

Betty Dodson "Sex for One"  
Stephanie Haerdle "Spritzen"  
Deborah Sundaal "weibliche Ejakulation & der G-Punkt"  
Sheri Winston "Women's Anatomy of Arousal"

For more information please read/follow:

<http://thegenproject.com>

List of references  
Thanks to

This is my first zine and I had loads of fun creating it! It is dedicated to my friend Eva, who always inspires me to be creative!

You are welcome to read, share and copy it, but please use it only for personal (non commercial) purposes!

Love, Madlen  
December 2020

Step 5: Do it offline

Take a bath

Treat yourself with a cacao-ritual

Bring your favourite waterproof toy ...aaaaaand

..... let some magic happen

# Horny in times of pandemia

A sexy lockdown survival guide in 5 steps



Step 4: Do it online

Invite your loved ones to a self-love-date

laugh, love and gush together

## Step 1: Switch to holiday-mode

first: Activate your auto-responder and set your phone to night-mode

then:  
Start to learn a new language

Swap flats with your friends



Take long walks in nature

Step 3: Chill

Have a siesta

Pet your cat/dog

Read lots of good books

Meditate...

## Step 2: Choose your pandemic family

Take good care of each other and check in regularly!

Cook at home and deliver to those who are near to you

Write juicy loveletters



Send cookies and your favourite books



