

bdsm deep throat training

bdsm deep throat training is a specialized practice within the broader BDSM and sexual exploration community designed to safely enhance oral skills and endurance. This method involves gradual conditioning and techniques aimed at safely increasing the ability to perform deep throat oral activities, often integrated into BDSM play for heightened intimacy and control. Understanding the anatomy, safety measures, and psychological aspects is essential for effective and consensual bdsm deep throat training. This article explores the fundamentals, step-by-step training processes, safety protocols, and tips for incorporating deep throat training into BDSM dynamics. Whether for beginners or experienced practitioners, this guide ensures a comprehensive approach to mastering this skill with respect for boundaries and comfort.

- Understanding BDSM Deep Throat Training
- Preparation and Safety Considerations
- Step-by-Step Techniques for Deep Throat Training
- Integrating Deep Throat Training into BDSM Play
- Common Challenges and How to Overcome Them

Understanding BDSM Deep Throat Training

BDSM deep throat training refers to the practice of gradually developing the ability to take the entire length of a partner's penis into the throat without triggering gag reflex or discomfort. This skill can enhance oral sex experiences and is often incorporated into BDSM scenes where control, submission, and sensory play are emphasized. The training involves both physical conditioning and psychological readiness, requiring patience and trust between partners.

The Anatomy Involved in Deep Throat Techniques

Deep throat training focuses on the throat and mouth anatomy, particularly the soft palate, uvula, tongue, and gag reflex area. Understanding the location and function of these parts helps in controlling the gag reflex and increasing tolerance. The gag reflex is a protective mechanism that varies in sensitivity among individuals, and training aims to desensitize this reflex gradually.

The Role of Consent and Communication

Consent is paramount in any BDSM practice, especially in intimate and potentially uncomfortable activities like deep throat training. Open communication about limits, comfort levels, and signals for stopping or slowing down ensures a safe and enjoyable experience. Establishing safe words or gestures is essential to maintain control and respect throughout training sessions.

Preparation and Safety Considerations

Proper preparation and adherence to safety guidelines are critical components of bdsm deep throat training. Without these, participants risk physical injury or emotional distress. Preparation includes both physical readiness and mental conditioning to approach the practice responsibly.

Physical Preparation and Hygiene

Maintaining oral hygiene and overall health is important before engaging in deep throat activities. Cleaning teeth and mouth thoroughly reduces risk of infections. Additionally, participants should be free from respiratory illnesses or sore throats to prevent discomfort or transmission of germs.

Setting the Environment

The training environment should be private, comfortable, and free from distractions. Adequate lighting and accessible water or soothing throat remedies can help manage any irritation. The setting should also facilitate clear communication and quick cessation of activity if necessary.

Safety Tools and Signals

Using non-verbal safety signals such as hand taps or gestures is advisable, especially since verbal communication might be limited during deep throat activities. Having items like towels, water, and throat lozenges nearby can help manage physical reactions and maintain comfort.

Step-by-Step Techniques for Deep Throat Training

Training is a gradual process that requires patience and consistent practice. The following techniques guide practitioners through incremental steps to improve gag reflex control and increase comfort with deep throat penetration.

Step 1: Relaxation and Breathing Control

Begin by practicing deep breathing exercises to relax throat muscles and reduce tension. Slow, controlled breaths through the nose help maintain calm and minimize gag reflex triggers.

Step 2: Desensitization Exercises

Use fingers or small, smooth objects to gently touch the soft palate and gradually increase the depth of insertion. This helps desensitize the gag reflex over multiple sessions. It is important to stop if discomfort or pain arises.

Step 3: Gradual Insertion Practice

Start with shallow oral penetration and progressively increase depth as comfort improves. Using a realistic dildo or similar tool can facilitate control and provide consistent practice without partner fatigue.

Step 4: Coordination with Partner

Once individual training progresses, practice with a partner in controlled scenarios. Communication should remain open, with frequent checks on comfort levels. Incorporate pauses and adjust pace in response to signals.

Step 5: Advanced Techniques and Endurance Building

As tolerance develops, focus on maintaining deep throat positions for longer durations and integrating breathing techniques to sustain comfort. Experiment with various angles and positions to find what works best for both partners.

Integrating Deep Throat Training into BDSM Play

BDSM deep throat training can enhance scenes by adding elements of dominance, submission, and sensory control. Proper integration requires understanding the dynamics of power exchange and mutual consent.

Using Deep Throat as a Submission Tool

Deep throat performance can symbolize submission and trust, with the receiving partner exercising control over the giver's comfort. This dynamic can intensify psychological aspects of BDSM play and deepen intimacy.

Incorporating Restraints and Sensory Play

Training can be combined with restraints such as handcuffs or blindfolds to heighten sensations and vulnerability. Sensory play, including temperature variations or light impact, can complement the experience but must be managed carefully to avoid overwhelming the submissive partner.

Establishing Aftercare Practices

Aftercare is essential following deep throat training sessions to address physical and emotional needs. This may include soothing the throat, providing hydration, and offering reassurance. Aftercare strengthens trust and supports recovery.

Common Challenges and How to Overcome Them

Practitioners often face obstacles during bdsm deep throat training, including gag reflex sensitivity, discomfort, and psychological barriers. Addressing these challenges effectively ensures progression and safety.

Managing Gag Reflex Sensitivity

Persistent sensitivity can be reduced through consistent desensitization exercises and relaxation techniques. Using numbing sprays cautiously and avoiding forcing penetration helps prevent negative associations.

Handling Discomfort and Physical Strain

Discomfort may arise from muscle tension or improper technique. Gentle stretching exercises for the jaw and neck, combined with gradual practice, mitigate strain. Adjusting positions to reduce pressure on the throat also helps.

Overcoming Psychological Resistance

Fear or anxiety about deep throat activities can hinder progress. Building trust, maintaining open communication, and proceeding at a comfortable pace support overcoming mental barriers. Engaging in mindfulness or relaxation exercises may also be beneficial.

Tips for Consistency and Progress Tracking

- Maintain a regular training schedule to build muscle memory and tolerance.
- Keep a journal to note progress, challenges, and comfort levels.
- Celebrate small milestones to stay motivated.
- Seek feedback from partners to adjust techniques and improve experience.

Frequently Asked Questions

What is BDSM deep throat training?

BDSM deep throat training is a practice where individuals gradually train themselves or their partners to comfortably take a penis deeper into the throat during oral sex, often incorporating elements of trust, control, and sensation play common in BDSM.

Is deep throat training safe within BDSM practices?

When done with proper communication, consent, and attention to safety, deep throat training can be safe. It's important to proceed slowly, use safe signals, and avoid forcing the act to prevent gagging or choking.

How can beginners start deep throat training in BDSM?

Beginners should start slowly by using fingers or smaller objects to desensitize the gag reflex, practice breathing techniques, and establish clear boundaries and safe words with their partners before progressing.

What equipment or tools are useful for BDSM deep throat training?

Common tools include dildos of varying sizes for gradual training, lubricants for comfort, and sometimes BDSM accessories like blindfolds or restraints to enhance trust and sensation during the practice.

How does communication play a role in BDSM deep throat training?

Open and honest communication is crucial to ensure both partners feel safe and respected. Discussing limits, comfort levels, and safe signals before and during training helps maintain trust and prevent injury.

Can deep throat training be integrated into a BDSM scene?

Yes, deep throat training can be incorporated into BDSM scenes as a form of submission, control, or endurance play, with careful attention to consent, safety protocols, and aftercare.

What are common challenges faced during BDSM deep throat training and how to overcome them?

Common challenges include gag reflex sensitivity, discomfort, and anxiety. Overcoming these involves gradual desensitization, relaxation techniques, consistent practice, and maintaining clear, ongoing consent.

Additional Resources

- Mastering the Art of Deep Throat: A Step-by-Step Guide to BDSM Training*
This comprehensive guide explores the fundamentals of deep throat techniques within the context of BDSM play. It covers anatomy, safety, and communication, ensuring a consensual and pleasurable experience. Readers will find practical exercises to build confidence and skill gradually.
- Deep Throat Domination: Power Dynamics and Oral Submission*
Focusing on the psychological aspects of deep throat in BDSM, this book delves into the power exchange between dominant and submissive partners. It discusses how oral submission can enhance trust and intimacy while providing tips on setting boundaries and safe words.
- The Sensual Journey of Deep Throat Training*
This narrative-driven book combines personal stories with expert advice to guide readers through the emotional and physical aspects of deep throat training. It emphasizes patience, respect, and mutual satisfaction in BDSM relationships.
- Oral Skills for the BDSM Enthusiast: Deep Throat Techniques and Safety*
A practical manual that teaches effective and safe oral skills tailored for BDSM practitioners. The book includes detailed instructions, safety precautions, and methods to overcome common challenges during deep throat training sessions.
- Deep Throat Discipline: Training the Submissive Mouth*
This work examines the disciplinary role of deep throat training in BDSM dynamics. It offers strategies for incorporating oral submission into broader training regimens, highlighting communication and aftercare to maintain healthy relationships.
- The Erotic Science of Deep Throat in BDSM*
Blending scientific research with erotic exploration, this book explains the

physiological mechanisms behind deep throat techniques and their impact on pleasure and control. It is ideal for readers interested in the anatomy and psychology of BDSM oral practices.

7. Submissive's Guide to Deep Throat Excellence

Written from the perspective of a submissive, this guide offers insights into mastering deep throat skills to please a dominant partner. It encourages self-awareness, mindful practice, and open dialogue to enhance the BDSM experience.

8. Dominant's Handbook: Training Deep Throat Submission

This handbook provides dominants with tools and methods to effectively train their submissives in deep throat techniques. It stresses the importance of consent, gradual progression, and positive reinforcement within BDSM play.

9. Deep Throat and BDSM: Exploring Limits and Expanding Pleasure

This book invites readers to explore the boundaries of oral submission through deep throat training, emphasizing exploration and mutual consent. It provides tips on negotiation, safety, and maximizing pleasure while respecting limits in BDSM relationships.

Bdsm Deep Throat Training

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bdsm deep throat training: 33 Taboo BDSM Hucow Lactation Breast Milk Erotica Books Molly Milch, 2022-04-09 349 pages of hucow lactation taboo sex erotica **Contents** Alone At Last! Suckle from your Princess Suckle My Teats Milk Me Now! Lapping Me Up! Suckling Sitter Time For Cream! The Billionaire's Hucow Feeding Him My Cream His Brat's Creamy Jugs Nursing an Older Man Nursing the Man of the House Creamed Babysitter Milk Your Fertile Brat! Milk Me! Tasting

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bdsm deep throat training: Japanese Girlfriend Who Loved The BDSM Fetish Lifestyle Dante X, 2019-03-24 Adam meets Kumi a Japanese girl who was recently divorced but heavily into the BDSM fetish club lifestyle. They hit it off and become a couple but Kumi's father dies and she has to return to Japan. Adam decides to go with her and they help to run the family nightclub and sex business with her mother and two sisters... Excerpt.... Her mother was amazing and looked young enough to be Kumi's sister, her other 2 younger sisters were also incredible and were always walking around half naked and were obviously really naughty and openly had sex with customers in the club in front of us. Her mother Tatumas was also clearly encouraging them and to my surprise, flirted with me whenever she got the chance. The night club was more like a dark underground sex club and had a luxurious VIP lounge room with deep red carpet, white leather furniture and a play area in the center, various other themed rooms and play areas with BDSM, torture, water-sports, slave training, Japanese rope bondage, and so much more. The first few weeks were a real eye opener and I saw things that I'd never even imagined or seen on any video. There was even a basement where about 10 women were living in a dungeon area under the club... I was told they were all sent there by their husbands for sub training under their own free will for 3 - 6 months. The training was harsh with whippings every evening and every kind of debauchery done to them every day by members who would turn up and do whatever they wanted... Strictly 18 + Adults only - 6800 words

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bdsm deep throat training: Dominated... at the Gym - Gay BDSM Erotica Keegan Kennedy, 2023-09-26 Cody, a hot young bottom and 20 year-old college student, had always dreamed of finding a dominant jock to submit to. With his hopes at their lowest, Cody meets Kurt, and a humdrum day at the gym turns his world upside down. Story is approximately 7000 words. This work features several fetishes including dominance & submission, foot worship, raunch, jockstraps, bondage as well as graphic sex. All characters are 18 years of age or older.

bdsm deep throat training: Carnage Shantel Tessier, 2025-08-31 A PUPPET The men in the

secret society known as the Lords think they rule the world. And in a way, they do. Each has sold their soul to the devil at a young age in exchange for power and wealth. Like anything else, they have different levels of success. The more they're willing to serve, the more power they have. Among them are the Spade brothers, who run Carnage. It's where the Lords who have not held up their oath go to live out the rest of their lives in shackles. Tucked away from the world as if they never existed. I VOW. YOU VOW. WE VOW. I once belonged to a Lord—Saint Beckham Carter. Although nothing was holy about him, I still kneeled as if he could grant me eternity in a world where only evil existed. At the time, I willingly vowed to be his and allowed him to share me with his "brothers." But things changed. And what I thought couldn't get any better got exceptionally worse. So I did the only thing I could and ran from him, knowing I could never return. Now he's found me and dragged me back to his hell, where he will make me his pet. The world already thinks I'm dead, so no one will miss me. And I'm just another name on a long list of those who will never know freedom. What he doesn't know is why I ran from him in the first place. A Lord doesn't listen to reason, so it's not like he'd care anyway. Saint was born a Lord, and he will die as one. If life has taught me anything, it's that we all pay for our sins. And Saint will never let me forget that my place is at Carnage, serving him on my knees until death is granted.

bdsM deep throat training: *BDSM Bundle: 2018 Edition* Crimson Rose, At over 300,000 words this TWENTY-FOUR story BDSM anthology is one of the largest I've put together. From a woman making a deal with the devil and a man desperate enough to do the unthinkable, to a cop going undercover at a fetish club and a husband willing to undergo an extreme experimentation to be with the woman he loves, this collection brings together all of the BDSM-themed stories I wrote in 2018 at a deeply discounted price! This bundle includes the following previously published stories: Devil's Bargain Eve's Paradise Fetish Underground Amelia Submits Dogging Dates Dream Girl Sapphire Club Trained By My Black Boss Petgirl Park Almost Human Masochist MILF Ashley Submits Claimed by Eli Ponygirl Paige Transformation Transformation 2 Club Mystique Desperate Times Amber Exposed Submission of Gina Cage Renee's Transformation Transforming Blake Saving Cynthia Claimed

bdsM deep throat training: *Deep Throat Training Log* Kinky Writers Press, 2019-10-13 Pick up your favorite pen and use our creamy high quality pages that turn on easy to record your favorite memories. Our books are professionally bound to ensure they last. Each Journal Includes 120 white college ruled pages Soft matte cover A clever phrases that is more enjoyable than your average greeting card Suggested Uses: Write your own fantasies (extra credit for turning them into reality) Record details about your adventures (who, what, when, when, why, and how) Makes A Great Gift For: People who need that perfect bachelor or bachelorette gift Any man or woman going through a dry spell, rough patch, or contemplating divorce Newlyweds looking to exchange gifts on a honeymoon Both sides of the slash (because who doesn't enjoy good dirty humor? People who prefer pronouns (and those who don't)

bdsM deep throat training: *Steppingley Manor* Dante X, 2019-03-14 This is the first 4 books in a 7 book series. The story is about Steppingley Manor and the Master, a very wealthy individual that also owns a 67 meter Lurrsen motor yacht, a helicopter and the ATP (Addicted To Pleasure) club which operates on an exclusive cruise ship. Think of the movie Eyes Wide Shut, with Tom Cruise and Nicole Kidman for a backdrop of the mansion and what goes on. Alice, Tom and Kate look after the manor, Tom is the groundsman and a sub cuck, Alice his wife is the head Dominatrix and Kate their daughter is also a Dominatrix and between them, run the BDSM events and training's at the manor. The Master sleeps with both Alice and Kate when in residence. Charlie, Adam and Alison, Gin and Jeff are all involved in the London Fetish club scene and are invited to attend and perform at the events held at Steppingley Manor. Johnson is the helicopter pilot and Yasmin is an extremely attractive but married British Indian girl of whom the Master becomes obsessed with. But soon after Yasmins frightening Sub and Dom induction session at the manor, she has to attend a special anniversary party on the cruise ship. Strictly Adults 18+ Only - 38,000 Words

bdsM deep throat training: *Enchantment: Part V - Educate* (Incubus BDSM Yaoi/BL) Kai

Aubrey, 2022-02-01 A chance at a new life. Stepping through the halls, hearing laughter and excitement, Heath begins to question his mission. What would it mean to surrender? To enter a world free from the hate and shame he has always known? Deep beneath the palace, a demon offers a lesson. An education on the nature of masculinity. An education on male biology. In this world of simultaneous freedom and enslavement, the boundaries between right and wrong begin to blur. Format: Short story Length: ~6,000 words ***CONTAINS EXPLICIT GAY SEXUAL CONTENT***

bdsM deep throat training: Alexia's Loving Embrace (Steamy Bodyguard romance with loving Poly Couple. BDSM. Femdom.) Tamara Earthsong, 2024-10-16 Alexia and her husband love their jobs as bodyguards, but working personal security comes with risks. With the two of them working on separate high-risk assignments, they do their best to spend as much quality time as they can with each other during their limited time off, but the stress keeps piling on, both at work and in their personal lives. Despite some pleasant steamy nights to take the edge off, they can't help but worry about each other's safety. Content warning: Alexia and Paul are working on high-risk assignments in this book and some of those jobs deal with protecting people who have been the victims of domestic abuse. There is mention of the things that happened to their clients and physical violence in this book.

bdsM deep throat training: A Tale of Two Masters: A Gay BDSM Erotic Thriller Bro Biggly, 2020-05-17 In this twisty erotic thriller, the alpha he can't remember is the dominant man he can't forget... I'm Jackson, and I'm a party boy with a strong submissive side. I have my share of blurry morning afters. But this is more than a little forgetfulness. Apparently, the extremely hot undercover guy who rescued me thinks we've got some kind of twisted BDSM training contract. And this party? It's more than just a game. It's a training exercise. Maybe even a sort of boot camp. I'm supposed to learn how to go undercover and be a hero. And this guy? You know how they say when the student is ready, the Master appears? This guy is only the first Master. Jackson can be topky or subby. Firm or fun. The jet-setters love him. He'll be able to go undercover places that other men could never go. All he needs is the proper training-- oh, and for his memory to return so he can remember why he ever thought this was a good idea. Maybe it has something to do with all the hot gay hookups... A Tale of Two Masters is an erotic suspense novel with psychological themes including amnesia and dominance. It is not a romance.

bdsM deep throat training: Shattered: M/M Rescue Romance A.B Julian, Shattered is an M/M Rescue Romance novella. It is a stand-alone read. With a promise of HEA. Scared and broken. I knew it wasn't a fairytale. No kiss, no magic spell, was going to transform my monstrous, ugly facade into a handsome prince. Why would a beauty like Jason would kiss me, anyway? My hideous visage was set in stone. Even when he came to me for help, I knew that the sight of my ugly face would send him screaming in terror. Hidden behind the glass, all I could do was admire Jason's unattainable beauty from afar. But not for long. He needed me, so I had to come out of the shadows and face his rejection. Gay Romance. Running theme of domestic abuse and violence. This story is intended for mature readers only who enjoy steamy male on male content.

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consenting adults

bdsM deep throat training: Wicked and Deadly Linzi Basset, 2023-02-21 CLUB WICKED COVE SERIES BOX SET 2 Books Four To Six This series is wrought in depth with the fullest scope for which the human condition is accountable: love, hate, violence, betrayal, and death. Book 4: Merciful: Seth's Revenge Book 5: Claimed: Parnell's Gift Book 6: Kent's Desire In these three books, you'll meet Colt's cousin, Seth Harris, emotionless and consumed with hatred, until he meets Sasha Barlows, who is searching for her soul. Parnell Oliver is an enigma but yearns for the alluring Kacie Harris, who has lived in the eye of the storm her entire life. Kent Gibson knows the anatomy of scars, while Sharon Watts has lived through hell and returned to tell the tale, her scars serving as trophies. Can these three couples heal each other and find love and happiness?

bdsM deep throat training: Marauding Daddies Linzi Basset, 2024-03-29 Welcome to the finale in the Louisiana Daddies saga and their fight to escape the vicious claws of the cruel Mafia Don, Salvatore Sanchigo, while finding the one sassy baby girl to fulfill their Daddy Dom needs. Marauding Daddies is the story of Kevin and Keith Frazer. Kevin and Keith Frazer Ever since Keith was adopted, the two brothers have been inseparable. They fitted together like two pieces of a puzzle—in work, life, and love. With everyone around them finding their happily ever after, it was time for them to follow suit. Hence, the search for their own baby girl began—with an auction at Club Rogue. The fiery little redhead ticked all the boxes. The fact that she turned out to be their interfering new neighbor was an added and very convenient surprise. Aria Harper A new life started for Aria after inheriting Splendor Orchard Farm from her uncle—except there was more to her arrival in Louisiana. Finding out the targets she was after were her neighbors, was an added bonus, except the two brothers were so much more than she came prepared for, especially when they demanded she call them BOTH her Daddy. The Frazer brothers were fearless. They had been chasing criminals and mafia leaders for years. One thing they weren't prepared for was a petite redhead out for revenge for the death of her father. Would they discover her true nature in time... or would who she was destroy the bond the two brothers had forever? On this journey, the age-old question arose—would true love conquer all? Only time will tell. Note: This is the finale in the Louisiana Daddies series. Although the book can be read as a standalone, the series should be read in order for best reader experience since there is a backstory throughout. Covert Daddy - Prequel Black Ops Daddy - Book 1 Radical Daddy - Book 2 Demanding Daddy - Book 3 Marauding Daddies - Book 4

bdsM deep throat training: Destined by Dragonblood: An MMF Fated Mates Shifter Romance Lynn Burke, 2025-04-17 I had given up hope of finding my fated mates until a gifted dragonblood showed me a vision of my future: an alpha, a beta, and a female bonded by dragon flames and fulfilling our role in preventing the extinction of the Blood Born. The violet-eyed beauty I seek and follow from the shadows is everything I and my beastly nature long for. Although past trauma has destroyed Ashley's desire for physical connection, an inner force drives her toward healing. The man offering her the pain she needs to find pleasure is a human dominant who calls to my primitive instincts. Master Vanni makes my weak inner dragon yearn to submit. But I kneel for no man. I am of royal blood, born to rule, and my future was determined long before Ashley or Vanni drew their first breath. When insecurities about my royal heritage arise, I begin to question everything Father promised me as a child. Will I find peace with my beastly side and accept who we are? Or will indoctrination keep me from the arms of the two destined for me? *Book 2 in the Blood Born Series. This MMF Contemporary Paranormal Romance features dragon shifters, fated mates, bisexual characters, power exchange, and a guaranteed HEA. It can be read as a standalone, but the series is best read in order.

bdsM deep throat training: His FBI Sub Linzi Basset, 2025-04-17 Tough-as-nails FBI agent Courtney Sears never expected her mission at Club Alpha Cove to lead her straight into temptation's arms. After six years of isolation following personal tragedy, this tough-as-nails operative had turned risk-taking into an art form, living only for the job and the loved ones she protected. But club owner Ruark Greer had other plans. From the moment he spotted the fiery beauty, he marked her as his

own. Despite Courtney's desperate attempts to maintain her cover and keep her distance, his commanding presence awakened desires she couldn't ignore. Under his skilled hands, submission became a craving she could no longer deny. As their passion deepened, something unexpected happened—the infamous beast found his darker urges softening in the light of her sass and spirit. But with dangerous forces circling and secrets between them, could their newfound connection survive? Or would duty tear apart the healing they'd found in each other's arms?

bdsM deep throat training: Black Diamond Jill Shannon, 2017-02-01 Can she serve two masters? Dulcinea Bedford's mom's last words to her were, "Live the adventures we always dreamed about." Well, that was what she was going to do. Boarding the newest BDSM ship, Black Diamond, of the Midnight Oasis Cruise Line was the first step into her world of adventure. Jackson Blackhawk, a native American Indian, had seen Dulcinea in the streets of New York. Knowing the odds of finding her again were nearly impossible didn't stop him from wanting her. However, when he sees her boarding the Black Diamond, he knows fate has played a role in bringing them together. Dulcinea, being new to the BDSM lifestyle, only confirms Jackson's determination to be her only Master... until Samuel Romanoff enters the picture and a whole new adventure unexpectedly begins for her. Join the crew of the Midnight Oasis Cruise Line on their last journey into a world of decadence, intrigue, and love. **DISCLAIMER:** This book contains elements of domestic discipline and BDSM, power exchange, and explicit sexual scenes. If any of these offend you, please do not purchase.

bdsM deep throat training: The Unrestrained Series Collection Volume 2: Books 4 - 6 S. E. Lund,

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