

# Tantric Sex For Busy Couples

[Sex Addiction: The Partner's Perspective](#) - Paula Hall 2015-08-20

Sex and pornography addiction are growing problems that devastate the lives of partners as well as sufferers. Sex Addiction: The Partner's Perspective has been written to help partners and those who care about them to survive the shock of discovering their partner is a sex addict and to help them make decisions about the future of their relationships and their lives. First and foremost, it is a practical book, full of facts, and self help exercises to give partners a much needed sense of stability and control. Like its sister book, Understanding and Treating Sex Addiction, it includes case examples and survey results revealing the reality of life for partners of sex addicts. Sex Addiction: The Partner's Perspective is divided into three parts. Part I explores the myths surrounding sex addiction and provides up to date information about what sex addiction is and what causes it before moving on to explain why the discovery hurts partners so much. Part II is about partners' needs and includes self-help exercises and strategies to help partners regain stability, rebuild self-esteem and consider their future. The controversial topic of co-dependency is also explored with guidance on how to identify it, avoid it and overcome it. Part III focuses on the couple relationship starting with the difficult decision of whether to stay or leave. Whatever the decision, partners will then find help and support for rebuilding trust and reclaiming their sexuality. This book has been written to help partners not only survive, but to grow stronger and move on with their lives - whether alone, or in their relationship. Readers will find revealing statistics and real life stories shared by partners who kindly took part in the first UK survey of sex addiction partners. This book will be a valuable guide for partners, but also for the therapists who seek to support them on their journey of recovery.

**F\*cking Good Sex Guide** - Alexxa Kline 2017-08-20

Don't let your relationship be the victim of a dull sex life! Sex is THE vital ingredient for ensuring long term relationships remain happy and healthy. Sex is a beautiful thing which binds couples together so to make sure your love life remains full and exciting buy this F\*cking Good Sex Guide! Most people just don't realize how much of an important part sex plays in keeping couples together, and great sex will bring both pleasure and joy to every aspect of your relationship; not just to your love life. A thriving sex life is not always easy to maintain when so many of us are busy with work and or family commitments. However, the good news it is possible to rekindle any waning desire and the positions, tips, and techniques outlined in this book are here to practice and learn from, helping you bond, trust and love one another like never before. Using a combination of lessons from the Tanta and Kama Sutra this book will teach you how to master the art of lovemaking and help you maximize your sexual potential. This Guide Includes: \* Examples of various positions for maximum pleasure \* Tips and techniques for optimum sexual performance \* Kissing techniques to warm things up and get you going \* Foreplay examples to rack up your desire and make you want more \* Two of the hottest tantric massage to drive you both wild Scroll to the top and buy now!

**Kama Sutra for Life** - Sophia Mortensen 2004-09

The Kama Sutra is not just a series of complicated sex positions; these ancient Tantric teachings are full of wonderful techniques and ideas to turn your lovemaking into a ecstatic fusion of eroticism and pleasure. Sophia Mortensen has developed "Kama Sutra for Life" as a practical workbook for busy couples who want to keep their relationships filled with sensuality and joy.

**Tantric Sex for Busy Couples** - Diana Daffner 2011-02-15

A unique program of S.E.X. - Synchronized Energy eXchange - exercises that combine Tantra sexuality from India with Tai Chi movements from China. Thousands have used these simple exercises to build a connection with their mate that recalls - or surpasses - first love. Tantric Sex for Busy Couples provides readers with a dynamically new and practical approach to creating intimacy on all levels - sexual, emotional and spiritual. Blending the ancient teachings of Tantra from India, and the peaceful exercise program of

T'ai Chi from China, couples discover how to create magic in their relationship. Woven throughout the easy instructions are the personal experiences of the author and her husband. Although the emphasis is on intimacy rather than orgasm, the sexual practices are designed to provide plenty of both. The basic exercises presented in the book include "Solo Stillness," "Connected Pose" and the "Tantra TaiChi Trilogy." Solo Stillness highlights the idea that when we each embrace our inner self, we are more able to be truly present in a relationship. Connected Pose invites the couple to simply be with each other, face-to-face, heart-to-heart, eyes open. This establishes the foundation for intimate connection. The Tantra TaiChi Trilogy focuses on three primary centers in the body - both metaphorically and physically--the Sex Center (below the waist), the Heart Center (above the waist) and the more elusive "Bindi" or spiritual center represented by the third eye and upper "chakras." Each of these centers interacts with and influences the others. Sexual energy is moved throughout the body, rather than being concentrated in the genitals. The foundational exercises of Tantra TaiChi are preparation for the sexual practices described in the book. These include yin and yang ceremonies of sexual massage for the woman and the man, as well as "Peaceful Passion" --a sexual union that requires neither a high sex drive nor a Viagra-inspired erection. Throughout all of the practices, readers are encouraged to maintain a sacred, respectful, loving and ceremonial attitude toward their partners. This attitude alone can transform a relationship into a love affair.

**Tantric Massage** - Darcy Carter 2017-10-17

If your love-making skills are in need of an upgrade, then you're at the right place! The problem with most couples or people for that matter, is that they lead busy and hectic lifestyles, never really spending any time to get to know their real selves. The secret to achieving a passionate, prolonged love-making session is much deeper than you realize. The connection is beyond physical and if you perceive it as purely physical then you are missing out on a whole world of pleasure and enjoyment. During the course of this book you will discover the secrets that will help you explore your true love-making potential, starting from learning all about tantric massage and moving along to tantric sex, Kama Sutra and various sexual techniques that will take your game to the next level. Here Is A Preview Of What You'll Learn... Tantric Massage Yoga Positions Prolong Sex Tantra Science Tantric Science Kama Sutra Love Making Techniques Much, much more! Making love for not minutes but hours at a time is not impossible. You just did not know how and where to start...until now! So pick up this book and start reading! There is no time to waste! Download your copy today!

*Finding and Revealing Your Sexual Self* - Libby Bennett 2010-04-16

Finding and Revealing Your Sexual Self integrates case studies and 'Sexercises' designed to enhance the information in each chapter. The tone of the book is one of compassion with a common sense approach that takes into account various sexual orientations. Special 'Sexual Healing' sections are dispersed throughout, containing relevant questions and answers relating to the difficulties that arise in different areas of sexuality and communication. The methods used in the book are tried and true exercises successfully used by the authors in couple and individual therapy. Finding and Revealing Your Sexual Self helps readers to become sexually self-aware and able to share this awareness with their partner, while providing the tools to discuss sex with professionals, if necessary.

*Ayurvedic Curative Cuisine for Everyone* - Light Miller 2011

Cooking.

*28 Days to Ecstasy for Couples* - Pala Copeland 2007

Perfect for today's busy culture, this step-by-step, illustrated guide to Tantric sex features simple, fun exercises that take 20 minutes or less. Discover how to extend lovemaking; become multiorgasmic; control sexual energy; and engage in sexual, ceremonial, and ritual play. Llewellyn

*The Complete Idiot's Guide to Enhancing Sexual Desire* - Judy Ford, MSW, LCSW 2007-12-04

Staying focused on one of life's greatest pleasures ... From setting the stage and setting aside "sex time" to natural and chemical stimulants and enhancers to a wide variety of mechanical and visual erotic aids, this guide offers expert advice from two noted sex therapists. It helps couples overcome busy schedules, fatigue, and distractions-and keep sexual desire not only alive and well but charged with total satisfaction.

*The Inspired Life* - Susyn Reeve 2011-10-11

Imagine being connected to an infinite source of loving energy. Imagine finally being whole, happy and content. Imagine experiencing life as a source of limitless creative possibility. With Susyn Reeve and Joan Breiner's new guide to upgrading the software of your mind, you can have an inspired life with unlimited joy. Through definitions, quotes, life stories, exercises, and meditations you create your own inspired life vision, and nourish it day-by-day with proven Inspired Life Actions. This book is directed to those of us who need a push to open our minds and hearts to the vast creative potential and possibility alive in each moment. Are you ready to live an inspired life rooted in the sacred union of your heart and intellect and reflected in your thoughts, words, and actions? It all begins with making a choice, with saying: "Yes, I choose an inspired life."

*Soul Sex* - Al Link 2003-02-12

This is not only a book about Tantric practices, but also about how you can use them to create a life-long, loving relationship. Because Pala and Al's emphasis is on Tantra in relationships, both beginners and skilled Tantric practitioners will find value here. Through the authors' mix of ancient Eastern sexual practices and modern Western approaches to communication and intimacy, you and your partner will learn to connect in ways that are respectful, nourishing, and lusty. Pala and Al offer their relationship as a model for a successful, long-term relationship in which to be happy, fulfilled, and spiritually awakened. *Soul Sex* includes thought-provoking discussions, personal anecdotes, and precise but simple techniques to inspire you to apply to your daily life. The observations and exercises included are drawn from the authors' own heady partnership and from the hundreds of couples they have had the privilege to teach at their Tantra sacred sex workshops.

**Winning at the Game of Wife** - James T. Horning 2015-12-01

Take your relationship to the next level by creating an environment where love and passion thrive—from the coauthor of *Cracking the Code to Marital Bliss*. Ever wonder what happily married couples do that miserable couples don't? How things might be different if your wife thought of you as a ROCK STAR husband? Whether you've been married for three years or thirty, the formula for making magic happen in your relationship is the same. Author James T. Horning knows what a woman wants and how filling her needs on her terms fuels her passion, desire and attraction for her man. His uncommon and often disruptive insights into the dynamics between the sexes are unabashedly poignant and profoundly on target. *Winning at the Game of Wife* reveals the secret sauce for transforming what you have into an rewarding, adventurous, and passionate experience. If that doesn't sound like your marriage, you just aren't doing it right. What does a woman want anyway? How do I bring sex back into our marriage? Where did the passion go and how do I get it back? How can I take infidelity and divorce off the table? If you've ever asked any of these questions, *Winning at the Game of Wife* will initiate you into an exclusive club of men who know what a woman wants and how giving that to her will make her want and adore you like never before.

*Better Sex in No Time* - Josey Vogels 2012-12-18

In those first heady days of a relationship, couples can barely keep their hands off each other. Any and every situation and location feels like a prelude to sex. But as relationships mature and responsibilities creep back into life (hey, remember that job? And the laundry that hasn't been done in a month?), 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 make enough time 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'll be 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 experiences to try. You'll never think of five minutes alone the same way again! With this book on their

bedside tables, readers will be having better sex in no time.

Tantric Sex - Jeffery Dawson 2015-06-25

TANTRIC SEX GUIDE! Embrace the Passion and Spiritual Healing of Tantric Sex! Looking For Sexual Healing? Better Communication With Your Lover? Erotic Pleasure? Extended Ecstasy? Timed Bliss? Then THIS BOOK IS FOR YOU! Embrace the Passion and Spiritual Healing of Tantric Sex! Are you curious about Tantric Sex? Do you need guidance to get started? Would you like to know how Tantric Sex can free your body and soul? When you purchase *Tantric Sex: Guide to Sexual Healing Communication and Erotic Pleasure*, you'll learn what Tantra is, its history, and how it relates to tantric sex. You'll discover many aspects of Tantric Sex: Tantric Positions Tantric Exercises and Breathing Myths and Truths about Tantric Sex and Tantra The Ten Pledges of Tantra Mantras and Yantras LEARN THE SECRETS OF TIMED BLISS! *Tantric Sex: Guide to Sexual Healing Communication and Erotic Pleasure* describes the benefits of Tantric Sex, including individual growth and heightened orgasms. You'll learn about Tantric Sex relationships, how to handle power struggles and how this practice empowers both men and women. Increase Love, Alleviate Depression and Create a Positive Effect on the World. You'll discover many techniques and positions and even learn how to give a Tantric massage! Purchase *Tantric Sex: Guide to Sexual Healing Communication and Erotic Pleasure* now, and enter a whole new world of sexuality and spirituality! .

**Sex Positions & Techniques Couples Guide** - Olivia Hayward-Price 2017-08-30

Sex is so important for couples to maintain long lasting happiness together. Great sex will bring both pleasure and joy to every aspect of your relationship; not just to your love life. The positions, tips, and techniques in this book are here to practice and learn from, helping you bond, trust and love one another like never before. Using a combination of lessons from the Tanta and Kama Sutra this book will teach you how to master the art of lovemaking and help you maximize your sexual potential. There is a common misconception that Tantric Sex is for other 'enlightened, spiritual souls and beings' which involves having sex for hours. This is simply not so! Anyone can enjoy Tantric Sex and feel deep connections with his or her partners and experience intense sexual pleasure, including you! The Kama Sutra is a wonderful, fun way to explore and renew your relationships. Helping you find better ways to keep your lovemaking exciting and enjoyable. Although very old in principles the Tantra and Kama Sutra have stood the test of time and much still applies to the art of lovemaking today. This Guide Includes: -Examples of the best sex positions guaranteed to make you both come harder for longer -Tips and techniques for optimum sexual performance -Kissing techniques to warm things up and get you really going -Foreplay examples to rack up your desire to make you want more -Two of the hottest tantric massage examples to drive you both wild So, if it's time to awaken the sex god or goddess in you, SCROLL to the top of the page and select the BUY button

**Sex Positions & Techniques the Couples Guide** - Olivia Hayward-Price 2017-08-17

Don't let your relationship be the victim of a dull sex life! Sex is THE vital ingredient for ensuring long term relationships remain happy and healthy. Sex is a beautiful thing which bonds couples together. Tantric Sex is a magical way to ensure your love life remains full and exciting. Most people just don't realise how much of an important part sex plays in keeping couples together and great sex will bring both pleasure and joy to every aspect of your relationship; not just to your love life. A thriving sex life is hard to maintain when so many of us are busy with work and or family commitments. However, the good news it is possible to rekindle any waning desire and the positions, tips, and techniques outlined in this book are here to practice and learn from, helping you bond, trust and love one another like never before. Using a combination of lessons from the Tanta and Kama Sutra this book will teach you how to master the art of lovemaking and help you maximize your sexual potential. This Guide Includes: -Examples of various positions for maximum pleasure -Tips and techniques for optimum sexual performance -Kissing techniques to warm things up and get you really going -Foreplay examples to rack up your desire and make you want more -Two of the hottest tantric massage examples to drive you both wild Scroll to the top and buy now!

**Better Sex in No Time** - Josey Vogels 2015

Sex Positions for Couples - Monika Bielska 2021-04-17

Has your sex life gotten to a point where you feel you've run out of steam and are looking for a way to add some kindle to keep the fire burning or is it just great and wish to take it to the next level by introducing

more fun to tap into your wild sides? And are you looking for a guide that will help you to explore your sexuality in ways you probably have never done before so you get the most amazing sexual experiences all the time? If you've answered YES, keep reading... You've Just Discovered The Perfect Couples Companion Featuring A Collection Of Sex Positions Coupled With Sex Tips, Strategies And Advice That Will Ensure The Fire In Your Bedroom Never Goes Out! Although they say great relationships are not all about sex, the truth is that sex is the invisible glue that keeps everything from falling apart. And the fact that you are here is testament that you appreciate just how important sex is in keeping your relationship satisfying for everyone. It is also likely you are looking for answers to all the questions going on in your mind... How do you turn yourself on more often without feeling as if you are trying too hard? Which timeless sex positions should you keep in your bedroom 'arsenal' all the time? What's the best way to add spice to otherwise good positions to ensure explosive, toe curling and eye rolling orgasms? How do you leverage the power of foreplay to your advantage and explore your sexual fantasies without the awkwardness? If you have these and other related questions, this 3 in 1 book is for you so keep reading. More precisely, you will discover: - Erotic games you can engage in to get in the mood when you are feeling playful - How to unlock the limitless potential of tantra massage to have greater sexual experiences - Powerful strategies that will get you in the mood, even if you are busy and too distracted - How to make foreplay a central part of your sex

life - What to do to last longer in bed - Creative ways to explore your sexual fantasies - A huge collection of sex positions for different skills levels - How to dirty-talk your way to amazing sex every single day - How to creatively take your sex outside your bedroom - Hot Erotic Sex Stories - And much more! Yes, even if you feel your sex life is great so far but are always curious about what the next level would feel like, this book will help you find out for yourself without feeling like you are trying too hard!

*Better Sex in No Time* - Josey Vogels 2015-02-20

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*Tantric Intimacy* - Katrina Bos 2017-08-15

What is Tantra? It is joy, passion, and healing. It is trust and kindness. It is power. It is everything that a human being is capable of and more... so much more. Living a tantric life is a life filled with unlimited happiness. It is unfathomable in its greatness. It is a way of intimately connecting with the people around you that will change how you exist in this world.

## Tantric Sex For Busy Couples:

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