



# The Little Vanilla Book: S&M Wisdom to Improve Your Everyday Life

*Lux Alani*

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## **The Little Vanilla Book: S&M Wisdom to Improve Your Everyday Life** Lux Alani

Lace up your corset and embrace your stiletto swagger with this unblushing guide to personal growth using the virtues of (gasp!) S&M.

Offering mighty insights on everything from whipping negativity into submission to breaking the bondage of bad self-body image, *The Little Vanilla Book* gives you the tools you need to awaken the heroine deep inside and open your life to a scintillating new world of self discovery.

Within the pages of this loving and bawdy exploration of all things you, former dominatrix Lux Alani uses her personal experiences and research to uncover the surprising truth that some of the primary lessons and practices found in the world of kink aren't just for the kinksters—with the right mindset they're for you too.

But wait! If you're nervous that you'll need to buy a paddle and latex catsuit to get your transformation on, don't worry! This isn't about getting into the kink scene or practicing BDSM. Looking at five key aspects of every woman's life: authenticity, confidence, body image, resilience, and fear, *The Little Vanilla Book* is truly about taking a unique journey to self-love and empowerment—one that shows you how to unchain your courage, reclaim your awesome self, and live your truth with gusto.

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Precisely why? Because this The Little Vanilla Book: S&M Wisdom to Improve Your Everyday Life is an unordinary book that the inside of the guide waiting for you to snap that but latter it will surprise you with the secret the idea inside. Reading this book adjacent to it was fantastic author who also write the book in such amazing way makes the content inside easier to understand, entertaining means but still convey the meaning completely. So , it is good for you because of not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of benefits than the other book get such as help improving your talent and your critical thinking means. So , still want to hold off having that book? If I were you I will go to the e-book store hurriedly.

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