



# **Taken In Hand: A Guide to Domestic Discipline, Power Exchange Relationships and Related BDSM Topics**

*Jolynn Raymond*

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**\*\*Taken in Hand has been nominated for best non-fiction BDSM book of the year for the Golden Flogger Awards at the BDSM Writers Con 2015 in August of this year. Jolynn Raymond was on of the three finalists in the non-fiction category\*\***

Jolynn Raymond has written a book that shares the details of her own long-lasting 24/7 power exchange and domestic discipline marriage and her experience surrounding power exchange relationships. It explains why these unconventional relationships work so well for so many couples. The book is an in-depth tutorial on both domestic discipline and power exchange that takes the relationship past the simple act of discipline, to building a rock solid foundation that will ultimately create a deep bond of trust and love between those involved.

Taken In Hand will guide those interested in adding consensual domestic discipline, dominance and submission, and structure to their own relationship through the initial steps of communication, understanding and discovering both partner's needs, creating mutual and realistic expectations, rules, and consequences, to the inevitable first spanking. The book has a section on the actual rules, duties, and expectations she has for her own submissive wife, as well as what types of behavior modification or punishments she utilizes. It details things that may be problematic, and relates how she and her wife have battled the real life problems that plague us all while balancing a BDSM power exchange and domestic discipline marriage.

Taken In Hand will prove to be a useful guide to those just starting out, as well as to those with some experience, as Ms. Raymond outlines the pitfalls, difficulties, and successes she has encountered. She also emphasizes the importance of consent, and pays special attention to the fine line between discipline and abuse. The last part of the book examines the styles and types of spanking, gives an anal sex tutorial, talks about the responsibilities of being a dominant, and gives tips for the submissive partner, including what her submissive wife can expect from her in return. Miss Raymond also points out that domestic discipline and power exchange takes work on the part of the dominant as well as the submissive. If you choose to form a relationship that falls into either category, you must be prepared to have discussions where the submissive may speak about their needs. Neither power exchange nor domestic discipline means the submissive does all the work, and Ms. Raymond makes this point very clear. One partner may see to everything involved the care of the home, but the dominant must ultimately be responsible for and see to, the care of the submissive to foster and balance the relationship.

Whether you need insight into BDSM as it relates to relationships or are trying to build a domestic discipline

marriage from scratch, Taken In Hand will prove to be a comprehensive and practical guide. Forget what you have seen in the movies or read in a book designed to titillate and feed your fantasies. Spanking and kinky exploration can be thrilling, but a true domestic discipline and power exchange relationships, even ones that are 24/7 can become an immensely satisfying way of life if you follow the guiding principles in this book which are built on ethical dominance, and practical advice.

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