

101 Nights Of Tantric Sex Cabandra Lorius

Kamasutra - Wendy Doniger 2003-07-31

Our Miniature Edition™ abridgment of one of the world's best-known texts is accompanied by lush, sensuous illustrations. The oldest existing Hindu book of erotic love, the Kamasutra still has much to offer modern lovers looking for new paths to pleasure and enlightenment.

Tantric Secrets: 7 Steps to the best sex of your life - Cassandra Lorius 2010-08-05

Following Cassandra Lorius's best-selling Tantric Sex and 101 Nights of Tantric Ecstasy comes Tantric Quickies: The Fast Route to Lingering Pleasure, which demystifies tantric sex and shows you how the following of the basic principles can lead to sexual and personal fulfillment.

Finding, Hiring, And Keeping Peak Performers - Harry E. Chambers 2001-05-10

Every manager or business owner knows that the most precious and scarce commodity is talent. And it's a seller's market-with scrappy dot.com start-ups vying with traditional corporations for the best and the brightest, while traditional competitors lure them away with flexible benefits packages, stock options, and opportunities for advancement. On the front lines are managers, who are rarely trained in the finer points of hiring, but whose decisions are playing an increasingly crucial role. In the author's trademark no-nonsense, from-the-trenches style, *Finding, Recruiting, and Keeping Peak Performers* offers valuable ideas for winning the talent war by seeing the hiring process from the candidate's point of view, exploring non-traditional recruiting sources (including the Internet), and motivating people to stay with the company once they've signed on.

[Mandalas & Meditations for Everyday Living](#) - Cassandra Lorius 2018-04-10

Embark upon your own path to power and inner-peace with these 52 beautiful and inspirational mandalas. Embark upon your own path to power and inner-peace with these 52 beautiful and inspirational mandalas. Mandalas are symbols of the cosmos and, as expert Cassandra Lorius explains, they are also a map towards a spiritual heart. The circle itself represents the entire universe but the center of the mandala is often where the focus of the image lies. In *Mandalas and Meditations*, Cassandra will help you find a mandala to suit your day and will help you to meditate upon the topic or meaning at the center of your mandala. She will guide you in finding inner peace and power. Beginning with an introduction that will take you through the origins of the mandala, *Mandalas and Meditations* will show you how to meditate with mandalas; what methods of contemplation to use; and how to make your own personalized mandala. This handy compendium also contains 52 gorgeously illustrated mandalas that will suit every thought, emotion, and ambition that may require reflection.

[The Elusive Orgasm](#) - Vivienne Cass 2002-02-02

Are you one of the thirty percent of women who has difficulties with orgasm? Do you want to experience greater sexual satisfaction? In easy to read language, *The Elusive Orgasm* provides a full overview of women's sexual pleasure, covering sexual triggers, stages of arousal, the power of mind, and how women differ from men. Longtime clinical psychologist and sex therapist Dr. Vivienne Cass reveals all the causes of women's orgasm difficulties-and how to remedy them. In *The Elusive Orgasm*, you'll learn: What an orgasm is, How the clitoris is much more than "a little button", The five types of orgasm difficulties, The twenty-five causes of those difficulties, Self-awareness via quizzes and questionnaires, Step-by-step plans to help you and your partner. An

extraordinarily thorough, all-inclusive exploration of every possible reason why women have orgasm challenges, *The Elusive Orgasm* gives you the tools to discover the source of your own orgasm difficulties, along with straightforward remedies. Book jacket.

101 Nights of Tantric Sex - Cassandra Lorius 2009-06-01

This book leads you through 101 Tantric rituals, exercise and meditations to enhance your sexual and emotional confidence and take your relationship to new levels.

My Way or the Highway - Harry E. Chambers 2004-11-01

By the author of the bestselling *Bad Attitude Survival Guide* (more than 40,000 copies sold), named one of the top business books of 1998 by *Executive Book Summaries* Everyone thinks they know what micromanagement is, but this book presents a specific, detailed definition illustrated with concrete examples Offers successful strategies for overcoming your own micromanaging behavior and for responding when you are being micromanaged Micromanagement is one of the most widely condemned managerial sins, and one of the most common employee complaints. It results in significant direct, indirect, and hidden costs to organizations, contributing to low morale, high turnover, inefficiency, instability, and lack of continuity. And being perceived as a micromanager can have a significant negative impact on your career. But what, precisely, is micromanagement? More importantly, what can be done about it? In *My Way or the Highway*, Harry Chambers proves that micromanagement can be objectively identified and successfully resisted, both by those who (often unknowingly) inflict it and by those who are its victims. In an informal, entertaining style Chambers describes five specific defining traits of micromanagers: placing their own self interest above everything else; controlling and manipulating time; attempting to determine exactly how everything must be done; requiring elaborate approval processes; and establishing dysfunctional monitoring and reporting requirements. He even provides a Micromanagement Potential Indicator test so you can see whether (and to what extent) you might be a micromanager. He then devotes a chapter to each trait, providing real-world examples of the trait in action and an analysis of the damage it

does. But this is not just a book of diagnosis-Chambers provides treatment as well. He devotes several chapters how to respond if you are the micromanager (a victim of micromanagement), how to eliminate your own micromanaging behaviors, and what to do if you have to manage a micromanager. Avoiding micromanagement should be a major goal of every manager, would-be manager, team member, or collaborative peer. *My Way or the Highway* offers detailed, actionable, field-tested strategies that will eliminate the damage that overcontrolling behavior causes and increase creativity, risk-taking, productivity, and initiative in any organization.

The Power of Tantra - Hugh B. Urban 2009-10-30

In the West, the varied body of texts and traditions known as Tantra for more than two centuries has had the capacity to scandalize and shock. For European colonizers, Orientalist scholars and Christian missionaries of the Victorian era, Tantra was generally seen as the most degenerate and depraved example of the worst tendencies of the so-called 'Indian mind': a pathological mixture of sensuality and religion that prompted the decline of modern Hinduism. Yet for most contemporary New Age and popular writers, Tantra is celebrated as a much-needed affirmation of physical pleasure and sex: indeed as a 'cult of ecstasy' to counter the perceived hypocritical prudery of many Westerners. In recent years, Tantra has become the focus of a still larger cultural and political debate. In the eyes of many Hindus, much of the western literature on Tantra represents a form of neo-colonialism, which continues to portray India as an exotic, erotic, hyper-sexualized Orient. Which, then, is the 'real' Tantra? Focusing on one of the oldest and most important Tantric traditions, based in Assam, northeast India, Hugh B Urban shows that Tantra is less about optimal sexual pleasure than about harnessing the divine power of the goddess that flows alike through the cosmos, the human body and political society. In a fresh and vital contribution to the field, the author suggests that the 'real' meaning of Tantra lies in helping us rethink not just the history of Indian religions, but also our own modern obsessions with power, sex and the invidious legacies of cultural imperialism.

Tantric Sex - Cassandra Lorius 1999

Discover new energy and inner vitality with this practical and accessible guide to using and enhancing tantric sexual energy, beautifully illustrated with 40 b&w line drawings and simple, life-enhancing instructions.

The Power of Tantra Meditation - Artemis Emily Doyle 2021-06-29

Find balance and harmony with meditations based in traditional Tantra. The spiritual system of Tantra is centered on the pursuit of enlightenment and connection. This book is the clear and comprehensive guide to understanding Tantra and unlocking its power with the practice of meditation. Explore how Tantra can focus the mind, awaken energy flow, and invoke a higher state of being and awareness beyond everyday thoughts and sensations. The truth about Tantra--Cast aside the common myths and misconceptions surrounding Tantra with a basic overview of its history and philosophies. Body and mind engagement--Learn how Tantra meditations incorporate movement, color, and sound to activate the whole self, enhancing physical, emotional, and spiritual well-being. Made for modern life--These Tantric meditation practices are rooted in Eastern tradition and are simple enough to do anywhere, even for beginners. Experience a sense of balance and manifest a more vibrant life with The Power of Tantra Meditation.

Tantric Massage For Beginners - R. Riley 2015-05-30

TANTRIC MASSAGE FOR BEGINNERS 3rd EDITION Discover The Best Essential Tantric Massage- and Tantric Love Making Techniques! Bonus Inside Are you and your partner starting to feel distant with one another when you're in the bedroom together? Do you oftentimes wonder if there isn't something more that the two of you could be doing that would make you feel closer to one another? Has someone maybe mentioned tantric sex to you in passing? If you've answered yes to one or more of those questions or you're just looking for a way to spice things up in the bedroom as you deepen the connection between you and your partner, then this might be the book for you! You'll find information as to how the tantric sex movement got started over six thousand years ago, and how you can start practicing it today with your partner without feeling the

pressure of having sexual intercourse! At the end of the book, you'll be introduced to some easy and a few not so easy positions that maximize the tantric sex experience! In this book, you'll find the following: What is Tantric Sex? The Benefits of Tantric Sex Importance of Sex in a Relationship Types of Intimacy Beginning Exercises Basic Tantric Sex Techniques Tantric Massage Tantric Sex Positions for Beginners And much, much more... Want to find out more ? Buy your copy today!

The British National Bibliography - Arthur James Wells 2005

The Heart of Tantric Sex - Diana Richardson 2010-05-11

After many years of exploration, Diana Richardson found that the ancient practice of Tantra, with its unique, intelligent approach to sex, had the effect of enhancing intimacy and deepening love. Here she has adapted Tantra for modern Western lovers in a practical, sympathetic way. Tantric Sex can transform your experience into a more sensual, loving and fulfilling one.

Tantric Secrets - Cassandra Lorius 2003

This book demystifies Tantric sex and shows readers how to put the intensity of tantric sex into their lives to reach sexual nirvana.

The Best Sex Positions Ever! - Alex Williams 2006

From variations on well-known positions to gymnastic moves for the serious enthusiast, "The Best Sex Positions Ever! presents an inspirational approach to lovemaking, one designed to take readers to higher peaks of ecstasy through new and stimulating erotic moves. The book's sizzling positions and uninhibited suggestions show how to spice up any sex life and prolong the pleasure. The sexual adventure begins, appropriately enough, with arousal and response, where partners become more intimately aware of each other's bodies. Then come the climax-guaranteed sex positions, from the tried and true to the provocatively new. As readers expand their repertoire and the bed alone becomes a bit of a bore, "The Best Sex Positions Ever! shows how to incorporate toys and props as well as different surfaces and locations into lovemaking. These sexual positions and suggestions, all illustrated with tastefully explicit photographs, will add an exciting new dimension

to the reader's sexual quest.

Tantric Pillow Book - Cassandra Lorius 2004-01-15

Shows readers how to release and channel sexual energy throughout their bodies.

The Sacred Sex Bible - Cassandra Lorius 2011-11

The Sacred Sex Bible is a comprehensive illustrated guide to sex and spirituality, which looks at historical and cultural currents in sexuality and the influence of both Western and Eastern traditions. From pagan rites to neo-Tantra (Tantra in the West) there are examples of sexual practice and rituals, along with exercises on breathing and visualization as pathways to sacred sex, or blissful union with the divine.

The Complete Idiot's Guide to Tantric Sex - Judith Kuriansky 2004

In this updated, fully illustrated second edition, the author uncovers every aspect of this ancient practice, and introduces the principles, techniques, and rituals of Tantra.

The New Tantra Simple and Sexy - Susan Crain Bakos 2008-10-01

The next step in the Western evolution of an Eastern classic, The New Tantra will transform your sex life. In this newly adapted and improved take on Tantra, internationally acclaimed sex author Susan Crain Bakos extracts the best and hottest techniques from the ancient traditions of

the Kama Sutra and traditional Tantric teachings and combines them with the latest thinking and research on sex. The result is an exciting new Tantra designed for today's modern couple that shows you, step by step, how to strengthen arousal, sustain erection, and intensify and prolong orgasm - all without any rigorous chants or "chakra clearings." In no time at all, you'll be enjoying longer sex, stronger orgasms, and a deeper connection with your lover. You'll learn things you won't find in any other Tantra or sex book on the market, including: Creative intercourse positions - illustrated through beautiful photography - made to suit your bodies and provide the most sensation Powerful ways to embrace your sexual energy and move it around at will No-fail techniques to intensify orgasms Quick fixes for encouraging her orgasm and delaying his The New Tantra is your guide to the best sex of your life. You don't have to commit a lot of time to learning the techniques. There are no rules. This is the intense and thrilling erotic Tantra you've been searching for - the one your sex life can't be without.

Healthy Happy Sexy - Katie Silcox 2015-01-13

A Ayurvedic yoga teacher helps women live a more healthful, radiant life through a series of mental and physical exercises and meditations as well as natural remedies for a wide range of health and beauty needs. Original. 25,000 first printing.

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