



Bondage for Beginners: Tie-Me-Up Tricks and Knots

By Lisa Sweet

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Show some restraint—by learning the sensual art of binding your lover! *Bondage for Beginners* allows you to experiment sexually in a way you might previously have found too edgy or frightening. Nonviolent and absolutely safe, this sexy guide reveals the tricks and pleasures of rope bondage, with instructions for over 20 different knots, as well as hot ideas for incorporating cuffs, straps, and harnesses into your lovemaking. From fastenings and props, to setting the scene and mood, to different positions and bonding arrangements, this book will take you from easy to more complicated techniques—including self-bondage.

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Editorial Review

About the Author

Writer and columnist Lisa Sweet has contributed to women's consumer magazines for over 15 years. Specializing in relationship and sex issues, her work has appeared in such magazines as *Cosmopolitan*, *New Woman*, and *Company*, as well as many others. She lives in Rhode Island.

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