

Acupressure For Lovers Secrets Of Touch For Increasing Intimacy

Yoga Journal - 1997-03

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

1001 Ways to Be Romantic - Gregory J.P. Godek 2010-09-01

More Romantic than Ever! Sure, you could buy some roses. Yes, you could cook an elegant romantic dinner. Of course, you could give a heart-shaped box of chocolates. But sometimes you want to do more than that. Sometimes you want to show just how much you really care, how much passion you really feel, and how much more your partner means to you than absolutely anything else. Packed with unique suggestions, easy gestures, and thoughtful gift ideas, 1001 Ways to Be Romantic is "worth memorizing" (Boston Herald).

More than one and a half million people have used this book to kick up the fun and romance, making it a modern classic and #1 national bestseller. It's a must-have for anyone, in any relationship, who wants to spark some more love in their lives. You'll find: Little things you can do every day Big ideas for when you want to go all out How to be romantic without spending a dime How to really go to town when money is no object Tons of resources, including websites, online shopping, places to go, music, movies, and much, much more

Forthcoming Books - Rose Arny 1997

The Publishers Weekly - 1997

Yoga Journal - 1997-03

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Acupressure for Emotional Healing - Michael Reed Gach, PhD 2008-11-19

Increased stress and traumatic events in our lives have resulted in many millions of people who suffer from insomnia, nightmares, anxiety attacks, depression, and tension headaches. ACUPRESSURE FOR EMOTIONAL HEALING offers relief at your fingertips, quickly and safely, for a wide range of emotional problems. It explains how emotional distress becomes lodged in the body as muscular tension and blocked energy, and shows how acupressure can relieve not just the resulting physical symptoms, but also their emotional source--often without the need for extensive talk therapy or medication. Acupressure stimulates the same points used in acupuncture, but instead of needles, firm finger pressure is used on the surface of the skin. The pressure releases neurochemicals called endorphins that relieve pain. As in acupuncture, specific pressure points are connected with internal organs and energy pathways in the body (called meridians) that regulate the flow of electrical energy to all systems. Unlike acupuncture, acupressure can be used safely by anyone, with only the hands as equipment. ACUPRESSURE FOR EMOTIONAL HEALING offers a comprehensive A-Z guide to emotional ailments (from abandonment to worry and obsessive thinking), with fully-illustrated instruction on dozens of precise acupressure point locations and how to activate them, combined with yogic breathing, stretching, and movement routines. Case histories from the authors' practice further illuminate each condition and the path to emotional balance and healing. Most routines can be used independently for self-care and on-the-spot relief. There are also sections on how to use the techniques to help others, with appropriate safeguards.

Whole Earth - 1997

CHINU'S NOTES ON KNOW ALTERNATE THERAPIES - Sankaran Srinivasan 2021-06-09

We are a part of the vast sea of humanity that is searching the ultimate utopia, misled by the thought that successful careers and wads of currency will buy us a place here. so in a bid to accumulate those wads and reach the pinnacle of successful careers , we have surrendered our peace of mind, unblemished souls and physical health the 24x7x365 culture has invaded this planet companies proudly flaunt the nonstop work culture , slave driving their employees with promises of more greenbacks to compensate for the mental peace and happiness they have lost the taunt muscles, the rigid jaws and the overstrained nerves are a few pointers to our unrelenting torture of the self .So man today is sick because he thinks he is sick .sickness and disease have no place in the life of person who does not accept and tolerate the self-limiting thoughts which are real seeds of our myriad ailments , we stand hypnotized by the belief that disease and illness are our fate and destiny , rather than health and bliss , which are truly our birth right and heritage .in order to emerge from our mass hypnosis and collective hysteria and to experience health , joy and creative fulfilment , we must make a systematic application of holistic living through alternate therapies in our daily life. The success of efficacy of alternate therapies he experienced provided the impetus, inspiration to him to come with compendium of his documented collection over a decade in this book . In effect, this book makes a humble effort in finding a genuine and truly helpful lifeline for many people, giving important popular alternate therapies in SINGLE WINDOW for ready reference, self-study and self-treatment as its primary objective .it is to help you live life to the hilt that his book has been written .Life is not about toil and ambition alone; it is about enjoying each moment .it is learning to relax and take things in stride .It is about the blissful enjoyment of the years granted to us on this planet. Believe me , you will be more successful, happier and contented if you pursue your career, relationships and ambitions in a relaxed manner outlined in this book .

New Age Journal - 1998

Acupressure for Lovers - Michael Reed Gach, PhD 1997-01-01

In Chinese medicine, acupressure points are considered gateways for the human electrical energy that runs throughout the body. This energy is essential for optimal sexual pleasure and Gach explains with line drawings, photographs, and step-by-step instructions how to release this energy and naturally increase sexuality and sexual enjoyment. With easy stretching, tips, and exercises for eliminating stress and tension in the body, Acupressure for Lovers also helps couples promote relaxation while enhancing eroticism and intimacy.

Yoga Journal - 1997-05

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty. *Sex Smart* - Aline P. Zoldbrod 1998

Dr. Zoldbrod demonstrates how family dynamics in childhood underlie adult sexual problems, from sexual aversion to sexual addiction. Case studies, "body maps", and exercises allow readers to work through sexual issues. Illustrations.

Conceiving with Love - Denise Wiesner 2019-05-28

Supportive, practical advice for couples who are trying to conceive. Denise Wiesner's integrative East-meets-West approach, developed over twenty years of practice, has helped thousands of couples relax, reconnect, and conceive. The stress of trying to get pregnant can wreak havoc with a couple's intimate relationship—right at a time when that connection is most important—and the frustration and shame

couples may feel can have a harmful effect and reduce their chances of conceiving. Wiesner gives couples the tools they need to repair their sexual relationship, rebuild their self-confidence, and reclaim their intimacy and desire. She includes advice from leading experts in Western reproductive medicine and Traditional Chinese Medicine; offers sensual practices from yoga, qigong, and Tantra; and answers questions couples have about sex, intimacy, and both naturally occurring and medically assisted fertility.

Sex Matters for Women - Sallie Foley 2011-12-13

A guide to help women understand how their bodies work and to take charge of their sexuality, discussing anatomy, body image, trauma, overcoming difficulties, and related topics.

Acupressure's Potent Points - Michael Reed Gach, PhD 2011-11-09

With your hands you have potential to relieve everyday aches, pains and ailments without taking drugs, to improve your health, and to increase your vitality. Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that, in turn, activate the body's natural self-healing processes. With this book, it is a skill you can learn now--and use in your own home. In Acupressure's Potent Points, Michael Reed Gach, founder and director of the Acupressure Institute of America, reveals simple techniques that enable you to relieve headaches, arthritis, colds and flu, insomnia, backaches, hiccups, leg pain, hot flashes, depression, and more--using the power and sensitivity of your own hands. This practical guide covers more than forty ailments and symptoms, from allergies to wrist pain, providing pressure-point maps and exercises to relieve pain and restore function. Acupressure complements conventional medical care, and enables you to take a vital role in becoming well and staying well. With this book you can turn your hands into healing tools--and start feeling good now.

Yoga Journal - 1997-07

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Arthritis Relief at Your Fingertips - Michael Reed Gach 2004-09-23

From the Acupressure Institute of America comes the news 35 million arthritis sufferers have literally been aching for--relief without the unpleasant, risky side effects of therapeutic drugs. Illustrated with hundreds of photographs.

Cataloging Bulletin - Hennepin County Library. Cataloging Section 1996

The Sacrament of Conception - Muriel Lede 2010-06-06

A TALE OF POLYAMORY, POETRY, AND SPIRITUALITY. A devout young couple is prompted by Providence to conceive a child on holy ground. They comply wholeheartedly, having carefree, scorching sex together while deepening their intimacy in unforeseen ways. But then they are summoned overseas to complete the ritual which, upon disclosure of its shocking continuation, they realize reaches far deeper than what they had initially committed to. Somber revelations and mortal danger shall test their resolve to carry through an ordeal that threatens their very lives and faith. Will they carry out their mission and return home unscathed? Find out through the account of their peripetias, imbued with overlooked exoticism, spicy sensuality, irreverent prosody, and ontological shock, as they journey across the Old Continent to uncover the mystery of their origins, rooted beneath shrouds of biblical proportions.

Sensual Love Secrets for Couples - Al Link 2007

Is it possible to stir up passion after the flames of romantic love die down? How can one maintain a loving relationship that satisfies and stimulates year after year? "Sensual Love Secrets for Couples" offers one simple solution for stoking the fires of lifelong intimacy: awakening and uniting the Body, Mind, Heart, and Soul. These four freedoms--the essence of human nature--have the power to transform a lusterless partnership into a divine union sparkling with limitless pleasure and unconditional love. Featuring over one hundred exercises and fun activities, this practical guide helps readers explore the physical senses, establish trust, cultivate emotional intimacy, achieve sacred sex, embrace commitment, pledge selfless intentions, and build spiritual bonds to last a lifetime.

Acupressure For Lovers Secrets Of Touch For Increasing Intimacy:

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