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"Care and Nurture for the Submissive" offers tips, understandings, and pathways to tend the fragile and beautiful souls of submissive women. Self-care is not selfish; it is essential. Only when you are taking care of yourself as a healthy, whole being can you give that self to another with a full heart and free joy.

The book addresses many of the main concerns with being in a D/s relationship, including exposure to outsiders, recommendations for communicating with other submissives, and finding the right dominant for each submissive woman's particular needs. All in all, it is a very handy little book to have, and I'd recommend it for anyone starting out with BDSM or even as a general info refresher for a regular.

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