt tribute to community and the beauty of rope bondage lovers in all their diversity, it belongs in the libraries of rope bondage lovers everywhere.

Book Information

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Customer Reviews

A gorgeous book and amazing resource for bondage folks! I especially enjoyed geeking out over the neuroscience chapter and checking out all the beautiful photos. Thank you Evie, and all the other contributors!

If you are looking for instructions, this is not the manual for you. Beautiful photos and scientific reasons for the affect bondage on the body and soul. for the photos and the ideas I give this a 5 stars. As a how-to manual, 3.5 stars.

Absolutely wonderful book top to bottom. Evie brings together a variety of topics that are not discussed nearly enough within the rope community including tying men, those with physical limitations, and the whys behind why we love being knotty. If you’re interested in rope, regardless of being a top or bottom, this is definitely a book to check out!

In my work as a psychologist, I frequently support people from alternative sexual communities (BDSM/kink, poly, swing, LGBTQIA, etc.). In every community of practice, there are resources members can use to further their exploration. Some of those resources are online, others word of mouth, and sometimes are published text. The quality of those resources varies a great deal. I struggle to find solid material I can confidently direct my clients toward; material that is reflective, well-researched and thoughtfully put together. Even more rare is a text that not only addresses diversity, but one that celebrates the range of people and identities within these communities. This book is that text.Evie Vane has brought together some of the brightest voices in the rope community. The book is a stunning platform to share their ideas and their images, full of evocative photographs, practical help and inspiration. There is an indirect message of value placed on the voices of rope bottoms, voices historically much less visible in the rope community, especially in rope education. The book is honest about safety, emotional and physical, and opens the door for the reader to step into this world from the healthiest perspective possible. Most importantly, the book as a whole gets at the soul of rope play, and ultimately intimate and sexual self-exploration, by facilitating a multi-faceted discussion of why people are drawn to this medium.Well done, Evie Vane and collaborators. Very well done.

This is some of the best information out there for not only rope bottoms but tops as well. This is a must read for anyone doing rope.

Bought this and started reading it today. It is full of great information, both from a safety and physiological side and from the mentality side. Ver y well written and great pics. I'm still in awe of the first page. Simply gorgeous!

Great for everyone who loves or is interested in rope.

Evie Vane beautifully put this book together. You can tell each picture was carefully selected to pair perfectly with each section. It was a pleasure to see so many familiar faces.

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