

A Tired Womans Guide To Pabionate Sex Laurie B Mintz

Love Worth Making Stephen Snyder, M.D. 2018-02-13 Can sex survive monogamy? Yes, once you understand how sexual emotions really work. This acclaimed, paradigm-shifting guide turns traditional sex therapy inside-out to reveal the hidden rules for great sex. Gentle, compassionate, and filled with compelling stories from Dr. Stephen Snyder's thirty years as a sex therapist working with over 1,500 individuals and couples, Love Worth Making is essential reading for anyone hoping to keep sexual inspiration alive in a committed relationship.

Barack Obama's America John White 2009-09-08 "White's Barack Obama's America eloquently captures both the important nuances of the current political scene and its long-term consequences." ---Richard Wirthlin, former pollster for Ronald Reagan "This delightfully written and accessible book is the best available account of the changes in culture, society, and politics that have given us Barack Obama's America." ---Stan Greenberg, pollster for Bill Clinton and Chairman and CEO of Greenberg Quinlan Rosner Research "From one of the nation's foremost experts on how values shape our politics, a clear and compelling account of the dramatic shifts in social attitudes that are transforming American political culture. White's masterful blend of narrative and data illuminates the arc of electoral history from Reagan to Obama, making a powerful case for why we are entering a new progressive political era." ---Matthew R. Kerbel, Professor of Political Science, Villanova University, and author of Netroots "John Kenneth White is bold. He asks the big questions . . . Who are we? What do we claim to believe? How do we actually live? What are our politics? John Kenneth White writes compellingly about religion and the role it played in making Barack Obama president.

White's keen insight into America's many faiths clarifies why Barack Obama succeeded against all odds. It is a fascinating description of religion and politics in twenty-first-century America---a must-read." ---Kathleen Kennedy Townsend, former Lieutenant Governor of Maryland and author of *Failing America's Faithful* "In Barack Obama's America, John Kenneth White has written the political equivalent of Baedeker or Michelin, the definitive guide to and through the new, uncharted political landscape of our world. White captures and explains what America means---and what it means to be an American---in the twenty-first century." ---Mark Shields, nationally syndicated columnist and political commentator for PBS NewsHour "John White has always caught important trends in American politics that others missed. With his shrewd analysis of why Barack Obama won, he's done it again." ---E. J. Dionne, Jr., Senior Fellow, Brookings Institution, and University Professor in the Foundations of Democracy and Culture at Georgetown University The election of Barack Obama to the presidency marks a conclusive end to the Reagan era, writes John Kenneth White in *Barack Obama's America*. Reagan symbolized a 1950s and 1960s America, largely white and suburban, with married couples and kids at home, who attended church more often than not. Obama's election marks a new era, the author writes. Whites will be a minority by 2042. Marriage is at an all-time low. Cohabitation has increased from a half-million couples in 1960 to more than 5 million in 2000 to even more this year. Gay marriages and civil unions are redefining what it means to be a family. And organized religions are suffering, even as Americans continue to think of themselves as a religious people. Obama's inauguration was a defining moment in the political destiny of this country, based largely on demographic shifts, as described in *Barack Obama's America*. John Kenneth White is Professor of Politics at the Catholic University of America in Washington, D.C. Cover image: "Out of many, we are one: Dare to Hope: Faces from 2008 Obama Rallies" by Anne C. Savage, view and buy

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full image at http://revolutionaryviews.com/obama_poster.html.

Counseling Women Lenore W. Harmon 1978

The Ins and Outs of My Vagina Karin Freeland 2021-09-14 The sexy, the funny, the humiliating, the gross, and a whole lot more!

You've Come a Long Way, Baby Lilly J. Goren 2009-05-22 “Provocative and diverse” essays on the image—and the reality—of feminism in the twenty-first century (Christine A. Kelly, author of *Tangled Up in Red, White, and Blue*). No matter what brand of feminism one may subscribe to, one thing is indisputable: the role of women in society during the past several decades has changed dramatically, and continues to change in a variety of ways. In *You’ve Come a Long Way, Baby*, Lilly J. Goren and an impressive group of contributors explore the remarkable advancement achieved by American women in a historically patriarchal social and political landscape, while examining where women stand today and contemplating the future challenges they face worldwide. As comprehensive as it is accessible, *You’ve Come a Long Way, Baby* appeals to anyone interested in confronting the struggles and celebrating the achievements of women in modern society. “Some of the articles are down-to-earth, some are down-and-dirty. Some are matter-of-fact, others deliberately argumentative in tone. The book itself is a treasury.” —Lincoln County News

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 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

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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.

The Erotic Mind Jack Morin 1995

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 fuck 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. Experience amazing sex mentally, physically and emotionally! Have you ever wondered why you have a hard time getting your man to open up to you, sexually, mentally, and physically? Do you wonder what the world looks like from inside the male mind and long to figure out how to make your man the happiest male on the planet? We have the secrets you need to find success with the less-fair sex. We can help you get into your man's mind mentally, by explaining how the male mind works differently from the female mind. We've interviewed hundreds of men and also read scientific texts in order to explain what men think about sex and how to help you think like a man (or at least understand how your man thinks). The biggest sex organ of all is the brain, after all! We will also help you learn how to communicate directly with your man; many problems in relationships stem from a lack of efficient communication. Did you know that this is largely because men and women process information differently and in term express it differently?

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This ebook will explain to you how and why this happens, and what you can do to avoid it! We also have done a considerable amount of research on the emotions of men, and how they are both similar and different to a woman's emotions. Once you understand your man's mental profile, you'll be able to communicate with him more effectively and in terms and language that he will understand. Once you understand how to emotionally communicate with a man, you'll find that many of your communication problems will disappear. Once you create an environment of safety in your relationship, you'll find that figuring out what your man needs is easier than ever. With this ebook, you'll find that understanding your man's emotions is much easier than you ever thought - you may even surprise him! Finally, we'll also talk about the actual physicality of sex. A lot of people end up in a rut with their sex lives, and this can spell the death of relationships. From kinks to anal, we've got the information you need to ensure that your sex life remains spicy and healthy. The key to a healthy relationship with most men is a great sex life, and we can hand you the tools to make that happen. Whether you prefer soft, sweet vanilla sex or if you like things with a few more whips and chains, we have the strategy for you. Our ebook can help refresh your bedroom life. With *Sex Guide For Women: F*ck Him Beyond his Wildest Dreams - Mentally, Physically and Emotionally*, you'll have the information you need to have the mental, physical and emotional relationship with your man that you deserve. Whether you are out there looking for your perfect partner or if you're simply trying to make your current relationship the best that it can possibly be, we're here for you to make it happen. *It's A Guy Thing* David Deida 1997-05 Explains some of the behavioral traits of men in relationships, such as why men prefer reading the paper to an intimate discussion, and why they don't like aggressive women

[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.

[Insatiable Wives](#) David J. Ley 2012-01-16 "This enlightening work investigates the history, incidence, and causes of a unique sexual lifestyle pursued by increasing numbers of couples. The most common terms used to describe it are 'hotwife/cuckold lifestyle.' This sexual practice, a form of sexual

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nonmonogamy, is distinguished from swinging and polyamory in that the husband rarely seeks sexual contact outside the marriage except for participation in group sex with his wife and other men, while the wife is permitted, and often encouraged, to pursue unrestrained sexual encounters with other men. The author includes interviews and comments from couples living the lifestyle throughout the United States and presents the stories in an attempt to determine the history of this sexual practice and evolutionary underpinnings of this uncommon and socially taboo behavior in an effort to make it more comprehensible to those engaged in the lifestyle and those who are just curious." -- page 4 of cover.

Meditation, Buddhism, and Science David L. McMahan 2017 Introduction: From colonialism to brainscans : modern transformations of Buddhist meditation / David L. McMahan and Erik Braun -- How meditation works : theorizing the role of cultural context in Buddhist contemplative practices / David L. McMahan -- Looping effects and the cognitive science of mindfulness meditation / Evan Thompson -- Buddhism, happiness, and the science of meditation / William Edelglass -- Reflections on Indian Buddhist thought and the scientific study of meditation, or: why scientists should talk more with their monks / William S. Waldron -- 'Mind the gap' : appearance and reality in mindfulness-based cognitive therapy / Joanna Cook -- 'Wherever you go, there you ... aren't?' non-self, spirits, and the concept of the person in Thai Buddhist mindfulness / Julia Cassaniti -- 'Mindfulness makes you a way better lover' : mindful sex and the adaption of Buddhism to new cultural desires / Jeff Wilson -- Mindful but not religious : meditation and enchantment in the work of Jon Kabat-Zinn / Erik Braun -- Is mindfulness Buddhist? (and why it matters) / Robert H. Sharf
Magnificent Sex Peggy J. Kleinplatz 2020-03-10 Winner of the 2021 SSTAR Consumer Book Award!
What makes sex magnificent? What are the qualities of extraordinary erotic intimacy and what are

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the elements that help to bring it about? Is great sex the stuff that people remember nostalgically from the "honeymoon" phase of their relationships, or can sex improve over time? *Magnificent Sex* is based on the largest, in-depth interview study ever conducted with people who are having extraordinary sex. It gathers the nuggets for remarkable sex from the "experts", distilling them into an attainable blueprint for ordinary lovers who want to make erotic intimacy grow over the course of a lifetime. Looking at factors including individual and relational qualities, empathic communication and the myths and realities of magnificent sex, this book offers accessible and evidence-based guidance for lovers and therapists alike. It is replete with frank and often humorous interviews with straight and LGBTQ individuals and couples, those who are "vanilla" and "kinky", monogamous and consensually non-monogamous and healthy and chronically ill. This illuminating book explores the implications of the findings to develop a model that effectively tackles the common problems of low desire and frequency. The "cure" for low desire is to create desirable sex!

Decolonizing Diasporas Yomaira C Figueroa-Vásquez 2020-10-15 Mapping literature from Spanish-speaking sub-Saharan African and Afro-Latinx Caribbean diasporas, *Decolonizing Diasporas* argues that the works of diasporic writers and artists from Equatorial Guinea, Puerto Rico, the Dominican Republic, and Cuba offer new worldviews that unsettle and dismantle the logics of colonial modernity. With women of color feminisms and decolonial theory as frameworks, Yomaira C. Figueroa-Vásquez juxtaposes Afro-Latinx and Afro-Hispanic diasporic artists, analyzing work by Nelly Rosario, Juan Tomás Ávila Laurel, Trifonia Melibea Obono, Donato Ndongo, Junot Díaz, Aracelis Girmay, Loida Maritza Pérez, Ernesto Quiñonez, Christina Olivares, Joaquín Mbomio Bacheng, Ibeyi, Daniel José Older, and María Magdalena Campos-Pons. Figueroa-Vásquez's study reveals the thematic, conceptual, and liberatory tools these artists offer when read in relation to one

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another. Decolonizing Diasporas examines how themes of intimacy, witnessing, dispossession, reparations, and futurities are remapped in these works by tracing interlocking structures of oppression, including public and intimate forms of domination, sexual and structural violence, sociopolitical and racial exclusion, and the haunting remnants of colonial intervention. Figueroa-Vásquez contends that these diasporic literatures reveal violence but also forms of resistance and the radical potential of Afro-furutures. This study centers the cultural productions of peoples of African descent as Afro-diasporic imaginaries that subvert coloniality and offer new ways to approach questions of home, location, belonging, and justice.

Sounding the Cape Denis Martin 2013 For several centuries Cape Town has accommodated a great variety of musical genres which have usually been associated with specific population groups living in and around the city. Musical styles and genres produced in Cape Town have therefore been assigned an "identity" which is first and foremost social. This volume tries to question the relationship established between musical styles and genres, and social - in this case pseudo-racial - identities. In *Sounding the Cape*, Denis-Constant Martin recomposes and examines through the theoretical prism of creolisation the history of music in Cape Town, deploying analytical tools borrowed from the most recent studies of identity configurations. He demonstrates that musical creation in the Mother City, and in South Africa, has always been nurtured by contacts, exchanges and innovations whatever the efforts made by racist powers to separate and divide people according to their origin. Musicians interviewed at the dawn of the 21st century confirm that mixture and blending characterise all Cape Town's musics. They also emphasise the importance of a rhythmic pattern particular to Cape Town, the ghoema beat, whose origins are obviously mixed. The study of music demonstrates that the history of Cape Town, and of South Africa as a whole, undeniably

fostered creole societies. Yet, twenty years after the collapse of apartheid, these societies are still divided along lines that combine economic factors and "racial" categorisations. Martin concludes that, were music given a greater importance in educational and cultural policies, it could contribute to fighting these divisions and promote the notion of a nation that, in spite of the violence of racism and apartheid, has managed to invent a unique common culture.

Love Sex Again Lauren Streicher 2014-04-22 *Love Sex Again* is an all-encompassing guide to women's sexual health from Dr. Lauren Streicher, a cutting-edge Gynecologist, and a regular on The Dr. Oz Show. Ladies, what if one of America's leading sexual specialists and Gynecologist told you that she knew your body better than you did? What if she told you that she could fix the problems that are making your sex life less than perfect? More than 100 million women in America have problems in the bedroom, but don't have the courage to ask their doctors for help. These problems don't come from relationship issues, or the stresses of work and family. These are real, physical issues that are getting in the way of a vibrant, joyful sex life. Instead of getting the help they need, so many women make a silent deal with themselves: without fanfare, without discussion, they quietly give up on pleasure, or drastically compromise their expectations where sex is concerned. Sometimes women make this deal with themselves early on in their 20s or 30s; for other women, it doesn't hit until their 40s, 50s or later. Most women lack the vocabulary to talk about these issues with their doctors, not to mention the pharmaceutical aids that are readily available to men. But no longer. Dr. Streicher will show women how to regain their libido, determine what their issues are, and learn to fix whatever is broken "down there." This much anticipated book will set women on a path to discovering (or rediscovering) deeply pleasurable, satisfying sex. She offers practical advice for real women of all ages—from childbearing to post-menopausal, and explains what a woman

needs to know about her body, where she is in her life, and her relationships, and how it connects to a satisfying sex life.

Sexy Mamas Cathy Winks 2011-02-09 While parenting books rarely broach the subject, most mothers can testify that sexual desire doesn't disappear when they have children; it simply gets buried under an avalanche of conflicting demands on their time and attention. *Sexy Mamas*, by the authors of *The Good Vibrations Guide to Sex*, reaches out to women who want to integrate the pleasures of a satisfying sex life with the joys of motherhood. The book offers tips, anecdotes, and practical information about sex, supported by advice from medical experts, sex experts, and the most knowledgeable experts in this area — other mothers. Candid anecdotes and suggestions from hundreds of survey respondents support, encourage, and inspire readers to embrace a more powerful maternal sexuality. Topics include what hormonal, psychological, and environmental factors affect the sex drive, rekindling relationships, the best sex, parenting resources, and more. *Sexy Mamas* is a practical, informed guide for all mothers.

Principles and Practice of Sex Therapy Kathryn S. K. Hall 2020-06-29 This widely used clinical reference and text--now significantly updated with 75% new material reflecting therapeutic advances, diagnostic changes, and increased coverage of sexual minority groups--comprehensively addresses sexual problems and their treatment. Prominent contributors interweave theory, research, and clinical considerations. Detailed case examples illustrate the process of assessment and intervention with individuals and couples across the lifespan, with attention to gender-related, cultural, and health concerns. The volume features an integrative introduction and conclusion, plus an instructive editorial commentary at the beginning of each chapter. New to This Edition *Many new authors and extensively revised chapters. *Coverage of advances in sexual medicine, ICD-11

diagnostic changes, and other timely topics. *Chapters on sexual aversion, female sexual arousal disorder, and out-of-control sexual behavior. *Chapters on the transition to parenthood and the treatment of sexual concerns in the BDSM community and adult transgender clients. *Chapters on additional medical issues: cancer and spinal cord injury.

A Tired Woman's Guide to Passionate Sex Laurie B. Mintz 2009-09-18 Shows how women can reenergize their sex lives by using a "Five T's" plan consisting of thoughts, talk, time, touch, and trysts.

Golden-Silk Smoke Carol Benedict 2011-04-10 "Tobacco has been pervasive in China almost since its introduction from the Americas in the mid-sixteenth century. One-third of the world's smokers--over 350 million--now live in China, and they account for 25 percent of worldwide smoking-related deaths. This book examines the deep roots of China's contemporary "cigarette culture" and smoking epidemic and provides one of the first comprehensive histories of Chinese consumption in global and comparative perspective"--Publisher's description.

The End of Love Eva Illouz 2021-09-15 Western culture has endlessly represented the ways in which love miraculously erupts in people's lives, the mythical moment in which one knows someone is destined for us, the feverish waiting for a phone call or an email, the thrill that runs down our spine at the mere thought of him or her. Yet, a culture that has so much to say about love is virtually silent on the no less mysterious moments when we avoid falling in love, where we fall out of love, when the one who kept us awake at night now leaves us indifferent, or when we hurry away from those who excited us a few months or even a few hours before. In *The End of Love*, Eva Illouz documents the multifarious ways in which relationships end. She argues that if modern love was once marked by the freedom to enter sexual and emotional bonds according to one's will and choice, contemporary

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love has now become characterized by practices of non-choice, the freedom to withdraw from relationships. Illouz dubs this process by which relationships fade, evaporate, dissolve, and break down “unloving.” While sociology has classically focused on the formation of social bonds, *The End of Love* makes a powerful case for studying why and how social bonds collapse and dissolve. Particularly striking is the role that capitalism plays in practices of non-choice and “unloving.” The unmaking of social bonds, she argues, is connected to contemporary capitalism which is characterized by practices of non-commitment and non-choice, practices that enable the quick withdrawal from a transaction and the quick realignment of prices and the breaking of loyalties. Unloving and non-choice have in turn a profound impact on society and economics as they explain why people may be having fewer children, increasingly living alone, and having less sex. *The End of Love* presents a profound and original analysis of the effects of capitalism and consumer culture on personal relationships and of what the dissolution of personal relationships means for capitalism.

Sex Points Dr. Bat Sheva Marcus 2021-03-09 In this refreshingly honest book, the "Queen of Vibrators" and the "Orthodox Sex Guru" shares her easy, proven system to help women have a healthy, robust sex life. Myth: Great sex comes naturally, and when it doesn't, there is something wrong. Fact: Sex is a gift that takes work. Like exercise or eating right, it also takes practice and know-how. “Queen of Vibrators” Dr. Bat Sheva Marcus believes a healthy, robust, fulfilling sex life is a right for all women. And after twenty years as a sex therapist, Dr. Bat Sheva knows that there's more to sex than lingerie and beach vacations. *Sex Points* is the first book that helps you identify and analyze for yourself what factors are affecting your sex life. Using Dr. Bat Sheva's revolutionary Sex Points Assessment, you can pinpoint what's keeping you from the great sex you deserve by looking at where you're scoring low in four key areas: pain, arousal, libido, and orgasm. And then she'll help

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you get points back in each of those areas! Your sex life is complex, unique to you, and affected by psychological, medical, and emotional variables. If you think that a diminished sex drive is natural, pain is expected, and no orgasms is no problem—prepare to have your world rocked. Covering everything from how to choose a vibrator to recapturing orgasms, understanding hormones, to rekindling lust, embracing taboo fantasies, and parsing complicated relationships, to what sex really means (hint: it's not just intercourse), *Sex Points* is a comprehensive, revelatory, I-didn't-know-it-could-be-this-good guide for every woman, at every age, in every situation. A Fun, Healthy, Fulfilling Sex Life is Your Right! And *Sex Points* will get you there.

Reclaiming Your Sexual Self Kathryn Hall, Ph.D. 2004-07-14 "Kathryn Hall takes a fresh and refreshing new look at why so many women are not really interested in sex. A uniquely helpful book." -Harriet Lerner, Ph.D., author of *The Dance of Anger* "Women don't need medicine or magic to feel desire but rather reasons and motivation. This book provides sound strategies and sensible suggestions for overcoming sexual inertia and finding genuine satisfaction." -Sandra Leiblum, Ph.D., Director, Center for Sexual & Relationship Health, University of Medicine and Dentistry of New Jersey "The many who are searching for sexual desire in an easy-to-swallow pill form may be pleasantly surprised to find it in this easy-to-read book form." -Gerianne M. Alexander, Ph.D., Texas A&M University At last, a drug-free, holistic program to restore sexual passion and desire Despite what many so-called experts believe, lack of sexual desire in women does not necessarily indicate a hormonal problem. More often, asserts sex therapist Dr. Kathryn Hall, it means that something is out of balance in our lives. In *Reclaiming Your Sexual Self*, Dr. Hall reveals how to discover the source of your lack of sexual interest and take charge of your health. Drawing on successful methods she has used in her clinical practice, she helps you identify the imbalances that are affecting your

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overall well-being and get in touch with lost or neglected sexual feelings. Through a series of illuminating exercises and with Dr. Hall's wise, warm advice, you'll discover: * Why it's okay to want sex-and enjoy it * Ways to improve communication with your partner * The right conditions and circumstances to spark your sexual interest * How to maintain a vital sexual connection for the long term * When to consult a professional Hormone replacement therapy doesn't have to be the answer. You can reclaim your sexual self and keep desire and passion alive and well by following the proven, reassuring advice in this authoritative guide.

Bondage for Beginners Lovehoney 2021 Bamboozled by bondage? Spooked by spanking? Nervous about knots? Bedroom bondage can seem daunting if you haven't indulged before, but it doesn't need to be! This simple guide contains 52 tie-and-tease ideas along with instructions to get you started on your erotic adventure.

Sex Rx Lauren F. Streicher 2015-01-27 Are you missing a vibrant, exciting sex life? Do you avoid sex because it is uncomfortable? Or even painful? Are you coping with diabetes, heart disease, cancer, or another illness that makes sex more challenging? Have you lost interest in sex altogether? Yes, anyone can love sex again, or love sex more, with Sex Rx. For millions of women in America, sex isn't always pleasurable or even possible. Instead, sex has become a low priority as they navigate marriage, motherhood, and work . . . not to mention cope with chronic stress and lack of sleep. Throw in the natural fluctuations in hormone levels that all women experience throughout their lives and it's not surprising that sex can become, well, a little less sexy. Additionally, common gynecological problems can make sex uncomfortable, and medical issues can cause it to be downright painful. Dr. Lauren Streicher, a leading women's sexual health expert, offers women the courage, vocabulary, and knowledge to identify and solve problems in the bedroom, for a wide range

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of issues—from flagging libido, vaginal dryness, and sex after menopause, to hormone supplements and the effects of medication. Sex Rx offers a wealth of knowledge along with a good dose of humor and plenty of encouragement, so that women of all ages can make having great sex a part of their lives forever.

What Every Mental Health Professional Needs to Know About Sex Stephanie Buehler, PsyD, CST-S 2013-07-29 Although sexual issues frequently arise in therapeutic practice, mental health professionals are often uncomfortable and poorly equipped to address them. Written by an author who is both a psychologist and sex therapist, this practical guide provides information, tools, and exercises to increase the confidence and comfort of the mental health professional called upon to treat sexual issues during the course of therapy. The book is based on the premise that the therapist must be comfortable with his or her own sexuality in order to offer appropriate treatment. This guide discusses the characteristics of healthy sexuality-for both client and therapist-and explores the reasons that may underlie a therapist's discomfort with addressing sexual issues. Using case studies and sample dialogues, it covers a multitude of common and unusual sexual problems, couple's issues, questions that parents may have about sex, working with LGBT clients, sex for survivors of trauma, sexuality and aging, sexual pain disorders, and how to assess whether more extensive sexual therapy is needed. The guide demonstrates how therapists in different modalities can incorporate treatment of sexual problems into their practice, and covers relevant ethical issues. Included is a downloadable set of practitioner's resources that includes worksheets and client handouts that can be immediately put to use. Additionally, the book provides resources for more in-depth information and discusses collaboration with other health professionals. Key Features: Discusses how to comfortably and effectively discuss, assess, and treat clients' sexual concerns

Supported by case studies and therapist/clinician dialogues Includes "Step Into My Office" sidebars taken from the author's own experience Provides downloadable resources including assessments, worksheets, and client handouts

Without Apology Shannon Stettner 2016-08-26 Until the late 1960s, the authorities on abortion were for the most part men—politicians, clergy, lawyers, physicians, all of whom had an interest in regulating women's bodies. Even today, when we hear women speak publicly about abortion, the voices are usually those of the leaders of women's and abortion rights organizations, women who hold political office, and, on occasion, female physicians. We also hear quite frequently from spokeswomen for anti-abortion groups. Rarely, however, do we hear the voices of ordinary women—women whose lives have been in some way touched by abortion. Their thoughts typically owe more to human circumstance than to ideology, and without them, we run the risk of thinking and talking about the issue of abortion only in the abstract. *Without Apology* seeks to address this issue by gathering the voices of activists, feminists, and scholars as well as abortion providers and clinic support staff alongside the stories of women whose experience with abortion is more personal. With the particular aim of moving beyond the polarizing rhetoric that has characterized the issue of abortion and reproductive justice for so long, *Without Apology* is an engrossing and arresting account that will promote both reflection and discussion.

The Queer Fantasies of the American Family Sitcom Tison Pugh 2018-02-27 *The Queer Fantasies of the American Family Sitcom* examines the evasive depictions of sexuality in domestic and family-friendly sitcoms. Tison Pugh charts the history of increasing sexual depiction in this genre while also unpacking how sitcoms use sexuality as a source of power, as a kind of camouflage, and as a foundation for family building. The book examines how queerness, at first latent, became a

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vibrant yet continually conflicted part of the family-sitcom tradition. Taking into account elements such as the casting of child actors, the use of and experimentation with plot traditions, the contradictory interpretive valences of comedy, and the subtle subversions of moral standards by writers and directors, Pugh points out how innocence and sexuality conflict on television. As older sitcoms often sit on a pedestal of nostalgia as representative of the Golden Age of the American Family, television history reveals a deeper, queerer vision of family bonds.

Wanting Sex Again Laurie Watson 2012-12-04 "I never want to have sex again." If you feel like sex just isn't worth the effort, you're not alone. Forty million American women are frustrated by their lack of sexual passion. They know something's missing—and their husbands know it, too—but the emotional, physical, and mental obstacles to healthy desire can be a knot that seems too tangled to unravel. Drawing on twenty years of clinical experience, Laurie Watson shows that it really is possible to restore the thrill of sex, using proven psychological methods and personal accounts from actual therapy sessions. Her strategies will:

- Offer a glimpse into the reality of other people's bedrooms
- Address the sexual problems that can develop with life changes—from marriage to motherhood to menopause
- Uncover the hidden factors that impact desire—stress, cultural messages, emotional connection, chemical and hormonal challenges, physical appearance issues, and more
- Show how joyful, meaningful, satisfying sex can be yours again

Candid, practical, and much needed, this book can help you rediscover your sexual self or discover it for the first time. Instead of dreading bedtime, you can look forward to it again.

Confronting Consumption Thomas Princen 2002 Essays that offer ecological, social, and political perspectives on the problem of overconsumption.

The Wiley Handbook of Sex Therapy Zoë D. Peterson 2017-04-24 The Wiley Handbook of Sex

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Therapy is a comprehensive and empirically-based review of the latest theory and practice in the psychotherapeutic treatment of sexual problems across client populations. Structured in four sections covering specific sexual dysfunctions, theoretical approaches to sex therapy; working with client diversity; and future directions in sex therapy Advocates a holistic approach to sex therapy with a focus on using a range of psychotherapeutic theories and techniques rather than only the most popular behavioral strategies Includes case studies which highlight the broad spectrum of diverse conditions that clients can experience and which sex therapists can therefore encounter in the consulting room Includes contributions by more than 60 experts from a wide range of disciplines

Portrait of an Artist Laurie Lisle 2010-11-16 “Readers will welcome what Lisle has found. The woman who emerges has extraordinary personal stature, artistic gifts, commitment to her vision.” —(Chicago Tribune) Recollections of more than one hundred of O’Keeffe’s friends, relatives, colleagues, and neighbors—including 16 pages of photographs—as well as published and previously unpublished historical records and letters provide “an excellent portrait of a nearly legendary figure” (San Francisco Chronicle). Georgia O’Keeffe, one of the most original painters America has ever produced, left behind a remarkable legacy when she died at the age of ninety-eight. Her vivid visual vocabulary—sensuous flowers, bleached bones against red sky and earth—had a stunning, profound, and lasting influence on American art in this century. O’Keeffe’s personal mystique is as intriguing and enduring as her bold, brilliant canvases. Portrait of an Artist is an in-depth account of her exceptional life—from her girlhood and early days as a controversial art teacher, to her discovery by the pioneering photographer of the New York avant-garde, Alfred Stieglitz, to her seclusion in the New Mexico desert where she lived until her death. Renowned for her fierce independence, iron determination, and unique artistic vision, Georgia O’Keeffe is a twentieth-

century legend. Her dazzling career spans virtually the entire history of modern art in America. Armed with passion, steadfastness, and three years poring over research, former Newsweek reporter Laurie Lisle finally shines a light on one of the most significant and innovative twentieth century artists.

Mayo Clinic The Menopause Solution Stephanie S. Faubion 2016-04-26 **Confront menopause symptoms such as weight gain, mood swings, and low sex drive with clear advice from a trusted source.**

Mayo Clinic The Menopause Solution is the definitive guide to making your life change a positive one. Drawing on the latest information, leading women's health expert Dr. Stephanie Faubion covers common questions, lifestyle strategies, and treatment options.

Unlike other books, *Mayo Clinic The Menopause Solution* is comprehensive, easy to navigate, and authoritative.

Features include:

- A complete look at what happens to your body before, during, and after menopause.
- Up-to-date information on over-the-counter medications, nutritional supplements, and hormone therapy
- Sidebars, lists, and summaries to make finding information a cinch

Dr. Faubion knows that what works for one woman doesn't necessarily work for another. In

approachable terms, she presents a balanced, unbiased overview of what to expect in midlife and beyond. You'll find accurate information on perimenopause, premature menopause, menopause symptoms, long-term effects of estrogen loss, and a wide variety of therapies to enhance health.

Professional, accessible, and essential for any woman entering menopause, *Mayo Clinic The Menopause Solution* offers everything you need to take charge of your own health and get the best care from your doctor.

Reclaiming Desire Andrew Goldstein, M.D. 2009-06-09 A holistic approach to the problem of low libido in women explains how a variety of physical, emotional, spiritual, and intellectual factors, as well as such events as pregnancy, marriage, childbirth, menopause, and divorce, can affect a woman's sex drive and offers a variety of medical and psychological treatment options to help women reinvigorate their intimate relationships. 35,000 first printing.

Jews and Humor Leonard J. Greenspoon 2011-10-01 Jews and humor is, for most people, a natural and felicitous collocation. In spite of, or perhaps because of, a history of crises and living on the edge, Jews have often created or resorted to humor. But what is humor? And what makes certain types, instances, or performances of humor "Jewish"? These are among the myriad queries addressed by the fourteen authors whose essays are collected in this volume. And, thankfully, their observations, always apt and often witty, are expressed with a lightness of style and a depth of analysis that are appropriate to the many topics they cover. The scholars who contributed to this collection allow readers both to discern the common features that make up "Jewish humor" and to delight in the individualism and eccentricities of the many figures whose lives and accomplishments are narrated here. Because these essays are written in a clear, jargon-free style, they will appeal to

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everyone—even those who don't usually crack a smile!

Sensate Focus in Sex Therapy Linda Weiner 2017-02-24 Sensate Focus in Sex Therapy: The Illustrated Manual is an illustrated manual that provides health professionals with specific information on the use of the structured touching opportunities used regularly by Sexologists to address their clients' sexual difficulties (Sensate Focus 1) and enhance intimate relationships (Sensate Focus 2). This book is the only one to: vividly describe and illustrate the specific steps of, activities involved in, and positions associated with Sensate Focus; emphasize the purpose of Sensate Focus as a mindfulness-based practice; and distinguish between the purposes of Sensate Focus 1 and Sensate Focus 2. Through the use of artful drawings and descriptive text, this manual engages mental health and medical professionals and their clients by appealing to both the visual and the analytical. It discusses how modifications to Sensate Focus can be applied to diverse populations, such as LGBTQ clients, the elderly, the disabled, trauma survivors, and those with challenges such as Autism Spectrum, anxiety, and depression. The book also offers suggestions for dealing with common client difficulties such as avoidance, confusion, and goal directed attitudes. This comprehensive approach to Sensate Focus will remind readers of the beauty and power of touch while offering suggestions for moving from avoidance to sensory transcendence.

The Sport Psych Handbook Shane Murphy 2009-08-10

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

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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.

Superwomen Carolyn Cocca 2016-09-08 Winner of the 2017 Eisner Award in the Best Academic/Scholarly Work category 2017 Prose Awards Honorable Mention, Media & Cultural Studies Over the last 75 years, superheroes have been portrayed most often as male, heterosexual, white, and able-bodied. Today, a time when many of these characters are billion-dollar global commodities, there are more female superheroes, more queer superheroes, more superheroes of color, and more disabled superheroes--but not many more. Superwomen investigates how and why female superhero characters have become more numerous but are still not-at-all close to parity with their male counterparts; how and why they have become a flashpoint for struggles over gender, sexuality, race, and disability; what has changed over time and why in terms of how these characters have been written, drawn, marketed, purchased, read, and reacted to; and how and why representations of superheroes matter, particularly to historically underrepresented and stereotyped groups. Specifically, the book explores the production, representations, and receptions of prominent transmedia female superheroes from their creation to the present: Wonder Woman; Batgirl and

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Oracle; Ms. Marvel and Captain Marvel; Buffy the Vampire Slayer; Star Wars' Padmé Amidala, Leia Organa, Jaina Solo, and Rey; and X-Men's Jean Grey, Storm, Kitty Pryde, Rogue, and Mystique. It analyzes their changing portrayals in comics, novels, television shows, and films, as well as how cultural narratives of gender have been negotiated through female superheroes by creators, consumers, and parent companies over the last several decades.

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

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