

# HOW TO WIPE *AFTER POOPING*

STOPPING SKID MARKS LIKE A TRUE BATHROOM NINJA

Because No Job is Finished  
Until the Paperwork is Done



TRULY STORIES

# How to Wipe After Pooping: Stopping Skid Marks Like a True Bathroom Ninja

Because no job is finished  
until the paperwork is done

Get In, Get Out, Stay Clean

by



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First Edition

Published by Truly Stories,

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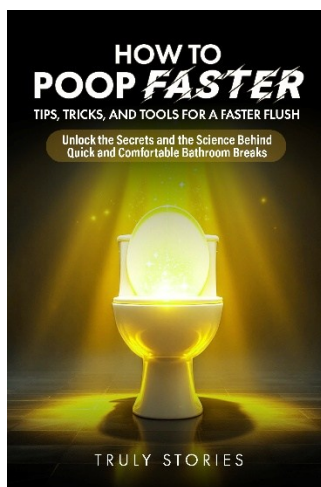


# WAIT!

## IS YOUR TRAINING COMPLETE?

The "Clean Sweep" is the final maneuver, but a true **Bathroom Ninja** knows the race is won on the throne. To master the full science of the **Faster Flush**, you need the full manual. To grab your copy on Amazon, scan the QR code below (or click the link). **Get In, Get Out, Feel Great!**

### How to Poop Faster: Tips, Tricks, and Tools for a Faster Flush



<https://www.amazon.com/dp/B0FBT9QG87>

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## Introduction: The Final Frontier of the Flush

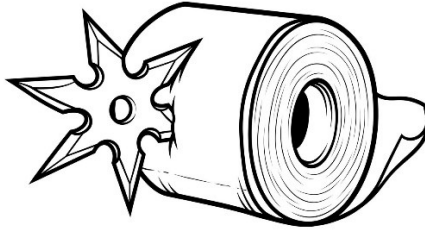


Welcome back, Bathroom Ninja. If you've read *How to Poop Faster* and have mastered the art of the quick exit, you're getting in, you're getting out, and you're feeling great.

But there is a hidden danger that can ruin a Speed Champion's day: the dreaded skid mark. It's the evidence of a job left unfinished, a shadow that haunts your laundry and your confidence. If you want to be a true pro, you have to master the "Clean Sweep."

Why? Because in this bathroom and in life, **no job is finished until the paperwork is done.**

# 1. The "Paperwork" Audit



To stop skid marks, we must first look at our tools. A Ninja is only as good as their equipment. If you are using "gas station grade" single-ply tissue, you are asking for trouble.

## The Ninja's Toolkit:

1. **The Multi-Ply Standard:** You need thickness. Thin paper leads to "structural failure," and structural failure leads to messy hands and messy drawers.
2. **The Friction Factor:** Are you wiping, or are you scrubbing? High friction causes irritation (the "Burn"), which leads to incomplete cleaning.
3. **The Wet-Dry Combo:** The secret to a skid-free life is the "Polished Finish"—starting with dry paper and finishing with a high-quality flushable wipe or a bidet.

Before you even think about standing up to check your progress, ask yourself: Is the job complete? Probably not. Always remember: **No job is finished until the paperwork is done.**

## 2. The Stealth Wipe Technique



A Bathroom Ninja doesn't just wipe; they execute a maneuver.

- **The Reach-Around:** Ensure you have the optimal angle for a front-to-back motion.
- **The Fold, Don't Wad:** Wadding paper creates uneven surfaces that miss "the target." Folding creates a flat, squeegee-like surface for maximum coverage.
- **The Inspection:** You wouldn't sign a contract without reading it, would you? Don't leave the stall without inspecting the tissue. If there's color, there's work to do.

It might take an extra thirty seconds, but those thirty seconds save you from a lifetime of laundry shame. After all, **no job is finished until the paperwork is done.**

### 3. The "Paperwork" Diet



You might think that wiping is only about what happens *after* the poop, but a true Ninja knows that the quality of the "paperwork" starts with what you put in your body.

- **The "Sticky" Culprits:** In Chapter 2 of the main book, we talked about how dairy and processed foods can slow you down. When it comes to wiping, these same foods create a "sticky" situation that requires more paper and more time.
- **Fiber is Your Friend:** High-fiber foods like apples, leafy greens, and beans help create "cleaner" stools that leave less behind.
- **Hydration for Lubrication:** Drinking plenty of water (at least 8 glasses a day!) ensures that things move smoothly and don't "cling" to the finish line.

When your diet is on point, the paperwork is a breeze. But regardless of your diet, always remember: **No job is finished until the paperwork is done.**

## 4. Advanced Tools for a Spotless Finish

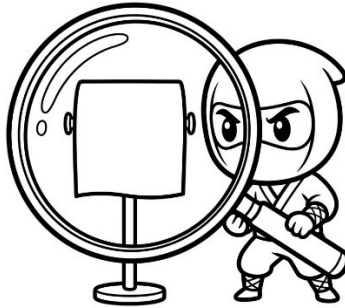


Sometimes, standard toilet paper isn't enough for a Bathroom Speed Champion. If you want to eliminate skid marks forever, you might need to upgrade your arsenal.

- **The Wet Wipe Strategy:** A single flushable wipe can do the work of ten squares of dry paper. It's like a "power wash" for your exit. (Just remember to check if they are truly safe for your plumbing!)
- **The Bidet Revolution:** As mentioned in Chapter 11, a bidet is the ultimate tool for a Ninja. It uses water to do the heavy lifting, making the final "paperwork" just a quick pat-dry.
- **Portable Kits:** A true Ninja is always prepared. Keep a small pack of wipes in your bag for public restrooms, where the paper is usually "Ninja-unfriendly" (thin and scratchy).

High-tech or low-tech, the goal remains the same: **No job is finished until the paperwork is done.**

## 5. The Final Inspection (The No-Skid Guarantee)



The final step in stopping skid marks is the "Ninja Glance." You should never stand up until you are 100% sure the mission is a success.

1. **The Double-Check:** After you think you're clean, do one final "safety wipe." If it's white, you're bright!
2. **The Mirror Test (For Your Laundry):** If you're finding marks in your underwear later, it means you rushed the paperwork. Slow down for those final thirty seconds.
3. **The Clean Exit:** Stand up, flush, and walk away with the confidence of a true Bathroom Speed Champion.

You've mastered the speed; now you've mastered the shine. Because, as we always say: **No job is finished until the paperwork is done.**

## 6. Troubleshooting the "Stubborn" Session



Even the most prepared Speed Champion will occasionally encounter a "high-maintenance" situation. When the standard maneuvers aren't cutting it, use these Ninja tactics to ensure you don't leave the stall prematurely.

- **The "Crayon" Effect:** If it feels like you're wiping a marker that just won't run out of ink, stop scrubbing! This is usually a sign of incomplete evacuation (refer to Chapter 4 of *How to Poop Faster*). Stand up, take a walk, drink some water, and return in five minutes. Trying to finish the paperwork before the job is actually done is a recipe for irritation.
- **The "Hairy" Situation:** For Ninjas with a bit more "foliage" in the landing zone, dry paper is often insufficient. It traps particles rather than removing them. In these cases, a wet wipe or bidet is not just an option—it's a requirement. Remember: **No job is finished until the paperwork is done.**

- **The Emergency "Dry-Wash":** If you're caught in a public stall with no wipes and a difficult finish, remember the "Dampen" trick. Use a tiny bit of water (or even a drop of soap if accessible) on a folded square of TP for that penultimate wipe. Just ensure the final wipe is dry to lock in the "No-Skid Guarantee."

## 7. Mobile Operations



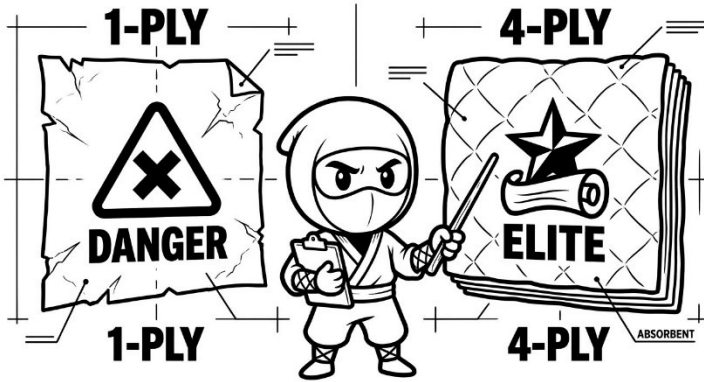
A true Ninja doesn't just perform in the safety of their home Dojo. Sometimes, duty calls when you are behind enemy lines—the office, the mall, or a high-altitude airplane lavatory.

To maintain the **Clean Sweep** in public, you must prepare a **Tactical Travel Kit**. A small, discreet pouch containing:

- **The Portable Arsenal:** A travel-sized bidet or a small pack of pH-balanced wipes.
- **The Reinforcement:** A few premium sheets from home (just in case the local supply is 1-ply sandpaper).
- **The Stealth Spray:** A tiny bottle of scent-neutralizer.

**The Ninja Rule:** Never assume the environment will provide the tools. Bring your own, and you'll never have to worry about a "Mission Failure" in public. Stay vigilant and never forget the golden rule of the Dojo: **No job is finished until the paperwork is done.**

## 8. The Texture Guide (Paper Intelligence)



A master Ninja never blames their tools, but they *always* respect their texture. When you are on an away mission, you cannot choose your equipment. You may be forced to complete the mission with:

- **The Sandpaper (1-Ply Public):** Brittle, abrasive, and structurally weak.
  - *The Ninja Adapt:* Must be **SCRUNCHED** to maximize surface area and layered to prevent breakthrough.
- **The Hotel "Quilted" (2-Ply):** Soft, but prone to shedding under pressure.
  - *The Ninja Adapt:* Requires precise **FOLDING** into a reinforced square for maximum stability.

- **The Cotton Luxury (4-Ply):** Thick, absorbent, and reliable.
  - *The Ninja Adapt:* The gold standard. High-performance, low risk. A rare "Gift from the Dojo."

**The Ninja Directive:** Adapt your technique to the tools provided. Never rush the exit. Always remember: **No job is finished until the paperwork is done.**

## 9. The Ghost Routine



A master Ninja doesn't just react to the battlefield; they optimize the terrain beforehand. While proper wiping technique is essential, the ultimate victory is the **Ghost Wipe**: a first, exploratory wipe that returns spotless.

This level of efficiency is achieved through **environmental optimization** and **routine engineering**:

- **The Hydration Flush:** Drink water like it's your tactical duty. Consistent hydration ensures a smooth, quick departure, leaving minimal residue in its wake.
- **Tactical Timing:** Learn your body's rhythm. Forcing a mission when the terrain isn't ready leads to a prolonged, messy operation.
- **Position of Power:** We've mentioned the squat, but the key is *relaxation*. Any tension in the body fights the natural process. Breathe.

**The Strategy:** The cleanest finish is the one you don't have to work for. Invest in your habits, and never forget: **No job is finished until the paperwork is done.**

## 10. Ninja Etiquette



The final lesson in the way of the Clean Sweep is one of profound respect: for the Dojo and for the next Ninja to occupy it. Your mission is not truly complete until you have erased all evidence of your operation.

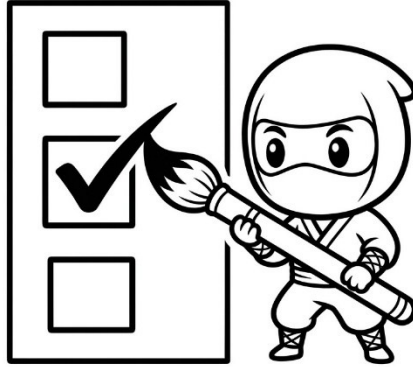
A true master practices **Environmental Integrity**, applying the fundamental rule of tactical deployment: "**Leave No Trace.**"

- **Roll Replenishment:** An empty or nearly-empty spool is an act of negligence. If you finish the paperwork, you **MUST** replace the ammunition. Never leave a fellow Ninja stranded.
- **Aqueous Integrity:** Utilize a toilet brush if necessary. A quick spray of scent-neutralizer is mandatory. The Dojo must smell and look as if you were never there.

- **The Final Polish:** Ensure the seat is up (or down, as the Dojo rules dictate) and perfectly clean.

**The Directive:** Do not let your victory lead to another's distress. Respect the space, and never forget the eternal truth of the Clean Sweep: **No job is finished until the paperwork is done.**

## 11. Appendix: The Ninja Checklist



Before you exit the bathroom and re-enter the world as a **Bathroom Speed Champion**, run through this mental checklist:

1. **Is the tissue white?** (The Gold Standard of Success).
2. **Is the area dry?** (Moisture leads to discomfort and "ghost" marks).
3. **Are your hands washed?** (A Ninja leaves no biological trace).
4. **Is the paperwork filed?** (Always double-check the bowl before the final flush).

Because at the end of the day, your reputation as a clean, efficient, and fast Ninja depends on one golden rule: **No job is finished until the paperwork is done.**

**Conclusion:**  
**Get In, Get Out, Stay Clean!**



Congratulations! You are now a fully certified **Bathroom Ninja** in both speed and hygiene. You know how to get in, get out, and feel great—without leaving any evidence behind.

Now, go forth and conquer the porcelain throne with speed, grace, and a spotless finish. And never forget: **No job is finished until the paperwork is done!**

**Snap a photo of your certificate on the next page (or even a photo of your clean laundry!) and tag us to show the world you've mastered the Paperwork!**

OFFICIAL CERTIFICATION  
THE TOILET ROLL OF HONOR

This certifies that

---

has officially mastered the art of the "Clean Sweep"  
and is hereby recognized as a

**SQUEAKY-CLEAN BATHROOM NINJA**

By completing the "Paperwork" with precision,  
speed, and absolute hygiene, this individual has  
sworn an oath to leave no trace, eliminate all skid  
marks, and uphold the sacred code:

*"No job is finished until the paperwork is done!"*

Awarded on this day: \_\_\_\_\_



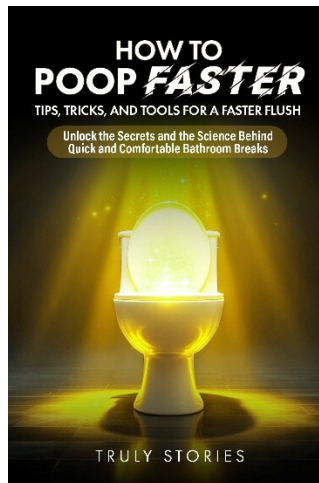
## A Message from Truly Stories

By mastering the "Paperwork", you've completed your training. You are no longer just a person who poops; you are a true Squeaky-Clean Bathroom Ninja.

**Ready for the next level?**

Scan the QR code below (or click the link) to grab your copy of the full book:

**How to Poop Faster:  
Tips, Tricks, and Tools for a Faster Flush.**



<https://www.amazon.com/dp/B0FBT9QG87>

# Thank You for Reading

## How to Wipe After Pooping

If this book makes your bathroom breaks easier or brings a smile to your face, then your thoughts and feedback would mean the world to us. **A quick review helps** more people discover the book and gives us a chance to keep sharing helpful, lighthearted tips to make a difference in many lives.

Thank you for being part of this journey!

**You can leave a review here:**

<https://www.amazon.com/review/create-review?asin=B0GSNN2X9T>



## The Mission Continues...

Congratulations, Ninja. You have mastered the ancient arts of the Clean Sweep and the Ghost Routine. But the path to ultimate bathroom efficiency is a lifelong journey.

For advanced tactics, equipment reviews, and deeper insights into the Way of the Bowl, report to our digital headquarters:

[HowToPoopFaster.com](http://HowToPoopFaster.com)

**On our official blog, you'll find:**

- **The Gear Vault:** Our top-secret recommendations for the best tactical equipment (stools, bidets, and papers).
- **Tactical Deep-Dives:** Articles that go beyond the booklet to optimize your daily routine.
- **The Ninja Community:** Join others dedicated to the creed of "Leaving No Trace."

**A Note on Supply Lines:** To keep our Dojo running, some of the gear we recommend contains affiliate links. If you choose to upgrade your kit through these links, we may earn a small commission at no additional cost to you. It's a simple way to support the mission and keep the paperwork flowing!



# STOP THE SKID. SAVE THE LAUNDRY.

You've mastered the art of the quick exit. You're fast, you're efficient, and you're reclaiming hours of your life. But if you walk away with a "shadow" in your shorts, the mission is a failure.

This official companion guide to ***How to Poop Faster*** is the final **piece of your training**. No more "markers that never run out of ink." No more laundry-day surprises. Just the clean, confident shine of a true professional.

- **The Paperwork Audit:** Choosing the right tools.
- **Stealth Maneuvers:** Advanced techniques for a spotless finish.
- **The Troubleshooting Guide:** Handling "stubborn" sessions.
- **The Official Certification:** Your diploma from the Dojo.

*"Because no job is finished until the paperwork is done."*

## COMPLETE YOUR TRAINING.

If you haven't mastered the "Faster Flush" yet, you're only halfway there. Scan the code to grab the full manual and become a certified Bathroom Speed Champion.



[amazon.com/dp/B0FBT9QG87](https://amazon.com/dp/B0FBT9QG87)

