



Little Vanilla Book: S&M Wisdom to Improve Your Everyday Life

By Lux Alani

Beyond Words Publishing. Hardback. Book Condition: new. BRAND NEW, Little Vanilla Book: S&M Wisdom to Improve Your Everyday Life, Lux Alani, Offering mighty insights on everything from whipping negativity into submission to breaking the bondage of bad self-body image, The Little Vanilla Book gives you the tools you need to awaken the heroine deep inside and open your life to a scintillating new world of self discovery. Within the pages of this loving and bawdy exploration of all things you, former dominatrix Lux Alani uses her personal experiences and research to uncover the surprising truth that some of the primary lessons and practices found in the world of kink aren't just for the kinksters-with the right mindset they're for you too. But wait! If you're nervous that you'll need to buy a paddle and latex catsuit to get your transformation on, don't worry! This isn't about getting into the kink scene or practicing BDSM. Looking at five key aspects of every woman's life: authenticity, confidence, body image, resilience, and fear, The Little Vanilla Book is truly about taking a unique journey to self-love and empowerment-one that shows you how to unchain your courage, reclaim your awesome self, and live your truth with...



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