

# THE MANY BENEFITS OF A KINKY LIFESTYLE

EXTENSIVE OPPORTUNITY FOR SELF-EXPLORATION



LEARNING, TESTING, AND ADAPTING OUR UNDERSTANDING OF PERSONAL LIMITS

EXPLORING FREEDOM AND IDENTITY OUTSIDE OF PRESCRIBED SOCIETAL NORMS

SAFELY ACCESS AND EXPLORE PERSONALITY, DESIRE, INTERESTS, NEEDS, ETC.

CREATING OPPORTUNITIES FOR DEEPER LEVELS OF TRUST WITH LONG-TERM PLAY PARTNERS



IMPROVE ONES COMFORT LEVEL IN NEGOTIATION & COMMUNICATION



CONNECTION WITH COMMUNITY

INCREASED MINDFULNESS & FOCUS

MORE FLEXIBLE THINKERS: OPEN TO NEW EXPERIENCES



STUDIES SHOW REDUCED CORTISOL LEVELS FOR SOME KINKSTERS AFTER SCENES: THAT MEANS LOWER STRESS

OREGON STATE UNIVERSITY CONDUCTED A STUDY IN 2017 THAT DEMONSTRATED HAVING SEX BEFORE WORK IMPROVES ENGAGEMENT AND EFFICIENCY. AND KINK PROVIDES ALL THE BENEFITS ABOVE...

WAIT, DOES THIS MEAN KINKY SEX BEFORE WORK WILL MAKE YOU BETTER AT YOUR JOB?

