



# How To Bottom Like A Porn Star. The Ultimate Guide To Gay Sex.

*Woody Miller*

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**Amazon's #1 Gay Sex Guide For 2 Years In A Row!** It combines porn industry secrets with innovative techniques from the latest gay male sex research so you can COMPLETELY relax your sphincter for no-pain intercourse. Does bottoming hurt too much? Do hygiene worries keep you from trying? This book is for you!

**Learn porn star secrets to bottoming without pain** and start making love with volcanic pleasure. Written by gay sex advice columnist Woody Miller and a team of urologists and colon-rectal specialists, this book combines porn industry secrets with innovative techniques from the latest gay male sex research.

## How We Got The Porn Industry's Secrets To Bottoming Without Pain.

We sent a team of researchers to interview a truckload of gay male erotica industry folk—cameramen, scouts, producers, directors and performers. The result is a fascinating, behind-the-scenes, no-holds-barred look into the industry and the secrets they use to get performers to bottom without pain or messy scenes. The main sections:

### 1: What You Can Learn From Porn Star Bottoms.

A fascinating view of bottoming in the porn industry—how gay erotica performers prepare for a shoot, how they can take huge tops without any pain (even if it's their first time) and how they stay loose despite day-long shoots. If you ever had a question about how the porn industry works, this is the place to find answers—from how much money porn stars make to what percent are heterosexual (shocking!) to their favorite brand of douches.

### 2: Free Your Mind, Your Butt Will Follow.

*How To Bottom Like A Porn Star: The Ultimate Guide To Gay Sex* is part porn exposé, part how-to from the latest gay sex research. In this chapter, we'll look at how “Anticipatory pain” and a perceived loss of masculinity can put your butt in a headlock. We'll show you how to resolve the emotional blocks that stop you from trying or enjoying anal sex with other gay men.

### 3: Why It Feels Like You're Being Impaled By A Fence Post.

From our urologist and colon-rectal experts who specialize in gay male sex: It isn't just your sphincter causing all that pain; it's your “S-curve” as well as involuntary puborectal contractions. Learn your anatomical structure so you can make the tips in this book work better.

### 4: How Porn Star Bottoms Relax Their Sphincters.

Not all do it, or need to, but the gay men in the sex industry that do swear by it. Find out whether you should use their controversial method.

### 5: The Porn Star Method Of Eliminating Pain.

Find out the shocking things gay male erotica stars do to eliminate pain. Some cannot be recommended, but others can and we've combined them with a technique that blends systematic desensitization, pattern breathing, progressive muscle relaxation and sexual imagery to completely eliminate pain and heighten pleasure.

**6: How Porn Star Bottoms Handle The Ick Factor.**

Find out their secrets to getting your butt cleaner than a Brady Bunch rerun.

**7: A Device That's Better Than A Douche Or An Enema.**

Enemas and douches are a bad idea (despite the porn industry's reliance on them). Find out why and what product doctors recommend that will get you as clean as a douche without any of the harmful side effects.

**8: How To Bottom Without Pain For The First Time.**

Here you'll learn how to combine the best position with the best angle of entry. Missionary? Doggie-style? Straight in? Angled up? When it comes to gay sex, it matters.

**9: A Guided Tour Of A Pain-Free Bottoming Session Between Adam And Steve.**

A beginner's real-time, step-by-step guide to bottoming—porn style!-- that will light you up like an all-night liquor store.

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**Harry Oliver:**

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