

Sex Therapy Retreat For Singles

Women's Health 2007-07 Womens Health magazine speaks to every aspect of a woman's life including health, fitness, nutrition, emotional well-being, sex and relationships, beauty and style.

SHIFT, a Self-Liberation Healing Practice Lena Queen 2023-07 How does one establish and embody safety and develop self-trust when you are struggling with self-doubt? In my work as a psychiatric social worker and eventually clinical somatic sexologist, I understood how trauma disconnects us from our wholeness. Developing an empowered embodiment requires one to manage the intensity of their emotions. Moving from crisis to thriving requires one to have an empowering relationship to your mindset, your decision-making, and your system of self-care. This empowerment is an internal. SHIFT is an embodiment of power. SHIFT is informed by trauma-responsive care, how systems of oppression impact our embodiment or our relationship to The Self, the effectiveness of ancestral medicine like meditation and energy work also known as complementary and alternative medicine (CAM), and somatic sex education. SHIFT is a system of self-care and self-liberation that will support your reclamation of your embodiment with the intentional caring and wholeness of your mind, body, and energy with the conscious awareness that is your spirit. SHIFT is an integrative healing framework that has been taught to teen and adult clients, clinicians, school counselors, and life coaches in a variety of mental health and wellness settings. Discover your mind-body relationship with somatic and integrative care practices that allows you to establish safety from within and develop self-trust which will provide the guidance you need to make choices in your highest and greatest good.

Eight Dates John Gottman 2019-02-05 Strengthen and deepen your love with a fun, ingenious program of eight life-changing conversations—on essential topics such as money, sex, and trust—from two of the world's leading marriage researchers and clinicians. Navigating the challenges of long-term commitment takes effort—and it just got simpler, with this empowering, step-by-step guide to communicating about the things that matter most to you and your partner. Drawing on forty years of research from their world-famous Love Lab, Dr. John Gottman and Dr. Julie Schwartz Gottman invite couples on eight fun, easy, and profoundly rewarding dates, each one focused on a make-or-break issue: trust, conflict, sex, money, family, adventure, spirituality, and dreams. Interactive activities and prompts provide motivation to stay open, stay curious, and, most of all, stay talking to each other. And the range—from the four skills you need for intimate conversation (including Put Into Words What You Are Feeling) to tips on being honest about your needs, while also validating your partner's own emotions—will resonate, whether you're newly together or a longtime couple looking to fortify your bond. You will discover (or rediscover) your partner like never before—and be able to realize your hopes and dreams for the love you desire and deserve.

Sex, Drugs and Meditation Mary-Louise Stephens 2013 "I feel like throwing up. Sweat and tears mingle on my cheek. 'This will pass,' I try to convince myself. 'This will pass.' I have been at the meditation centre for six days. I have four days left to go. I could get up and walk out the door right now. No one would stop me. But then nothing would change. And everything has to change." Mary-Lou Stephens was lucky to make it into her forties. Therapy and AA helped her recover from her upbringing in an evangelical household; her habit of shoplifting through drama school; her addictions to food, drugs and alcohol; a string of failed love affairs and the break up of several bands. She has landed a dream job as a radio personality. Life is looking good. Except that Mary-Lou has a new boss, a psychopath in a suit. Determined to avoid MORE therapy and desperate to cope with an increasingly toxic work environment, Mary-Lou signs up for a ten-day meditation retreat that requires total silence, endless hours of sitting cross-legged, and a food-as-fuel kind of diet. For a woman who talks for a living, is rarely still and cooks for comfort, this was never going to be an easy task. Darkly funny and beautifully told, *Sex, Drugs and Meditation* is a tale for those of us who confuse being busy with being happy; the story of a woman who dared herself to stop talking and

start living - and loving.

Living an Orgasmic Life Xanet Paillet 2018-08-15 For every woman who struggles with sexuality and intimacy. Nationally-known sex therapist Xanet Paillet offers practical tools and encouragement for reclaiming passion and pleasure in their sex life.

Handbook of Sex Therapy Joseph LoPiccolo 2012-12-06 When is it timely to publish a synthesis of previously published and original materials from a specific discipline? I believe it to be timely when one has a sufficient amount of high-quality material covering the critical areas of that topic, when the previously published material is scattered over a wide range of journals and books, and when there is no single book that synthesizes the discipline. The treatment of sexual dysfunction emerged to the front lines of health delivery only during the past decade with the pioneering work of William Masters and Virginia Johnson. In spite of the rash of sex clinics and sex therapists that followed, precious little solid research has been conducted on the various strategies of therapy, the means of assessing complex interpersonal sexual relationships, and the manner by which clinical change is objectively assessed. No one reader can keep pace with the multitude of journals that publish key material by sophisticated investigators. And no one investigator can cover these salient areas alone with his or her original work in a single volume. The critical papers have now been written. Ten were written specifically for this volume and thirty-three have previously appeared. This volume laces them together into a coherent pattern. Thus, the time for a synthesis in sexual dysfunction.

When Valentines Collide (Mills & Boon Cherish) Adrienne Byrd 2014-02-28 When it came to revitalizing relationships, Dr. Chante Valentine and Dr. Matthew Valentine knew all the right moves—except when it came to mending their own volatile vows. Since divorce would jeopardize their respective careers, the love gurus reluctantly agreed to a two-week "sex-therapy" retreat.

The Art of Intimate Marriage Tim and Dr. Jennifer Konzen 2019-01-08 From a two-time nationally award winning sexuality researcher - The Art of Intimate Marriage. God's plan for sexual intimacy in marriage is the work of a Master artist and genuine intimacy is like a beautiful masterpiece. Your marriage is going well but you want to make your sex life better and you're looking for help on how to do that. You want to know what God has to say about how to build a fulfilling sexual intimacy in your marriage. Your sexual relationship has been full of pain, discouragement, and frustration and you need some answers. You have some medical issues that are making sex difficult and you would like to rekindle experiencing mutually pleasurable sex. For these issues and more, The Art of Intimate Marriage provides direction and guidance on how to get there. Creating that masterpiece may mean learning God's view of sex, gaining life-giving intimacy skills, and figuring out how to work through conflict in a way that creates deeper connection. It may also mean overcoming things in your background, healing things in your marriage, or dealing with those medical challenges. We have the opportunity to have a deeper understanding of God's loving heart through being deeply known and erotically bonded with our spouse. The Art of Intimate Marriage gives us a road map to experience growth toward a more rewarding, spiritual sexual relationship.

The Tantric Sex Lover's Hash Blink 2023-10-02 Jing and his fellow lovers have been exploring tantric sex for months, attending workshops and deepening their connection. However, Jing starts to feel a darkness looming over the group and tries to bring it up, but his concerns are dismissed. One night, a member has a breakdown, leading Jing to realize he needs to leave the group. He returns home feeling lost but begins exploring other passions. Months later, he reconnects with Maya, who also left the group, and they bond over their shared experiences. Jing reflects on his journey and finds a new sense of purpose and freedom. He and Maya continue to deepen their love and explore tantric sex together. They visit their former group and help de-escalate the chaos, finding closure. Jing receives a call from his former lover, who confesses their love for him. Jing is torn between Maya and his former lover but decides to choose Maya and commit fully to their relationship. They embrace and feel closer than ever before. In the final chapter, Jing and his group of tantric sex lovers continue to enjoy their time together, laughing and exploring. They stumble upon a cabin in the woods and decide to stay there for a few nights, deepening their connections and sharing intimate stories. Jing becomes more connected to the new woman he met and feels a sense of

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excitement for their future. As their trip comes to an end, Jing feels a mix of sadness and gratitude for the memories they created. He realizes that they have become his family and he looks forward to what the future holds for him and his new love. Jing and his group of tantric sex lovers take a break from their intense adventures and go on lighthearted outings like visiting an amusement park, attending a laughter yoga class, and sharing stories around a bonfire. They form deep bonds and find acceptance within the group. Jing and Maya's relationship deepens, but they face challenges and insecurities along the way. They go on retreats, explore tantric sex in nature, and support each other through difficult times. Jing's mother passes away, but he finds solace in his community. He returns home to his family and shares his journey with them, finding understanding and acceptance. Jing continues to teach and practice tantric sex, spreading love and joy to others. During a workshop, a funny moment breaks the tension and brings laughter to the room. Jing realizes the importance of balance and connection in his life and feels grateful for the community he has found. In Chapter 48, Jing delves into his investigation to uncover the truth behind the leaked video. He starts by reaching out to his podcast guests and contacts in the tantric sex community to see if anyone has any information or leads. He also hires a private investigator to help him track down the source of the video. As Jing digs deeper, he discovers that there are several individuals who may have had a motive to harm his reputation. He uncovers a jealous ex-lover who had been bitter about their breakup and a rival tantric sex teacher who saw Jing as a threat to their own success. With the help of his private investigator, Jing gathers evidence and confronts the individuals he suspects. Through careful questioning and analysis, he is able to eliminate some suspects and narrow down the list of possible culprits. Finally, Jing uncovers a shocking revelation. The person behind the leaked video is someone he never expected - a close friend who had been secretly envious of Jing's success and wanted to bring him down. Jing confronts his friend, feeling a mix of anger, betrayal, and sadness. In the aftermath of the revelation, Jing decides to take legal action against his friend and the website that hosted the video. He also takes steps to protect his own privacy and security, implementing stricter measures to ensure that his personal life remains private. Despite the turmoil and setback, Jing remains determined to continue his mission of promoting safe and consensual tantric sex. He learns valuable lessons about trust, boundaries, and the importance of surrounding himself with genuine and supportive people. As Jing moves forward, he focuses on rebuilding his reputation and continuing to educate and inspire others through his podcast and workshops. He learns to be more cautious and discerning in his relationships, but he refuses to let the actions of one person define his entire journey. Jing and Maria's legal action against the person behind the website that tarnished Jing's reputation leads to the person's arrest, bringing Jing a sense of relief. However, the incident has left a lasting impact on Jing, making him hesitant about engaging in tantric sessions and unsure of how to rebuild his damaged image. He turns to Kira for advice, who encourages him not to let the incident define him. With Kira's support, Jing takes precautions to protect his privacy and continues his work as a teacher and practitioner of tantra. He becomes even more popular, securing a book deal and feeling proud of his journey. However, his journey is far from over as he still has much to learn and discover. In the next chapter, Jing receives an anonymous letter and photos that threaten to ruin his reputation once again. He is determined to fight back and not let anyone take away his passion for tantra. In the following chapters, Jing faces more challenges, including threats, invasion of privacy, false accusations, and loss of relationships. Despite the difficulties, Jing remains determined to clear his name and continue his work. With the support of Kira and other allies, he finds hope and purpose in writing a book on tantra. They work tirelessly on the manuscript, finding inspiration and knowledge from a sex therapist named Daniel. As they finish the book, Jing feels a sense of lightness and optimism, knowing that he has something meaningful to hold onto amidst the scandal. However, he still faces the daunting task of proving his innocence and rebuilding his life. With Kira's encouragement, Jing remains determined to fight and clear his name, believing in the importance of their book and the truth about tantra. Jing and his tantric sex crew lovers continue to work on their book and find solace in their practice. Mina suggests a retreat in Bali, where they experience life-changing sexual experiences and deepen their

bonds. However, Wayan warns Jing that people from their hometown are watching him. Despite this, Jing remains hopeful and confesses his love to Kira. They face new challenges when Jing is called in for questioning regarding a sexual assault case, but his friends stand by him. Jing and Kira attend a tantric sex retreat, where they explore new levels of pleasure and intimacy. They return home with a renewed sense of love and excitement for the future. Jing, Kira, and Ava had been exploring tantric sex but realized the risks involved and decided to leave it behind. They began exploring other forms of safe and fulfilling intimacy. They formed a community and educated others about safe practices. Jing received a message from Maya, who had been struggling, and he decided to help her. They continued organizing workshops and gained new members, including Mei. However, during a workshop, Jing received news of his mother's passing and had to leave. He felt guilty and disconnected from everything. Maya reached out to him for help after a violation in a workshop, and Jing decided to take action to prevent it from happening again. However, he started to withdraw from the community and fell into a dark place, struggling with guilt and losing himself. Jing realized he needed help and began therapy to heal. He also recognized the importance of self-care and finding joy in his life. Jing's journey takes him from a place of darkness and trauma to one of healing and empowerment. Through hiking, meditation, journaling, and reconnecting with the tantric sex community, he finds a sense of inner peace and purpose. However, his newfound happiness is threatened when he becomes the target of a group of attackers. Jing must confront his fears and take action, ultimately using his experience to advocate for safety and consent in the world of tantra. Despite the challenges he faces, Jing's resilience and determination lead him to a place of healing and fulfillment, where he is able to share his knowledge and experiences with others. Jing continues his personal journey through Europe, exploring different countries and cultures. He embraces the freedom and adventure that comes with his new life and continues to promote safety and consent in the world of tantra. Jing visits a Tantra Temple in France and forms a deep connection with Isabelle, his teacher and confidante. He stays at the temple for a week-long retreat, learning more about the spiritual side of tantric sex. Jing eventually leaves the temple and reunites with his friend Kira in India, where they explore new tantric techniques together. Jing travels to Thailand and joins a community of tantric enthusiasts on a remote island. He experiences a sense of belonging and joy within the group. However, Jing also encounters a darker side of the tantric community when he is violated by a supposed tantric master. Despite this experience, Jing remains determined to create a safe and loving space for others to explore tantra. He forms the Tantric Safe Haven and begins building a community focused on respect and consent. Jing finds fulfillment in his new path and realizes that tantra is about connection and intimacy with others. He also discovers a connection with animals and begins to explore the role of tantra in his relationship with them. Jing is excited to see where his journey will lead him next. Jing and Maya, two individuals passionate about tantra, meet at a retreat and form a deep connection. They explore tantric practices together and fall in love. Inspired by their experiences, they decide to create their own safe haven for tantra, but their community is soon infiltrated by a manipulative individual named Evan. Jing and Maya confront Evan, but he tries to sway them with his extreme teachings. They stand firm in their beliefs and reject his influence. They continue to build their community, spreading their message of love and healing through tantric practices. Along the way, they encounter others who have been hurt by Evan and offer support and guidance. Together, they strive to create a movement of love and healing in the world of tantra. Jing, Maya, and Olivia receive an invitation from Evan to attend a gathering he is hosting. Olivia is curious and wants to see if Evan has changed, while Jing and Maya are hesitant. To their surprise, Evan has indeed changed and apologizes for his past behavior. They decide to work together, sharing their knowledge and experiences, and create a new vision for tantra. They realize that tantra is about using sexuality and sensuality for healing and transformation. They form a new community, dedicated to love, healing, and connection, and vow to protect the true essence of tantra. Years later, the community has grown, and Jing, Maya, Olivia, and Evan continue to lead and spread their message. They reflect on their journey with gratitude, knowing that their struggles have led them to a beautiful place. Jing feels a sense of pride and peace, knowing he has found his true

calling and a home.

New York Magazine 1991-07-01 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 YUMMY Marriage Cathie W. Helfand 2021-10-04

A YUMMY marriage is made of two "whole people" who can connect in fun ways, as well as in deep and meaningful ways. They are best friends and playful lovers, too. Did you know:

- Affairs happen when a couple loses their connection.
- Sex is the glue in a long-term marriage.
- In general, men are more sensitive than women.
- It is better to be couple-centered than child-centered or work-centered.
- A good marriage can help to heal your childhood wounds.

Sometimes when a couple "hits bottom" in their marriage it is an opportunity to turn things around and move in a better direction. You can learn how to be the "agent of change" in your marriage and create a life that is happier and healthier for both of you. Learn to be a positive role model for yourself and for your children.

Create a YUMMY marriage today!

Tantric Sex and Menopause Diana Richardson 2018-04-10 A tantric guide to discovering the hidden gifts of menopause • Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy • Details tantric practices and tools to connect with the body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond • Explores what to expect physically, emotionally, and spiritually, and in relationships As women, we live so closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings. Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and "re-wilding" of a woman's sexuality, creativity, and spirituality. Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body's inner intuitive wisdom and heart energies, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going "beyond" sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises,

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and meditations to reinforce a positive attitude toward menopause and overcome many of the physical and sexual problems, such as pain, dryness, loss of interest, and loss of libido. Providing a guide for women who are approaching, experiencing, or have gone through menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.

Therapy with Single Parents Joan D Atwood 2014-02-25 Provide effective counseling to members of single-parent families With more than half of all first marriages ending in divorce, it's time to re-think the notion that "divorce" means "failure." Therapy with Single Parents focuses on the strengths of the single-parent family rather than its weaknesses, stressing the need to look at the socially constructed norms, values, and definitions associated with marriage and family in order to provide effective counseling. This unique book examines experiences that are common to single parents and presents interventive strategies for treating single-parent family issues, drawing on clinical case studies to provide technical knowledge in everyday language. Current research shows that single parents account for 27 percent of family households that include children under 18 and that the number of single mothers in the United States more than tripled between 1970 and 2000. Therapy with Single Parents challenges outdated notions that the single-parent family is somehow deficient and associated with adjustment problems in children. It doesn't ignore the anger, pain, sadness, and guilt experienced by many members of single parent families but offers therapeutic considerations from a more balanced approach. The book examines the social, psychological, and sexual experiences of newly single parents and addresses the ups and downs they'll face in dealing with schools, the workplace, and social services. Therapy with Single Parents examines: social and psychological differences between divorce and widowhood cognitive-behavioral principles of single-parent families what children can learn from divorce dealing with the ghosts of past relationships relationship rules dealing with adult children and extended families the effect of change in divorcing families the feminization of poverty the therapeutic value of social networks Therapy with Single Parents is an invaluable resource for psychologists, professional counselors, social workers, and marriage and family therapists. The book presents a thorough, in-depth examination of the single-parent family system as a viable, healthy family form.

Keeping the Love You Find Harville Hendrix 1993-02 A guide to finding and keeping love shows readers how to meet the challenges of a new relationship, avoid making the same mistakes, deal with emotional issues, and improve their odds

Principles and Practice of Sex Therapy, Fifth Edition Yitzchak M. Binik 2014-03-19 This book has been replaced by Principles and Practice of Sex Therapy, Sixth Edition, ISBN 978-1-4625-4339-7.

Case Studies in Sex Therapy Raymond Rosen 1995-05-19 With simple cases of premature ejaculation or anorgasmia becoming increasingly rare, clinicians are now utilizing a sophisticated array of multidisciplinary approaches to treat a complex variety of challenging problems and patient populations. Bringing together, under one cover, case studies and clinical discussions by the very authorities whose work is changing the field, Case Studies in Sex Therapy provides a state-of-the-art guide to current clinical practice. Chapters in the first section focus on cases of sexual desire disorders and explore such issues as desire disparity between partners, clinical interventions in marital and sex therapy, biological aspects of inhibited sexual desire, treatment considerations with a homosexual couple, the application of integrative therapy for treating secondary low sex desire, and the many factors that may contribute to sexual avoidance. The next section demonstrates both the opportunities and the complex challenges posed to the clinician by the array of new medical, surgical, and pharmacological therapies. Addressing the growing interest in sexual addiction and compulsion, the third section covers controversial issues such as the treatment of a sexually addictive client and the treatment implications when a client has been sexually exploited by another therapist.

New York Magazine 1991-04-22 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

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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.

New York Magazine 1991-10-07 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.

Living Tantra Jan Day 2021-11-09 Tantra originated in India many centuries ago but it's uniquely placed to help people use real life as grist to the mill for spiritual transformation. The purpose of the book is to articulate what Tantra can be in our modern times and how it can be applied to all aspects of our everyday life. Traditionally Tantra was a path that brought spirituality out of the caves and monasteries and into the life of householders. It didn't seek to separate sexuality and spirituality and to force people to make a choice but rather to integrate the life of family and relationship with spirituality. This includes sexuality but it's not all about sexuality, and this is a rare book that applies Tantra to every aspect of life. Living Tantra is a body of work that aims to bring the essence and core message of tantra into relevance for our contemporary life and society as a path of spiritual growth and human development. It's based on her legendary workshops which book up via word of mouth and attracts attendees from across Europe and North America, especially Sweden, Austria, USA, Germany, Spain and the Czech Republic. The exercises here come out of these workshops and mean that we can benefit from this work in our own homes. The principles of Living Tantra are to use all life, all experience to learn and become more conscious of ourselves and the world around us, to care more for ourselves, each other and the world and to develop greater compassion. Tantra includes everything. It is the weaving together of all that is.

New York Magazine 1991-09-09 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.

Palliative Medicine E-Book T. Declan Walsh 2008-10-07 As a palliative medicine physician, you struggle every day to make your patients as comfortable as possible in the face of physically and psychologically devastating circumstances. This new reference equips you with all of today's best international approaches for meeting these complex and multifaceted challenges. In print and online, it brings you the world's most comprehensive, state-of-the-art coverage of your field. You'll find the answers to the most difficult questions you face every day...so you can provide every patient with the relief they need. Equips you to provide today's most effective palliation for terminal malignant diseases • end-stage renal, cardiovascular, respiratory, and liver disorders • progressive neurological conditions • and HIV/AIDS. Covers your complete range of clinical challenges with in-depth discussions of patient evaluation and outcome assessment • ethical issues • communication • cultural and psychosocial issues • research in palliative medicine • principles of drug use • symptom control • nutrition • disease-modifying palliation • rehabilitation • and special interventions. Helps you implement unparalleled expertise and global best practices with advice from a matchless international author team. Provides in-depth guidance on meeting the specific needs of pediatric and geriatric patients. Assists you in skillfully navigating professional issues in palliative medicine such as education and training • administration • and the role of allied health professionals. Includes just enough pathophysiology so you can understand the "whys" of effective decision making, as well as the "how tos." Offers a user-friendly, full-color layout for ease of reference, including color-coded topic areas, mini chapter outlines, decision trees, and treatment algorithms. Comes with access to

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the complete contents of the book online, for convenient, rapid consultation from any computer.

The Labyrinth Of Love Chelsea Wakefield 2021-07-01 Why is love so difficult? Is there such a thing as a soulmate? Why can't I find someone to love me just the way I am? Why does the person I gave my heart to in the early days now feel so distant or even dangerous? When love goes bad, is there a way to turn things around? If we lost each other along the way, can we find each other again? In the wake of betrayal, can trust ever be rebuilt? In this helpful and enlightening book, expert couples therapist, Dr. Chelsea Wakefield, explains why couples who begin with such hopeful expectations become disenchanting, withdraw into self-protection or become entangled in unresolvable conflicts. She provides step by step guidance out of these shadowlands, and teaches six essential "love capacities" any couple can develop that will open the path to a soulful, enduring relationship.

Erotic Intelligence Alexandra Katehakis 2010-04-05 In the journey to sexual sobriety, many recovering sex addicts find themselves wondering, "Will I ever have an exciting and fulfilling romantic relationship?" or "Can I repair my marriage now that I've confessed my destructive behavior?" and "Will I ever have great sex again?" The answers to all three questions are, "Yes, yes, and yes." As a sex, marriage, and family therapist, Alexandra Katehakis has helped thousands of recovering sex addicts and their partners discover and hone their "erotic intelligence," or their ability to make sexual choices that affirm life in healthy, imaginative, and exciting ways. By embracing their erotic intelligence, they can make sense of the past, create new and healthy habits in the present, and look toward a more intimate, erotic, and spiritual relationship in the future that nurtures honesty and closeness. With Katehakis' help, sex addicts can get in touch with their healthy sexual side—and when they are ready, be able to embrace true intimacy and acceptance in themselves and in their partners. With exercises, practical tips, and true stories of both singles and couples who have been successful on their path, *Erotic Intelligence* is a must-read for those in recovery and those who love them.

Buddha's Bedroom Cheryl Fraser 2020-01-24 In this playful and sexually savvy guide, "Dr. Cheryl" Fraser presents enlivening mindfulness practices, techniques from couples and sex therapy, and the wisdom of Buddhist teachings to help couples spark the passion and thrill they've been seeking. With this spiritually scintillating book, couples can break the monotony of familiar routines and bring a little nirvana back to the bedroom for a more exciting, loving, and fulfilling and relationship.

Systemic Sex Therapy Katherine M. Hertlein 2015-02-20 This comprehensive textbook, intended for graduate students in couple and family therapy programs as well as for clinicians of diverse orientations, offers descriptive discussions of sex therapy based on the Intersystem Approach, as developed by Gerald Weeks. The Intersystem Approach considers the biology, psychology, couple dyad, family-of-origin, and larger contextual factors of any sexual disorder or issue. It is grounded in systems theory and represents a new understanding of human sexuality and sexual problems.

Appropriate for anyone who wants to progress to a more comprehensive and integrative understanding of sexual dysfunctions, this text will teach the reader how to treat the couple, rather than the individual. Now in a second edition, *Systemic Sex Therapy* presents 12 updated chapters and two new chapters, bringing the material up-to-date with the DSM-5. Each chapter examines the definition and description of a disorder, its etiology, assessment, treatment, research, and future directions. Experts in the field discuss issues ranging from pharmacology, sexual compulsivity, therapy with lesbian and gay couples, to chapters on male and female lack of desire. A standard text in the field, *Systemic Sex Therapy* integrates couple and sex therapy to inform the treatment of sexual problems, and to give beginning and experienced clinicians the abilities and confidence they need to produce viable change in their patients' lives.

New York Magazine 1991-08-26 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.

Ferri's Clinical Advisor 2024, E-Book Fred F. Ferri 2023-06-13 For more than 25 years, Ferri's Clinical Advisor has provided immediate answers on the myriad medical diseases and disorders you're likely to encounter in a unique, easy-to-use format. A bestselling title year after year, this popular "5 books in 1" reference delivers vast amounts of information in a user-friendly manner. It is updated annually to provide current and clinically relevant answers on over 1,000 common medical conditions, including diseases and disorders, differential diagnoses, clinical algorithms, laboratory tests, and clinical practice guidelines—all carefully reviewed by experts in key clinical fields. Extensive algorithms, along with hundreds of high-quality photographs, illustrations, diagrams, and tables, ensure that you stay current with today's medical practice. Contains significant updates throughout all 5 sections, covering all aspects of diagnosis and treatment. Features 26 all-new topics including monkeypox, occupational asthma, care of the transgender patient, infantile hypotonia, long-COVID, medical marijuana, cannabinoid use disorder, and abuse of performance enhancing hormones, among others. Includes useful appendices covering palliative care, preoperative evaluation, nutrition, poison management, commonly used herbal products in integrated medicine, and much more. Offers online access to Patient Teaching Guides in both English and Spanish.

The Textbook of Clinical Sexual Medicine Waguih William IsHak 2017-05-30 "The Textbook of Clinical Sexual Medicine utilizes the biopsychosocial approach to inform physicians, practitioners, residents, trainees, and students about the latest science has to offer today for the evaluation and treatment of sexual dysfunctions especially the utilization of the full armamentarium of assessment methods and treatment interventions in order to restore of sexual health and enhance quality of life." Louis Ignarro, Ph.D., Nobel Laureate This textbook is a comprehensive resource covering sexual disorders in depth, from etiology, pathophysiology, phenomenology, treatment, to prognosis. The book highlights aspects the biological and psychosocial factors predisposing, precipitating, and perpetuating sexual dysfunction, and the importance of integrating biological and psychosocial treatments. Specialized chapters cover specific common medical complaints, including erectile, ejaculatory, and orgasmic disorders in the male; desire, arousal and orgasmic disorders in the female; and an integrated approach to the couple. With its focus on educational tools including over 100 figures, easy-to-use DSM-5 criteria table, and quick-guide appendices, this textbook is specially designed to educate readers on the psychiatric evaluation, treatment, and management of a wide range of sexual disorders. The Textbook of Clinical Sexual Medicine is a vital resource for medical students, residents, fellows, graduate students, psychiatrists, psychologists, women's health specialists, urologists, endocrinologists, general practitioners, social workers, and all medical professionals and trainees working with patients suffering from sexual disorders.

Sex, Drugs and Meditation 2013-07-31 "I feel like throwing up. Sweat and tears mingle on my cheek. 'This will pass,' I try to convince myself. 'This will pass.' I have been at the meditation centre for six days. I have four days left to go. I could get up and walk out the door right now. No one would stop me. But then nothing would change. And everything has to change." Mary-Lou Stephens was lucky to make it into her forties. Therapy and AA helped her recover from her upbringing in an evangelical household; her habit of shoplifting through drama school; her addictions to food, drugs and alcohol; a string of failed love affairs and the break up of several bands. She has landed a dream job as a radio personality. Life is looking good. Except that Mary-Lou has a new boss, a psychopath in a suit. Determined to avoid MORE therapy and desperate to cope with an increasingly toxic work environment, Mary-Lou signs up for a ten-day meditation retreat that requires total silence, endless hours of sitting cross-legged, and a food-as-fuel kind of diet. For a woman who talks for a living, is rarely still and cooks for comfort, this was never going to be an easy task. Darkly funny and beautifully told, *Sex, Drugs and Meditation* is a tale for those of us who confuse being busy with being happy; the story of a woman who dared herself to stop talking and start living and loving.

The New Single Woman E. Kay Trimberger 2006-10-15 Drawing on stories from diverse women who have been single for many years, Trimberger explodes the idea that fulfillment comes only through coupling with a soulmate. Instead she presents an exciting new identity for women in the twenty-first century: the new single woman--a woman who is content with her single life. These gripping

personal accounts of how single women's lives evolve over time, combined with Trimberger's incisive analysis, blend to provide a much-needed cultural roadmap for every single woman who is striving to create a satisfying and meaningful life. Trimberger's all-inclusive, paradigm-shifting notion is one that ultimately strengthens and enriches both single women and couples.

Passion and Presence Maci Daye 2020-10-20 Awaken your mindful sensuality and reconnect with your partner with *Passion and Presence*. Most romantic relationships follow a predictable pattern of initial enchantment followed by inevitable disenchantment. But relationships don't have to stay in disenchantment or end! *Passion and Presence* offers readers a proven path back to connection and intimacy—often in deeper ways than before. Sex therapist Maci Daye draws on her popular international *Passion and Presence* workshops to show couples how their erotic difficulties can be a portal to creativity, compassion, and unparalleled growth. Exercises and reflections guide readers down what Daye calls the "naked path" of awakened intimacy. On this path, we courageously examine ourselves, our barriers, and our relationship patterns, ultimately finding fresh ways to heal and connect, and revitalize eros. With gentle clarity, Daye addresses the everyday challenges of "real life" sex, such as sex that has become routine, differences in preferences or desire, power struggles, a history of trauma, changes ranging from childbirth to aging, infidelity, communication challenges, and more. Engaging stories depicting couples of diverse ages, backgrounds, genders, and orientations illustrate how the practice of *Passion and Presence* can help any couple establish a more intimate and wakeful erotic life.

Engaging Men in Couples Therapy David Shepard 2012-03-15 This book will help practitioners overcome one of the leading challenges in couples therapy: working effectively with the male partner. Men have unique needs and psychological issues that many clinicians may not recognize or know how to address. This volume presents chapters by the leading practitioners associated with current therapeutic models, including Emotionally Focused Couple Therapy, Imago Relationship Therapy, Integrated Behavioral Couple Therapy, and more. Using in-depth case examples, they demonstrate how their approaches can be adapted to be "male-sensitive" and respond to the ambivalence so many men experience about couples work. Special topics are also addressed, including infidelity, cultural diversity, working with veterans, and fathering issues. This book will enrich therapists' work with couples, making treatment a welcoming experience for both partners and the treatment process more gratifying for the therapist.

Sexual Medicine in Clinical Practice Klaus M. Beier 2012-11-05 Call it a remnant of our Victorian past, but sexual concerns lag behind other aspects of health, both in the training of physicians and therapists and in the way they impart this knowledge to clients. But as sexuality gains recognition as crucial to one's quality of life, evidence-based methods of understanding and discussing sex are imperative—and not only in treating pathology. *Sexual Medicine in Clinical Practice* provides framework, rationale, and strategies for both approaching sexual problems and addressing patients' questions about sexual health, behavior, and relationships. Analyzing sexuality along three dimensions—attachment, reproduction, and desire—this concise manual offers a biopsychosocial lifespan model readily translatable into clinical work. This "syndyastic" framework integrates attachment and relational theory to reinforce the bond between intimacy and connectedness, and models nonjudgmental approaches to disorders of sexual function, maturity, preference, and behavior. The authors' salutogenic rather than pathogenic focus lets clients become major players in their own healing, and the therapist or doctor serve as expert and guide. Among the topics covered: The communicative function of sexuality. The spectrum of sexual disorders. Principles of diagnostics in sexual medicine. Disease-centered versus client-centered aspects of sexual therapy. Therapeutic approaches for sexual traumatization. New challenges, including preventing child sexual abuse and online sex crime. Plus case studies, interdisciplinary references, and ethical issues. A timely, perspective- and practice-altering volume, *Sexual Medicine in Clinical Practice* is essential reading for family and primary care physicians, family and sex therapists, health psychologists, and psychiatrists.

With His Touch Dawn Atkins 2006-12-01 Now that Sugar Thompson has hit the big 3-5, she knows
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exactly what she wants. She's got big dreams to take her resort to the next level. But her plans slide off the rails once her business partner, Gage Maguire, targets her as the object of his seduction. Who knew that the simmering attraction between them would lead to sex this hot! Too bad the sensual fulfillment is creating havoc in the boardroom. Their competing goals for the business are spiking tensions between them and driving them apart. Will she be able to stop the best sex of her life from ruining everything else?

New York Magazine 1991-04-01 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.

New York Magazine 1991-04-08 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 Wild Woman's Way Michaela Boehm 2021-11-09 "As pragmatic as it is compassionate, this intimate, humorous, and ultimately relaxing invitation to re-wild yourself, stripping away all that is not your true nature, will leave you inspired and curious to discover the wild woman within" (Lissa Rankin, MD, New York Times bestselling author of *Mind Over Medicine*). For the high-achieving modern woman today, having a successful career, a fulfilling romantic relationship, and a satisfying personal life can feel like opposing goals. It has even become difficult to take the time to enjoy the simple pleasures in lives. We are stuck in "go-mode," damaging our romantic relationships, pleasure, and creativity. But what if there were a way to experience the simplest pleasures of our lives on a deeper level, freeing the body and psyche from these destructive patterns? Beyond our current stereotypes about femininity lies the ancient wisdom of the Wild Woman archetype, a model of building a feminine "body intelligence." By embodying this archetype and using tantra--not just in the bedroom, but also to build intimate connections to our senses and physical movements--we can break harmful psychological patterns. In *The Wild Woman's Way*, Michaela Boehm shares practical rituals and exercises drawn from years of experience as a celebrity relationship and life counselor and an expert in tantric yoga. She reveals the power of different types of touch, while also training you in forms of meditation and stretching that increase activity and sensual pleasure.

Sex Therapy Handbook E.C. Krohne 2012-12-06

Sex Therapy in Britain Martin Cole 1988

Breakup Bootcamp Amy Chan 2020-12-03 'The literary equivalent of a hug from a wordly big sister when you are at your lowest ebb' - Sunday Times 'A new kind of relationship guide for women' - Arianna Huffington A self-affirming, holistic guide to transforming heartbreak into healing Amy Chan hit rock bottom when she discovered that her boyfriend cheated on her. Although she was angry and broken-hearted, Chan soon came to realize that the breakup was the shakeup she needed to redirect her life. Instead of descending into darkness, she used the pain of the breakup as a bridge to self-actualization. She devoted herself to learning various healing modalities from the ancient to the scientific, and dived into the psychology of love. It worked. Fast forward years later, Amy completely transformed her life, her relationships and founded a breakup bootcamp helping countless of women heal their hurt. In *Breakup Bootcamp*, Amy Chan directs her experience into a practical, thoughtful guide to turning broken hearts into an opportunity to break out of complacency and destructive habits. Dubbed 'the Chief Heart Hacker,' Amy Chan grounds her practical advice and tried and tested methods rooted in cutting-edge psychology and research, helping readers heal and reclaim their self-love. Relatable, life-changing, and backed by sound scientific research, *Breakup Bootcamp* can help anyone turn their greatest heartbreak into a powerful tool for growth

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