

Mental Health Benefits of Masturbation

1. Increases happiness
2. Increases self-confidence
3. Improves sleep quality
4. Improves cognitive functioning
5. Mutual masturbation—a safe sex option
6. Relieve stress
7. Increased energy
8. Connection to body
9. Contributes to more pleasurable partnered sex
10. Quiets down your internal talk
11. Extends lifespan
12. Boosts immunity
13. Dulls pain
14. Feels good

Guide To Female Masterbation

Sabine Zange



Guide To Female Masterbation:

Uncover the mysteries within its enigmatic creation, Discover the Intrigue in **Guide To Female Masterbation** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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