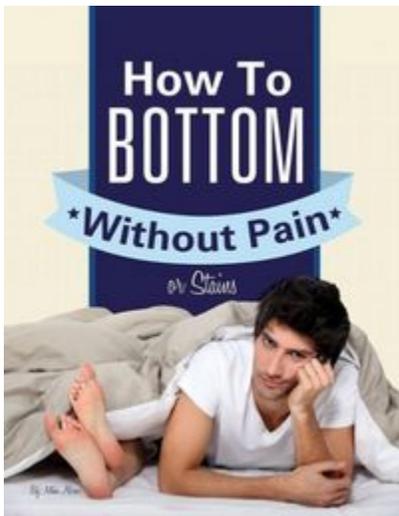


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Does bottoming hurt too much? Are you kind of grossed out because you worry about the clean factor?

If you're like a lot of guys, you've struggled to get it in but it hurt too much. At first there was a kind of an unbearable burning sensation mixed with a terrible pressure and then you stopped because of the pain. You tried to relax but you just couldn't.

Or maybe you relaxed enough to get it all in but it felt weird, like you were going to go on yourself.

There was little or no pleasure, a lot of pain and no sense of why so many guys like to bottom. So, you feel cheated. Everyone else seems to experience sexual ecstasy when they bottom but all you experience is pain and weirdness.

You might also be struggling with the "ick factor." A lot of guys are grossed out by anal sex. If you don't know how to get clean down there, the smell and the potential to leave tire tracks behind you can put you off completely.

It could be that you've never even tried to bottom. Maybe you really, really want to do it but you've avoided it because you don't know what to do or how to do it.

Well, you're not alone. I've been writing gay sex advice columns for the last ten years and the most common questions I get are, "How do I bottom without pain?" "How can I get myself clean enough?" and "Why does gay sex hurt so much?"

That's why I wrote, *Gay Anal Sex: How To Bottom Without Pain Or Stains*. It's a detailed, step-by-step plan to getting intense pleasure out of bottoming. Here's a list of all the subjects you'll see in this SHORT (60 pages--you can read it in an hour!) guide:

- How to get yourself so clean you'll never have to worry about odors or leaving a mess.
- How to eliminate hygiene fears and put you in the right frame of mind.
- How to stop the feeling that you're going to go on yourself when he's in you.

- How to avoid your “S” curve to dramatically reduce the pain.
- How to relax both sphincter muscles, practically eliminating all pain.
- Butt tightening exercises that’ll keep you tight and him happy.
- Why you should never use drugs to bottom when you first start out.
- How to get over the hang-up that “real men” don’t bottom.
- A step-by-step guide to stretching your sphincter so you can take bigger guys.
- How to pick the right adult toy for you.
- What to look for in a lube and make the best choice.
- What lubes to avoid.
- The proper way to use butt plugs, dildos and other toys.

Get answers to real questions from gay men who’ve written to me looking for answers (I’ve been writing a gay sex column for ten years). Here are just a few examples:

“As I get better at bottoming, I find myself cruising for hung guys but I’m worried that I’m going to stretch myself permanently and do real damage. Will I end up wearing Depends if I keep banging big guys?”

“My d*ck goes soft when a guy tops me. Is that normal? Why do I lose my erection when it feels so good?”

“Does bottoming cause hemorrhoids?”

“Can you bottom if you’ve had hemorrhoids?”

“I’m a total gay bottom but I give off the impression that I’m a top, so everybody that goes home with me expects me to top them. How can I give off bottom energy to attract tops?”

“Is it true that bottoming causes anal cancer?”

“I’m in love with a guy but we’re both gay bottoms and he refuses to be in a relationship with another bottom. How do I get in touch with my inner top?”

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