



# How to be a Healthy and Happy Submissive

*Kate Kinsey*

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## **How to be a Healthy and Happy Submissive** Kate Kinsey

Beyond any shades of grey, there's an entire kinky world of BDSM, full of real life dominants and submissives enjoying an intimacy and satisfaction in their relationships that vanilla folk only dream of. Whether you want to explore your own submissive fantasies, or you're just curious about what BDSM is really like, this book will answer all your questions, plus some you didn't know you had. Erotic author Kate Kinsey ("Red," and "The Totally Uncensored Kinky Adventures of Chloe St. Claire, Sex Slave") brings over a decade of experience as a submissive and kinky educator to this practical step-by-step guide to being a healthy and happy submissive. Topics covered include: the differences between dominants and masters, submissives and slaves, and tops and bottoms; the different dominant styles; the truth about "training" to be a submissive; how to find like-minded folks in your area; how to negotiate scenes and relationships; what to expect at your first dungeon party; why some people actually enjoy pain; and the warning signs to look out for when talking to potential partners. "Kinsey has written a no-nonsense guide that thoroughly explains the various kinks and fetishes that come under the umbrella of BDSM. Most importantly, she emphasizes the importance of protecting yourself along the way with knowledge, friends and self-awareness." "This is not fiction, but reality. Kate Kinsey has the experience to tell it like it is, not the way some vanilla writer imagines it to be."

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