

Your Brain On Sex How Smarter Sex Can Change Your Life

Resurrecting Sex David Schnarch 2010-09-21 In this remarkable book, Dr. David Schnarch, world-renowned sex and marital therapist and author of *Passionate Marriage*, offers a groundbreaking approach to resolving sexual difficulties and the relationship problems they cause. By showing couples how they can turn their worst sex and relationship disasters into personal growth and spiritual connection, Dr. Schnarch offers couples the best sex of their lives. In addition to taking an unflinchingly honest, realistic, and erotic approach to sex, Dr. Schnarch reveals the complicated emotional interactions hidden within couples' most private moments. *Resurrecting Sex* speaks of compassion, partnership, generosity, and integrity in adult sexual relationships, offering hope to millions of people who are struggling with sexual difficulties. Uplifting, provocative, and heartfelt, the book is organized into four sections: A crash course in sex Explanation of how sexual relationships really work Medical options and bionic solutions Vignettes of couples changing their sexual relationships *Resurrecting Sex* addresses all major sexual issues, including male erection problems such as rapid orgasm and delayed orgasm; women's problems with arousal and lubrication, difficulty reaching orgasm, and low desire; full coverage of Viagra (for both men and women); and other sex-enhancing drugs and medical options. Rather than dwelling on sexual techniques, this sympathetic book shows how to cure the rejection, hostility, and emotional alienation that often accompany sexual problems. Its unique method helps couples develop the love, affection, and commitment that prevent divorce and strengthen families.

Smarter Tomorrow Elizabeth Ricker 2021-08-19 Join Ricker on a wild and edifying romp through

the cutting-edge world of neuroscience and biohacking. You'll encounter Olympic athletes, a game show contestant, a memory marvel, a famous CEO, and scientists galore. From Ricker's decade-long quest, you will discover: - The brain-based reason so many self-improvement projects fail . . . But how a little-known secret of Nobel Prize winning scientists could finally unlock success - How your strength in four key areas - executive function, emotional regulation, learning and memory, and creativity - predicts your success in work and relationships, and a new system for improving all four - Which seven research-tested tools can supercharge mental performance. They range from low-tech (a surprising new mindset) to downright futuristic (an electrical device for at-home brain stimulation) Best of all, you will learn to upgrade your brain with Ricker's 20 customizable self-experiments and a sample 12-week schedule. Ricker distills insights from dozens of interviews and hundreds of research studies from around the world. She tests almost everything on herself, whether it's nicotine, video games, meditation, or a little-known beverage from the Pacific islands. Some experiments fail hilariously-but others transform her cognition. She is able to sharpen her memory, increase her attention span, boost her mood, and clear her brain fog. By following Ricker's system, you'll uncover your own boosts to mental performance, too. Join a growing, global movement of neurohackers revolutionizing their careers and relationships. Let this book change 15 minutes of your day, and it may just change the rest of your life!

Change Your Brain, Change Your Life Daniel G. Amen 2009-11-05 In this breakthrough US bestseller, you'll see scientific evidence that your anxiety, depression, anger, obsessiveness or impulsiveness could be related to how specific structures in your brain work. Pioneering neuropsychiatrist Dr Daniel Amen provides convincing evidence that many problems formerly considered psychological, such as anxiety and depression, actually have a biological basis. The good

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news is that you're not stuck with the brain you're born with. In this groundbreaking book, Dr Amen offers a wealth of surprising - and effective - 'brain prescriptions' that can help heal your brain and change your life.

[Delusions of Gender: How Our Minds, Society, and Neurosexism Create Difference](#) Cordelia Fine 2011-08-08 Using findings from the latest information in developmental psychology, neuroscience and education, this book debunks the assumed differences between male and female brain function and reveals the brain's remarkable plasticity and the influence of culture on identity. Reprint.

Feed The Beast: Cooking For Your Alpha Male Tracy Hammond 2017-02-03 This is a retro-feminist cookbook that takes a deep dive into social roles, food and sex. Tracy Hammond's irrepressible FEED THE BEAST takes a unique, slightly zany look at how to charm your own personal caveman into submission while still maintaining your sanity. As the wife and personal sidekick of comedian Joe Bartnick, Hammond clearly knows her material well. She's fashioned almost two decades of intimate experience cohabiting with a hairy but lovable Cro-Magnon Man through finesse, food and a refreshingly open-minded attitude Jam-packed with 70 recipes, chockfull of time-saving tips, hints and shortcuts on making luscious, satisfying meals, the easy-to-follow recipes are perfect for everyone, from kitchen newcomers to experienced cooks. FEED THE BEAST is guaranteed to satisfy the Alpha Male in your life, because when he's happy, everyone's happy. *Smart Parenting, Smarter Kids* David Walsh 2012-03-20 Shares advice for parents on how to help children bolster their brain power while improving focus and attention, covering practical topics ranging from exercise and nutrition to sleep and play.

Dollars and Sex Marina Adshade 2013-03-19 Like Freakonomics, Dollars and Sex takes economics and converts it into a sexy science by applying the principles of supply and demand, and other

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market forces, to matters of love, courtship, sex, and marriage. As she does in her hugely popular blog, author Marina Adshade explores the marketplace for sex and love using research, economic analysis, and humor to reveal just how central the interplay of libido, gender, love, power, and economic forces is to the most important choices we make in our lives. Call it "Sexonomics."

How Sex Heals Stanley Siegel Lcsw 2015-08-10 One of the greatest sources of insight into our psyche comes in the form of sexual expression. Through sex, we learn about our strongest desires and create our most satisfying romantic experiences. Achieving a balanced, uncensored understanding of our sexuality, both internally and within our relationships, is a vital part of attaining self-awareness, helping us to reach our highest potential as loving, compassionate people to others as well as ourselves. How Sex Heals offers engaging, concise essays full of rejuvenating advice and healing wisdom from long-standing professionals in the fields of therapy, sexuality, and psychology, including: Stanley Siegel, Michael Picucci, Galen Fous, Neil McArthur, Alyssa Siegel and Ben Peck. Discover: How to decode your deepest sexual desires How to access your sexual "blueprint" What your fantasies and desires might say about your past How to move past feelings of shame, guilt, and frustration surrounding sex How to navigate your fantasies within our sex-obsessed, often sex-shaming society How to integrate spirituality into your sexual routine ...and many more honest, authentic, and articulate accounts of sexual exploration and awareness. All proceeds from How Sex Heals will go towards providing continuing support for Psychology Tomorrow Magazine and the Alternative Therapists Directory. With your support, we can create a thought-provoking shift towards the acceptance of all healing forms of therapeutic practice that embrace holistic approaches to well-being."

[Exploring the Biological Contributions to Human Health](#) Institute of Medicine 2001-07-02 It's

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obvious why only men develop prostate cancer and why only women get ovarian cancer. But it is not obvious why women are more likely to recover language ability after a stroke than men or why women are more apt to develop autoimmune diseases such as lupus. Sex differences in health throughout the lifespan have been documented. Exploring the Biological Contributions to Human Health begins to snap the pieces of the puzzle into place so that this knowledge can be used to improve health for both sexes. From behavior and cognition to metabolism and response to chemicals and infectious organisms, this book explores the health impact of sex (being male or female, according to reproductive organs and chromosomes) and gender (one's sense of self as male or female in society). Exploring the Biological Contributions to Human Health discusses basic biochemical differences in the cells of males and females and health variability between the sexes from conception throughout life. The book identifies key research needs and opportunities and addresses barriers to research. Exploring the Biological Contributions to Human Health will be important to health policy makers, basic, applied, and clinical researchers, educators, providers, and journalists-while being very accessible to interested lay readers.

Words Can Change Your Brain Andrew Newberg 2012-06-14 In our default state, our brains constantly get in the way of effective communication. They are lazy, angry, immature, and distracted. They can make a difficult conversation impossible. But Andrew Newberg, M.D., and Mark Waldman have discovered a powerful strategy called Compassionate Communication that allows two brains to work together as one. Using brain scans as well as data collected from workshops given to MBA students at Loyola Marymount University, and clinical data from both couples in therapy and organizations helping caregivers cope with patient suffering, Newberg and Waldman have seen that Compassionate Communication can reposition a difficult conversation to lead to a satisfying

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conclusion. Whether you are negotiating with your boss or your spouse, the brain works the same way and responds to the same cues. The truth, though, is that you don't have to understand how Compassionate Communication works. You just have to do it. Some of the simple and effective takeaways in this book include:

- Make sure you are relaxed; yawning several times before (not during) the meeting will do the trick
- Never speak for more than 20-30 seconds at a time. After that they other person's window of attention closes.
- Use positive speech; you will need at least three positives to overcome the effect of every negative used
- Speak slowly; pause between words. This is critical, but really hard to do.
- Respond to the other person; do not shift the conversation.

Remember that the brain can only hold onto about four ideas at one time Highly effective across a wide range of settings, Compassionate Communication is an excellent tool for conflict resolution but also for simply getting your point across or delivering difficult news.

The Relationship Fix Jenn Mann 2016-10-13 Using clinical experience and the latest research, a Marriage & Family Therapist offers a roadmap to navigating issues couples commonly face. Relationships aren't easy, even the good ones. If you are on the verge of a divorce or break-up, in a great relationship, but want to take it to the next level, or single and want to make sure your next relationship is better, this book is for you. Based on cutting-edge research and almost three decades of clinical experience as a Marriage and Family Therapist in private practice, Dr. Jenn Mann teaches you everything you need to know have a deeper, more satisfying relationship, and the skills to fix one that isn't working. Reading Dr. Jenn's book is like sitting down with her for a personal session in her treatment room. Using her tell-it-like-it-is approach, Dr. Jenn guides you through the six steps needed to get your relationship on track and helps you to:

- * Use conflicts to strengthen your relationship
- * Create connection with your partner, even if you haven't felt it for years
- * Change bad

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patterns * Recognize and know what to do when unresolved issues are hurting the relationship * Negotiate effectively to get your needs met * Make an effective apology using the four R's * Learn to forgive * Reignite your sex life The Relationship Fix is also filled with case studies and stories from Dr. Jenn's clients on VH1's Couples Therapy with Dr. Jenn and her popular radio show, and on her own personal experiences. Praise for The Relationship Fix "Dr. Jenn does a wonderful job helping others. She's a passionate voice for change and will take you on a meaningful journey that'll change your relationship!" —M. Gary Neuman, New York Times–bestselling author of The Truth about Cheating: Why Men Stray and What You Can Do to Prevent It "A practical, no-nonsense guide with an abundance of information and sound advice. It can help your marriage survive, grow, and flourish." —Harriet Lerner, PhD, author of The Dance of Anger

Your Subconscious Brain Can Change Your Life Dr. Mike Dow 2020-09-08 New in paperback: New York Times best-selling author offers a groundbreaking approach to activate the subconscious brain to set yourself free from your past and create a terrific future. "This well-researched and scientific look at your subconscious brain will provide you with the practical tools you need to help you achieve your wildest dreams." -- Dr. Mercola, New York Times best-selling author of Fat for Fuel and founder of Mercola.com Can you remember a time in your life when you felt absolutely confident, happy, and free? Imagine what your life would be like if you could live in that space . . . In this book, Dr. Mike Dow shares a groundbreaking, life-changing program he created: Subconscious Visualization Technique (SVT). Now, if you think the subconscious brain is some woo-woo pseudoscience, prepare to have your mind blown. The cutting-edge research, protocol, and audio tracks Mike offers will help you speak directly to your subconscious brain and tap into your greatest strengths, gifts, and resources. His program, the first of its kind, starts with cognitive behavioral

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therapy (CBT), then incorporates various types of subconscious tools: mindfulness, guided visualization, audio-visual entrainment, and bilateral stimulation of the brain and body. Your subconscious can change the way you digest food, help you access memories and repressed feelings, boost your immune system, and activate mindbody healing so that you don't have to constantly treat your symptoms. Some examples of syndromes that SVT can treat include chronic pain, fibromyalgia, leaky gut, irritable bowel syndrome (IBS), migraines, anxiety disorders, and more! SVT helps you access the best parts of yourself and move into your true self. In short, your subconscious brain can change your life!

Real Sex Mike Lousada 2017-05-30 The more modern culture shines its light on sex, the longer the shadow it casts. This shadow is commercialism, pornography and shame. This approach to sexuality distorts it to create performance pressure, increasing numbers of sexual 'dysfunctions' and a fundamental disconnect from ourselves and others. Yet sexuality is one of the most important paths to happiness, simply because it requires us to engage all the other aspects of ourselves. To have deeply satisfying sex we must engage the mind, the body and our feelings. Real Sex will show you how almost everything that our society has tried to teach you about your sexuality is misleading or simply wrong. Real Sex is a journey into the heart of your sexual self; a way of creating meaningful and fulfilling intimacy. It sets out seven keys that will teach you how to love and accept your mind, body, feelings, desires and sexuality at a deeper level, leaving behind feelings of guilt, insecurity and shame. Real Sex offers a new, integrated idea of sexuality that holds a positive perspective of the sexual beings that we are; longing for intimacy and aliveness that we know deep down makes our lives meaningful.

Deal With It Esther Drill 1999-09 The creators of the award-winning, phenomenally popular

interactive website, gURL.com, present a hip, no-nonsense resource book for girls.

The Brain That Changes Itself Norman Doidge 2008-08-07 An introduction to the science of neuroplasticity recounts the case stories of patients with mental limitations or brain damage whose seemingly unalterable conditions were improved through treatments that involved the thought re-alteration of brain structure.

Brainsex Anne Moir 1989

Weekly World News 2004-04-26 Rooted in the creative success of over 30 years of supermarket tabloid publishing, the Weekly World News has been the world's only reliable news source since 1979. The online hub www.weeklyworldnews.com is a leading entertainment news site.

How Sex Changed Joanne Meyerowitz 2009-07-01 How Sex Changed is a fascinating social, cultural, and medical history of transsexuality in the United States. Joanne Meyerowitz tells a powerful human story about people who had a deep and unshakable desire to transform their bodily sex. In the last century when many challenged the social categories and hierarchies of race, class, and gender, transsexuals questioned biological sex itself, the category that seemed most fundamental and fixed of all. From early twentieth-century sex experiments in Europe, to the saga of Christine Jorgensen, whose sex-change surgery made headlines in 1952, to today's growing transgender movement, Meyerowitz gives us the first serious history of transsexuality. She focuses on the stories of transsexual men and women themselves, as well as a large supporting cast of doctors, scientists, journalists, lawyers, judges, feminists, and gay liberationists, as they debated the big questions of medical ethics, nature versus nurture, self and society, and the scope of human rights. In this story of transsexuality, Meyerowitz shows how new definitions of sex circulated in popular culture, science, medicine, and the law, and she elucidates the tidal shifts in our social,

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moral, and medical beliefs over the twentieth century, away from sex as an evident biological certainty and toward an understanding of sex as something malleable and complex. How Sex Changed is an intimate history that illuminates the very changes that shape our understanding of sex, gender, and sexuality today.

Vagina Naomi Wolf 2012-09-06 An astonishing new work that radically changes how we think about, talk about and understand the vagina - and consequently how we think about women and sexuality - from Naomi Wolf, one of our most respected cultural critics and author of the modern classic, *The Beauty Myth*. As Naomi Wolf embarks on a life-changing journey to tease out the link between sexuality and creativity, what she discovers is revelatory and exhilarating - a scientifically supported link between the vagina and female courage, assertiveness and consciousness itself. Emboldened by these new discoveries she looks back in history and show us how the vagina was considered sacred for centuries until it began to be cast as a threat. Even now in an increasingly sexualised world, it is thought of as slightly shameful. Why? *Vagina: A New Biography* combines cutting-edge science with cultural history to explore the role of female desire and how it affects female identity, creativity and confidence. Provocative and engaging, positive and inspiring, this book brings to light female impulses, history and dreams - and, in exploring what women really need - it goes to the very core of what it means to be female. For any woman who wants to understand her body and her mind and the culture that defines her - *Vagina* is essential reading.

Use Your Brain to Change Your Age Daniel G. Amen 2012-02-14 Presents a companion to a PBS special that outlines an anti-aging program for retaining youthful mental clarity, improving energy, and strengthening the immune system.

The Female Brain Louann Brizendine 2009-05-04 Accessible, fun and compelling, and based on

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more than three decades of research, *The Female Brain* will help women to better understand themselves - and the men in their lives. In this groundbreaking book, Dr Louann Brizendine describes the uniquely flexible structure of the female brain and its constant, dynamic state of change - the key difference that separates it from that of the male - and reveals how women think, what they value, how they communicate, and whom they'll love. She also reveals the neurological explanations behind why... - A woman remembers fights that a man insists never happened... - Thoughts about sex enter a woman's brain perhaps once every couple of days, but may enter a man's brain up to once every minute... - A woman's brain goes on high alert during pregnancy - and stays that way long after giving birth... - A woman over 50 is more likely to initiate divorce than a man... - Women tend to know what people are feeling, while men can't spot an emotion unless someone cries or threatens them with bodily harm!

The Science of Meditation Daniel Goleman 2017-09-07 More than forty years ago, two friends and collaborators at Harvard, Daniel Goleman and Richard Davidson were unusual in arguing for the benefits of meditation. Now, as mindfulness and other brands of meditation become ever more popular, promising to fix everything from our weight to our relationship to our professional career, these two bestselling authors sweep away the misconceptions around these practices and show how smart practice can change our personal traits and even our genome for the better. Drawing on cutting-edge research, Goleman and Davidson expertly reveal what we can learn from a one-of-a-kind data pool that includes world-class meditators. They share for the first time remarkable findings that show how meditation - without drugs or high expense - can cultivate qualities such as selflessness, equanimity, love and compassion, and redesign our neural circuitry. Demonstrating two master thinkers at work, *The Science of Meditation* explains precisely how mind training benefits us.

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More than daily doses or sheer hours, we need smart practice, including crucial ingredients such as targeted feedback from a master teacher and a more spacious worldview. Gripping in its storytelling and based on a lifetime of thought and action, this is one of those rare books that has the power to change us at the deepest level.

Your Brain on Sex Stanley Siegel 2011-10 What if great sex wasn't just great sex: what if great sex could actually change your life? A groundbreaking and intriguing look at how each one of us can grab a better life through better sex, this book lays out a bold yet simple path for uncovering desire and maximizing its effects. You will learn how to discover your true desires, understand what they mean, and use those secrets to create powerful change.

Rewire Your Brain John B. Arden 2010-03-22 How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden

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include: *Brain-Based Therapy-Adult*, *Brain-Based Therapy-Child*, *Improving Your Memory For Dummies* and *Heal Your Anxiety Workbook* Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, *Rewire Your Brain* will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

Moody Bitches Julie Holland 2016-02-09 As women, we learn from an early age that our moods are a problem. To succeed in life, we are told, we must have it all under control: we have to tamp down our inherent shifts in favor of a more static way of being. But our bodies are wiser than we imagine. Moods are not an annoyance to be stuffed away, they are a finely-tuned feedback system that can tell us how best to manage our lives. Our changing moods let us know when our bodies are primed to tackle different challenges and when we should be alert to developing problems. They help us select the right tool for each of our many jobs. If we deny our emotionality, we deny the breadth of our talents. With the right care of our inherently dynamic bodies, we can master our moods to avail ourselves of this great natural strength. Yet millions of American women are medicating away their emotions because our culture says that moodiness is a problem to be fixed. Over-prescribed medications can have devastating consequences for women in many areas of our lives--and even if we don't pop a pill, women everywhere are numbing their emotions with food, alcohol, and a host of addictive behaviors that deny the wisdom of our bodies and keep us from addressing the real issues that we face. Here, Dr. Julie Holland shares a better way.--From publisher description.

Your Brain on Porn Gary Wilson 2015-02-12 The internet has made access to sexually explicit content radically more easy than ever before. This book is essential reading for those who are

troubled by their own relationship with pornography, and for those who want to understand the world we now live in. Republished with extensive revisions in December 2017.

He Comes Next Ian Kerner 2009-10-13 Transform Yourself from "Passion Victim" to Passionista! In the smash hit *She Comes First*, Ian Kerner singlehandedly waged battle against male sexual "ill-cliteracy," and women everywhere benefited from his "viva la vulva" philosophy of female pleasure. Now, in *Passionista*, it's time to learn all about what turns men on—and makes them stay on. In this point-by-point, "blow-by-blow" guide, Kerner makes giving as much fun as receiving as he covers every angle of male sexuality, unlocks the secrets of satisfaction, and offers knowledgeable answers to the questions every woman wonders about. His advice is the closest you'll ever come to waking up in a guy's skin and knowing what truly makes him sexually tick. Written in the same witty, insightful, and utterly readable voice that has made *She Comes First* and *Be Honest—You're Not That Into Him* Either so popular, *Passionista* is the empowered woman's guide to enjoying sex to the fullest—and ensuring that he does the same.

Sexual Intelligence Marty Klein 2012-02-07 This is not your standard sex book. Sex therapist, sociologist, and *Psychology Today* contributor Dr. Marty Klein goes beyond the sex manuals to reveal how our mindsets during sex are more important than any tricks or techniques—and that the way to a healthier, more exciting, more fulfilling sex life lies in first developing our sexual intelligence. This book is the antidote to the many gimmick-oriented sex guides and manuals; Dr. Klein shows us how to reorient how we think about sex in order to experience a truly different way of being sexual. "Marty Klein is the Steve Jobs of sex advice. . . . *Sexual Intelligence* is a work of enormous wisdom and expansiveness, and will inspire readers, regardless of age, to realize their full sexual potential." —Ian Kerner, best-selling author of *She Comes First*

The Secret Wisdom of Ancient Parables Stanley Siegel 2016-05-15 All You Need To Know To Attain What You Want The wisdom found in parables is universal, immune to changes in culture, time or place. While these stories originate from many different traditions, their messages transcend how we conceive reality, reaching far into the depth of our psyches as well as touching the edges of our souls. If we abide by their lessons, we can reshape our experience of life by viewing it from the highest peak, rather than the gloom of its shadows. This book uncovers the ancient secrets to living life positively and achieving a state of uninterrupted well-being. If you follow the lessons, essays and exercises within, you will learn how your thoughts shape your life, how to focus your true desires, and how to create a life of limitless possibilities. You Will Learn: How to stop "thought errors" from controlling your actions. How to access your imagination to change your daily life. How to understand and attain your true purpose in life. How to turn obstacles in the way of your dreams into gifts. How to accept and forgive yourself and others. How to create an abundant and prosperous mind. With every decision, we shape and create our destiny. Limitations are within our minds, and it is up to us to rise above them. As the actor, James Dean put it, "I can't change the direction of the wind, but I can adjust my sails to always reach my destination."

44 Chapters About 4 Men BB Easton 2019-11-19 One woman's secret journal completely changes her marriage in this hilarious and biting memoir—the inspiration for the Netflix Original Series *SEX/LIFE*. School psychologists aren't supposed to write books about sex. Doing so would be considered "unethical" and "a fireable offense." Lucky for you, ethics was never my strong suit. *Sex/Life: 44 Chapters About 4 Men* is a laugh-out-loud funny and brutally honest look at female sexuality, as told through the razor-sharp lens of domesticated bad girl BB Easton. No one and nothing is off limits as BB revisits the ex-boyfriends—a sadistic tattoo artist, a punk rock parolee,

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and a heavy metal bass player—that led her to finally find true love with a straight-laced, drop-dead-gorgeous . . . accountant. After settling down and starting a family with her perfectly vanilla "husbot," Ken, BB finds herself longing for the reckless passion she had in her youth. She begins to write about these escapades in a secret journal, just for fun, but when Ken starts to act out the words on the pages, BB realizes that she might have stumbled upon the holy grail of behavior modification techniques. The psychological dance that ensues is nothing short of hilarious as BB wields her journal like a blowtorch, trying to light a fire under her cold, distant partner. Sometimes it works, sometimes it doesn't, but in the end, BB learns that the man she was trying so hard to change was perfect for her all along.

How To Think More About Sex Alain de Botton 2012-05-10 Think more about sex by thinking about it in a different way. In this rigorous and supremely honest book Alain de Botton helps us navigate the intimate and exciting - yet often confusing and difficult - experience that is sex. Few of us tend to feel we're entirely normal when it comes to sex, and what we're supposed to be feeling rarely matches up with the reality. How To Think More About Sex argues that 21st-century sex is ultimately fated to be a balancing act between love and desire, and adventure and commitment. Covering topics that include lust, fetishism, adultery and pornography, Alain de Botton frankly articulates the dilemmas of modern sexuality, offering insights and consolation to help us think more deeply and wisely about the sex we are, or aren't, having. Discover more books from The School of Life: How to Stay Sane by Philippa Perry How to Find Fulfilling Work by Roman Krznaric How to Worry Less About Money by John Armstrong How to Change the World by John-Paul Flintoff How to Thrive in the Digital Age by Tom Chatfield How to Think More About Sex by Alain de Botton

Cupid's Poisoned Arrow Marnia Robinson 2009-06-23 Zing! Cupid's arrow skewers a primitive

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part of the brain. Obediently, we fall in love amid showers of passionate fireworks, bond for a time ... and then often get fed up with each other and grow irritable or numb. Perhaps we try to remodel our mate, seek solace online, or pursue a new love interest. Ancient sages recognized this biological snare and hinted at a way to dodge it: use lovemaking to balance one another and harmony arises naturally. With an entertaining blend of personal experiences, the latest neuroscience, and forgotten insights from around the globe, Cupid's Poisoned Arrow confronts current assumptions about sex and love and offers a refreshing, practical approach to sexuality.

[Sex, Lies and the Ballot Box](#) Philip Cowley 2014-10-28 HAVE YOU EVER WONDERED... ... what emotions really influence where your cross goes on the ballot paper? ... whether people are claiming to vote when they haven't? ... which party's supporters are the kinkiest in bed? In the run-up to the most hotly contested and unpredictable election in a generation, this exhilarating read injects some life back into the world of British electoral politics. Sex, Lies and the Ballot Box sheds light on some of our more unusual voting trends, ranging from why people lie about voting to how being attractive can get you elected. Each of the fifty accessible and concise chapters, written by leading political experts, seeks to examine the broader issues surrounding voting and elections in Britain. It is not just about sexual secrets and skewed surveys: it illustrates the importance of women and ethnic minorities; explains why parties knock on your door (and why they don't); and shows how partisanship colours your views of everything, even pets. This fascinating volume covers everything you need to know (and the things you never thought you needed to know) about the bedroom habits, political untruths and voting nuances behind the upcoming election. 'This book is such an utterly brilliant idea it is ridiculous that no one has thought of it before ... I cannot recommend it highly enough.' John Rentoul

Sex Smart Aline Zoldbrod 2005-03-01 How your childhood shaped your sexual life and what to do about it.

What Makes Your Brain Happy and Why You Should Do the Opposite David Disalvo 2011-11-15 This book reveals a remarkable paradox: what your brain wants is frequently not what your brain needs. In fact, much of what makes our brains "happy" leads to errors, biases, and distortions, which make getting out of our own way extremely difficult. Author David DiSalvo presents evidence from evolutionary and social psychology, cognitive science, neurology, and even marketing and economics. And he interviews many of the top thinkers in psychology and neuroscience today. From this research-based platform, DiSalvo draws out insights that we can use to identify our brains' foibles and turn our awareness into edifying action. Ultimately, he argues, the research does not serve up ready-made answers, but provides us with actionable clues for overcoming the plight of our advanced brains and, consequently, living more fulfilled lives.

Change Your Brain, Change Your Body Daniel G. Amen, M.D. 2010-02-16 THE KEY TO A BETTER BODY—in shape, energized, and youthful—is a healthy brain. With fifteen practical, easy-to-implement solutions involving nutritious foods, natural supplements and vitamins, positive-thinking habits, and, when necessary, highly targeted medications, Dr. Amen shows you how to: * Reach and maintain your ideal weight * Soothe and smooth your skin at any age * Reduce the stress that can impair your immune system * Sharpen your memory * Increase willpower and eliminate the cravings that keep you from achieving your exercise and diet goals * Enhance sexual desire and performance * Lower your blood pressure without medication * Avoid depression and elevate the enjoyment you take in life's pleasures. Based on the latest medical research, as well as on Dr. Amen's two decades of clinical practice at the renowned Amen Clinics, where Dr. Amen and his associates pioneered the

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Unleash the Power of the Female Brain Daniel G. Amen 2013-02-12 For the first time, bestselling author and brain expert Dr Daniel G. Amen offers insight on the unique characteristics and needs of the female brain and provides a practical, prescriptive programme specifically for women to help them thrive. In this breakthrough guide based on research from his clinical practice, Dr Amen addresses the issues women ask about the most including fertility, pregnancy, menopause, weight, stress, anxiety, insomnia, and relationships. By following Dr Daniel Amen's advice and putting his twelve simple, one-hour exercises into practice you will be able to: * Harness the unique strengths of the female brain - including empathy, intuition, collaboration and self-control - and overcome its vulnerabilities - such as depression, perfectionism and the inability to let go of negative thoughts * Naturally balance the hormones that govern your energy, mood, relaxation, power, trust and lust and learn how to make your hormones work for you, instead of against you. * Successfully navigate hormone-related issues such as thyroid imbalance, PMS, polycystic ovarian syndrome, perimenopause and menopause. * Eat the right foods for a flat tummy, lose unwanted pounds and get healthy and fit * Get your cravings under control * Look younger and more vital * Optimise your brain for love, sex and intimacy in relationships * Get your brain ready for pregnancy

Come As You Are: Revised and Updated Emily Nagoski 2021-03-02 A revised and updated edition of Emily Nagoski's game-changing New York Times bestseller *Come As You Are*, featuring new

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information and research on mindfulness, desire, and pleasure that will radically transform your sex life. For much of the 20th and 21st centuries, women's sexuality was an uncharted territory in science, studied far less frequently—and far less seriously—than its male counterpart. That is, until Emily Nagoski's *Come As You Are*, which used groundbreaking science and research to prove that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organized but how you feel about them. In the years since the book's initial publication, countless women have learned through Nagoski's accessible and informative guide that things like stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it—and that even if you don't always feel like it, you are already sexually whole by just being yourself. This revised and updated edition continues that mission with new information and advanced research, demystifying and decoding the science of sex so that everyone can create a better sex life and discover more pleasure than you ever thought possible.

13 Things Mentally Strong Women Don't Do Amy Morin 2019-01-10 The emergence of the #MeToo and #TimesUp movements have awakened society and encouraged women to find their voice and claim back their power. Contending with a host of difficult issues that demand psychological strength - in this crucial book, prominent psychotherapist and licensed clinical social worker Amy Morin gives women the techniques to build mental muscle in 13 steps. Delving into critical issues like sexism, social media, social comparison, and social pressure, Amy offers thoughtful, intelligent advice, practical tips, and specific strategies; combining them with her personal experiences, stories from former patients, and both well-known and untold examples from women from across industries and pop culture. Throughout, she explores the areas women - and

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society at large - must focus on to become (and remain) mentally strong. Amy reveals that healthy, mentally tough women don't insist on perfection; they don't compare themselves to other people; they don't see vulnerability as a weakness; they don't let self-doubt stop them from reaching their goals. Insightful, grounded, and extremely timely, 13 THINGS MENTALLY STRONG WOMEN DON'T DO can help every woman flourish - and Amy will take readers on this journey with her, every step of the way.

Sex and the City and Us Jennifer Keishin Armstrong 2019-05-07 The bestselling author of Seinfeldia offers a fascinating retrospective of the iconic and award-winning television series, Sex and the City, in a “bubbly, yet fierce cultural dissection of the groundbreaking show” (Chicago Tribune). This is the story of how a columnist, two gay men, and a writers’ room full of women used their own poignant, hilarious, and humiliating stories to launch a cultural phenomenon. They endured shock, slut-shaming, and a slew of nasty reviews on their way to eventual—if still often begrudging—respect. The show wasn’t perfect, but it revolutionized television for women. When Candace Bushnell began writing for the New York Observer, she didn’t think anyone beyond the Upper East Side would care about her adventures among the Hamptons-hopping media elite. But her struggles with singlehood struck a chord. Beverly Hills, 90210 creator Darren Star brought her vision to an even wider audience when he adapted the column for HBO. Carrie, Miranda, Charlotte, and Samantha launched a barrage of trends, forever branded the actresses that took on the roles, redefined women’s relationship to sex and elevated the perception of singlehood. Featuring exclusive new interviews with the cast and writers, including star Sarah Jessica Parker, creator Darren Star, executive producer Michael Patrick King, and author Candace Bushnell, “Jennifer Keishin Armstrong brings readers inside the writers’ room and into the scribes’ lives...The writing is

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fizzy and funny, but she still manages an in-depth look at a show that's been analyzed for decades, giving readers a retrospective as enjoyable as a \$20 pink cocktail" (The Washington Post). *Sex and the City* and *Us* is both a critical and nostalgic behind-the-scenes look at a television series that changed the way women see themselves.

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