



Trust: The Hand Book: A Guide to the Sensual and Spiritual Art of Handballing

Bert Herrman

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Bert Herrman, probably the world's most respected expert on handballing, offers the definitive guide to one of sexuality's final frontiers. The book explains in depth, not only techniques and health considerations, but a myriad of other details that affect participants, including chapters on the Kundalini and spiritual possibilities of handballing.

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