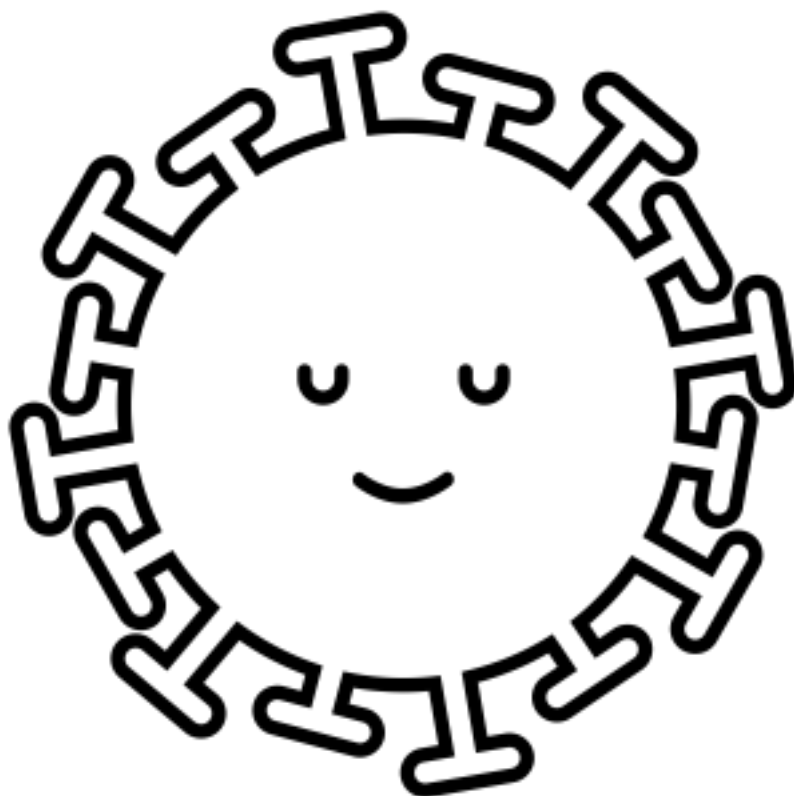


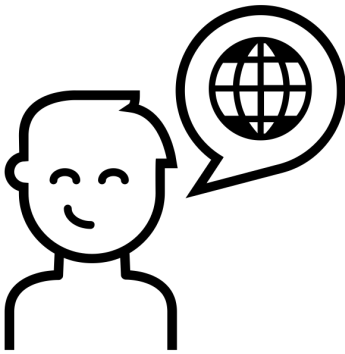
Horny in times of pandemic

A sexy lockdown survival guide
in 5 steps



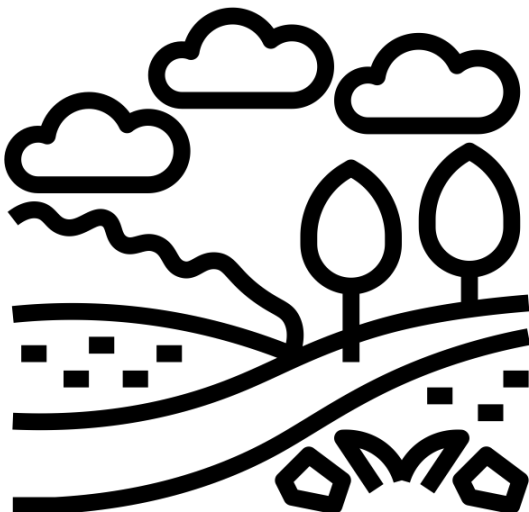
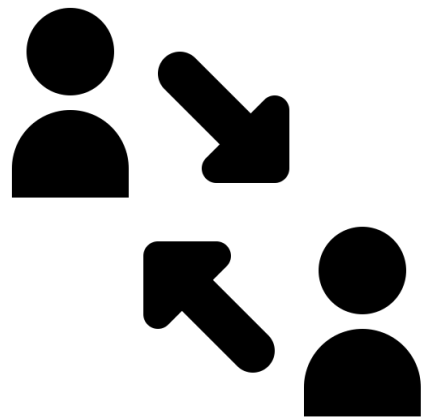
Step 1: Switch to holiday-mode

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



then:
Start to learn a new language

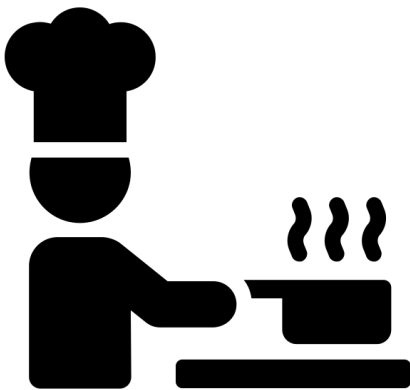
Swap flats with your friends



Take long walks in nature

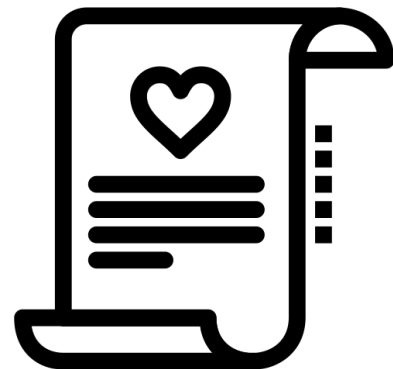
Step 2: Choose your pandemic family

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

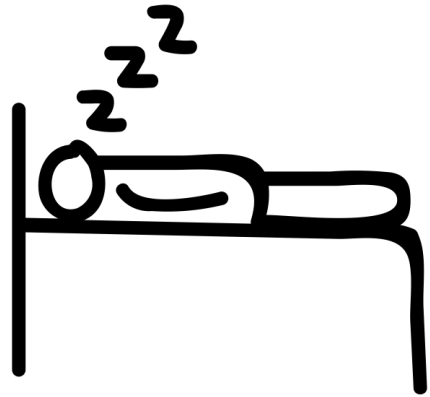


Send cookies and your
favourite books



Step 3: Chill!

Have a siesta



Pet your cat/dog

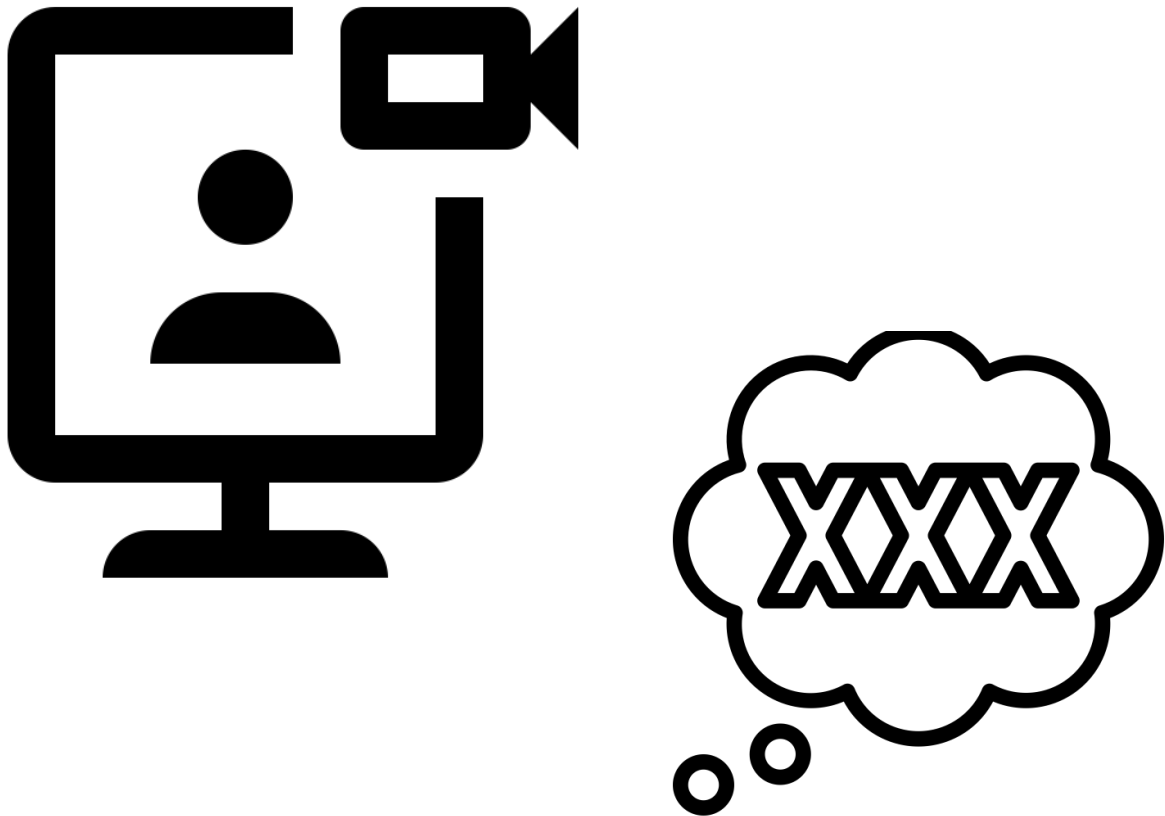
Read lots of good books



Meditate...
ooooommmmm

Step 4: Do it online

Invite your loved ones to a
self-love-date

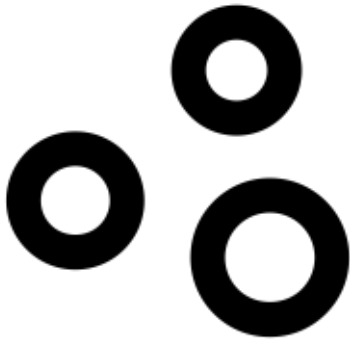


laugh, love and gush together

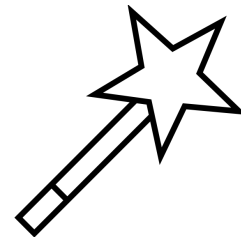
Step 5: Do it offline

Take a bath

Treat yourself with a
cacao-ritual



Bring your favourite
waterproof toy
...aaaaaaand



..... let some magic happen

List of references

Thanks to

<http://thenounproject.com>

For more information please read/follow:

Betty Dodson „Sex for One“

Stephanie Haerdle „Spritzen“

Deborah Sundahl „Weibliche Ejakulation &
der G-Punkt“

Sheri Winston „Women`s Anatomy of
Arousal“

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