

Sex For One The Joy Of Selfloving

The Ultimate Guide to Orgasm for Women Mikaya Heart 2011-08-02 From A to Z, everything you need to understand about women's orgasms - what works, what doesn't and why.

No More Mr Nice Guy Robert A. Glover 2022-02-18 Originally published as an e-book that became a controversial media phenomenon, *No More Mr. Nice Guy!* landed its author, a certified marriage and family therapist, on *The O'Reilly Factor* and the *Rush Limbaugh* radio show. Dr. Robert Glover has dubbed the "Nice Guy Syndrome" trying too hard to please others while neglecting one's own needs, thus causing unhappiness and resentment. It's no wonder that unfulfilled Nice Guys lash out in frustration at their loved ones, claims Dr. Glover. He explains how they can stop seeking approval and start getting what they want in life, by presenting the information and tools to help them ensure their needs are met, to express their emotions, to have a satisfying sex life, to embrace their masculinity and form meaningful relationships with other men, and to live up to their creative potential.

Speak Your Truth Fearne Cotton 2021-01-07 THE INSPIRING SUNDAY TIMES BESTSELLER 'Fearne Cotton is a tireless seeker of the truth, and a wonderful communicator of sanity, hope, and (most refreshingly of all) reality. This is, simply put, a beautiful book.' Elizabeth Gilbert, author of *Eat, Pray, Love* and *Big Magic* 'During a time where misinformation is spreading faster than ever and people are finding it hard to keep it real, Fearne shows us the power of living in our truth. She has a magical way of making us feel understood through her compelling storytelling, while showing us a path to a more authentic life.' Vex King, author of *Good Vibes, Good Life* 'This book is going to help a lot of people.' Philippa Perry, author of *The Book You Wish Your Parents Had Read* 'Loved it - without judgement, but with a cheeky wink of wisdom, Fearne gives you the tools that she's learned on her own journey.' Skin, Skunk Anansie 'We need truth talkers more than we ever have right now. Wild, bold, connected truth talkers. Fearne takes our hand and shows us how to be one by treading the wild, vulnerable path first.' Sarah Wilson, author of *First, We Make the Beast Beautiful* Fearne Cotton's voice is familiar to millions, whether that's through television, radio or on her hugely successful *Happy Place* podcast. Her voice is her career, her livelihood and the way she communicates with her audience and her loved ones. So, when Fearne's doctor told her she was at risk of needing a throat operation followed by two weeks of being unable to speak, she found herself facing a period of unexpected contemplation. As she considered what silence would mean, Fearne began to think about other times her voice had gone unheard - as a young woman, as 'just the talent', as the foil to louder, more dominant figures. She found herself wondering, at what point do we internalise this message, and start silencing ourselves? When do we swallow down our authentic words to become pleasers and compromisers at the cost of our own happiness or wellbeing? *Speak Your Truth* dives into all the ways we learn to stay quiet for the wrong reasons, and explores how to find your voice, assert yourself and speak out with confidence. Brave, vulnerable and deeply personal, *Speak Your Truth* shares Fearne's compelling story and helps you to shape your own.

How to Get an Orgasm Juliette Lane 2014-10-03 If you want to learn how to get an orgasm - with or without a partner, then this book is for you! Have you ever experienced a mind-blowing orgasm? That blinding moment of ecstasy during sex, when all your muscles tense up and incredible waves and waves of pleasure wrack your entire body? The sensations are so intense, you're prepared to die and ascend to the heavens at that very moment. The orgasmic experience varies from one person to another, but if you have never experienced these gratifying orgasms, you're missing out on life. Big time. Believe it or not, a large number of women haven't truly experienced orgasm or the "Big O." Many of them will deny it though, because of embarrassment and the thought that maybe it's because their partners don't find them sexy enough. They'll fake orgasm with moans and cries of pleasure and their partners won't even know the difference. If you're one of these women, then you've got to know that you can do something about it! Having a sex life without experiencing orgasm is like living in a state of incompleteness, simply due to apathy and fear. Don't let this be the story of your sex life. Now is your chance to learn how to make yourself orgasm, with or without a partner. This book provides detailed steps on exactly how to do just that. Let's get started, shall we?

Bang! Vic Liu 2021-06-08 Want to know how to masturbate? Here's your guide. Whether you're jerking the gherkin, flicking the bean, or something in between, masturbation doesn't have to be a taboo topic. This straightforward, unapologetic illustrated guide to self-pleasure will teach you what you need to know to get to know your own body. This inclusive manual covers basic anatomy, techniques, mindsets, orgasms, troubleshooting, and a wide range of the tools and toys. There are sections on debunking myths, exploring your body for the first time, sex toys, tips from trans people for trans people, and a section on masturbating when you have a physical disability and a caretaker that's written by disabled folks. You'll also learn about the history of anti-masturbation stigma, some thought-provoking data, and how to teach your kids healthy attitudes toward masturbation. Perfect for the pent-up teens and adults of all ages alike! Overcome physical and emotional obstacles to discover the stress-relieving potential and joy of unpartnered sex. Includes writing and illustrations by Vic Liu, Nina Chausow, Alex Tait, Clare Edgeman, Leah Holmes, Sam Dusing, Patrick Wiedeman, Rebecca Bedell, Lafayette Matthews, Andrew Gurza, and Angus Andrews.

Neo-Victorian Humour 2017-06-06 Highlighting neo-Victorian humour's crucial role in shaping contemporary re-visions of nineteenth-century culture, this volume explores the major aesthetic, ideological and ethical issues raised by refracting the past through a comic lens, especially through self-conscious irony, parody, and black humour.

Dollars and Sex Marina Adshade 2013-03-19 Like *Freakonomics*, *Dollars and Sex* takes economics and converts it into a sexy science by applying the principles of supply and demand, and other market forces, to matters of love, courtship, sex, and marriage. As she does in her hugely popular blog, author Marina Adshade explores the marketplace for sex and love using research, economic analysis, and humor to reveal just how central the interplay of libido, gender, love, power, and economic forces is to the most important choices we make in our lives. Call it "Sexonomics."

Guide to Getting it on Paul N. Joannides 2015-04-07 A fully revised and updated edition of the category leader. Includes two new chapters and 5 new illustrations.

Sex by Design Betty Dodson, Ph.d. 2016-04-20 America's Most Honest Memoir Betty Dodson's memoir is the story of one woman's struggle to liberate female sexuality while enjoying her own. In the 70s, as the feminist movement evolved, focusing on various platform issues including equal pay and voter registration, Betty latched on to sexual liberation as a symbol for self-empowerment. Realizing that so many women weren't enjoying sex, she asked, "How could women ever be truly equal if they were reliant on men for their sexual satisfaction?" She quickly became the leader of the sex-positive feminist movement. And the rest is history.

Getting Off Jamye Waxman 2007-11-02 Masturbation is like tuning a radio -- you don't know what frequencies you'll enjoy until you play with the knobs. Masturbation has a complicated stigma attached to it; everybody is doing it, but not everybody talks about it. Some were told that touching oneself would cause cute kittens to die, some were told masturbation led blindness. *Getting Off: A Woman's Guide to Masturbation* is here to debunk those masturbation myths, and reinforce the truth. Masturbation is a totally natural and normal way for women to connect with and find pleasure in their bodies. Fun, informative, and illustrated, *Getting Off* provides women with a wealth of masturbation knowledge -- its history, the mechanics of it, the joys of sexy toys -- plus clear, concise tips on getting off. Foreword by Betty A. Dodson

Sexual Intelligence Marty Klein 2012-02-07 This is not your standard sex book. Sex therapist, sociologist, and *Psychology Today* contributor Dr. Marty Klein goes beyond the sex manuals to reveal how our mindsets during sex are more important than any tricks or techniques—and that the way to a healthier, more exciting, more fulfilling sex life lies in first developing our sexual intelligence. This book is the antidote to the many gimmick-oriented sex guides and manuals; Dr. Klein shows us how to reorient how we think about sex in order to experience a truly different way of being sexual. "Marty Klein is the Steve Jobs of sex advice. . . . *Sexual Intelligence* is a work of enormous wisdom and expansiveness, and will inspire readers, regardless of age, to realize their full sexual potential." —Ian Kerner, best-selling author of *She Comes First*

Bisexuality Beth A. Firestein 1996-08-20 A landmark volume in the field, *Bisexuality* presents a state-of-the-art glimpse of what is known and what

remains to be known about bisexuality. Editor Beth A. Firestein gathers together an impressive group of researchers, activists, educators, theorists, and clinicians to offer insight into this understudied sexual orientation. Written in a scholarly but accessible style, this noteworthy collection of essays provides a focused, comprehensive introduction to research, theory, and practical clinical knowledge about bisexuality. The contributors agree that, given recognition and validity, the study of bisexuality can extend what we know about sexual orientation and sexual identity as well as shed light on previously unexplored aspects of sexuality. This insightful volume explicates the emergence of bisexuality as a phenomenon requiring a paradigm shift in sexual-orientation studies and discusses the implications of this shift. Bisexuality makes accurate, high-quality information about the subject available to professionals and students in lesbian/gay studies, gender studies, sociology, family studies, and human sexuality. The book also brings current clinical perspectives together in a user-friendly volume for practitioners in social work and clinical/counseling psychology.

Becoming Safely Embodied Deirdre Fay, MSW 2021-03-09 Whether you are stuck in the distress of life, or appear like nothing's wrong, you may have faced trauma or incredible stress or suffocating fear. Maybe you wonder whether those emotions, memories, and experiences are blocking you from being as fulfilled and happy as you could be. Maybe you're stuck in patterns that simply no longer work for you. What if you could change it all? What if you could feel safe and solid and secure inside your own body? What if your life could be peaceful and centered and fulfilled? In *Becoming Safely Embodied*, Deirdre Fay shares from her 35 years of psychotherapy and spiritual practice to provide a truly practical way to integrate modern neurobiology and ancient wisdom to finally and completely heal from emotional trauma, no matter how deep or faint, how long ago or recent you experienced the pain. Throughout her years as a therapist, Deirdre noticed that clients would make progress while in a therapy session and then revert to old patterns between sessions. What people need is a set of skills and practices to support ongoing healing and wholeness. That's what this book will help you with. You'll discover: What "trauma" is and why you might have had a hard time healing from this pain, Why shame is an attachment wound and how to harness self-compassion to truly transform suffering, What to do when you feel like you're easily "triggered" by a certain person or situation in your life so that you can stay centered and safe, Instantly effective methods of breath work for brain change and emotional regulation so that you can calm your mind or energize your body, The nine core skills that can help you to be more at home with your internal world and cultivate a body that's a safe place for rest, reflection, and wellbeing, Simple daily practices that (like brushing your teeth) promote ongoing healing in your body, mind, and soul, And much, much more. Whether you are healing from abandonment issues or from pain or from grief—or whether you are helping someone else to heal—*Becoming Safely Embodied* is your map and guidebook to finally becoming at home with your internal world, cultivating a body that's a safe place for rest, reflection, and wellbeing, and creating the life you want to live, instead of living in the life your history catapults you into. You may be wondering, "Is it possible for ME? Can I change? Is it possible for me to shift these painful patterns into a more fulfilling life? Can I truly organize this crazy inner world?" The simple answer is, "Yes," and your journey to becoming safely embodied begins inside the pages of this book.

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

Orgasms for Two Betty Dodson 2003-07-01 A down-to-earth guide to becoming happier and healthier through the benefits of mutually satisfying pleasure—from a renowned sex educator featured on Netflix's *the goop lab* with Gwyneth Paltrow In *Orgasms for Two: The Joy of Partnersex*, Dr. Betty Dodson shows us how to get to know ourselves and our partners better, whether it's the inner and outer workings of the anatomy or the best sex toys to bring to bed. She writes often from her own experiences, because she feels people learn best through example, and she writes from the knowledge acquired through years of working with women and men, teaching workshops, and doing research. The knowledge gained through reading *Orgasms for Two* is like having a kindly, remarkably frank guide tell you all the things you've always wanted to know but never had anyone to ask. Open *Orgasms for Two* and see how rewarding it is to cast aside conventional beliefs about sexuality and begin to enjoy the best sex of your life.

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 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.

Resurrecting Sex David Schnarch 2010-09-21 In this remarkable book, Dr. David Schnarch, world-renowned sex and marital therapist and author of *Passionate Marriage*, offers a groundbreaking approach to resolving sexual difficulties and the relationship problems they cause. By showing couples how they can turn their worst sex and relationship disasters into personal growth and spiritual connection, Dr. Schnarch offers couples the best sex of their lives. In addition to taking an unflinchingly honest, realistic, and erotic approach to sex, Dr. Schnarch reveals the complicated emotional interactions hidden within couples' most private moments. *Resurrecting Sex* speaks of compassion, partnership, generosity, and integrity in adult sexual relationships, offering hope to millions of people who are struggling with sexual difficulties. Uplifting, provocative, and heartfelt, the book is organized into four sections: A crash course in sex Explanation of how sexual relationships really work Medical options and bionic solutions Vignettes of couples changing their sexual relationships *Resurrecting Sex* addresses all major sexual issues, including male erection problems such as rapid orgasm and delayed orgasm; women's problems with arousal and lubrication, difficulty reaching orgasm, and low desire; full coverage of Viagra (for both men and women); and other sex-enhancing drugs and medical options. Rather than dwelling on sexual techniques, this sympathetic book shows how to cure the rejection, hostility, and emotional alienation that often accompany sexual problems. Its unique method helps couples develop the love, affection, and commitment that prevent divorce and strengthen families.

[How To Give Her Absolute Pleasure](#) Lou Paget 2016-08-25 Ever felt confused about female sensuality? Puzzled as to what women really want? Now there is no need for guesswork. Packed full of tips and tricks *How to Give Her Absolute Pleasure* is sure to produce mind-blowing sex for both you and your partner. Written by one of America's most popular sexperts' Lou Paget, *How to Give Her Absolute Pleasure* will guide you all the way from foreplay to orgasm. Drawing on the experiences of real clients, Paget explains the best toys, lubricants and positions so you can start enjoying safe, breath-taking sex today.

[Sex Yourself](#) Carlyle Jansen 2015-06-15 Practice makes perfect! Everyone knows sex in a long-term relationship can get stale sometimes. But isn't the same true for masturbation? Just like a familiar sexual relationship, where you fall into a pattern using the same moves and positions, masturbation can become routine and frankly boring. Just because you're only getting yourself off doesn't mean you don't deserve an exciting, satisfying experience. *Sex Yourself* teaches women how to reach orgasm and how to have better orgasms by themselves. Learn how the amazing experiences you have alone can be re-created with a partner, helping to enhance your sexual relationships. Try new techniques and accessories to have mind-blowing sex in brand new ways. Sex educator Carlyle Jansen provides a modern look at masturbation, self-love, and orgasm that features fun yet informative full-color illustrations throughout.

Squirt School R. Leigh 2015-12-31 From the Author of *Squirting: It's Easier Than You Think*, *Squirt Stories* and the Creator of *Squirt School*. In *Squirt School: The Book* you'll learn more about squirting, and maybe more importantly you'll learn techniques and be encouraged to participate in exercises which can help you learn to squirt. Features more than 10 positions which help with g-spot stimulation. Also learn clitoral stimulation techniques, including a revolutionary clitoral stimulation technique that unfortunately most people know nothing about. Learn about masturbation techniques, including some warm-ups, and a masturbation technique which may just be the trick to getting you to squirt! *Squirt School: The Book* includes several homework assignments to get you started on the right path to squirting pleasure!

The Ultimate Guide to Solo Sex Jenny Block 2016-05-10 Masturbation is a many-splendored thing, but even here, all of us can get into a comfortable rut. Take what can be really good to really great with Jenny Block's guide to getting in on with yourself. Whether you are happily coupled, on your own, poly, or demonstrating your solo skills for your lover(s), Block has the very best advice on how to pleasure yourself masterfully and share the love. Replete with thorough research, Block's book covers the science of sex, wild and wonderful ideas for upping the masturbation ante, and lots of suggestions for how to incorporate toys. There are only one or two truly good books on the market about "sex for one," and those are years and even decades old. *The Ultimate Guide to Solo Sex* makes its entry as an instant classic that shows readers how to go from mundane to mind-blowing.

The Monster Under the Bed JoEllen Notte 2020 A practical guide to navigating sex and relationships for people with depression and their partners.

The Art of Living Alone and Loving It Jane Mathews 2018-04-24 Whether you view living alone as the ultimate compromise or the ultimate luxury, it presents daily challenges, such as cooking for one, organising holidays, juggling finances, and avoiding the siren call of wine, Ugg boots and Netflix. And there are the less tangible tests, like nailing the octopus of loneliness to the wall, and holding your head high in a society where solo living is viewed (consciously or not) as the runner-up prize. Author Jane Mathews believes that to be truly content living alone, it pays to examine every aspect of your life-relationships, health, home, finances, interests and spirituality-and then take action. No matter what your unique situation, there's something here for you. Jane provides the map and you choose the route to a more joyful, contented life.

Girlhood Melissa Febos 2021-03-30 National Book Critics Circle Award Winner National Bestseller Lambda Literary Award Finalist NAMED ONE OF THE BEST BOOKS OF THE YEAR BY TIME * NPR * The Washington Post * Kirkus Reviews * Washington Independent Review of Books * The Millions * Electric Literature * Ms Magazine * Entropy Magazine * Largehearted Boy * Passerbuys "Irreverent and original." -New York Times "Magisterial." -The New Yorker "An intoxicating writer." -The Atlantic "A classic!" -Mary Karr "A true light in the dark." -Stephanie Danler "An essential, heartbreaking project." -Carmen Maria Machado A gripping set of stories about the forces that shape girls and the adults they become. A wise and brilliant guide to transforming the self and our society. In her powerful new book, critically acclaimed author Melissa Febos examines the narratives women are told about what it means to be female and what it takes to free oneself from them. When her body began to change at eleven years old, Febos understood immediately that her meaning to other people had changed with it. By her teens, she defined herself based on these perceptions and by the romantic relationships she threw herself into headlong. Over time, Febos increasingly questioned the stories she'd been told about herself and the habits and defenses she'd developed over years of trying to meet others' expectations. The values she and so many other women had learned in girlhood did not prioritize their personal safety, happiness, or freedom, and she set out to reframe those values and beliefs. Blending investigative reporting, memoir, and scholarship, Febos charts how she and others like her have reimagined relationships and made room for the anger, grief, power, and pleasure women have long been taught to deny. Written with Febos' characteristic precision, lyricism, and insight, *Girlhood* is a philosophical treatise, an anthem for women, and a searing study of the transitions into and away from girlhood, toward a chosen self.

Sex Ed Ruby Rare 2022-01-06 Written by sex educator and body-positivity advocate Ruby Rare, *Sex Ed* is the practical and fun guide to sex that you've always wanted - but never known how to ask for. This is the information you should have been taught at school: a no-holds-barred roadmap that covers everything from how the brain is the most important sex organ and how to communicate what you want to yourself and a partner, all the way down to the messy stuff - solo sex, orgasms, touching, kissing, blow jobs, cunnilingus, anal play, lube, toys, kegels. After all, sex education shouldn't start and end with putting a condom on a banana.

All About Love bell hooks 2018-01-30 A New York Times bestseller and enduring classic, *All About Love* is the acclaimed first volume in feminist icon bell hooks' "Love Song to the Nation" trilogy. *All About Love* reveals what causes a polarized society, and how to heal the divisions that cause suffering. Here is the truth about love, and inspiration to help us instill caring, compassion, and strength in our homes, schools, and workplaces. "The word 'love' is most often defined as a noun, yet we would all love better if we used it as a verb," writes bell hooks as she comes out fighting and on fire in *All About Love*. Here, at her most provocative and intensely personal, renowned scholar, cultural critic and feminist bell hooks offers a proactive new ethic for a society bereft with lovelessness--not the lack of romance, but the lack of care, compassion, and unity. People are divided, she declares, by society's failure to provide a model for learning to love. As bell hooks uses her incisive mind to explore the question "What is love?" her answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The Utne Reader declared bell hooks one of the "100 Visionaries Who Can Change Your Life." *All About Love* is a powerful, timely affirmation of just how profoundly her revelations can change hearts and minds for the better.

Open Her Karen Brody 2014-02-24 *Open Her* teaches a man how to embody 7 Masculine Archetypes to engage his woman in a deeper, more passionate dance of love. Each archetype brings a power and a gift, a secret key to his woman's love and desire. *Open Her* will inspire a man to love his masculinity and to know the power it holds to open a woman to ever deepening states of pleasure and love.

Masturbation Monday Jupiter's Slut 2018-10 Jupiter was still ashamed to touch herself. That was one of many unpleasant revelations during her divorce. She thought she'd sexually matured. She'd been married for over fifteen years but clearly she'd grown more complacent and comfortable with her husband than with her own sexuality.

Plan B Shannah Kennedy 2022-06 Shannah Kennedy, author of *The Life Plan*, takes you on a journey to accept change, heal, reset and move forward with clarity, direction and purpose once again. Change can turn our plans, our lives and our dreams upside down. Whether you have faced a redundancy, dealt with a break-up, been in an accident, lost a loved one, had a health scare, or been impacted by an economic downturn, your ability to navigate through the change process and create an alternative plan will be the key to your future happiness. Shannah Kennedy has created a simple yet powerful four-part guide that is designed to give you the confidence to accept, heal, grow and adapt. Full of practical tips and exercises to help you process your emotions, restore and recover, shift your mindset, set clear goals and take control, *Plan B* is your roadmap to finding happiness once again.

Betty Dodson Bodysex Basics Carlin Ross 2017-02-24 Betty Dodson ran *Bodysex* workshops for over 25 years. They grew out of the consciousness raising groups feminists started in the 1970's. Women would gather together and talk first person about their personal lives. Betty took it one step further and had women answer two questions: how do you feel about your body & how do you feel about your orgasm. She called her workshops "physical and sexual consciousness raising" which she later shortened to "Bodysex." Betty and Carlin filmed a workshop in 2011 and, based upon demand, started running groups again. It became clear that women wanted to run their own workshops following Betty's model of body pride, sisterhood, and independent orgasm. To date, we've certified 45 women to run workshops in 10 countries and 17 states. This book is a manual describing how to run a workshop from beginning to end. Our hope is that *Bodysex* spreads across the globe so that future generations of women can learn how to love themselves and their bodies

Joy on Demand Chade-Meng Tan 2016-05-31 A long-awaited follow-up to the New York Times bestselling *Search Inside Yourself* shows us how to cultivate joy within the context of our fast-paced lives and explains why it is critical to creativity, innovation, confidence, and ultimately success in every arena. In *Joy on Demand*, Chade-Meng Tan shows that you don't need to meditate for hours, days, months or years to achieve lasting joy—you can actually get consistent access to it in as little as fifteen seconds. Explaining joy and meditation as complementary things that naturally reinforce

each other, Meng explains how these two skills form a virtuous cycle, and once put into motion, become a solid practice that can be sustained in daily life. For many years, meditation has been taught and practiced in cultures where almost all meditators practice full-time for years, resulting in training programs optimized for practitioners with lots of free time and not much else to do but develop profound mastery over the mind. Seeing a disconnect between the traditional practice and the modern world, the bestselling author and Google's "Jolly Good Fellow" has developed a program, through "wise laziness," to help readers meditate more efficiently and effectively. Meng shares the three pillars of joy (inner peace, insight, and happiness), why joy is the secret to success, and demonstrates the practical tools anyone can use to cultivate it on demand.

O Wow Jenny Block 2015-08-11 What is an ultimate orgasm? An ultimate orgasm is your personal best orgasm. It doesn't leave anything at the table. It doesn't want anything more. It lasts as long as it lasts. It takes as long as it takes. It's as messy and loud or quiet and tidy as you like. It has no room for shame or apology. An ultimate orgasm comes from questioning, exploring, experimenting, with no concern for how society or religion or anything else defines sex or female orgasm. The ultimate orgasm belongs to you and only you and it is your responsibility to find it, to have it, and to keep it for as long as you want to live a fully sexually satisfying life. Want to know the secret to having the ultimate orgasm? Knowing your body and being in the zone. That's it. Lots of tips and tricks and ideas follow later in the book. But first and foremost, we have to empower ourselves to pleasure. No matter how much your partner is committed to your orgasm, you are the only one who can and should be responsible for your orgasm. There's no judgment. No right or wrong way. No bad orgasms.

Going Solo Eric Klinenberg 2013-01-31 In 1950, only 22% of adults were single. Today, more than 50% of adults are. Though conventional wisdom tells us that living by oneself leads to loneliness and isolation, most solo dwellers, compared with their married counterparts, are more likely to eat out and exercise, sign up for art and music classes, attend public events and lectures, and volunteer. Drawing on over three hundred in-depth interviews with men and women of all ages and every class, Eric Klinenberg reaches some startling conclusions about the seismic impact solo living is having on our culture, business and politics.

Deeper Dating Ken Page 2014-12-30 With exercises, practical tools, and inspiring stories, Deeper Dating will guide you on a journey to find the love—and personal fulfillment—you long for. Lose weight. Be confident. Keep your partner guessing. At the end of the day, this soulless approach to dating doesn't lead to love but to insecurity and desperation. In Deeper Dating, Ken Page presents a new path to love. Out of his decades of work as a psychotherapist and his own personal struggle to find love, Page teaches that the greatest magnet for real love lies in our "Core Gifts"—the places of our deepest sensitivity, longing, and passion. Deeper Dating guides us to discover our own Core Gifts and empowers us to express them with courage, generosity, and discrimination in our dating life. When we do this, something miraculous happens: we begin to attract people who love us for who we are, we become more self-assured and emotionally available, and we lose our taste for relationships that chip away at our self-esteem. Without losing a pound, changing our hairstyle, or buying a single new accessory, we find healthy love moving closer . . . Deeper Dating integrates the best of human intimacy theory with timeless spiritual truths and translates them into a practical, step-by-step process.

The Inner Circle T. C. Boyle 2011-07-01 In 1939, on the campus of Indiana University, a revolution has begun. The stir is caused by Alfred Kinsey, a zoologist who is determined to take sex out of the bedroom. John Milk, a freshman, is enthralled by the professor's daring lectures and over the next two decades becomes Kinsey's right hand man. But Kinsey teaches Milk more than the art of objective enquiry. Behind closed doors, he is a sexual enthusiast of the highest order and as a member of his 'inner circle' of researchers, Milk is called on to participate in experiments that become increasingly uninhibited . . .

Legendary Lover Helena Nista 2017-03-28 *Legendary Lover* is a step-by-step manual for any man who wants to be an extraordinary lover. In society obsessed with suppressing rather than celebrating sex, this book tackles head-on the woes men face in the bedroom. It debunks myths and explores society's sexual hangups. It also describes in intimate detail the scared rituals, tools and practices available for more meaningful intimacy. Lover, sex coach and Tantric teacher Helena Nista draws on her own experience with more than 1,000 men to inspire reader to achieve mind-blowing connection, inside the bedroom and out.

Sex for One Betty Dodson 1996-03-12 The classic guide to fully enjoying the pleasures of self-love, full of warmth, intelligence, and informative line drawings—from a renowned sex educator featured on Netflix's *The Goop Lab* with Gwyneth Paltrow. Confronting one of our last and most deeply rooted taboos—masturbation—*Sex for One* noted sex expert and pro-sex feminist Betty Dodson, Ph.D., takes the shame out of self-love by creating a straightforward and appealing guidebook that reveals masturbation as a satisfying, vital form of sexual expression. Dr. Dodson demonstrates how anyone can learn to make love alone with feelings of guilt or loneliness, and explains why masturbation is sexually and spiritually fulfilling for both men and women. Not only is it the safest sex, but sharing masturbation can also be a sensual treat for couples who want to learn more about each other's sexual responses. *Sex for One* demonstrates that self-loving is not just for times in-between lovers or for social misfits. Masturbation is the joyful and ongoing love affair that each of us has with ourselves throughout childhood, adulthood, and the golden years of old age.

More Orgasms Please The Hotbed Collective 2019-07-04 A FRANK, FUNNY AND EMPOWERING CELEBRATION OF FEMALE PLEASURE An orgasm will help you sleep and keep you looking younger, it doesn't cost money and isn't a scarce resource. So why is it that, like the pay gap, there is an 'orgasm gap' between women and men? The Hotbed Collective began life as a podcast with a mission 'to make life better one orgasm at a time'. Their debut book, *More Orgasms Please* is an open, honest and at moments hilarious dive into all aspects of sex for women. It covers feminist porn, body image, menopause and much more. Like the podcast that inspired it, *More Orgasms Please* is like the best sort of chat between friends: punchy and playful, normalising and educating. It is an eye-opening read that puts women's bodies and our right to pleasure firmly on the map. Think of it as 'Couch to 5k' ... for orgasms.

Em & Lo's Rec Sex Emma Jane Taylor 2006-07-20 The sex advisors of Nerve.com fame are back offering an essential guide with more than 350 hilarious alphabetically listed entries.

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