

# Better Sex For You

**Seven Weeks to Better Sex** Domeena C. Renshaw 1995 The founder and director of the Loyola Sex Therapy Clinic shares the seven-week program that has helped thousands heal both their sex lives and relationships. Dr. Renshaw addresses the causes of sex problems, then gives readers the frank "sex education you never had". She also outlines the six most common sexual problems.

Better Sex Evelyn Jaymes 2020-11-09 How would you describe your sex life? Not too bad? Average? Mediocre? Terrible? It could be better? If your answer isn't "It's FANTASTIC!!" you've come to the right place. Everyone wants a better sex life. Even if you think what you've got right now is pretty great, there's always room for improvement. When there's an opportunity to go from great to out-of-this-world-earth-shatteringly-incredible, wouldn't you want to seize that opportunity? The difference between an adequate lover and an incredible one lies in the way they apply the knowledge they have towards cultivating better sexual experiences. Whether you're in a new relationship or trying to rekindle the sexual flames of a long-term relationship, everyone can benefit from the wisdom found between the pages of this book. How is this book different from all the others like it on the market? Because it goes beyond giving vague advice. You'll be given step-by-step, easy to follow instruction, tips, techniques, and advice that is specifically given to help you improve all facets of your lovemaking in various ways. The goal of this book is simple. It's going to help you learn how to enhance her arousal, delay his ejaculation, stimulate her in the right way and discover the various types of orgasms a woman can experience around the different areas of her body. This is a book you are going to want to keep next to you on your bedside drawer as you repeatedly turn to it for

inspiration. You will learn: What women and men think about sex (what do they really want?). Why you must love yourself first before you could ever learn to love your partner. How to overcome shyness and stress. How to eliminate the notion of perfectionism. How to relinquish control and set yourself free. Why foreplay matters. Explore the creative lovemaking positions that will lead straight to ecstasy. How to make her scream and leave him breathless. Understanding the importance of afterplay and afterglow. Several ways to spice up your sex life. Better Sex is packed with comprehensive, easy to follow, sensible advice that is going to have an immediate and positive impact on your sex life. It will change the way you think about sex and help you release your inhibitions. Instead of merely telling you what to do, we explain why and how to go about bringing the changes you want to see. Packed with statistics and research to support the claims, Better Sex will transform your relationship in a way you would not have thought was possible. Scroll to the top of the page and select the "Buy Now" button!

**Sex, You're Doing It Wrong** Veronika Svobodová 2020-04-05 There are some deeply TABOO ways to create the best sex life you've ever had! If only it was common knowledge that to have perfect sex is to have a perfect relationship, but it's not! If you want to learn how to make your partner crazy horny again, like you were when you first met, you are in the right place and I will show you how. Here's the problem with most advice on sex... It is too vague and focuses on "safe" topics. These author's are too uncomfortable to tell their readers the dark truth about human sexuality and how we need intense physical AND mental stimulation to have great sex! Men need to understand the real reasons why their girlfriends struggle to have an orgasm with them. It's not fair to hide this truth from frustrated men with disappointed wives. Just like women need to understand the real reasons why men seem to lose interest in them sexually. It's not fair that this problem can be solved with one

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simple but very controversial thing. We all hate the idea of not being able to excite our lovers. None of us want to be boring and we all want to experience the carnal bliss that only perfect sex can provide. People have strayed too far from nature and have forgotten what makes men men and women women. This is one of the key ingredients to flawless and happy sex lives and relationships. I am so thrilled to finally have this powerful book out there in writing. I want to see shiny happy people walking around because the night before they practised my teachings together. Better sex is easy when you understand: How to give your girlfriend multiple orgasms and become addicted to you Why threesomes are an incredibly powerful experience for your man How to avoid all of the shame and guilt associated with truly great sex Why masculine-feminine polarity is essential to a healthy relationship, it's Yin and Yang How to unleash both of your animalistic sides for ultra wild mating Why you must involve all of your senses to make your new sex completely life changing How to heal a damaged relationship with intimacy and sensuality Why women want a powerful man and men want supportive woman It's not your fault that this information has been hidden from you for so long. Don't wait any longer to transform your sex life into something unforgettable and mind blowing. We all deserve it!

*Yoga for Better Sex* Aventuras De Viaje 2019-08-19 Improve Your Sex Life Using Yoga! These yoga routines are specifically designed to: \* Increase sexual pleasure \* Alleviate sexual dysfunctions \* Intensify orgasms \* Increase sexual stamina and more! You'll love these yoga routines, because they will rejuvenate your love life in ways far beyond the physical. Get it now.

**The Guide to Great Sex: How to Get Better in Bed and Take Your Sex Life to the Next Level**

Michael Karp 2016-01-25 Everyone deserves to discover and experience what great sex means for them. The Guide to Great Sex is a manuscript of sexual knowledge written by a former sex columnist

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who studied human sexuality and openly shared details of his sex life with readers. This guide is the culmination of knowledge gained during that experience as a sex writer. You will learn: What it means to have great sex. The science behind pleasure and orgasms. A complete breakdown of foreplay. Oral sex: fellatio and cunnilingus techniques. 16 of the best sex positions for the hottest sex and deepest intimacy. How sex toys can improve your sex life and which ones the author recommends. The one simple yet rare act that can take your sex life to the next level. How to master multitasking in the bedroom. The balance of dominance and submission. How to communicate openly with your partner about sexual issues. How to unlock sexual fantasies and fetishes within you and your partner. How to overcome 9 different sexual anxieties and insecurities. 3 little-known sexual concepts and how to take advantage of them. And much, much more to help you take your sex life to the next level. The tips and advice in *The Guide to Great Sex* are 100% gender and sexual orientation neutral. The author phrases terms and describes certain acts to allow everyone to feel included in the conversation. Anyone can learn from these pages, because the author believes that everyone deserves to have great sex. "I started the book 3 hours ago and I just jammed through it. This is both a compliment as to how entertaining it was as well as how easy of a read it is. Making it gender/sexual orientation neutral was an excellent choice and I don't feel like it ever distracted me in any way. As I read through I couldn't help but think I'm going to send this to my little brother in two years when he first steps foot on a college campus as a student. This is a great accomplishment and I'm especially excited to see where you go from here with your site and whatever else you publish. I was thoroughly entertained and definitely informed." -- Jordan From The Author: "I firmly believe that sex is a fundamental need of human beings, and it's an act that should be enjoyed by everyone. I worked hard to improve my sex life. I worked through my sexual anxiety and insecurities,

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I made myself vulnerable, I read books just like this one, and I made some of the best memories I will ever have. Now my hope is that you will take this knowledge and apply it to your own sex life, to experience what great sex means to you." -- Michael Karp, Author of *The Guide to Great Sex Kama Sutra for Beginners* Riley Ashwood 2020-11-16 *The Ultimate Kama Sutra Book for Beginners that will Transform Your Sex Life (UPDATED with pictures and illustrations)!* A Detailed Guide to Incorporating Kama Sutra Positions into Your Sex Life! This book contains everything and anything you want and need to know about taking your exploration of sex to the next level through an understanding of Kama Sutra and its many benefits. Using the techniques and knowledge contained within these pages, *The Kama Sutra*, in combination with an exploration of Sex Toys, Sexual Fantasies, and role play, will help you impress your sexual partner. You will learn things you didn't even know you needed to know but that will make you wonder how you ever lived without them! How to determine sexual compatibility Specific positions from *The Kama Sutra* to use in any situation you could imagine! How to develop intimacy and use this in order to have the best sex of your life How to use sex toys to your advantage and give yourself and your woman multiple orgasms How to better connect to your partner on more than a physical level for more passionate lovemaking How to give better oral sex with the secrets to male and female oral sex pleasure How to incorporate sex toys into your life as a couple Sex positions for maximum intimacy, for more adventure, for a challenge, and for female pleasure If you are the partner of a woman, or a woman yourself, this book will teach you how to achieve different types of multiple orgasms yourself or how to give this to your female partner, and will show you (or her) pleasure as you have never had before! Where most sex books for beginners will only focus on missionary and doggy style, this book will teach you how to do so much more than that using the *Kama Sutra*. What sets this book apart is that it teaches you more

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than just the sex positions you should know as a beginner to the Kama Sutra. It also incorporates things like sexual intuition and how to have safe anal sex. This book takes the time to explain how communication will lead you to a better sex life because of the many benefits it will give you in your interactions with your sexual partners. Having the skills for better communication will be the secret ingredient that takes your sex life to another level! Kama Sutra for Beginners is here to provide you with everything you want to know about the Kama Sutra and so much more! Do yourself a favor, your partner a favor, and everyone that you will ever have sex with a favor by reading this book and teaching yourself as much as you possibly can. Give your partner the gift of informing yourself about how to please them like never before using these ancient but ever-relevant positions. All You Have To Do Is To Click On That BUY NOW Button, And You Will Be Able To Begin Your Journey To Becoming The Best Sexual Being You Have Ever Been!

Better Than Ever Bernie Zilbergeld 2004 Is it better than ever? Now that the children have grown and there's more time on your hands as a couple, are you finding that the love and intimacy has gone from your life? It is a fact that as we mature, our sexual drives mature as well, but it is also a fact that while you may slow down and your lovemaking may be different than it was in your youth, that doesn't mean that the quality has to be lower or your pleasure less. In this honest, yet light-hearted volume, replete with delightful stories and anecdotes that present a variety of tools and techniques to help us all develop the kind of openness we desire, Bernie Zilbergeld, well-known sex therapist and author of the widely quoted, "The New Male Sexuality," draws on his many years of clinical and life experience. He explains why we should be enjoying our lovemaking and our intimacy even more than ever and certainly better than ever. Although it's true you are probably going to get to know your doctor much better as you grow older, and probably your pharmacist as well, Dr. Zilbergeld

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shows how all of us can choose whether we are either going to be "Lovers" in our life or "Non-Lovers." Meticulously researched, based on 145 interviews with men and women ages 45 to 87, Dr. Zilbergeld presents evidence that a good number of men and women are having great sex in both their long- and short-term relationships. He shows you how you can learn from the "Lovers" who are the relationship experts among us. Read this book and you will go away knowing that your love life and your intimate relationships can be just as strong today as 10, 20, or even 30 years ago. You will learn about: -The myths and realities about sex and aging -Normal physical changes in men and women -Lovers and Non-Lovers --where do you fit in? -Problem-solving and what's health got to do with it? -Medications and their uses -How to talk sexy--at any age Don't just complain about your love life, get started today to make it better than ever!

ADHD After Dark Ari Tuckman 2019-07-03 This pioneering book explores the impact of ADHD on a couple's sex life and relationship. It explains how a better sex life will benefit your relationship (and vice versa) and why that's especially important for couples with one partner with ADHD. Grounded in innovative research, ADHD After Dark draws on data from a survey of over 3000 adults in a couple where one partner has ADHD. Written from the author's unique perspective as both an expert in ADHD and a certified sex therapist, the book describes the many effects of ADHD on couples' sex lives and happiness, covering areas such as negotiating sexual differences, performance problems, low desire, porn, making time for sex, infidelity, and more. The book outlines key principles for a great sex life for couples with ADHD and offers strategies and treatment interventions where specific issues arise. Written in a readable and entertaining style, ADHD After Dark offers clear information on sexuality and relationships and is full of valuable advice on how to improve both. This guide will be an essential read for adults with ADHD, as well as their partners or

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spouses, and therapists who work with ADHD clients and couples.

*Better Sex for You* Helen Pensanti 2001 The top issue that Dr. Pensanti is asked about by women over 40 is", How sex can be made more satisfying and enjoyable?" This frank book will provide the insight and instruction that so many are asking for. Even couples who have enjoyed a good relationship can improve this vital aspect of their loving Christian marriage in a way that honors God.

**Pilates for Better Sex** Michelle Jermy 2016-04-08 Pilates for Better Sex will take you through the science part of how Pilates tones the pelvic floor and more importantly how this relates to improving the sexual experience. There will be over 50 Positions from Jermy (the new 50 Shades of Grey) you will be able to choose a number of exercises depending on your ability; Pilates poses and exercises including squats, pelvic bridges, crunches and many of the stretches that open the pelvis, boost circulation maximizing blood flow, triggering nerve impulses to the pelvic floor. You will find stronger muscles resulting in the ability to hold your favourite positions for longer with increased sensitivity to be able to enhance your sexual experience. As an extra bonus you will also find tips to feeling sexually confident, now go put the va va voom back in the bedroom.

**Sex Guide for Couples** Nicky Bell 2015-09-06 Sex Guide For Couples Uncover 40 Essential Secrets To A Perfect Sex Life And Take Your Relationship To New Level Are you worried about the problems in your sexual married life because there is no excitement between both of you? It is time to change your old practices and take your relationship to a new level. The Sex Guide for Couples: Uncover 40 Essential Secrets to A Perfect Sex Life and Take Your Relationship to New Level is perfect for you. The purpose of this book is to unveil the secrets of a perfect sex life. This will help you to take your relations to a next level. This book explains: Sex and its types as well as its benefits Different styles

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of sex and sex positions Tips and tricks to make your married life excited Some mistakes that should be avoided by couples Tips for foreplay to make him/her ready for sex After reading this book, you will be able to figure out the mistakes that you are making in your married life. You will be able to rectify them and plan a new night for your partner full of thrill and excitements. Learn to set the mood of your partner for sex and improve the bonding between both of you. Download your E book "Sex Guide For Couples: Uncover 40 Essential Secrets To A Perfect Sex Life And Take Your Relationship To New Level" by scrolling up and clicking "Buy Now with 1-Click" button! Tags: How To Have Better Sex, Sex Guide, Sex Hacks, Couples Sex Guide, Couples Sex, Relationships, Sex guide for women, Sex guide for men, Uncover the Secrets to a Better Sex, Couples Help, sex guide for couples, Sex Guide, Better Sex, Couples help, Couples having sex, Learn about sex, Sex tips.

**Why Women Have Better Sex Under Socialism** Kristen Ghodsee 2018-11-01 'Funny, angry, urgent. Ghodsee is going to start a revolution' Daisy Buchanan, author of The Sisterhood A witty, fiercely intelligent exploration of why capitalism is rigged against women and what we can do about it. Unregulated capitalism is bad for women. Socialism, if done properly, leads to economic independence, better labour conditions, better work/family balance and, yes, even better sex. If you like the idea of such outcomes, then come along for an exploration of how we can change women's lives for the better.

[In Bed With the Food Doctor](#) Vicki Edgson 2001-09-20 In Bed with the Food Doctor gives you an authoritative guide to enhancing your sex life and improving your sleep through nutrition. Written by the authors of the best-selling The Food Doctor, In Bed with the Food Doctor features foods and culinary herbs to boost your libido and to deep and refreshing sleep. Part One focuses on sexy foods and herbs, provides advice on overcoming sexual problems such as loss of libido and erectile

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dysfunction, and gives tips for a Sexy Weekend. Part Two concentrates on sleepy foods and herbs, gives advice on combating sleep problems such as insomnia, snoring and sleep apnoea, and provides suggestions for a Lazy Weekend. Part Three reveals delicious recipes for Sexy Meals and Sleepy Meals. Including: \* Strawberries \* Asparagus \* Sesame seeds \* Almonds \* Prawns - Vicki Edgson and Ian Marber reveal the secrets to getting the most out of your bedtime!

*Fuck Better* Conrad Ainsley 2019-01-29 Everyone's doing it, and we should all be doing it the best we can. There are dozens of books out there promising to give you the information you need to become a world-class lover. More often than not, they provide vague instructions to do things like "be more vulnerable!" or oddly specific tips ("she'll swoon if you tickle her left butt-cheek and squeeze her feet while whispering in her right ear.") This book is a no-nonsense, straightforward guide for men to get you and your partner the utmost satisfaction in the sack. This book provides detailed information on subjects such as:-Understanding her sexual anatomy-Successful approaches to foreplay-The best positions and movement to maximize pleasure-Tips to overcome hurdles in the bedroom-Incorporating sex toys to take things up a notch-Informed sexual health practices With an emphasis on her pleasure, this book seeks to bridge the orgasm gap and help any man become a better lover. Simply written with clearly translated science, references to fun facts from history, and tips backed up with thorough research, this is the resource to improve your sex life today.

**Hot Sex** Tracey Cox 2011-01-04 Practical, down to earth, explicit and fun, HOT SEX is the must-have sex and relationships book for every woman and man. It's perfect bedtime reading for two, an easy-to-follow guide that cuts straight to the nitty gritty to deliver candid advice with a healthy dose of humour. Packed with tips and techniques that work, HOT SEX includes everything from a blow-by-blow, step-by-step to oral sex to finding (and figuring out) your G-spot. Whether you're a beginner

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or an old hand, get into HOT SEX-- the only how-to that really tells you how to do it! Tracey Cox is Australia's foremost sex and relationships writer and has a degree in psychology. A former associate editor of COSMOPOLITAN, she contributes regularly to leading women's magazines. 'Frank, forthright and at times hysterically funny... the one sex manual you'll want to read cover to cover!' Pat Ingram, Editor-in-Chief, COSMOPOLITAN 'Punch and to the point.. essential reading.' Dr Janet Hall, sex therapist 'At last! Good, easy-to-read information about sex and reproduction for both men and women.' Dr Edith Welsberg, women's health expert

Better Than Ever Bernie Zilbergeld 2004 Better Than Ever is a new kind of book about love and sex. Targeted particularly at people in their later years, it looks at the pleasure that can still be gained from healthy sexual relationships whether all the appropriate bits are working or not! In Better Than Ever Dr Zilbergeld explains the wondrous world of love and sex among men and women in their later years. A world-renowned sex therapist for 27 years, Dr Zilbergeld uses intensive research, and the words of people he calls the lovers, to illustrate and explain the world of men and women who are masters of the world of sexuality. Dr Zilbergeld also explains the obstacles that prevent people with medical or psychological problems from entering the world of love and sex, and provides solutions that will give them hope that they, too, can become lovers in their own relationships.

Sex Mastery How to Last Longer, Have Better Sex & Make Her Scream! Anastasia Ratajkowski 2017-08-03 Are you looking for an all inclusive sex book that covers EVERYTHING that you need to know? Well, this is it. This sex book is a comprehensive guide on everything you need to know about sex from seduction to orgasms, anal sex and making her scream! In this book you will cover all the ins and outs of sex (literally) and be introduced to so much more! You will also learn about the female psychology and how women value sex, how it's different to men and how to take advantage of

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this. So if you are looking for an all-you-need-to-know guide, you've found it. In this book, you will find: - The Female Psychology to Sex - The Value of Sex - Confidence: How to be Confident in Bed - Sex Toys - Anal Sex - How to Last Longer in Bed - What to do After Sex - 15 Top Sex Positions to try with your partner for AMAZING sex You will also find 5 Sex Mastery sections with all you need to know about: - Seduction Mastery: The Art of Seduction - Foreplay Mastery: The Art of Foreplay - Penetration Mastery: The Art of Penetration & Sex - Orgasm Mastery: How to Make Her Come! - Orgasm Mastery: How to Both Have a Better Orgasm Take a chance and try something new! This is a great deal with incredible value in just one, complete book! It's the ONLY sex book you will ever need. Make sex a priority again and;Make. Her. SCREAM!

**Better Sex 4 Guys of All Ages and Interests** Jon Johns 2013-04-12 'Better Sex 4 Guys' covers the physical stuff that makes for better sex. This book uniquely covers the psychological aspects so you can use your mind for greater arousal and more exquisite sexual enjoyment. How can that work? Because ALL sexual pleasure is experienced fully in our heads, whether it comes from imagined sex or real physical sexual activity. Because it all happens in our heads, we can change it for the better. The book also has adult & explicit stories and examples to add context and interest for the reader. Well-researched, this book has much research backing but explained simply so that our knowledge about sexual response and enhancement can be applied by readers immediately. Whether you enjoy sex alone or with others of any sexual-interest, then this book will help you to even BETTER SEX!

**Better Sex Through Mindfulness** Lori A. Brotto 2018-04 A groundbreaking look at improving desire, arousal, and sexual satisfaction through mindfulness. Studies show that approximately half of all women experience some kind of sexual difficulty at one point in their lives, with lack of interest in sex being by far the most common--and the most distressing. And when sex suffers, so do all other

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areas of life. But it doesn't have to be that way. In *Better Sex through Mindfulness*, acclaimed psychologist and sex researcher Lori A. Brotto, offers a groundbreaking approach to improving desire, arousal, and satisfaction inside--and outside of--the bedroom. A pioneer in the use of mindfulness for treating sexual difficulties, Brotto has helped hundreds of women cultivate more exciting, fulfilling sexual experiences. In this accessible, relatable book, she explores the various reasons for sexual problems, such as stress and incessant multitasking, and tells the stories of many of the women she has treated over the years. She also provides easy, effective exercises that readers can do on their own to increase desire and sexual enjoyment, whether their goal is to overcome a sexual difficulty or simply give their love life a boost.

**Coming Soon** Dania Schifftan 2021-02-09 “Psychologist and sexologist Dania Schifftan says it is possible for ALL of us to achieve the Big O during penetrative sex—if we simply hone our skills.”—The Sun This simple yet effective program empowers women with tools to explore their bodies, achieve better orgasms, and have more enjoyable sex. Just like with anything else in life, if you want to get better at sex, you need to practice. And if you want to understand the female orgasm, you need to start by understanding the female body. In *Coming Soon*, sexologist and psychotherapist Dania Schifftan shares her ten-step program for women to increase sexual responsiveness and deepen their awareness of their body’s sensations, leading to more satisfying orgasms through penetration, the ability to control when and how to orgasm, and more empowering sex with a partner. Throughout the book, Schifftan imparts real client stories to show how readers can talk with their partners and incorporate her tips into their own sex lives. Orgasms often provoke questions. With her ten-step plan, Schifftan brings light to the dark and shows how to have more fun with sex—and your own body—at your fingertips.

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**Better Sex Journal Notebook** J. Nichols 2018-07-19 Are you going to be one of the hottest couples or singles who are making sexual fantasies come true. Are you looking for an endless supply of fantasy ideas. Are you looking for advice on ways to get a imaginative sex life that turns you both on. This Better Sex Journal Notebook has over 100 questions to inspire you towards that goal. To better understand and learn the incredible diversity of sexual desire, and why it exists in the first place! We could experience less anxiety, and shame about our fantasies and better understand our partners. This Better Sex Journal Notebook will help readers to share their sex lives and to break down barriers by discussing sexual fantasies and allowing them to become a part of readers' sexual realities. The Better Sex Journal Notebook is 8 and 1/2 by 11. The 108 pages are white, on top of the numbered and blank pages is a sexual inspired question to share with each other with plenty of space for notes, ideas or even sketches. If your goal is BETTER SEX, then a Better Sex Journal Notebook will inspire you towards that goal.

*Come As You Are: Revised and Updated* Emily Nagoski 2021-03-02 A revised and updated edition of Emily Nagoski's game-changing New York Times bestseller *Come As You Are*, featuring new information and research on mindfulness, desire, and pleasure that will radically transform your sex life. For much of the 20th and 21st centuries, women's sexuality was an uncharted territory in science, studied far less frequently—and far less seriously—than its male counterpart. That is, until Emily Nagoski's *Come As You Are*, which used groundbreaking science and research to prove that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organized but how you feel about them. In the years since the book's initial publication, countless women have learned through Nagoski's accessible and informative guide that things like stress, mood, trust, and body image are not peripheral factors in a

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woman's sexual wellbeing; they are central to it—and that even if you don't always feel like it, you are already sexually whole by just being yourself. This revised and updated edition continues that mission with new information and advanced research, demystifying and decoding the science of sex so that everyone can create a better sex life and discover more pleasure than you ever thought possible.

**Better Sex Through Yoga** Jacquie Noelle Greaux 2007-08-14 Bring the ancient practice of yoga from the mat into the bedroom—with electrifying results! There's no doubt about it: Yoga is sexy. With skimpy yoga outfits, graceful moves, deep breathing, and poses like Downward Dog, it's no wonder yoga can leave you feeling a little turned on. Now the Better Sex Through Yoga program allows you to bring that yoga-sexiness right into the bedroom—and take your sex drive to unimaginable new heights. A combination of traditional yoga poses, Pilates, and dance, along with twenty mind-blowing sex positions, Better Sex Through Yoga is guaranteed to tone up your body and turn up the heat on your lovemaking. Targeting the muscles of your sexual core to strengthen your pelvis, hips, and abdomen, the program also works the PC muscles, a little-known muscle group that prolongs and intensifies sexual pleasure. Each of the routines will increase your stamina, enhance your flexibility, and jumpstart your libido for deeper, longer, more frequent orgasms. You can try: The Honeymoon... ignites the spark and gets you in the best sexual shape of your life Hot Date Prep... leaves you feeling frisky, relaxed, and glowing as you head out the door Bedtime Bootie... fast, loose, and hot, this quickie routine revs you up before hitting the sheets Flexy Makes Sexy... opens the door for incredible new positions and heightened sexual pleasure And seven more steamy yoga sequences Soon your sex life will be sizzling and you'll be feeling more confident in the bedroom and beyond. Working out has never been this good—or satisfying!

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*Come as You Are* Emily Nagoski 2015-03-03 An essential exploration of why and how women's sexuality works—based on groundbreaking research and brain science—that will radically transform your sex life into one filled with confidence and joy. Researchers have spent the last decade trying to develop a “pink pill” for women to function like Viagra does for men. So where is it? Well, for reasons this book makes crystal clear, that pill will never be the answer—but as a result of the research that's gone into it, scientists in the last few years have learned more about how women's sexuality works than we ever thought possible, and *Come as You Are* explains it all. The first lesson in this essential, transformative book by Dr. Emily Nagoski is that every woman has her own unique sexuality, like a fingerprint, and that women vary more than men in our anatomy, our sexual response mechanisms, and the way our bodies respond to the sexual world. So we never need to judge ourselves based on others' experiences. Because women vary, and that's normal. Second lesson: sex happens in a context. And all the complications of everyday life influence the context surrounding a woman's arousal, desire, and orgasm. Cutting-edge research across multiple disciplines tells us that the most important factor for women in creating and sustaining a fulfilling sex life, is not what you do in bed or how you do it, but how you feel about it. Which means that stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it. Once you understand these factors, and how to influence them, you can create for yourself better sex and more profound pleasure than you ever thought possible. And Emily Nagoski can prove it.

*Great sex starts at 50* Tracey Cox 2020-02-04 "What a book. Slip between these covers. Satisfaction guaranteed." Kathy Lette, international bestselling writer and author of *Puberty Blues*, *Mad Cows* and *The Boy Who Fell to Earth* Get ready for the ride of your life Fifty-plus looks nothing like it used

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to. Fitter, healthier, many of us hit half a century with little sign of slowing down. And yet...there's no denying that something happens to us sexually at 50. The menopause brings with it a whole slew of challenges, from bottomed-out libidos to painful sex, weight gain and body image issues. Many men grapple with erectile dysfunction and the mixed blessing that is Viagra. Toss in dodgy knees, stiff backs and fatigue and sex can become a source of stress rather than pleasure. Other challenges go beyond the physical: how do you ignite desire after decades with the same person? And what if you (or your partner) simply no longer wants to have sex? Happily, information and enthusiasm are all it takes to reclaim a robust sex life, whatever your situation. Let international sex expert Tracey Cox navigate you through what's actually happening to your body and what you can do about it. She'll show you how to age-proof your libido and stop comparing the sex you had when you were young with the sex you have now; how to arouse yourself and your partner (hello, sex toys!), how to flirt (remember?), how to create the perfect conditions for sex, what to do when infidelity visits, how to navigate sex when you're fifty- (or sixty- or seventy-) something and single, and so much more. Using a blend of research, case histories and personal anecdotes, Great Sex Starts at 50 is real, reassuring, honest, funny and most of all empowering. This is not about trying to stay young, or turning back the clock-it's about being the best version of yourself so you can live the second half of your life as happily as the first.

Sex Guide For Women More Sex More Fun Book Club 2020-06-20 You daydream about sex... that really good sex.. All you want to do is: f\*ck your man's brains out...! Work, stress and tiredness almost ruined your sexlife lately... You know it's possible to get back on track as soon as you start talking... If so, you've come to the right place. The view of female sexuality has changed drastically. Things that were once forbidden now happen and things that used to happen is now forbidden. It's

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no wonder women seem to have such a hard time expressing their sexual desires. This book is here to help men and women alike to work through blocks and problems a woman may be experiencing that is holding her back from the sex life she deserves. Men can benefit from this book because they can learn the reason behind the difficulties women often experiences. This means that they could help their significant other work through these blocks instead of them having to face them alone. This bundle contains of two different Sex Guide For Women books: Sex Guide For Women: The Roadmap From Sleepy Housewife to Energetic Woman Full of Sexual Desire Sex Guide for Women: F\*ck Him Beyond His Wildest Dreams - Mentally, Physically & Emotionally  
*Couples Sex Guide* Ariana Hunter 2015-03-02 *Couples Sex Guide: Better Sex For You and Your Partner. A Couples Sex Guide That Will Enhance Your Relationship!* Do you actually want to have better sex? Do you want to learn how to give a better blowjob? Do you want your man to last longer in bed? Could your man use some cunnilingus tips? If you or you partner answered yes to any of these questions, then you could both benefit immensely from reading this book and the best part is... You can get your copy of "Couples Sex Guide" today for a very low price! Sex can be difficult, frustrating and confusing, but it shouldn't be like that at all! Sex should be fun, pleasurable and adventurous! If you want practical advice and tips on how to improve your sexual relationships, then you must read this book. There are a myriad of different sex guides out there but most of them are broad, vague and not very useful. This book is specific, applicable, affordable and vital to a healthy sexual relationship. You Will Learn: - Why confidence is crucial in sexual relationships - The necessity of excellent communication skills - The importance of spontaneity when trying to keep a long-term sexual relationship healthy - Some amazing sex positions you may have never tried, such as 'the arched bridge' and 'the super squat' positions - Fellatio tips - Cunnilingus tips - How to set

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the mood and the best ways to incorporate effective foreplay into your relationship AND SO MUCH MORE Don't allow your sex life to disintegrate into a boring and mundane routine. Keep the flame alive and learn how to spice things up by reading this book with your partner. The tips you will learn here are sure to get your partners toes curling and to get you moaning uncontrollably. Don't hesitate SCROLL TO THE TOP OF THIS PAGE AND DOWNLOAD YOUR COPY OF "COUPLES SEX GUIDE: SUBTITLE" RIGHT NOW AND LET'S GET OUR BEDROOMS HOT AND OUR BEDS ROCKING ----- TAGS----- couples sex, couples sex books, couples sex help, couples sex free, couples self help, couples sex addiction. sex and marriage, better sex, better sex workout, sex tips, sex positions, blow jobs, cunnilingus, fellatio, sexual attraction, libido increase, libido supplement for women, couples sex guide, better sex guide, what men want, what women want

**The Coregasm Workout** Debby Herbenick 2015-06-09 The Coregasm Workout is a revolutionary new book that provides natural, safe, and effective techniques for enhancing sex through fitness. Developed by leading sex researcher, educator, and columnist Dr. Debby Herbenick, The Coregasm Workout introduces simple, science-backed exercises to make working out more fun and sex lives more satisfying. Debby has developed The Coregasm Workout based on her deep background in health science and unprecedented research on exercise-induced arousal in order to bring fitness and sexuality closer together. Her fact-based methods are specifically designed to improve orgasm and have been tested, refined, and proven by real women, for women. The Coregasm Workout will help improve your sex life—and help you enjoy exercising more often—through four C.O.R.E. principles: Challenge yourself through cardio, reps, and resistance Order matters: it's not just the kind of exercises you do, but the order in which you do them Relax and receive: be open to the experience of coregasm Engage your lower abs, muscles often strongly linked to coregasm Fun, fascinating, and

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useful, The Coregasm Workout offers new exercise techniques for women who want to stay sexy, healthy, and fit, and enjoy the benefits of the gym in the bedroom.

**Better Sex the Herbal Way** Hari Datt Sharma 2007-09 This slim book is a valuable guide to teach us in simple straight-forward manner some salient points of better sex. It guides us about proper food, drinks to boost sexual pleasure. the main focus is on herbs. An irrepressible force that keeps driving man perennially, the sexual urge has led to an eternal search for the ultimate aphrodisiac. Amongst a host of others, the latest performance boosters to set global libidos afire is Viagra. This book, however, cautions you on the health hazards associated with sex enhancers in modern science.

*The Better Sex Guide to Extraordinary Lovemaking* Yvonne Fulbright 2011-05 The New Classic on Sexual Satisfaction. The journey to amazing sex is one of the most exciting rides you and your partner can take. Leading sex educator and creator of the phenomenally successful Better Sex ® video series, The Sinclair Institute™, gives you the definitive manual on sexual intimacy and satisfaction. Based on the latest research and authored by Sinclair Institute's Advisory Council member Yvonne K. Fulbright, Ph.D. this quintessential hotter-sex guide covers every aspect of sexual activity from basic to advance. You'll learn how to build sexual tension and desire, achieve more satisfying orgasms, and please yourself and your partner. The Better Sex ® Guide to Extraordinary Lovemaking contains practical and candid advice for couples who want to enhance their sex lives. Whatever your age, whatever your lifestyle, wherever you are on your sexual journey, you'll find detailed advice, explicit techniques, and exciting positions that will make sex more thrilling and fulfilling.

*Reclaiming Pleasure* Holly Richmond 2021-10-01 Go beyond surviving to reclaim your sexual self. If you have experienced sexual abuse, assault, harassment, or rape, you may feel disconnected from

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your sexual self—even if you've overcome the initial trauma of your experience. You are a survivor; but surviving is just the beginning. This book explores what comes next. Written by a psychotherapist and grounded in cutting-edge research, *Reclaiming Pleasure* picks up where other sexual trauma recovery books leave off. It offers practical tools to help you cultivate a sense of safety, security and trust in order to reclaim the vitality, pleasure and great sex you deserve. The book will also serve as your compass on a journey toward the rediscovery of desire, letting you explore what you want from others and for yourself. This groundbreaking book will help you:

- Understand the lasting mental, physical, sexual, and relational impacts of sexual trauma
- Move beyond feelings of shame
- Reclaim pleasure and reignite passion in your life

Surviving is merely the first step in the process of recovery from sexual trauma. With this sex-positive and empowering guide, you are invited to take your recovery to the next level. You'll feel emboldened by the desire for better sex, healthier relationships, and a more connected, pleasurable life.

[More Sex, Better Sex](#) Kimberly Peters 2015-01-09 Sex is an important part of most relationships. When the sex is great the partners become closer, happier, and more satisfied with their relationship. Everything is good and everyone is happier. But when there are problems with their sex life partners become angry and frustrated and instead of becoming closer and happier, they often become distant and further apart. "More Sex, Better Sex" helps couple address the problems in their sex life to make their sex life better and their relationship stronger. Even when there are no problems in the relationship just making the sex better will make both partners happier and more intimate. Don't take a chance with your sex life or feel that you have to live with an unrewarding or unfulfilling sex life. Let "More Sex, Better Sex" help you make your sex life the very best it can possibly be!

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**50 Shades of Better Sex** Melinda Holmes 2012-07-04 Were you captivated by "Fifty Shades of Grey"? Did its hot eroticism and passionate love story make you hungry for the same in your life? Have you wondered how to capture the romance, the intense intimacy and enduring relationship of the BDSM lifestyle? The answers to these important questions, answers that can change your life forever and for the better, can be found in " 50 Shades of Better Sex", the hot new guide by the renowned erotic author Melinda Holmes. She shares the secrets of BDSM lifestyle experts who advise everyday people how they can incorporate these exotic-yet-mainstream erotic practices into their love lives and evolve their relationships with love partners. In a dramatic and sexy format, Melinda reveals to the reader the easy to follow practices that can lead to a better, more enduring love affair with a long term amour. Sexy, fun and unabashedly hot, this steamy guide blows all others off the book racks! Millions of women long to freshen their relationship, to add a spark of excitement to the 'same old same old.' We all feel the need, and Melinda satisfies it for us in this guide for happiness-seekers. This book will be a lifeline to a long-term, lasting relationship for countless women, a path to a satisfying love life, and help you to develop a bursting-with-happiness partnership with your man (or men!) Melinda Holmes is the pseudonym of a best selling authoress with numerous awards and popular acclaim for the quality and popularity of her erotic fiction and non-fiction. In this guide, this bestselling women's fiction author teaches you to: Throw out the stale old relationship, and build a spicy new one - with the same man! Learn what you don't say but tell your partner anyway - and how to 'read' each other's body Build yourself and your partner to exquisite pleasure Take away the senses to excite and complete one another's enjoyment Recognize locations and ways to enjoy BDSM outside of the bedroom Lead your man and yourself to longer and more frequent orgasms And much, MUCH more - the exciting lessons in the levels and methods of

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an intimate BDSM partnership for you and your lover are dramatized in excitingly passionate and highly erotic scenarios of a once lonely housewife named Laura. Join her in this exciting journey! BONUS BOOK! Get a FREE BONUS copy of the best-selling ebook: Spiritual Sex And Satisfaction Here's What You'll Learn: The mindset of spiritual satisfaction of sex The killer ways of boosting your power during sex How to attain satisfaction and reduce dissatisfaction in sex Tips and secrets to great sex spiritually Benefits of spiritual sex And more

Sex Mastery Anastasia Ratajkowski 2017-10-02 Are you looking for an all inclusive sex book that covers EVERYTHING that you need to know about sex? Well, this is it. This sex book is a comprehensive guide on everything you need to know about sex from confidence and seduction to orgasms, sex positions and making her scream! In this book you will cover all the ins and outs of sex (literally) and be introduced to so much more! You will also learn about the female psychology and how women value sex, how it's different to men and how to take advantage of this. So if you are looking for an all-you-need-to-know guide, you've found it. This book is also perfectly suitable for female customers too! In this book, you will find: - The Female Psychology to Sex - The Value of Sex - Confidence: How to be Confident in Bed - Sex Toys - Anal Sex - How to Last Longer in Bed - What to do After Sex - 15 Top Sex Positions to try with your partner for AMAZING sex You will also find 5 Sex Mastery sections with all you need to know about: - Seduction Mastery: The Art of Seduction - Foreplay Mastery: The Art of Foreplay - Penetration Mastery: The Art of Penetration & Sex - Orgasm Mastery: How to Make Her Come! - Orgasm Mastery: How to Both Have a Better Orgasm Take a chance and try something new! This is a great deal with incredible value in just one, complete book! It's the ONLY sex book you will ever need. Make sex a priority again, and; Make. Her. SCREAM!

**Better Sex in No Time: An Illustrated Guide for Busy Couples** Josey Vogels 2015-03-17 In

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those first heady days of a relationship, couples can barely keep their hands off each other. But as relationships mature, sex can get pushed further and further down the list of priorities. Suddenly, instead of a passionate date you can't wait to keep, sex might start to feel like one more nagging to-do. It doesn't have to be that way. And it doesn't require quitting a job or wearing dirty clothes to reclaim the spark. Couples just need a few moments of tender connection a day (and a few pointers from Canada's leading sexpert), and soon they're looking for ways to devote even more time to amazingly hot sex. Josey Vogels has created a fun and approachable guide for couples that is packed with tips, tricks, and time-guided ideas to try. With this book on their bedside tables, readers start having better sex in no time. What you learn from this book: • Ways to sexually connect to your partner in five minutes or less • Massage techniques • Why romance matters • The importance of self-pleasure (and learning new private tricks!) • Sex on the go • Tantric sex for busy couples

Premature Ejaculation Micheal Hyman 2019-06-21 \* Buy the paperback version of this book and get the kindle version FREE \* If you want to discover how a simple step by step method (you can practice in the privacy of your home) eliminates Premature Ejaculation and makes you a marathon man in bed then keep reading... Have you ever tried any of the following: Meeting a hot woman, taking her back to your place, getting her clothes off but you're so nervous that you come the moment you penetrate her? You have been madly in love with a woman for months, but when you finally succeed taking her home with you ...you come after 10 seconds. She says its okay ...but she's clearly disappointed and has lost trust in you. As time goes by you have become so nervous about premature ejaculation, that the mere thought completely ruins your ability to enjoy the lovemaking ... Guess what? I have been in each and every one of these situations. And yes - it wasn't fun. For a long period in my life I suffered from premature ejaculation. I was caught in a downward going

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spiral where low self confidence lead to poor performance, which then again lead to even lower self confidence. I felt bad about myself and with the women that came into my life - and left. It was only when I began to actively research what I had to do to heal my sexuality that I slowly could get my act together. It has been a fascinating journey where I have received guidance from some of the worlds leading experts in Tantra, Taoism and western sexology - and where I discovered ESSENTIAL KEYS to attaining super sexual stamina. Lasting long in bed is a question of doing the right training performed on a daily basis. And you know what else? When you start believing that it's possible (which it is) - you will start to dissolve the descending spiral and instead create an ascending spiral. Positive results leads to more self confidence which again leads to better results. *Premature Ejaculation An Explicit Seven-Step Guide to Better Sex.* teaches you what science has unveiled about premature ejaculation. Inside you will discover: How to master body and mind for ecstatic long lasting lovemaking Dissolve performance anxiety and strengthen your sexual self confidence How you use relaxation and knowledge of the parasympathetic nervous system to your advantage in bed Sexual Energy Management How you become a more masculine and centered lover Lovemaking technique And much much more ... SOUNDS GOOD! BUT IS THIS REALLY FOR ME? The short answer: Yes, this book is for ALL men who wish to last longer in bed, become more masculine and virile, who wish to learn to harness their sexual energy and learn to REALLY satisfy women ... Perhaps you have suffered from premature ejaculation for as long as you can remember Maybe you suffer from performance anxiety and would like to rebuild your sexual self confidence Maybe you have days with good control - and bad days with absolutely no control Maybe you have never completely solved the problem No matter your situation this book can help you to last longer naturally. Scroll up to the top of the page and click the "Buy Now" button.

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Better Sex with Yoga Ashley Fitzgerald 2015-05-08 Discover a step by step method on how to practice Yoga in order to improve your sex life This book will show you how Yoga can improve your health and sex drive as well as your sexual experience to make your life a more enjoyable one. You will learn to let go of stress, anxiety and inhibitions so you can open up to your inner energy flow which will in turn let you open up to the experience of enjoying sex. Yoga is thousands of years old and in its time has helped people to align the mind, body and spirit, find increased well-being, peace, and inner balance. It also energizes and invigorates. It can improve many aspects of life. It helps to prevent premature aging, keep the body fit, trim and free of pain and ailments. Among the physical benefits it can bring are included an increased sex drive and sexual experience. Sex is more than just the physical experience, just as Yoga is more than physical exercise. With both activities, an important and powerful mental and spiritual component is present. With sex a powerful emotional component is always present. Here is a preview of what you will learn... Strengthen your body and your mind Retain ejaculation for better enjoyment Obtain openness and intimacy Increase your sexual desire Improve your sex drive Are you ready to do something to improve your sex life?

The Good Guy's Guide to Great Sex Sheila Wray Gregoire 2022-03-15 If you ever wonder, Is this all there is to sex? or I wish I knew how to help my wife enjoy this more, you'll appreciate this straightforward, helpful, and faith-based advice on how to have a better sex life. Based on groundbreaking surveys of more than twenty-five thousand people, this highly practical, research-based book shows guys how to rock their wife's world. The Good Guy's Guide to Great Sex from popular marriage blogger and speaker Sheila Wray Gregoire and her husband, Dr. Keith Gregoire, will help you: Discover what your wife wants most from you in the bedroom Realize what can derail a couple's sex life and how to get it back on track Find healing from past trauma, previous

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relationships, and porn addiction Understand your own sex drive and how to keep it revved Learn the secrets to giving your wife the most fulfilling sex she's ever had This can-we-start-tonight? book about making sex wonderful explores how emotional, spiritual, and physical intimacy all work together. It will appeal to: Newly engaged couples who want to start their marriage off right Married couples who wonder if sex will ever become what they hoped it would be Readers of The Good Girl's Guide to Great Sex Pastors and counselors seeking a resource for helping engaged and married couples The Good Guy's Guide to Great Sex also features Couple Projects at the end of each chapter and very specific "Good Guy Dares" to help you woo your wife in and out of the bedroom as you find your way to a delightful, God-given passion.

**Sex Life Experiences** Evelyn Jaymes 2020-11-11 How would you describe your sex life? Not too bad? Average? Mediocre? Terrible? It could be better? If your answer isn't "It's FANTASTIC!!" you've come to the right place. Become a Perfect Lover! 4 Manuscript in 1 Book Master The Sex This Boxset Includes: Tantric Sex Sex Positions How to Talk Dirty Better Sex A satisfying sex life is important to most men and women: the difference between an adequate lover and an incredible one lies in the way they apply the knowledge they have towards cultivating better sexual experiences. Whether you're in a new relationship or trying to rekindle the sexual flames of a long-term relationship, everyone can benefit from the wisdom found between the pages of this book. It is a chance to share a part of ourselves with someone that we don't engage in with our other relationships. It is a way to express love, passion, and our animal instincts. Learning about the body and the mind of your partner should intrigue you, and it should be a mystery as well. It should have many layers and branches for you to explore over time. You don't want to be able to predict every move and know play-by-play what sex will be like with that person each time. You will Learn the

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following in this book: How to bring out your partner's sensual side How to understand what men and women want when it comes to sex (what they REALLY want!). Several ways to spice up your sex life Learn how to make love with different sex position The best tantric sex positions to try today Why tantric sex is better than regular sex Best ways to reach orgasm What to say before, during and after an orgasm. How to make her scream and leave him breathless How to keep your erection stronger for longer How to overcome shyness and stress Why dirty talk is going to be the secret to changing your sex life And much much more... Would You Like to Know More? Are You Ready to Change Your Sexual Experience for the Better? Download now and start experiencing sex in a way you have never had before. Scroll to the top of the page and click on the Buy Now button!

[Having a Better Sex Life](#) P. Db Du Plessis 2010-03-10 Having a better sex life is split into two parts. The first part is titled "Tips to a better sex life", with 25 chapters, covering common sex issues for men and women of all ages. The second part is titled "Tips to a better sex life after sixty", also with 25 chapters, covering common sex issues for men and women of 60 years and older. The table of contents is very descriptive with long sentences for chapter titles, making it much more revealing of what can be expected inside. Here is the first part titles: Part 1: Tips to a better sex life: Four Easy Ways to Spice Up Things in the Bedroom, Four Ways to Improve Your Intimacy with Your Wife, Five Easy Ways for Parents to Spice Up The Intimacy, Five Signs Your Sex Life May Need a Makeover, Five Ways to Improve Your Intimacy with Your Husband, Can Losing Weight Help Improve Your Sex Life?, Can Yoga Really Help You Have Better Sex?, College Students and Sex: Tips, Do You Have a Happy Sex Life? Signs That You May, Does Your Sex Life Need Improving: Signs That It May, Experimenting in the Bedroom: Should You Make a Change?, Experimenting in the Bedroom: The Dangers of Going Too Far, Experimenting in the Bedroom: Your Options Reviewed, Having Sex After

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Having a Baby: Tips for Husbands, How Simple Dates Can Improve Your Intimacy, How Text Messaging Can Help to Improve Your Sex Life, How to Approach the Subject of Experimenting in the Bedroom, How to Talk to Your Husband About Sex, How to Talk to Your Wife About Sex, Improving Your Sex Life: How to Be Spontaneous, The Pros and Cons of Experimenting in the Bedroom, Tips for Buying Sex Toys and Accessories, Unhappy In Bed? Should You Talk to Your Partner?, When Professional Help Is Needed to Help You Have a Better Sex Life, Why You Should Have Sex on a Daily Basis, Part 2: Tips to a better sex life after 60

## Better Sex For You

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