

Back To Great Sex Overcome Ed And Reclaim Lost Intimacy

Reclaiming Sex and Intimacy After Prostate Cancer Jeffrey Albaugh 2018-11 Almost all treatments for prostate cancer can result in some degree of erectile dysfunction (ED). Assessing a man's sexual health is particularly important in the treatment of prostate cancer. Jeffrey Albaugh, PhD, APRN, CUCNS, is a pioneer in the field of sexual medicine who emphasizes that treating a man with prostate cancer requires an assessment of his sexual history. ED is no longer considered a foregone conclusion for patients with prostate cancer. All men and their partners should read this book prior to undergoing prostate cancer treatment. This second edition highlights the patient and partner experience of acknowledging that sexual health is a fundamental part of treating the whole patient.

Forthcoming Books Rose Arny 2003-04

Sensate Focus in Sex Therapy Linda Weiner 2017-02-24 *Sensate Focus in Sex Therapy: The Illustrated Manual* is an illustrated manual that provides health professionals with specific information on the use of the structured touching opportunities used regularly by Sexologists to address their clients' sexual difficulties (*Sensate Focus 1*) and enhance intimate relationships (*Sensate Focus 2*). This book is the only one to: vividly describe and illustrate the specific steps of, activities involved in, and positions associated with *Sensate Focus*; emphasize the purpose of *Sensate Focus* as a mindfulness-based practice; and distinguish between the purposes of *Sensate Focus 1* and *Sensate Focus 2*. Through the use of artful drawings and descriptive text, this manual engages mental health and medical professionals and their clients by appealing to both the visual

and the analytical. It discusses how modifications to Sensate Focus can be applied to diverse populations, such as LGBTQ clients, the elderly, the disabled, trauma survivors, and those with challenges such as Autism Spectrum, anxiety, and depression. The book also offers suggestions for dealing with common client difficulties such as avoidance, confusion, and goal directed attitudes. This comprehensive approach to Sensate Focus will remind readers of the beauty and power of touch while offering suggestions for moving from avoidance to sensory transcendence.

Hygienic Teacher and Water-cure Journal 1853

The State Of Affairs Esther Perel 2017-10-12 ***NEW YORK TIMES BESTSELLER*** Is there such a thing as an affair-proof marriage? Is it possible to love more than one person at once? Why do people cheat? Can an affair ever help a marriage? Infidelity is the ultimate betrayal. But does it have to be? Relationship therapist Esther Perel examines why people cheat, and unpacks why affairs are so traumatic; because they threaten our emotional security. In infidelity, she sees something unexpected - an expression of longing and loss. A must-read for anyone who has ever cheated or been cheated on, or who simply wants a new framework for understanding relationships. 'Esther Perel does nothing short of strip us of our deepest biases, remind us of our purpose in connecting as lovers, and save relationships that might otherwise sink into the sea-all with even-handed wisdom, fresh morality, and wise prose. Thank heavens for this woman.' - Lena Dunham 'Beautiful. A brilliantly intelligent plea for complexity, understanding, and - as always - kindness.' - Alain de Botton 'She's the guru on relationships... she's the first person I ask for advice' - Cara Delevingne 'Wisest sex therapist we ever did meet. Her new book, THE STATE OF AFFAIRS, proposes a new perspective on infidelity' - GRAZIA 'This is a must-have for all married couples and has completely changed my thinking.' - SUNDAY TIMES STYLE

Circassian History Kadir I. Natho 2009-12-03 Circassian History relates the heroic struggle for survival of one of the most ancient nations in the world, with a unique language and a highly developed distinctive culture. Beginning from 1555, Circassian princes began seeking the friendship and protection of czarist Russia against the aggressions of the Ottoman Turks and Crimean Khans. However, Czarist Russia unleashed its colonial war against Circassia to build the necessary harbors on the Black Sea. Their Nart Epos and archeological finds of the Maikop dolmen and barrow cultures testify that the ancestors of the Circassians lived and prospered on the same territory at least since the advent of the Bronze Age. Their Homeland in North Caucasus stretched from the main ridge of the Caucasus Mountains to the northeastern Black Sea and eastern Azov seacoasts. Its northern boundaries run from Lake Manych and along the Terek River the northern boundary of Kabarda. Beginning from 1555, Circassian princes began seeking the friendship and protection of czarist Russia against the aggressions of the Ottoman Turks and Crimean Khans. However, Czarist Russia unleashed its colonial aggression and conquered Circassia to build the necessary harbors on the Black Sea. Russia planned to seize Bosphorus and Dardanelles with the passage to the Mediterranean Sea, weaken the position of the Ottoman Empire, deal a powerful blow on the trade interests of Great Britain, and gain the upper hand over the European powers in the contest for world supremacy. In this unequal war, Russia occupied Kabarda in 1779. By 1822, it stripped off the Kabardinian princes of the right to rule in their own land and subjected them and their country to the dictatorship of the commanding generals of the Russian armed forces. Thus, early and masterfully, Russia had cut off Kabarda from its western kindred and then directed its military might against Western Circassia. During this period, Russia launched a powerful worldwide propaganda campaign, portraying the Circassians to the Western world as the marauding savages who should be

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obliterated from the face of the earth in order to ensure peace in the region. At the same time, Russia kept increasing its armed forces in this region. For example, during General Yermolov's time, Russia increased its army in this region from 507,500, excluding the Cossacks. Russia added 47 new battalions since 1831 and another 40,000 soldiers in 1840. In short, a 210,000 Russian army and 80,000 Cossack Cavalries were conducting military operations in Circassia during 1853-1856. Later, Russia reinforced it with 24,000 Russian infantry corps and 2 dragoon regiments and artillery. Russia suffered colossal losses in the Russo-Circassian War. Since the time of Catherine II to 1864, 1.5 million Russian soldiers fell in this country, excluding the Cossack losses as they were not considered a part of the regular Russian army. From the beginning until the end of the war, the Russian army had burnt and pillaged twenty, thirty, fifty, and one hundred Circassian villages at a time, destroying the harvest and driving out the cattle; the Russian army killed or uprooted the native inhabitants and settled Cossack and Russian stanitsas in the territory, according to the planned genocide. As Russian generals stated openly, Russia needed the Circassian lands, not the Circassians. Finally, Russia crushed the Circassian nation in 1864, forced them from their historical Motherland, drove them to the Black Sea shore under Russian bayonets, and threw them into the confines of the Ottoman Empire thus completing its planned genocide. At the present time, as a result of the genocide, 90 percent of the Circassian population lives scattered all over the world. They survived the planned Russian genocide, the cold, deprivations, epidemics, and other companions of their forcible exile. They became exemplary citizens of many countries, established their own new republics Adigei, Kabardino-Balkaria

Sex-Interrupted Iris Zink 2020-12-15 By the year 2030, as many as 171 million people in the U.S.- more than half of all Americans-will be living with at least one chronic medical condition (data from

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The Robert Wood Johnson Foundation). Illness or disability can easily derail a person's sex life-but it doesn't have to be that way. Using kindness, honesty, and humor, Iris Zink, BSN, MSN, ANP, RN-BC, explores the ways illness or disability can affect a sexual relationship and offers suggestions on how to regain intimacy. She also describes existing myths about sex and debunks them with real-life examples. Most importantly, you'll learn that, no matter how a person's body changes, no-one should have to give up sex. Ms. Zink has 20 years of experience in treating sexual health complications related to chronic illness, and in writing and lecturing to healthcare providers on sexual health subjects. She has enabled thousands of people to experience fulfilling sex and meaningful intimacy-she can help you, too!

Books in Print Supplement 2002

Seniors in Love Robert Wolley 2005 Is love only for the young?Seniors in Love deals with the emotional, financial, physical, and other relevant issues facing seniors when considering a new, intimate relationship. Topics covered include:*What is love?*Should one fall in love again - at an advanced age?*What will the children say?*What rewards are possible?*What happens when love fails?*How does one express, and receive, love?

Back to Great Sex Ridwan Shabsigh 2003 A groundbreaking and compassionate book provides the latest information on Erectile Dysfunction (E.D.), discussing the physical and psychological causes of E.D., detailing the tests and diagnostic tools one might encounter, and revealing the treatment options available today. Reprint.

In the Name of Love Heather Fraser 2008-10-07 Although love is the hallmark of humanity, it is not widely discussed in social work and other related professions with respect to its potential connection to abuse. In this groundbreaking book the author argues that, while love and abuse should not co-

exist, they often do. Using a feminist narrative approach, stories about love, abuse, and social work are told with the purpose of understanding domestic violence and other forms of abuse. Based on interviews with 84 women of varying ages in Canada and Australia, the author shows how the pain and shame of intimate abuse can leave its mark on the bodies, minds, and souls of victims/survivors long after abusive episodes have ended. Additionally, Fraser also discusses the importance of hope, "enlightened witnesses," income support, and educational opportunities for women who refuse to renounce love relationships altogether, but are instead trying to foster relationships that are respectful as well as erotic.

Model Rules of Professional Conduct American Bar Association. House of Delegates 2007 The Model Rules of Professional Conduct provides an up-to-date resource for information on legal ethics. Federal, state and local courts in all jurisdictions look to the Rules for guidance in solving lawyer malpractice cases, disciplinary actions, disqualification issues, sanctions questions and much more. In this volume, black-letter Rules of Professional Conduct are followed by numbered Comments that explain each Rule's purpose and provide suggestions for its practical application. The Rules will help you identify proper conduct in a variety of given situations, review those instances where discretionary action is possible, and define the nature of the relationship between you and your clients, colleagues and the courts.

Long-lasting Erection Peter Pandore 2023-03-28 Discover the secrets to enhancing your sexual performance and enjoying a satisfying sex life with this comprehensive guide for men. Erectile dysfunction can significantly impact your quality of life and relationships, but with the right approach, you can improve your sexual function and regain your confidence. In this book, you'll explore a range of methods for improving erectile function, from lifestyle changes like diet and

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exercise to medical treatments and natural remedies. With practical advice and expert insights, you'll learn how to take control of your sexual health and achieve stronger, longer-lasting erections. Whether you're struggling with ED or simply looking to improve your sexual performance, this book has everything you need to know to enhance your sexual vitality and enjoy a more satisfying sex life.

The Great Sex Rescue Sheila Wray Gregoire 2021-03-02 What if it's not your fault that sex is bad in your marriage? Based on a groundbreaking in-depth survey of 22,000 Christian women, *The Great Sex Rescue* unlocks the secrets to what makes some marriages red hot while others fizzle out.

Generations of women have grown up with messages about sex that make them feel dirty, used, or invisible, while men have been sold such a cheapened version of sex, they don't know what they're missing. *The Great Sex Rescue* hopes to turn all of that around, developing a truly biblical view of sex where mutuality, intimacy, and passion reign. *The Great Sex Rescue* pulls back the curtain on what is happening in Christian bedrooms and exposes the problematic teachings that wreck sex for so many couples--and the good teachings that leave others breathless. In the #metoo and #churchtoo era, not only is this book a long overdue corrective to church culture, it is poised to free thousands of couples from repressive and dissatisfying sex lives so that they can experience the kind of intimacy and wholeness God intended.

Ambiguous Loss Pauline BOSS 2009-06-30 When a loved one dies we mourn our loss. We take comfort in the rituals that mark the passing, and we turn to those around us for support. But what happens when there is no closure, when a family member or a friend who may be still alive is lost to us nonetheless? How, for example, does the mother whose soldier son is missing in action, or the family of an Alzheimer's patient who is suffering from severe dementia, deal with the uncertainty surrounding this kind of loss? In this sensitive and lucid account, Pauline Boss explains that, all too

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often, those confronted with such ambiguous loss fluctuate between hope and hopelessness. Suffered too long, these emotions can deaden feeling and make it impossible for people to move on with their lives. Yet the central message of this book is that they can move on. Drawing on her research and clinical experience, Boss suggests strategies that can cushion the pain and help families come to terms with their grief. Her work features the heartening narratives of those who cope with ambiguous loss and manage to leave their sadness behind, including those who have lost family members to divorce, immigration, adoption, chronic mental illness, and brain injury. With its message of hope, this eloquent book offers guidance and understanding to those struggling to regain their lives. Table of Contents: 1. Frozen Grief 2. Leaving without Goodbye 3. Goodbye without Leaving 4. Mixed Emotions 5. Ups and Downs 6. The Family Gamble 7. The Turning Point 8. Making Sense out of Ambiguity 9. The Benefit of a Doubt Notes Acknowledgments Reviews of this book: You will find yourself thinking about the issues discussed in this book long after you put it down and perhaps wishing you had extra copies for friends and family members who might benefit from knowing that their sorrows are not unique...This book's value lies in its giving a name to a force many of us will confront--sadly, more than once--and providing personal stories based on 20 years of interviews and research. --Pamela Gerhardt, Washington Post Reviews of this book: A compassionate exploration of the effects of ambiguous loss and how those experiencing it handle this most devastating of losses ... Boss's approach is to encourage families to talk together, to reach a consensus about how to mourn that which has been lost and how to celebrate that which remains. Her simple stories of families doing just that contain lessons for all. Insightful, practical, and refreshingly free of psychobabble. --Kirkus Review Reviews of this book: Engagingly written and richly rewarding, this title presents what Boss has learned from many years of treating individuals

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and families suffering from uncertain or incomplete loss...The obvious depth of the author's understanding of sufferers of ambiguous loss and the facility with which she communicates that understanding make this a book to be recommended. --R. R. Cornellius, Choice Reviews of this book: Written for a wide readership, the concepts of ambiguous loss take immediate form through the many provocative examples and stories Boss includes, All readers will find stories with which they will relate...Sensitive, grounded and practical, this book should, in my estimation, be required reading for family practitioners. --Ted Bowman, Family Forum Reviews of this book: Dr. Boss describes [the] all-too-common phenomenon [of unresolved grief] as resulting from either of two circumstances: when the lost person is still physically present but emotionally absent or when the lost person is physically absent but still emotionally present. In addition to senility, physical presence but psychological absence may result, for example, when a person is suffering from a serious mental disorder like schizophrenia or depression or debilitating neurological damage from an accident or severe stroke, when a person abuses drugs or alcohol, when a child is autistic or when a spouse is a workaholic who is not really 'there' even when he or she is at home...Cases of physical absence with continuing psychological presence typically occur when a soldier is missing in action, when a child disappears and is not found, when a former lover or spouse is still very much missed, when a child 'loses' a parent to divorce or when people are separated from their loved ones by immigration...Professionals familiar with Dr. Boss's work emphasised that people suffering from ambiguous loss were not mentally ill, but were just stuck and needed help getting past the barrier or unresolved grief so that they could get on with their lives. --Asian Age Combining her talents as a compassionate family therapist and a creative researcher, Pauline Boss eloquently shows the many and complex ways that people can cope with the inevitable losses in contemporary family life. A wise

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book, and certain to become a classic. --Constance R. Ahrons, author of *The Good Divorce* A powerful and healing book. Families experiencing ambiguous loss will find strategies for seeing what aspects of their loved ones remain, and for understanding and grieving what they have lost. Pauline Boss offers us both insight and clarity. --Kathy Weingarten, Ph.D, The Family Institute of Cambridge, Harvard Medical School

Stereotactic Body Radiation Therapy Simon S. Lo 2012-08-28 Stereotactic body radiation therapy (SBRT) has emerged as an important innovative treatment for various primary and metastatic cancers. This book provides a comprehensive and up-to-date account of the physical/technological, biological, and clinical aspects of SBRT. It will serve as a detailed resource for this rapidly developing treatment modality. The organ sites covered include lung, liver, spine, pancreas, prostate, adrenal, head and neck, and female reproductive tract. Retrospective studies and prospective clinical trials on SBRT for various organ sites from around the world are examined, and toxicities and normal tissue constraints are discussed. This book features unique insights from world-renowned experts in SBRT from North America, Asia, and Europe. It will be necessary reading for radiation oncologists, radiation oncology residents and fellows, medical physicists, medical physics residents, medical oncologists, surgical oncologists, and cancer scientists.

Strengthening Forensic Science in the United States National Research Council 2009-07-29 Scores of talented and dedicated people serve the forensic science community, performing vitally important work. However, they are often constrained by lack of adequate resources, sound policies, and national support. It is clear that change and advancements, both systematic and scientific, are needed in a number of forensic science disciplines to ensure the reliability of work, establish enforceable standards, and promote best practices with consistent application. Strengthening

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Forensic Science in the United States: A Path Forward provides a detailed plan for addressing these needs and suggests the creation of a new government entity, the National Institute of Forensic Science, to establish and enforce standards within the forensic science community. The benefits of improving and regulating the forensic science disciplines are clear: assisting law enforcement officials, enhancing homeland security, and reducing the risk of wrongful conviction and exoneration. Strengthening Forensic Science in the United States gives a full account of what is needed to advance the forensic science disciplines, including upgrading of systems and organizational structures, better training, widespread adoption of uniform and enforceable best practices, and mandatory certification and accreditation programs. While this book provides an essential call-to-action for congress and policy makers, it also serves as a vital tool for law enforcement agencies, criminal prosecutors and attorneys, and forensic science educators.

Cognitive-Behavioral Therapy for Sexual Dysfunction Michael E. Metz 2017-11-13 Cognitive-Behavioral Therapy for Sexual Dysfunction provides clinicians and graduate students with a comprehensive biopsychosocial model of useful, practical, empirically-based strategies and techniques to address common sexual dysfunctions. It is the most comprehensive volume describing the couple cognitive-behavioral approach to assessment, treatment, and relapse prevention of sexual dysfunction. The focus is on sexual desire and satisfaction with an emphasis on the Good Enough Sex (GES) model of sharing sexual pleasure rather than an individual perfect intercourse performance test. This title reflects the contributions of Mike Metz to the field of couple sex therapy.

Victims No Longer Mike Lew 1990

New York Magazine 1987-03-30 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers

across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

The Couple's Guide to Intimacy Bill Bercau 2010 As psychologists specializing in treating sex addiction, our jobs require us to work closely with people whose lives have fallen apart. Not all couples choose to rebuild, and that is always a very personal decision. This book is for those who do, and then often find themselves wondering, "How can we have a healthy sex life after sex addiction?" We have answered this question by developing Sexual Reintegration Therapy(SRT). If you have a vision for a better relationship, SRT gives you the plan. Even if you cannot see clearly how your wounded relationship can be healed, SRT will offer you that hope. SRT consists of a progressive series of clearly defined experiences (that we have been using successfully with our clients for years) that will help you address core intimacy issues that need upgrading. The lack of a structured program to promote healthy sexuality after sexual addiction has been a major source of frustration for many couples. It is also why so many of our professional colleagues, including Dr. Patrick Carnes, have been urging us to publish this book. A man who was nearing the end of the SRT program with his wife summed up his experience this way: "This program has been more helpful to us than anything else we've tried. We knew what we wanted- we just needed a plan that could get us there." *Coping with Erectile Dysfunction* Michael E. Metz 2004 Offers a program for overcoming erectile dysfunction that includes assessment, treatment strategies, and a relapse prevention program. *Alpha Sex Drive Secrets* Radu Belasco 2012-05-24 If you're a man interested in safely, naturally and quickly rekindling the surging sex drive you had in your youth... or if you are suffering from ED

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(erectile dysfunction) or just don't find yourself in "the mood" for sex anymore... then this new book can change that -- fast. The book is called: "Alpha Sex Drive Secrets" And it contains 101 ways to reclaim the sex drive you had as a young man... even if everything else you've tried has failed. Best part: There are no dangerous drugs to gag down. And no creams, pills or other "gimmicks" to waste time with. These are 100% natural and inexpensive (most are free) ways to reclaim the raging sex drive you once had. Some of the secrets inside include: * The ancient sex food that is so potent, priests were forbidden to eat it! (And how to get it today in any supermarket.) * The secret supplement that causes wet dreams. (There's no guarantee this will work for everyone, but if it does... watch out!) * What the Holy Bible says about increasing your desire to have sex. (Hint: If you are a man who likes breasts then you will love this!) * Casanova's bizarre sex drive drink. (Casanova was perhaps the most famous lover in history. Here's how he kept his sex drive strong... and how YOU can, too...) * Little-known "mind tricks" you can use on yourself to rekindle a snuffed out sex drive almost instantly. * The one nutrient almost everyone with low sex drive is missing (and the good news is it's dirt cheap and VERY easy to find). * The FIRST thing you get checked out if your libido is lagging. (Almost nobody thinks this could be the problem, but in today's high-tech world, it's often the MAIN cause!) * Ways to naturally boost testosterone in your body starting right away. (Healthy testosterone is essential for having a healthy sex drive, here's what to do...) * The "natural Viagra" that works almost as well as the drug -- and without any of the side effects. * How Ronald Reagan and Bob Hope kept their energy levels high and lived so long. (And how it can increase your desire to have sex again.) * A special way of doing pushups that can recharge your sex drive almost overnight. * How to "trick" your sex drive into working again! * Why farmers tend to have low sex drive (and how to make sure you don't make the same mistake they do no matter what your

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occupation). * Yoda's sex drive "booster." * How your chair could be stealing your sex drive right out from under you! (This one tip alone could solve all kinds of sexual and urinary problems. See chapter 52.) * How to regain a lost libido simply by turning off your cell phone! * George Costanza's weird (but highly effective) sex drive system. * A secret way to sleep with your wife that's almost guaranteed to get you back in the mood in no time flat! * Why your pets could be dampening your sex drive without you even realizing it. * How ancient Samurai kept themselves (and their libidos) in tip-top shape without doing a lick of exercise or even moving their bodies. * And much, much more...Bottom line?It's a simple matter of common sense and biology we men are propelled by our sex drives. Take away a man's sex drive, and you take away his birthright.You also take away his drive to succeed.His ability to father offspring.And yes, his very manhood.Well, guess what?This book can make sure that NEVER happens to you.If you are currently suffering from low sex drive (or NO sex drive), tell your wife to brace herself -- because daddy's going to be wanting him some lovin' real soon.Grab your copy today and be back in "action" as early as tomorrow!

Strengthening Family Resilience, Second Edition Froma Walsh 2011-09-16 This informative clinical resource and text presents Froma Walsh's family resilience framework for intervention and prevention with clients dealing with adversity. Drawing on extensive research and clinical experience, the author describes key processes in resilience for practitioners to target and facilitate. Useful guidelines and case illustrations address a wide range of challenges: sudden crisis, trauma, and loss; disruptive transitions, such as job loss, divorce, and migration; persistent multistress conditions of serious illness or poverty; and barriers to success for at-risk youth. New to this edition: reflects research and practice advances chapter on resilience-oriented approaches to recovery from major disasters chapter on applications in community-based programs and international contexts.

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Books In Print 2004-2005 Bowker Editorial Staff 2004

Ebony 1998-07 EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

The Greenwood Encyclopedia of Love, Courtship, & Sexuality Through History: The modern world James W. Howell 2008 Sex and love are central to daily life and to all nations. Despite the universality of these sentiments, their expression is largely shaped by the cultures in which they occur. This set explores sex, love, and culture around the world and across time.

Library Journal 2002

Subject Guide to Books in Print 2001

50 Simple Steps to Save the Earth from Global Warming The Green Patriot Working Group 2012-05-30 Today, many Americans are concerned about global warming. According to a March 2007 MSNBC poll, 86% of Americans believe global warming is a critical or important threat, and according to an April 2007 ABC News/The Washington Post/Stanford University poll, 80% of Americans say they are willing to make changes in their lives to help the environment, even if it means personal inconvenience. This guide of 50 practical steps is a positive and uplifting presentation of a serious subject organized in a fun, easy-to-read format. Each step is a simple way you can help in the fight against global warming and feel good about being part of the solution to the current environmental crisis. Sample steps include: Determine Your Carbon Footprint Buy Green Energy Plant a Rooftop Garden Take an Eco-Vacation Check Your Tire Pressure Compost Your Food Waste Recycle Your Shoes Use Petrochemical-Free Cosmetics Buy Locally Grown Foods Wear Organic Clothing Go Vegetarian for a Day Invest in the Solution

Atkinson's Casket 1837

Cancer Is a Four-Letter Word: a Pilgrimage into the Emotional, Sexual, and Spiritual Aspects of Prostate Cancer. Larry Kreps 2009-12-16 Prostate cancer is the second leading cause of cancer death in American men today, closely following lung cancer. About one man in six will be diagnosed with prostate cancer during his lifetime. But only one in 35 will die from it. More than two million men in the United States who have been diagnosed at some point are still alive today. I am one of them. My book, Cancer is a Four-Letter Word: A Pilgrimage into the Emotional, Sexual, and Spiritual Aspects of Prostate Cancer, chronicles my own experience with this terrible disease. From early diagnosis, fear, and panic, to shopping for the best treatment, to surgery and subsequent recovery, I trace not only the physical journey of getting my stamina and good health back, but also the psychological and sexual implications. My format includes an interweaving of my own story of prostate cancer with other men's stories, along with open-ended questions at the end of each chapter to keep men and their partners talking late into the night. There's also a resource list to provide support for a lifetime. Although concise and easy to read, my book doesn't hold back any personal details. Readers will learn what to expect in regard to diapering oneself post-surgery, working through debilitating depression, and forging the uncharted territory of a different kind of sexual intimacy. More importantly, they'll hear about learning to accept support from loving friends and how to talk to God in a whole new way. Rarely does a reader find an account of experiencing God's overwhelming love and grace in the same chapter as explicit details on how to give oneself penile injections to overcome erectile dysfunction!

I Had a Black Dog Matthew Johnstone 2012-03-01 'I Had a Black Dog says with wit, insight, economy and complete understanding what other books take 300 pages to say. Brilliant and indispensable.' - Stephen Fry 'Finally, a book about depression that isn't a prescriptive self-help manual. Johnston's

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deftly expresses how lonely and isolating depression can be for sufferers. Poignant and humorous in equal measure.' Sunday Times There are many different breeds of Black Dog affecting millions of people from all walks of life. The Black Dog is an equal opportunity mongrel. It was Winston Churchill who popularized the phrase Black Dog to describe the bouts of depression he experienced for much of his life. Matthew Johnstone, a sufferer himself, has written and illustrated this moving and uplifting insight into what it is like to have a Black Dog as a companion and how he learned to tame it and bring it to heel.

The Water-cure Journal 1854

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 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

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possible.

Saving Your Sex Life John P. Mulhall 2013-05-22 In a straightforward style, Dr. John Mulhall guides the reader through the basics of male sexuality, explains the role of testosterone, the functions of the prostate, and the common difficulties men encounter when disease strikes. In plain language, this book spells out the causes and symptoms of prostate disease and diseases of the lower urinary tract and the approach to deal with the aftermath of treatment.

Mating in Captivity Esther Perel 2012-02-16 When you love someone, how does it feel? And when you desire someone, how is it different? In *Mating in Captivity*, Esther Perel looks at the story of sex in committed couples. Modern romance promises it all - a lifetime of togetherness, intimacy and erotic desire. In reality, it's hard to want what you already have. Our quest for secure love conflicts with our pursuit of passion. And often, the very thing that got us into our relationships - lust - is the one thing that goes missing from them. Determined to reconcile the erotic and the domestic, Perel explains why democracy is a passion killer in the bedroom. Argues for playfulness, distance, and uncertainty. And shows what it takes to bring lust home. Smart, sexy and explosively original, *Mating in Captivity* is the monogamist's essential bedside read.

Wild at Heart John Eldredge 2011-03-22 John Eldredge revises and updates his best-selling, renowned Christian classic. God designed men to be dangerous, says John Eldredge. Simply look at the dreams and desires written in the heart of every boy: To be a hero, to be a warrior, to live a life of adventure and risk. Sadly, most men abandon those dreams and desires-aided by a Christianity that feels like nothing more than pressure to be a "nice guy." It is no wonder that many men avoid church, and those who go are often passive and bored to death. In this provocative book, Eldredge gives women a look inside the true heart of a man and gives men permission to be what God

designed them to be-dangerous, passionate, alive, and free.

Living, Loving and Loss Brad DeFord 2016-12-05 One of the unspoken aspects of mourning concerns the ways that loss affects our intimate relationships and our sexual expressiveness. This text opens these subjects for conversation, with the aim of promoting the trust, care, and respect that enable us to be vulnerable. It purposefully covers a range of topics, including: (1) the meaning of intimacy and the significance of sexuality, providing a basis for the use of these terms throughout the book; (2) death, grief, and differences in sexual orientation, including death and intimacy in the lesbian, gay, bisexual, and transgender (LGBT) community and the losses endured by young people due to gender issues; (3) loss of relationship and restoration of intimacy in families, including pharmacological effects on the grief processes of widowers; grieving a not-so-loved parent; the "layered losses" of infertility and intimacy; and the tolls of war--intimacy and sexuality challenges for soldiers and their families; (4) adjusting to life's losses associated with aging or illness or infirmity, including Alzheimer's and dementia-related illnesses, physical health losses after 50, and intimacy, sex, and hospice--self-determination and dignity at the end of life; and (5) religious bases that have shaped our perspectives for understanding intimacy, sexuality, and healing after loss, and which give us hope--including the spiritual reflections of a rabbi and a Christian voice in defining what is right. Set in a framework that is both psychological and spiritual, the well-researched contributions are intended to acknowledge these experiences both professionally and personally. The book concludes with an extensive bibliography, valuable for research and reference. This book will be of value in undergraduate and graduate courses on thanatology, as well as for anyone interested in knowing more about grief--both those currently bereaved and those who wish to support others in mourning. The contributors appreciate both the importance of our capacities for intimacy and

sexuality and our inhibitions and hesitations in giving voice to our needs and concerns, perhaps especially when we are grieving. The information and compassionate understanding they provide encourage us to bridge the gap between the secret and the private and to share what is close to our hearts.

Living a Healthy Life with Chronic Conditions Kate Lorig 2013-06-01 Focused on relevancy for Canadian readers and completely redesigned for easy reading, this new edition of a vital resource is fully updated with the latest research and information on current practice, medication, legal matters, and specific conditions. The guide is full of tips, suggestions, and strategies to deal with chronic illness and symptoms, such as fatigue, pain, shortness of breath, disability, and depression. It encourages readers to develop individual approaches to setting goals, making decisions, and finding resources and support so that they are able to do the things they want and need. Originally based on a five-year study conducted at Stanford University, this work has grown to include the feedback of medical professionals and people with chronic conditions all over the world. Aimed at teaching people become self-managers of their own illness, the book's one simple goal is to help anyone with a chronic illness to live a productive, healthy life.

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