

## Make More Love Eina Aufklärungsbucha Fura Erwachsene

*Sexuelle Aktivität im Alter. Veränderungen und Beeinträchtigungen* Lisa Bartschat 2017-04-19 Studienarbeit aus dem Jahr 2015 im Fachbereich Sozialpädagogik / Sozialarbeit, Hochschule Mittweida (FH), Sprache: Deutsch, Abstract: In dieser Belegarbeit soll die Alterssexualität etwas näher untersucht werden. Gibt es Sexualität im Alter wirklich noch? Und wenn ja, was hat sich dabei verändert und wie wird sie beeinträchtigt? Um diese Fragen zu beantworten, wird in dieser Arbeit erläutert, wie der Alltag im Alter aussieht, welche Probleme bei älteren Menschen auftreten können, wie sich diese auf das Liebesleben auswirken und welche Unterschiede es zwischen Männern und Frauen gibt. Die Autorin hat das Thema Alterssexualität gewählt, da um den eigenen Blickwinkel durch diese Belegarbeit zu verändern und mehr Verständnis zu entwickeln, um zu dem Thema zukünftig einen besseren Zugang zu haben. Alterssexualität ist heute noch immer ein Tabuthema in der Gesellschaft. Nicht viele können sich vorstellen, dass Menschen auch im höheren Alter noch sexuell aktiv sind. Doch kommt jeder einmal in dieses Alter. Ein Kollege der Sexualtherapeutin Ann Marlene Henning hatte einmal die Erkenntnis: "Jetzt bin ich einer von denen, mit denen ich niemals Sex haben wollte." Rückenschmerzen, Erektionsprobleme und schlaffe, faltige Haut. Das Buch soll zeigen, wie Sex trotz dieser Probleme Spaß machen kann.

**Home Again** Cardeno C 2016-10-16 Two men whose love has never faltered must relive their most treasured moments in order to secure their future. Imposing, temperamental Noah Forman wakes up in a hospital and can't remember how he got there. He holds it together, taking comfort in the fact that the man he has loved since childhood is on the way. But when his one and only finally arrives, Noah is horrified to discover that he doesn't remember anything from the past three years. Loyal, serious Clark Lehman built a life around the person who insisted from their first meeting that they were meant to be together. Now, years later, two men whose love has never faltered must relive their most treasured and most painful moments in order to recover lost memories and secure their future.

Vitali Gelwich: Boring Book Nadine Barth 2021-10-04 The overlooked and the ordinary: photographs of everyday beauty Russian-born, Berlin-based photographer and artist Vitali Gelwich finds beauty in the mundane and intimacy in the banal.

**365 Sex Moves** Randi Foxx 2012-12-01 Get ready for the best year of your life! 365 Sex Moves offers couples hot and exciting positions for every day of the year. Filled with stunning photography and short technique descriptions that get right to the point, this book allows you to simply pick-up-and-play and do the position shown. Whether you're interested in trying something just a little different or are ready for an advanced acrobatic position, 365 Sex Moves has it all. With this sexy little guide, you'll never know what the day—or night—will bring.

*Ending Female Pain, A Woman's Manual* Isa Herrera 2009-10 Isa Herrera, MSPT, CSCS, women's health physiotherapist, has written the quintessential self-help book for women suffering from chronic pelvic and sexual pain. In this unique book, Ms. Herrera delivers the goods, sharing her trade secrets with you and putting you on the right track to a pain-free lifestyle and enjoyable sex life. The large selection of techniques in this book are based on Herrera's real life experience in treating women at her NYC based healing center, Renew Physical Therapy, where she treats women who suffer from conditions such as vulvodynia, vaginismus, interstitial cystitis, vestibulitis, endometriosis, and pre and post-natal pain. Ms. Herrera has written a multi-layered book, fusing yoga, pilates, internal massage, scar therapy, visualizations, and vulva self-care, ensuring that there is something for every woman who has suffered long enough with sexual, pelvic, or scar pain. With this book Ms. Herrera shows you how she helped countless women get on a path to self-healing, ultimately breaking their cycle of pain. With this book Ms. Herrera is declaring a revolution, stating 'I have given you the tools you need, don't hesitate to get started, end your pain and be the heroine of your own story.'

Gabriel's Angel Nora Roberts 2013-02-28 AVAILABLE DIGITALLY FOR THE FIRST TIME After suffering a tragic loss, artist Gabriel Bradley only wants one thing - solitude. Retreating to an isolated cabin gives him time to think, to work and to heal. But when a very pregnant - and very beautiful woman ends up at his remote cabin during a blizzard, Gabriel realises he can't turn her away. For even though Laura is desperate, alone, and on the run, she's managed to bring Gabriel the gifts of passion, hope and life - he only needs the courage to reach for them. Includes a preview of *Whiskey Beach*, published in April 2013

*Oje, ich wachse! Back To You* Xaviera Plooi 2021-03-22 *Back To You* ist das erste Buch, das Frauen dabei hilft, sich wirklich vollständig von Geburt und Schwangerschaft zu erholen. Das revolutionäre Programm bezieht alle Aspekte der körperlichen und mentalen Veränderung ein und sorgt dafür, dass Mütter in dieser herausfordernden Zeit zurück zum eigenen Ich finden. Unter Mitarbeit zahlreicher namhafter Experten liefert *Back To You* alle Informationen, die Sie jetzt brauchen. • Alles hängt zusammen: Ernährung, Bewegung, Hormonhaushalt, psychische Gesundheit. • Theorie und Praxis: Bahnbrechende wissenschaftliche Erkenntnisse plus umfassendes Übungsprogramm. • Mit exklusivem Zugang zu allen Übungsvideos. Der unentbehrliche Begleiter für die Zeit nach Schwangerschaft und Geburt!

*Wenn es um das Eine geht: das Thema Sexualität in der Therapie* Ulrich Clement 2018-03-26 In vielen Psychotherapien geht es irgendwann einmal auch um Sexualität, selbst wenn sie nicht der Grund für die Aufnahme der Therapie war. Unser Verhältnis zum eigenen, aber auch zum Körper eines anderen Menschen wird schnell irritiert, wenn die psychische Balance insgesamt einmal verloren gegangen ist. Missverständnisse und Unsicherheiten, aber auch biografisch erworbene Schamgefühle und übernommene Tabus führen in der Sexualität schnell zu Frustration und Kränkung und damit zum Rückzug oder zur Vermeidung. Psychotherapeutinnen und -therapeuten müssen sich diesem Thema stellen können, haben allerdings selbst oft auch keine unverkrampfte Haltung zur Sexualität. Von wem also ließe sich besser lernen, über Sex zu sprechen, als von zweien, die tagtäglich mit sexuell verunsicherten Klientinnen und Klienten arbeiten. Ann-Marlene Henning und Ulrich Clement zeigen in diesem Gespräch, wie man sich möglichst gelassen auch ungewöhnlichsten sexuellen Vorstellungen und Wünschen nähert, um zu Lösungen zu kommen, die beide Seiten eines Paares zufriedenstellen können. Nachdem die Vorstellung der Sexualität als »Trieb« historisch aufgegeben wurde, geht es heute darum, den Klienten zu vermitteln, dass Sexualität einem fortwährenden Aushandeln unterworfen ist - ein Prozess, der auch im Älterwerden einer Beziehung nie zum Stillstand kommt. Also gilt allem voran: Sprechen wir drüber!

**A Boy Like You** Frank Murphy 2019-07-15 There's more to being a boy than sports, feats of daring, and keeping a stiff upper lip. *A Boy Like You* encourages every boy to embrace all the things that make him unique, to be brave and ask for help, to tell his own story and listen to the stories of those around him. In an age when boys are expected to fit into a particular mold, this book celebrates all the wonderful ways to be a boy.

**Show Me!** Will McBride 1975 Explicit photographs with candid captions are designed to help open-minded people reevaluate their sexual attitudes and teach their children about physical maturity and needs

Making a Baby Rachel Greener 2021-06-22 This inclusive guide to how every family begins is an honest, cheerful tool for conversations between parents and their young ones. To make a baby you need one egg, one sperm, and one womb. But every family starts in its own special way. This book answers the "Where did I come from?" question no matter who the reader is and how their life began. From all different kinds of conception through pregnancy to the birth itself, this candid and cozy guide is just right for the first conversations that parents will have with their children about how babies are made.

**Der Körper, der ich bin** Adrian Mühlebach 2023-04-24 Nichts ist uns näher als unser Körper - und doch sind wir uns dessen nur wenig oder gar nicht bewusst! Unser Körper spielt oft die entscheidende Rolle in unserem Leben: als Basis unserer Existenz, in der Regulierung unseres

Wohlbefindens sowie bei unserer Verhaltenssteuerung. -Dennoch nehmen wir ihn viel zu selten aufmerksam wahr. Während sich Körperempfindungen auf emotional bewertete, somatosensorische Informationen gründen, bildet die Körperwahrnehmung das kognitive Gerüst, in das sich Körperempfindungen einordnen lassen. Sie ist ein dynamischer, zirkulärer, sich selbst verändernder Prozess, bei dem mittels individuell und kollektiv entstandener Vorstellungen aus Körperempfindungen Körperwahrnehmungen entstehen. Unsere subjektive Körperwahrnehmung ist nur schwer objektiv oder naturwissenschaftlich zu begründen. In diesem Buch wird sie aus der Sicht verschiedener Disziplinen wie Philosophie, Psychologie, Physiologie und Geschichte beleuchtet, um so ihre Bedeutung für unser Leben zu reflektieren und ihren Nutzen angesichts der Herausforderungen unserer Zeit aufzuzeigen. Ein bewusstes und differenziertes Wahrnehmen des Körpers sowie seines Eingebundenseins in die Umwelt •ermöglicht uns ein waches Dasein, •erhöht unsere Kompetenz in der Entfaltung unserer Fähigkeiten und •unterstützt uns bei der Pflege unserer Gesundheit von der Kindheit bis ins Alter. Mit der Alexander-Technik lässt sich die Körperwahrnehmung in den Lebensalltag integrieren und für die bewusste Selbstorganisation nutzen: für einen lebendigen und authentischen Umgang mit sich selbst und anderen Menschen sowie als Zugang zur Erfahrung der eigenen Existenz in den Kreisläufen der Natur.

**Female Ejaculation and the G-spot** Deborah Sundahl 2003 Like men, women also can ejaculate, enhancing and intensifying their sexual pleasure. In an open, positive style, Deborah Sundahl presents information about female ejaculation including scientific findings, anatomical illustrations, historical accounts, a chapter on how men can help their female partners to ejaculate, and women's and men's experiences collected during the past two decades.

**Let's talk about sex - auch in Zeiten von Trauer und Leid** Dorothee Bürgi 2018-05-14 Auch in Zeiten von Krisen, Leid und Trauer sind Menschen sexuelle Wesen. Dieses Leidfaden-Heft bringt die Bedürfnisse nach körperlicher und seelischer Nähe ins Wort. Es thematisiert die Suche nach Möglichkeiten und die Begrenztheit, dem Ausdruck des Eigenen und Formen der Zuwendung Raum zu geben, wenn Krankheit, Leid, Trauer und Krisen das Leben aus der Bahn bringen. Welchen Stellenwert hat Sexualität in der Krise? Wie geht ein Mensch damit um, wenn sein Körper nicht mehr wie bisher attraktiv erscheint? Wie können Betroffene außerhalb des schützenden Rahmens des Privaten auf Sexualität angesprochen werden? Wie stehen Sexualität und Spiritualität zueinander? Welche Formen der Begleitung sind angemessen und wo dürfen und sollen auch Grenzen gesetzt werden? Diese und andere Fragen werden mit unterschiedlichen Zugängen ausgeleuchtet.

**Supersex** Tracey Cox 2009-06-01 Everything you need to know to become a supersexpert from Tracey Cox Hang onto your headboard your sex life is about to get superhot thanks to sexpert Tracey Cox. Witty, fresh, clever and loads of fun, it's packed with practical and realistic advice to skyrocket your sex life to supersex status. Learn how to kiss, lick, stroke and nibble your way to great sex. Discover why snogging yourselves stupid is a very good idea. Learn sexual positions you'll both adore and take lots of time over the six-part guide to super foreplay! Real-life, reveal all accounts from Tracey Cox and her posse of road-testing couples give a refreshing reality to each sexy subject. Your sex life will never be the same again.

**Slow Sex** Diana Richardson 2011-01-27 A revolutionary practice for couples to enhance sexuality and reach higher states of consciousness • How to make sex a conscious decision, not an accidental encounter • Discusses how slowness increases sensitivity and awakens the body's innate mechanism for ecstasy • Reveals how sexuality can be sustainable and enjoyable well into old age While fast, hot, orgasm-driven sex can bring momentary satisfaction, in the long run it can become boring and mechanical, causing many couples to lose interest and stop making time for physical intimacy. The first step to revive a waning sex life or make a healthy one more fulfilling, says author Diana Richardson, is to make sex a conscious decision rather than an accidental encounter. Focusing on eye contact, subtle sensations, and deep breathing, Diana's practice of slow sex awakens the body's innate mechanism for ecstasy, unlocking the door to extraordinary realms of sensitivity, sensuality, and higher consciousness. Exploring the healing,

spiritual power of slow sex, this book offers a step-by-step guide for committed couples to transform sex into a meditative, loving union of complementary energies. It explains how slow sex increases sensitivity and sexual vitality and how, because it creates and restores love, slow sex is loving sex. With a focus on coolness rather than heat, this practice provides couples a way to reach a shared meditative state and use it as a vehicle to achieve higher consciousness. Illustrating different positions for eye contact, deep sustained penetration, and soft penetration, this book reveals that sex truly can be sustainable and enjoyable well into old age.

**Intimacy and Desire** Dr David Schnarch 2010 In this groundbreaking book, Dr. David Schnarch, one of the foremost experts on sexuality and relationships, explains why normal healthy couples in long-term relationships have sexual desire problems, regardless of how much they love each other or how well they communicate. In-depth examples of couples he has counselled reveal his unique understanding of common-but-difficult sexual desire problems that affect couples of all ages. Combining compassion and clinical wisdom, Dr. Schnarch explains how to use his revolutionary Four Points of Balance approach to resolve low desire, mismatched desire, sexual boredom, and the emotional gridlock that accompanies these problems. Intimacy and Desire provides a roadmap for how couples can transform common sexual desire problems into self-exploration and personal development that leads to psychological and spiritual growth, stronger relationships, and more powerful and meaningful desire for each other. It provides time-proven comprehensive solutions that help couples reconnect with each other sexually, and take their intimacy and passion to new, previously unexplored heights.

**Mating Intelligence** Glenn Geher 2008 Human intelligence is sexually attractive, and strongly predicts the success of sexual relationships, but the behavioral sciences have usually ignored the interface between intelligence and mating. This is the first serious scholarly effort to explore that interface, by examining both universal and individual differences in human mating intelligence. Contributors include some of the most prominent evolutionary psychologists and promising new researchers in human intelligence, social psychology, intimate relationships, and sexuality. David Buss' foreword and the opening chapter explore what 'mating intelligence' means, and why it is central to human cognition and sexuality. The book's six sections then examine (1) our mating mechanisms — universal emotional and cognitive adaptations for mating intelligently — that guide mate search, mate choice, and courtship; (2) how mating intelligence strategically guides our choice of mating tactics and partners given different relationship goals, personality traits, forms of deception, and the existence of children; (3) the genetic and psychiatric causes of individual differences in mating intelligence; (4) how we use mental fitness indicators — forms of human intelligence such as creativity, humor, and emotional intelligence — to attract and retain sexual partners; (5) the ecological and social contexts of mating intelligence; (6) integrative models of mating intelligence that can guide future research. Mating Intelligence is intended for researchers, advanced students, and courses in human sexuality, intimate relationships, intelligence research, behavior genetics, and evolutionary, personality, social, and clinical psychology.

**Green Box** Tim Mälzer 2014-01-25 One of Europe's top chefs brings his popular and easy to prepare recipes to America, featuring delicious vegetarian dishes for all tastes. Cooking with fresh vegetables has never been more fun. With this new cookbook, Tim Malzer shows the surprising wealth of vegetarian cuisine. His book Green Box features simple and tasty recipes that will inspire every cook. Vegetables and spices are the stars here--basic ingredients which make up Tim Malzer's fresh cuisine. The book includes a wide variety of vegetarian cooking; a practical seasonal calendar and detailed commentary on ingredients; American scale units for all recipes; and hundreds of full-color illustrations.

**Untenrum frei** Margarete Stokowski 2016-09-08 SEX. MACHT. SPASS. UND PROBLEME. In ihrem Debüt «Untenrum frei» schreibt die Autorin und Spiegel-Online-Kolumnistin Margarete Stokowski über die kleinen schmutzigen Dinge und über die großen Machtfragen. Es geht darum, wie die Freiheit im Kleinen mit der Freiheit im Großen zusammenhängt, und am Ende wird deutlich: Es ist dieselbe. Mit scharfsinnigem Blick auf die Details

gelingt ihr ein persönliches, provokantes und befreiendes Buch. Stokowski erzählt von dem frühen Wunsch, unbedingt als Mädchen wahrgenommen zu werden, von unzulänglichem Aufklärungsunterricht, von Haaren und Enthaarung, von Gewalterlebnissen, von Sex, von Liebe und vom Feminismus. Und sie verbindet ihre wunderbar erzählten persönlichen Erlebnisse mit philosophischen, politischen und wissenschaftlichen Analysen und zeigt damit: Sie ist mit ihren Erfahrungen nicht alleine. Wir fühlen uns als freie, aufgeklärte Individuen, aber erst wenn wir Geschichte um Geschichte zusammentragen, wird die kollektive Schieflage, die strukturelle Ungleichheit sichtbar. Dennoch: «Wenn ich Geschichten aus meinem Leben erzähle, dann nicht, um langsam, aber sicher ein Bild von mir als Vollopfer aufzubauen», schreibt Stokowski - im Gegenteil. Ihr geht es um eine «Ent-Opferung». Humorvoll und klug geht sie damit der Frage nach, wie politisch das Private noch immer ist. «Der Feminismus erklärt mir nicht, warum der Bus nicht auf mich wartet. Aber er erklärt mir, warum ich mich für mein Zuspätkommen entschuldigen werde, auch wenn ich nicht schuld war, sondern der Bus zu früh gefahren ist. Er erklärt mir, warum viele der Frauen, die ich kenne, sich auch noch entschuldigen würden, wenn sie von einem Meteoriten getroffen werden.»

**More Secrets of Happy Children** Steve Biddulph 2013-04-01 A very practical, 'howto' approach to parenting. More Secrets of Happy Children tackles the important concerns of parents in the nineties, with inspirational ideas and clues for daytoday living with children. As counsellors, educators and parents, Steve and Sharon Biddulph have worked with families for over twenty years, and have talked with thousands of parents about what works. Issues such as: How to help toddler's and children feel secure and settled Discipline methods that work - without hitting or yelling Making sure your love gets through Being the best kind of dad Will childcare damage your child Parent pay Parent power - changing our world and many more, are discussed with Steve's gentle blend of humour and practical advice. this is a book about putting love into action, about knowing what you are doing and why, and about raising twenty-second century children you can be proud of. A very practical, 'howto' approach to parenting. More Secrets of Happy Children tackles the important concerns of parents in the nineties, with inspirational ideas and clues for daytoday living with children. As counsellors, educators and parents, Steve and Sharon Biddulph have worked with families for over twenty years, and have talked with thousands of parents about what works. Issues such as: ? How to help toddler's and children feel secure and settled ? Discipline methods that work - without hitting or yelling ? Making sure your love gets through ? Being the best kind of dad ? Will childcare damage your child? ? Parent pay ? Parent power - changing our world and many more, are discussed with Steve's gentle blend of humour and practical advice. this is a book about putting love into action, about knowing what you are doing and why, and about raising twenty-second century children you can be proud of.

Every Body Julia Rothman 2021-01-05 Experience a radically inclusive and informative collection of stories, essays, interviews, and art about sex, relationships, and body confidence. Have you ever had a question about sex—whether out of curiosity, desire, or the sneaking suspicion you're, somehow, different? Every Body will help you feel less alone. It's a huge collection of anonymous stories, essays, artwork, and expert tell-alls on myriad subjects, all rolled into one. Really, it's the conversations most of us are too scared to start. Thanks to talented duo Julia Rothman and Shaina Feinberg, we don't have to. The stories, essays, and interviews they've compiled touch on a wide array of topics, including first times, open relationships, body acceptance, accidental pregnancies, sex toys, pleasure, fear and trauma, sexual discovery, and more. Framed by dozens of artists' illustrations, deeply personal interviews, and expert essays that address stigmas and clichés, this book is an informative, welcoming, and inclusive user's guide to your body, no matter its shape, size, or preferences. A dynamic group of voices and styles makes Every Body an essential resource and helpful companion as you explore your own body (and more!).

Up roar's Your Only Music Brian Brett 2006 This memoir is personal and intense, a vision that is half paradise, half abattoir. It is Brett telling of growing up in the shadow of his peg-legged, strongman potato-peddling father, as he reveals that he is a hermaphrodite - sometimes angelic in his



insights and also physically powerful, yet always on the brink of dying. Through excruciating pain in his bones and drug-induced hallucinations, he has stayed alive into his middle years as a storyteller with a huge appetite for life and words - a man of brilliance and courage, who has confronted the essential questions and conundrums of existence.

Children of the Future Wilhelm Reich 2013-07-02 Translated by Derek and Inge Jordan In Children of the Future, Wilhelm Reich shows how disastrous the exclusion of genitality is to the young and its important influence on their development. In his 1932 work The Sexual Rights of Youth, published here in its revised form, Reich speaks in terms of what he sees as the real meaning of the sexual enlightenment of youth: it is not the mystery and dangers of procreation, but the essential nature of sexuality and the right of youth to genital gratification. Reich presents a new way of seeing the parental compulsion to teach. In other chapters, Reich examines attitudes toward infantile masturbation, the source of the human no, and special disturbances of the young. Reich's work is substantiated by his concrete observations and experiences with children, including case studies from the Orgonomic Infant Research Center.

Make More Love Ann-Marlene Henning 2018-03-05

Wieder Paar sein! Sascha Schmidt 2017-02-06 Der Ratgeber gegen verlorene Zweisamkeit und „wir funktionieren nur noch“: Die Arbeit ruft, das Kind schreit, die Zeit drängt: Im Alltag der meisten Eltern kommt das „Paar-Sein“ zu kurz. Und wenn endlich Zeit füreinander ist, drehen sich die Gespräche nur um Kind und Job oder es herrscht Streit und Sprachlosigkeit. Doch mit kleinen Veränderungen können Sie sich Ihre starke und liebevolle Partnerschaft zurückerobern! Die praktischen Tipps und hilfreichen Alltagslösungen in diesem Ratgeber helfen Ihnen dabei, Konflikte zu lösen und endlich wieder eine erfüllte Zeit zu zweit zu genießen. Perfekt für alle, die nicht nur tolle Eltern, sondern auch ein glückliches Paar sein möchten!

**The Secret to Male Multiple Orgasms and Other Sex Skills** Mike Kleist 2009 "The Secret to Male Multiple Orgasms" is a complete training program. Step by step you will learn how to boost your sex-life to the next level. Learn... ..to expand the orgasm over the whole body. ...to use your sexual energy more efficiently. ...to control your body better and get to know new pleasure points. ...to avoid premature ejaculation. ...to maintain your erection after the orgasm. ...to experience several full-body-orgasm ...additional sex skills and become the lover of her dreams

**Accessing the Healing Power of the Vagus Nerve** Stanley Rosenberg 2017-12-19 This practical guide to understanding the cranial nerves as the key to our psychological and physical well-being builds on Stephen Porges's Polyvagal Theory—one of the most important recent developments in human neurobiology. Drawing on more than thirty years of experience as a craniosacral therapist and Rolfer, Stanley Rosenberg explores the crucial role that the vagus nerve plays in determining our psychological and emotional states and explains that a myriad of common psychological and physical symptoms—from anxiety and depression to migraines and back pain—indicates a lack of proper functioning in the vagus nerve. Through a series of easy self-help exercises, the book illustrates the simple ways we can regulate the vagus nerve in order to initiate deep relaxation, improve sleep, and recover from injury and trauma. Additionally, by exploring the link between a well-regulated vagus nerve and social functioning, Rosenberg's findings and methods offer new hope that by improving social behavior it is possible to alleviate some of the symptoms at the core of many cases of autism spectrum disorders. Useful for psychotherapists, doctors, bodyworkers, and caregivers, as well as anyone who experiences the symptoms of chronic stress and depression, this book shows how we can optimize autonomic functioning in ourselves and others, and bring the body into the state of safety that activates its innate capacity to heal.

*Erfolg durch Positionierung* Ruth Urban 2016-06-24 „Für welches Thema stehe ich als Coach?“ Diese Frage beantworten zu können, ist ziemlich wichtig, denn immer mehr Coachs, aber auch Trainer, Dozenten und Berater drängen auf den Markt. Sich dort zu behaupten ist deshalb alles andere

als einfach. Drei Schlüsselfaktoren - Motivatoren, Fähigkeiten und Berufung - helfen, für sich eine authentische Positionierung zu finden und diese mit Leben zu füllen. Dazu gibt es Übungen in diesem Buch und viele Praxisbeispiele, die zeigen, wie andere Coaches die Herausforderung gemeistert haben.

**Dass der Kaffee nicht mehr schmeckt, ist mein kleinstes Problem** Ann-Marlene Henning 2022-09-01 Die Sexologin und erfolgreiche Autorin Ann-Marlene Henning erkrankt im November 2021 an Covid-19. Ein paar Tage nach den ersten Symptomen verschlechtert sich ihr Zustand so, dass sie ins Krankenhaus kommt. Auf der Intensivstation verschlimmert sich ihre Situation schnell, sie bekommt schwerste Atemnot und muss ins künstliche Koma versetzt und beatmet werden. Schließlich entwickelt sie während des Komats auch noch eine Sepsis und kommt nur ganz knapp mit dem Leben davon. Von der schweren Erkrankung und dem, was sie im Krankenhaus erlebt hat, aber auch ihrem Kampf zurück ins Leben berichtet sie in diesem Buch. Ann-Marlene Henning erzählt nicht nur ihre persönliche Geschichte, sondern erläutert auch medizinische Hintergründe. Während der schweren Zeit im Krankenhaus und auch beim Erzählen hilft ihr ihre direkte Art und ihr Humor - so entsteht ein ehrliches, berührendes und erkenntnisreiches Buch über die neue Volkskrankheit.

**The Runaways** Ulf Stark 2019 "Grandpa's in the hospital and hating it. He swears at the nurses and makes trouble for everyone. Dad finds it too stressful to visit, but Gottfried Junior visits Grandpa as often as he's allowed, and when he's not allowed, he goes anyway. Grandpa thinks only of the place he was happiest--the island where he lived with Grandma before she died. He wants to go back one last time, but they won't let him out of the hospital. Gottfried Junior and Grandpa take things into their own hands. If running away is the only way to get to the island, then they'll be runaways."--Page 2 of cover.

**Sorted** Jackson Bird 2020-08-04 An unflinching and endearing memoir from LGBTQ+ advocate Jackson Bird about how, through a childhood of gender mishaps and an awkward adolescence, he finally sorted things out and came out as a transgender man in his mid-twenties. When Jackson Bird was twenty-five, he came out as a transgender to his friends, family, and anyone in the world with an internet connection. Assigned female at birth and raised as a girl, he often wondered if he should have been born a boy. Jackson didn't share this thought with anyone because he didn't think he could share it with anyone. Growing up in Texas in the 1990s, he had no transgender role models. He barely remembers meeting anyone who was openly gay, let alone being taught that transgender people existed outside of punchlines. In this "soulful and heartfelt coming-of-age story" (Jamia Wilson, director and publisher of the Feminist Press), Jackson chronicles the ups and downs of growing up gender confused. Illuminated by journal entries spanning childhood to adolescence to today, he candidly recalls the challenges and loneliness he endured as he came to terms with both his gender and his bisexual identity. With warmth and wit, Jackson also recounts how he navigated the many obstacles and quirks of his transition--like figuring out how to have a chest binder delivered to his NYU dorm room and having an emotional breakdown at a Harry Potter fan convention. From his first shot of testosterone to his eventual top surgery, Jackson lets you in on every part of his journey--taking the time to explain trans terminology and little-known facts about gender and identity along the way. "A compassionate, tender-hearted, and accessible book for anyone who might need a hand to hold as they walk through their own transition or the transition of a loved one" (Austin Chant, author of Peter Darling), Sorted demonstrates the power and beauty in being yourself, even when you're not sure who "yourself" is.

**Doing It** Hannah Witton 2017-04-06 Book of the Year at the Summer in the City Awards 2017 Sexting. Virginity. Consent. The Big O ... Let's face it, doing it can be tricky. I don't know anyone (including myself) who has sex all figured out. So I've written a book full of honest, hilarious (and sometimes awkward) anecdotes, confessions and revelations. And because none of us have all the answers, I've invited some friends and fellow YouTubers to talk about their sexuality, too. My book is for everyone, no matter what gender you identify as or who you fancy. We talk about doing it

safely. Doing it joyfully. Doing it when you're ready. Not doing it. Basically, doing it the way you want, when you want. So. Let's do this ... ----- Doing It candidly and openly explores topics like masturbation, slut-shaming, pornography and consent, as well as how to maintain healthy relationships in a digital age.

**The Problem-Centred Interview** Andreas Witzel 2012-06-22 This book provides the first English language account of the interview method known as the PCI. Offering a way of collecting knowledge by means of involving people actively in the research process, the interviewer takes the role of a well-informed traveller. With careful preparation and planning, the interviewer sets out with priorities and expectations, but the story the interviewer tells about his journey depends on the people encountered along the road. Novice and experienced interview researchers across the social, educational and health sciences will find this an invaluable guide to conducting interviews. Andreas Witzel is senior researcher (retired) at the University of Bremen and former director of the Bremen Archive for Life Course Research. Herwig Reiter is senior researcher in the Department of Social Monitoring and Methodology of the German Youth Institute in Munich.

Passionate Marriage David Schnarch, Ph.D. 1998-05-15 The greatest sexual pleasure in a person's lifetime is possible in one's middle and later years, asserts Dr. David Schnarch, when a mature sense of self has been achieved and genuine intimacy is possible with another person. At his Family Health Center in Colorado Dr. Schnarch works with couples in long-term committed relationships who want to get emotionally and sexually closer. In Passionate Marriage Dr. Schnarch shares what he has learned about how couples can--and must--simultaneously break through the sexual and the emotional blocks that hold them back from total satisfaction. He counsels that every sexual exchange, from kissing to daring erotic behaviors, is a picture of an entire relationship--a reflection of how you and your partner feel about yourselves and each other outside the bedroom. This respectful, erotic, uplifting, and spiritual guide to sexual and emotional fulfillment makes a passionate marriage within the reach of every couple.

When Sadness Comes to Call Eva Eland 2019-01-03 When Sadness arrives, try not to be afraid: give it a name, listen to it and spend some time together. Maybe all it wants is to know that it's welcome. This beautiful debut by new author-illustrator talent Eva Eland takes a poignant but uplifting look at dealing with uncomfortable emotions.

The Erotic Mind Jack Morin 1995

**Designer Relationships** Mark Michaels 2015-09-08 Contemporary relationships are in a state of rapid evolution. These changes can and should empower people with the opportunity to develop partnerships based on their own sexualities, understandings, and agreements. This makes it possible to create what Kenneth Haslam, founder of the Kinsey Institute's Polyamory Archive, has called "designer relationships." Designer relationships may encompass: people who bond emotionally but not sexually; people who agree to be non-exclusive; single people who have occasional lovers or friends with benefits; multiple partner configurations where long-term bonds exist among all or some; partnerships in which people are kinky and that make room to explore kink. The possibilities are limitless, and thinking about a partnership as something people can craft allows for flexibility and change. Relationships can open and close or have varying degrees and kinds of openness as circumstances demand. In the context of a designer relationship, decisions are made mutually, consciously, and deliberately. Best-selling authors and nationally known relationship experts Patricia Johnson and Mark A. Michaels are exemplars of this life choice, and have studied polyamory for over 20 years. This book explains exactly how you and your loved ones can design your own life and love.

Das sind die Hormone Nataly Bleuel 2020-03-02 Von Pubertät bis Wechseljahre - die Macht der Hormone Hormone dirigieren den Menschen, seinen Kopf und seinen Körper, ein Leben lang und insbesondere in Umbruchphasen: vom Kind zum Erwachsenen, von der Frau zur Mutter, von der Fruchtbarkeit in die Wechseljahre. Hormone steuern aber auch unsere Stimmungen. Und besonders zu schaffen machen sie uns, wenn sie zusammen



mit anderen Faktoren Krankheiten wie Diabetes, Schilddrüsenstörungen oder gar Depressionen erzeugen. Die Journalistin Nataly Bleuel hat den Hormonen nachgespürt. Sie hat Frauen (aber auch Männer) aller Altersgruppen nach ihren Erfahrungen befragt und Ärzte und Fachbücher zu den Fakten: Welche Botenstoffe gibt es, wie funktionieren sie, wie wirken sie auf uns – und vor allem: Wie machen wir uns frei von dem, was ihnen kulturell und gesellschaftlich zugeschrieben wird? Denn, so die These, die Bleuel aufstellt und mit neuesten Forschungsergebnissen unterfüttert: Hormone sind auch ein soziales Konstrukt. Entstanden ist eine unterhaltsame wie anregende Anleitung zum kritischen Beobachten und Lesen dessen, was in unseren Körpern und Köpfen passiert, und wie wir damit umgehen.

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