

Chapter 1

MASTURBATION

- 1. Create a safe space

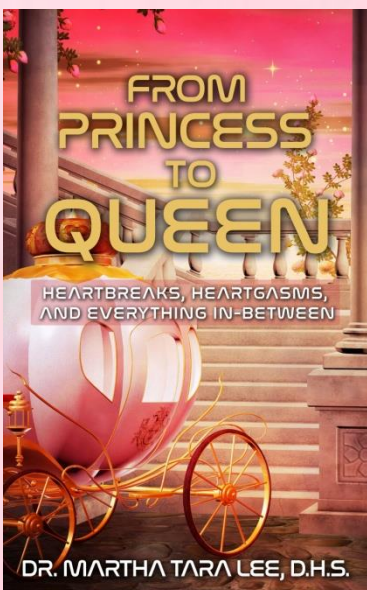
- 2. Prepare yourself

- 3. Touch for pleasure

- 4. Give yourself permission

- 5. Stay present

- 6 .Allow build-up



While transformation can shift within seconds, sustainable change requires effort, support, and accountability.

Could you benefit from coaching whether face-to-face or via skype? I would love to work with you! To honor you for coming so far, if you use the code word “queenie”, I’d offer you a discount! Email me at

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