

## Sexual Pleasure Reaching New Heights Of Sexual Arousal And Intimacy

**Rx Sex** Barbara Keesling 2000 In "Rx Sex" Keesling describes the many benefits of a healthy sex life and demonstrates how to introduce sexual healing into a relationship at any stage. Readers can find help to ease performance pressure and encouragement to explore how touch and arousal can improve all areas of life. 14 photos. Charts.

**The Oxford Handbook of Close Relationships** Jeffrey A. Simpson 2013-05-02 This book provides an in-depth and comprehensive summary of the psychology of close relationships, and showcases classic and contemporary theories, models, and empirical research that have been conducted in the field.

**The Best Oral Sex Ever - Her Guide to Going Down** Yvonne K Fulbright 2010-12-18 Just because she's going down doesn't mean he's having all the fun. "Sexpert" author Yvonne K. Fulbright gets real with women in this bold book on giving and getting oral sex. This guide tackles the dirty taboos and awkward assumptions that keep fellatio from being seductive and satisfying. You will enjoy giving oral sex as much as men enjoy getting it when you learn: Breathing techniques to last longer Positions he'll love, like "The Starfish" and "Deep-Throating" How to give (and receive) multiple orgasms from oral sex How to talk about what they feel is right and wrong Armed with sexy self-confidence and an arsenal of tongue-twisting tips, you will discover exactly how delightful the plunder down-under can be.

**Intellectual Foreplay** Eve Eschner Hogan 2000 Provides a series on question on feelings, interests, beliefs, personal histories, financial matters, habits and behavior, future plans, and related issues for couples considering a more permanent relationship.

**Exploring the Dimensions of Human Sexuality** Jerrold Greenberg 2010-03-10 Exploring the Dimensions of Human Sexuality, Fourth Edition addresses all aspects of sexuality—biological, spiritual, psychological, and sociocultural—and presents the information both factually and impartially. Throughout the text, students will find an emphasis on health and well-being based on the assumption that we are all sexual beings and that sexuality should be viewed in its totality. Students are encouraged to explore the varied dimensions of human sexuality and see how each affects their own personal sexuality, sexual health, and sexual responsibility.

**The Therapist's Notebook** Lorna L Hecker 2013-02-01 When did you last have enough free time to carefully create, develop, and test a therapeutic concept or teaching method to improve the help you provide to your patients? With The Therapist's Notebook, a compilation of original ideas by practicing clinicians, you can tap into the knowledge and experience of seasoned professionals to give your clients tangible, field-tested assignments that will represent their work and progress in therapy. Appropriate for practicing marriage and family therapists, psychologists, social workers, and other therapists of any professional affiliation who deal with children, adolescents, adults, couples, or families, this dynamic handbook provides you with handouts and homework activities that are quick and easy and require little effort or experience to use. The Therapist's Notebook is a valuable resource for both experienced and novice clinicians. Established clinicians will know how to fit each chapter to a particular clientele, while uninitiated clinicians or trainees will appreciate how the ready-made materials help their clients and spur their own creativity in intervening. You'll find therapeutic work becomes less stressful and more enjoyable as you learn about helping these populations deal with important issues: Adults--goal setting, boundary issues, life transitions, communication, problemsolving, compulsivity, feelings Couples--trust, infidelity, leisure time, communication, conflict resolution, sexuality, enrichment Families--rules/punishment, decisionmaking, gender roles, chores and responsibilities, communication Children--self-esteem, school problems, social skills, abuse, discipline problems Adolescents--peer pressure, school issues, communication, involvement in therapy, behavior Other--resistant clients, crisis counseling, linking clients with social resources The Therapist's Notebook gives you a tangible, useful product you can utilize with clients. The book's compilation of homework, handouts, and activities that have been successfully applied to client populations is valuable not only for therapists' daily use, but also to illustrate creative, clinically tested interventions to future counselors, therapists, social workers, teachers, school psychologists, and special educators. Particularly useful as an ancillary text in university courses in psychotherapy-related fields, the book's user-friendly format will enliven practicum courses and ensure heightened student participation.

**Sex Positions Guide** Ivana Swirl 2020-12 Have you ever experienced a moment of supreme sexual ecstasy? If so, how did that make you feel? Exhilarated? Too connected with the other person you have had this experience with? Such intense sexual experiences can bring pleasure on an entirely different level than we are used to. With this book, you will be introduced to the ideas behind Tantric sex and also have a practical guide on how to incorporate Tantric sex in your sex life. Many people find sex extremely fascinating, while others fear it. Some people want to indulge in sex with everything they have, but at the same time, they avoid it as if it is something terrible. They may want to give everything they have but fear the vulnerability they will feel. Tantric belief sees eroticism and sex as a natural aspect of life, and as a result, sex is perceived as the path to spirituality. For this reason, the Tantric view of sexuality is unabashed. Some parts of Tantric sex are seen as extreme, but they are not a common occurrence. - In the first chapter, we will delve deeper into what is Tantric sex as well as all the things you and your partner can do to prepare yourselves for this experience before you engage in Tantric sex methods. - In the second chapter, we will present you with the different activities you can do to move forward in your Tantric sex experience, enhance your arousal, pleasure, and desires while indulging yourselves in the new realm of Tantra, not to mention the significant sex positions we will include that will take your satisfaction to new heights. - In the third chapter, we will delve deeper into the fantastic world of Tantric massages since they are considered to be essential when you want to both relax and arouse your partner, something that will lead to more intimate moments both physically and emotionally. - In the fourth chapter, we will present you with many Kama Sutra positions for you to get further into experimentation, something that Tantric sex philosophy dramatically encourages. - In the fifth chapter, we will analyze what happens in female and male orgasms to have a better understanding of what happens when you reach ecstasy through Tantric sex. Enjoy the journey in Tantric sex and in taking your sex life to the next level! Buy Your Copy Today!

**Sexual Personae** Camille Paglia 1990-09-10 From ancient Egypt through the nineteenth century, Sexual Personae explores the provocative connections between art and pagan ritual; between Emily Dickinson and the Marquis de Sade; between Lord Byron and Elvis Presley. It ultimately challenges the cultural assumptions of both conservatives and traditional liberals. 47 photographs.

**Constructing the Sexual Crucible** David M Schnarch 1991-03-05 This book challenges the fundamental paradigms in sexual-marital therapies, and provides a fresh look at the nature of intimacy and the diverse barriers to eroticism in many marriages. By integrating individual, sexual and marital therapies, this study attempts to provide a fresh look at the nature of intimacy and the diverse barriers to eroticism in marriage. The author refutes the common focus on sexual technique, calling instead for an emphasis on sexual potential.

**Making Love Better Than Ever** Barbara Keesling 1998 Provides a series of exercises to heighten sexual response, reduce anxiety, increase health and well-being, build self-esteem, improve body image, and open lines of communication.

**8 Erotic Nights** Charla Hathaway 2008-06-01 Reach New Heights of Sexual Pleasure Together Experience eight unforgettable nights of sensual activities specifically developed to make you a better lover. Expand your capacity to enjoy pleasure, deepen your connection with your partner, and learn to satisfy one another fully. Step into Eight Erotic Nights. The seductive activities within each of the eight nights show you and your partner how to use erotic conversations, sensual breathing and kissing, seductive massage, and more to understand and fulfill each other's sexual needs and desires. You will learn how to: Reclaim a sense of discovery about your lovemaking. Experience more sensation in your body. Deepen your orgasms. Connect more passionately with your partner. Each night offers an amazing and fun sexual experience, and you'll cherish the lessons—not to mention the great sex—for the rest of your lives.

*Instant Orgasm* Steve Bodansky 2011-02-15 INSTANT ORGASM teaches the reader to expand their orgasmic potential by totally focusing on their pleasure areas in order to become instantly orgasmic. The first part of the book describes this instantly orgasmic possibility and gives a person the knowledge and background to fully understand this concept. In order to experience anything it has to become part of our awareness and the authors explain why this "natural ability" has not been allowed to flourish and how to let it bloom. They then present the specific techniques on how to practice becoming instantly orgasmic in a "Ground Hog" approach; that is to repeatedly start over and over again each time with some added knowledge from a previous description until we feel that a person can completely integrate the idea into actual sensation and feelings. Our other books on Extended Massive Orgasm were written in a style that took the reader on a complete orgasmic experience from the starting to going up to the arousal through peaking and then coming down. This book is about starting and stopping, starting and stopping in order to bring the reader to the point of here and now so that they may become a fully sensual being. This book also presents many different ways and reasons that people resist pleasure and how to handle those resistances. The book's final technical chapter is the art of pleasurable peaking and we describe in more detail than ever the actual timing and purposes of this vitally important method with the added emphasis that each peak starts with a first stroke mentality. The book includes many exercises and illustrations and is written in a clear concise manner.

**Natural Birth Control Made Simple** Barbara Kass-Annese 2003 This completely revised and updated edition includes new methods of natural birth control, illustrations and charts that show the planning methods described, and updated bibliography and resource sections. 40 charts. 20 illustrations.

**Sex Positions You Never Thought Possible** Editors of Liberator 2012-09-15 Reach new heights of orgasmic pleasure with this guide to fun and exciting positions that use Liberator® sex cushions—as well as standard pillows. Even the most acrobatic positions are attainable with a little help from Liberator® ramps and wedges—or even ordinary cushions you have in your home. Authored by the creators of the iconic Liberator® sex cushions, *Sex Positions You Never Thought Possible* features dozens of sex moves that incorporate carefully-calibrated body angles and inclines to take sex to more orgasmic levels while targeting key hot spots and enabling deeper penetration and easier thrusting. This easy-to-follow guide shows you how to intensify sensations on standard positions such as cowboy and missionary, add kinky twists to oral sex, and make doggy-style positions more comfortable.

**The Psychology of Human Sexuality** Justin J. Lehmillier 2023-10-13 The Psychology of HUMAN SEXUALITY New edition of an authoritative guide to human sexual behavior from a biopsychosocial perspective The Psychology of Human Sexuality is a comprehensive guide to major theoretical perspectives on human sexuality and the vast diversity of sexual attitudes and behaviors around the world, with broad coverage of topics including anatomy, gender and sexual orientation, sexual behaviors, sexual difficulties and solutions, sex work and pornography. Written from a sex-positive perspective with material that is inclusive and respectful of a diverse audience, the text includes cutting edge research on the origins of sexual orientation and gender identity, as well as new treatments for sexually transmitted infections and diseases. To aid in student learning, the text is accompanied by online resources, including a test bank and instructor slides. Separate chapters deal with attraction and relationship processes. The Psychology of Human Sexuality includes information on: Sex science studies that researchers have failed to reliably replicate since the 2nd Edition was published, and the broader "replication crisis" in psychology "Graysexual" identities that fall on the spectrum between allosexual and asexual, and the sex recession of modern times Recent studies that shed light on sexual behavior in cultures that have previously been the subject of very little study Sex and disability, and "take-home messages" to allow readers to implement beneficial changes in their lives An important and comprehensive text that provides readers with a better understanding of, and appreciation for, the science of sex and sexual diversity, The Psychology of Human Sexuality is an essential resource for students of human sexuality in both intermediate and advanced undergraduate courses.

*Writing for Money in Mental Health* William Winston 2021-12-12 Offering a simple-to-follow roadmap for scholars, practitioners, and journalists seeking payable markets for their works, *Writing for Money in Mental Health* is your authoritative guide to the inner circle of writing for dollars on mental health topics. For psychiatrists; psychologists; occupational, physical, and vocational therapists; allied health practitioners; and journalists specializing in mental health topics, this book guides you through the obstacles of choosing topics, locating suitable placements, meeting submission criteria, and facing the fear of rejection. The book's focus on how to write stimulating articles and book proposals, translate technical jargon into plain English, and stay up to date with insider tips will help you supplement your paycheck in a time of shrinking referrals, clients, and opportunities for income. As the first complete handbook for aspiring professionals seeking consumer and commercial outlets for their writing, *Writing for Money in Mental Health* describes proven strategies for low and high profit results in scripting mental health ideas without painstaking effort. You'll use this handy guide to discover: how to write for money instead of pure scholarship how to alter your style for the consumable public market new markets in multimedia typically overlooked in mental health writing nontraditional paths to publication how easy writing for the public can be—especially for money Along with inspirational instruction and invaluable trade secrets at the heart of manuscripts sales, each chapter provides you with a detailed list of resources. These annotated entries, culled from questionnaires returned from editors, publishers, and other media personnel, list key editorial data on magazines, book publishers, and other multimedia purchasers open to submissions in the mental health field whose products are for tabloid or mass appeal.

**Sexual Pleasure** Barbara Keesling 1993 The exercises in this book--to be done both with and without a partner--increase the sensual awareness of touch and encourage individuals to focus on their own desire, as well as looking for ways to please their partner.

*Arousal* Michael Bader 2003 Most people know what their sexual fantasies are but few of us have an insight into why they work. In this groundbreaking exploration of the libido, Dr Michael Bader draws on 25 years experience as a psychotherapist to offer a new theory of sexual desire: that our sexual imaginations are a 'portable first-aid kit for our psyches'. His analysis - that our fantasies are neither kinky nor perverse, but dependent on a need for psychological safety - enables us to understand the complex dynamics that determine our sexual preferences. Dr Bader uses case studies from his own practice to build up a convincing argument that our fantasies - from the conventional to the seemingly bizarre - work as an antidote to the non-sexual fears and anxieties each of us carries over from childhood. Bader's non-judgemental findings are revelatory and empowering, bringing fresh thinking to a subject we smugly thought we had finished analysing. *Arousal* enables both female and male readers to understand their own and their partner's sexual desires. It offers radical ideas about sexual chemistry and explores the different ways in which men and women get excited. Both accessible and enlightening, *Arousal* is an important, jargon-free landmark in sexual psychology that is invaluable to anyone interested in human relationships.

*How to Love Your Marriage* Eve Eschner Hogan 2005-12-31 A garden needs constant nurturing to stay healthy, and so does a marriage. Relationship expert Eve Hogan explains that love, like self-esteem, doesn't go away, but is blocked by negative experiences, comments, and beliefs that make the love difficult to feel.

**Sexual Pleasure** Barbara Keesling 2011-02-15 First, here is what SEXUAL PLEASURE is NOT: a general, use your fantasies, get romantic, light-some-incense, create-a-mind-set-for-good-love-and-it-will-happen kind of book. SEXUAL PLEASURE is for everyone interested in experiencing lovemaking as a supremely pleasurable emotional and physical exchange, and in exploring the power of a deeply satisfying sex life. The exercises in the book can be used by people of any sexual orientation, and by those who may have physical limitations, or who are just learning about their sexuality --anyone seeking the secrets of strong and fulfilling sex. To experience deep sexual pleasure, you must explore your ability to enjoy --openly and sensually--basic human touch and relaxed, anxiety-free caressing. This book shows you how to fully appreciate the pleasure of touching and being touched. It takes you through a series of stimulating exercises done both with and without a partner to increase your sensual awareness and experience sexual ecstasy. SEXUAL PLEASURE encourages you to focus on your own sexual desire, rather than looking for ways to please your partner. This permission to be more in touch with what you enjoy leads naturally to greater passion, sensitivity, and

pleasure for both you and your partner. The book includes the latest information and exercises on achieving mutual arousal and orgasm, including advanced lovemaking techniques such as shifting focus, peaking and plateauing. THIS NEW EDITION focuses more than ever on pleasure, incorporates new sex research, especially on male and female desire, contains a new chapter on oral sex, a new chapter on intercourse, and 20 new exercises, including: draw your orgasm, caress your partner's mouth with your penis, enhance female lubrication, fantasy exercises for women's orgasm, peaking, and teasing the PC muscle. The directions to the exercises have been rewritten for greater clarity, and the text has a flowing reader-friendly approach. Contents include: 1. Relaxation to Heighten Your Pleasure Response 2. The Touch That Transforms Sex 3. Self-Pleasure: Learn the Ways of your Body 4. Partner Caresses that Kindle Desire 5. Oral Pleasures 6. The Sexual Pleasure Cycle (includes both women and men) 7. Getting Better and Better (Erections) All the Time 8. Awakening Your Full Capacity for Arousal 9. Making the Pleasure Last and Last 10. The Pleasures of Intercourse 11. Sensational Orgasms 12. Ejaculation and Orgasm -- From Ordinary to Extraordinary 13. Strengthening the Bonds That Sustain You 14. Beyond Sensate Focus --Sexual Healing and Ecstasy The first edition has been a best-seller; the new edition promises to be even better.

*Getting the Sex You Want* Tammy Nelson 2012-12-01 Here is a proven couples counseling method applied to sex for the very first time. Communication problems can erode a relationship in and out of the bedroom. This guide takes a proven communication method, which has been used to counsel millions of couples, and applies it to sex for the very first time. The Imago Relationship Therapy, which was pioneered by Harville Hendrix in the national bestseller and self-help classic *Getting the Love You Want*, shows readers how to understand and build trust with their partners through a unique form of dialogue. New in paperback, *Getting the Sex You Want* teaches readers how to build sexual communication skills quickly and connect with their partner in a new way. Readers learn exercises that enable them to communicate their sexual needs and desires, get past old issues, and revive passion in their relationship.

**Rekindling Desire** Barry McCarthy 2013-12-17 For over a decade *Rekindling Desire* has helped to restore and restructure sexuality in thousands of lives. This expanded edition continues the exploration of inhibited sexual desire and no-sex relationships by the author, who brings decades of knowledge and the expertise that comes from having treated almost 3,000 couples for sexual problems. Contained within are suggested strategies and exercises that help develop communication and sexual skills, as well as interesting case studies that open the doors to couples' sexual frustrations. The shame, embarrassment, and hesitancy that individuals feel with themselves, and the resentment and blame they can feel towards their sexual partners, are explored and put into context. Whether you are married, cohabitating, or dating, or if you are 25, 45, or 75, reading this book will help renew your sexual desire and put you on the path towards healthy, pleasure-oriented sexuality.

*Sexual Pleasure* Barbara Keesling 1998

**Her Healthy Heart** Linda Ojeda 1998 Describes the risk factors for heart disease, recommends lifestyle and diet changes, and discusses antioxidants, B vitamins, minerals, and supplements.

*Diagnosing Desire* Alyson K. Spurgas 2020 "Examines how low female desire is produced, embedded, and lived within neoliberal capitalism. Rethinks 'femininity' by investigating sex research that measures the disconnect between subjective and genital female arousal, contemporary psychiatric diagnoses for low female desire, and new models for understanding women's sexual response"--

*Eros and the Mysteries of Love* Julius Evola 1991-04 A controversial philosopher and critic of modern Western civilization, Julius Evola (1898-1974) writes about the mystical and spiritual expression of sexual love. This in-depth study explores the sexual rites of sacred traditions, and shows how religion, mysticism, folklore, and mythology all contain erotic forms in which the deep potentialities of human beings are recognized.

*How to Make Love All Night (and Drive a Woman Wild)* Barbara Keesling 1994 Drawn from ancient wisdom and modern research, this manual helps men, and the women who love them, get the most possible pleasure out of sex by learning how to make love longer and more intensely.

*Asperger's Syndrome and Sexuality* Isabelle Henault 2006 How do adolescents with Asperger's Syndrome (AS) cope with sexual feelings and behaviour, and how do people with AS deal with intimacy and communication in sexual relationships? This guide provides practical advice on such issues as puberty, couples' therapy, and maintaining sexual boundaries.

**He Comes Next** Ian Kerner 2009-10-13 Transform Yourself from "Passion Victim" to Passionista! In the smash hit *She Comes First*, Ian Kerner singlehandedly waged battle against male sexual "ill-cliteracy," and women everywhere benefited from his "viva la vulva" philosophy of female pleasure. Now, in *Passionista*, it's time to learn all about what turns men on—and makes them stay on. In this point-by-point, "blow-by-blow" guide, Kerner makes giving as much fun as receiving as he covers every angle of male sexuality, unlocks the secrets of satisfaction, and offers knowledgeable answers to the questions every woman wonders about. His advice is the closest you'll ever come to waking up in a guy's skin and knowing what truly makes him sexually tick. Written in the same witty, insightful, and utterly readable voice that has made *She Comes First* and *Be Honest—You're Not That Into Him* either so popular, *Passionista* is the empowered woman's guide to enjoying sex to the fullest—and ensuring that he does the same.

*The Kama Sutra of Vatsyayana* Vatsyayana 2021-08-29 The Kama Sutra of Vatsyayana - The Kama Sutra of Vatsyayana by Richard Francis Burton is an edition of the ancient Indian text on sexuality and emotional needs. Vatsyayana was an ancient Indian philosopher who lived during the second or third century. Although it is often thought of as a sex manual, it is much more, with guides on living well, the nature of love, and finding a partner. Indeed, Vatsyayana says himself: 'This work is not to be used merely as an instrument for satisfying our desires'. Burton did not in fact translate the Kama Sutra - it was translated by the Indian scholar Bhagwan Lal Indraji. It was edited by Burton to suit prevailing British attitudes to sex, but was still banned in England and the United States until 1962. Other criticisms levelled at Burton's translation is that instead of using English words for the sex organs, he uses the words 'lingam' and 'yoni', despite those words not appearing in the original work. This was seen as an attempt to distance them and make them 'other', rather than about English people's sexual organs. He also removes the agency of women, and where in the original, women's words are direct quotes, in the Burton translation, women's words are removed and put into the passive state (i.e., A woman saying 'Stop!' becomes 'She continually utters words expressive of prohibition'). Despite all this, it has been such an influential translation that even modern editions in the Hindi language are re-translations of the Burton version. The Kama Sutra is an ancient Indian Hindu text widely considered to be the standard work on human sexual behavior in Sanskrit literature written by Vaatsyayana. A portion of the work consists of practical advice on sexual intercourse. It is largely in prose, with many inserted anustubh poetry verses. "Kama" which is one of the four goals of Hindu life, means desire including sexual desire the latter being the subject of the textbook, and "sutra" literally means a thread or line that holds things together, and more metaphorically refers to an aphorism (or line, rule, formula), or a collection of such aphorisms in the form of a manual. Contrary to popular perception, especially in the western world, Kama sutra is not exclusively a sex manual; it presents itself as a guide to a virtuous and gracious living that discusses the nature of love, family life and other aspects pertaining to pleasure oriented faculties of human life.

**The Good Girl's Guide to Bad Girl Sex** Barbara Keesling 2009 NOW IN PAPERBACK! From Publishers Weekly: In *The Good Girl's Guide to Bad Girl Sex*, sex therapist Barbara Keesling asserts that nearly every good girl yearns to be bad and offers tips for unleashing the bad girl within. Keesling, who worked for a sex therapist as a surrogate partner for 10 years before becoming one herself, explores the inhibitions that women have about sex, and explains how you can dress, speak, walk, tease, use sex toys, give blow jobs and have orgasms like the bad girl of your dreams. In addition, Keesling, herself a former good girl meaning that like most women, she had learned to hide her wild desires from the world offers her personal story as inspiration for all women who want to learn how to feel good about being bad.

*The New Sex Bible for Women* Amie Harwick 2014-11 The New Sex Bible for Women is an all-encompassing and fully comprehensive guide book for women, including information on the history of sex, masturbation, self-esteem, safety, and more.

*Amazing Sex* Sari Locker 1999 Sari Locker, acclaimed sex educator and WCBS TV relationship correspondent, shows you how to enjoy your sex life like never before...

*Mars And Venus In The Bedroom* John Gray 2011-11-30 Mars and Venus in the Bedroom offers practical, heartfelt and wise advice to help you to transform your love life and enjoy a sexually and emotionally fulfilling relationship. This edition of John Gray's bestselling book explains how to keep passion alive in a long-term relationship and reveals what men and women really want from each other. He understands that there may be differences between you, but explains why instead of causing friction, these differences can make life much more fun and fulfilling.

**Plugged in** Patti M. Valkenburg 2017-01-01 Cover -- Half-title -- Title -- Copyright -- Dedication -- Contents -- Preface -- 1 Youth and Media -- 2 Then and Now -- 3 Themes and Theoretical Perspectives -- 4 Infants, Toddlers, and Preschoolers -- 5 Children -- 6 Adolescents -- 7 Media and Violence -- 8 Media and Emotions -- 9 Advertising and Commercialism -- 10 Media and Sex -- 11 Media and Education -- 12 Digital Games -- 13 Social Media -- 14 Media and Parenting -- 15 The End -- Notes -- Acknowledgments -- Index -- A -- B -- C -- D -- E -- F -- G -- H -- I -- J -- K -- L -- M -- N -- O -- P -- Q -- R -- S -- T -- U -- V -- W -- X -- Y -- Z

The Pleasure Prescription Paul Pearsall 1996 Argues that the lack of joy in one's daily life is a more serious problem than stress, and suggests five steps for attaining a better and more rewarding balance in our lives.

**Ars Erotica** Richard Shusterman 2021-03-25 Drawing on theories of lovemaking from ancient Asian and Western cultures, this book provides a new aesthetics of erotic love.

**Desperately Seeking Self-Improvement** Carl Cederström and André Spicer 2017-10-20 In these pages, the authors of the widely-acclaimed *The Wellness Syndrome* throw themselves headlong into the world of self-optimization, a burgeoning movement that seeks to transcend the limits placed on us by being merely human, whether the feebleness of our bodies or our mental incapacities. Cederström and Spicer, though willing guinea pigs in an extraordinary (and sometimes downright dangerous) range of techniques and technologies, had hitherto undertaken little by way of self-improvement. They had rarely seen the inside of a gym, let alone utilized apps that deliver electric shocks in pursuit of improved concentration. But, in the course of a year spent researching this book, they wore head-bands designed to optimize meditation, attempted to boost their memory through learning associative techniques (and failed to be admitted to MENSAs), trained for weightlifting competitions, wrote what they (still) hope might become a bestselling Scandinavian detective story, enrolled in motivational seminars and tantra sex workshops, attended new-age retreats and man-camps, underwent plastic surgery, and experimented with vibrators and productivity drugs. André even addressed a London subway car whilst (nearly) naked in an attempt to boost attention. Somewhat surprisingly, the two young professors survived this year of rigorous research. Further, they have drawn deeply on it to produce a hilarious and eye-opening book. Written in the form of two parallel diaries, *Desperately Seeking Self-Improvement* provides a biting analysis of the narcissism and individual competitiveness that increasingly pervades a culture in which social solutions are receding and individual self-improvement is the only option left.

**Becoming Cliterate** Dr. Laurie Mintz 2018-05-15 We've been thinking about sex all wrong. Mainstream media, movies, and porn have taught us that sex = penis + vagina, and everything else is just secondary. Standard penetration is how men most reliably achieve orgasm. The problem is, women don't orgasm this way. We've separated our most reliable route to orgasm—clitoral stimulation—from how we feel we should orgasm—penetration. As a result, we've created a pleasure gap between women and men: 50% of 18-35-year-old women say they have trouble reaching orgasm with a partner 64% of women vs 91% of men said they had an orgasm at their last sexual encounter 55% of men vs. 4% of women say they usually reach orgasm during first-time hookup sex In *Becoming Cliterate*, psychology professor and human sexuality expert Dr. Laurie Mintz exposes the broader cultural problem that's perpetuating this gap, and what we can do about it. Pulling together evidence from biology, sociology, linguistics, and sex therapy into one comprehensive, accessible, and prescriptive book, *Becoming Cliterate* features: Cultural & historical analysis of female orgasm (spoiler: the problem's been going on for ages) An anatomy section (it's all custom under the hood) Proven techniques for cliterate sex (it starts with training the sex organ between your ears) A comprehensive final chapter for men (because you don't have to have a clitoris to be cliterate) By dispelling the lies, misunderstandings, and myths that have been holding us back, *Becoming Cliterate* tackles both personal and political problems and replaces them with updated outlooks and practical skills needed to change our collective perspective on sex. It's time to finally inform women and men on how to have satisfying experiences in bed that benefit both parties. The revolution is cuming—and *Becoming Cliterate* offers a radical, simple solution to progress and pleasure for all.

**No Less a Woman** Deborah Hobler Kahane 1995 Addresses the emotional and psychological issues that face women with breast cancer, especially those who lose one of their breasts to the disease. Covers femininity, sexuality, intimacy and more.

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*Sexual Pleasure Reaching New Heights Of Sexual Arousal And Intimacy*: In today digital age, eBooks have become a staple for both leisure and learning. The convenience of accessing *Sexual Pleasure Reaching New Heights Of Sexual Arousal And Intimacy* and various genres has transformed the way we consume literature. Whether you are a voracious reader or a knowledge seeker, read *Sexual Pleasure Reaching New Heights Of Sexual Arousal And Intimacy* or finding the best eBook that aligns with your interests and needs is crucial. This article delves into the art of finding the perfect eBook and explores the platforms and strategies to ensure an enriching reading experience.

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