

# The Busy Couples Guide To Great Sex

*Ebony* 2005-12 EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

Better Sex in No Time Joesy Vogels 2015

Extraordinary Sex Now Sandra Scantling 2001-01-09 Based on the advice she has provided throughout her twenty years of clinical practice as a sexual therapist, Dr. Sandra R. Scantling has written a new erotic guide to restoring the vital connections that bring couples together and make it possible for them to enjoy extraordinary sex. This is not a sex manual; it is a book about achieving true intimacy—both in and out of the bedroom. Through storytelling, anecdotes, and an easy-to-complete quiz, readers will learn to identify their own personalities and sexual styles—as well as those of their partners—and so to understand why they each behave as they do and—above all—how they can each modify their styles to achieve *Extraordinary Sex Now*. This is an inspirational, must-have guide for any couple seeking to rekindle their passion. Dr. Scantling proves that lovemaking need never grow dull—that it can be an ongoing, joyous event, now and for the rest of our lives.

**The Ten Minute Sexual Solution** Darcy Luadzars 2007 In the time it takes to make your morning coffee, you can revamp your relationship--and your sex life! Endlessly searching for ways to reinvigorate your love life? You'd be surprised how much you can accomplish in just ten minutes a day. The truth is that it's possible to be everything to everybody and still experience the sensual pleasures of your relationship. Here's the guide you need to make it happen. Follow Dr. Darcy's program for just ten minutes a day to: - Create a foundation of romantic connections and improve

your sexual communication skills. - Use the power of maintenance sex to promote more frequent intimate encounters. - Strengthen the bonds you share for lifelong passion and closeness with your significant other. After a career of counseling countless couples, Dr. Darcy Luedzgers has put her 20 years of experience as a sex therapist into a personal guide for couples ready to recapture the early excitement of their relationship. You know-the way things used to be. Take the time you need to bridge the sexual gap between different levels of desire, to develop daily habits you need to get back in sexual synch, and discover the four keys to intimacy. Discover the sexual and emotional potential that lies within your relationship. Put Dr. Darcy's real-world advice into action and reward yourself and your partner with more fun, more passion, and more romance-starting today!

**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.

5 Steps to Lasting Love Ann Marie Taylor 2019-12 Are you in a long-term relationship and struggling to make it work? Feeling worn down by life & exhausted by conflict? Do you yearn for more love, joy & passion in your life? To come home to friendship and laughter? There are hundreds of relationship books out there. Many are very wordy with a mix of random tips or complicated exercises to work on as a couple. But what if your partner is too busy or doesn't want to do them? What if you are really busy yourself? Who has the time for this stuff? What then? I'm here to tell you that busy people can have great relationships -& fulfilling sex lives-too! The Love Recipe offers: Simple, actionable steps

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that you can take yourself; The tools you need to start today - even if your partner is non-cooperative or busy; A clear do-able strategy that has been tried and tested & worked for many people. I'm a busy person myself-with a career as a therapist, two kids & a husband who works long hours. I've been using these science-backed tips & techniques for over ten years now- both in my own 25 year relationship and also to help my clients. And what I am finding is that they work! Using the information & methods described in this book, I have regularly seen couples go from blazing rows and barely speaking- to holding hands, sleeping together and enjoying being a couple again - often within two to three months. With regular use, these methods oil the wheels of a relationship, reduce conflict, improve communication & can even reignite passion! Now, I want to share how they can help you...

### **Women's Studies Index** 1996

*The African-American Woman's Guide to Great Sex, Happiness & Marital Bliss* Jel D. Lewis Jones 2003 The author gives great relationship tips and advice in the more than 30 informative chapters, such as Enhance Your Sex Appeal, Communicating In Lovemaking, Thirteen Secrets To Sizzling Passion, and 72 Ways to Love Your Lover.

Romance on the Run Tara Roth Madden 1995-01 Advising couples on how to fit a satisfying sexual life into a busy schedule, a guide based on extensive interviews offers tips on establishing a "safe space" for sex, identifying sexual personalities, and mastering the art of "quickies." Original.

**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\*ing Good Sex Guide! Most people just don't realize how much of an important

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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

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*7 Days of Sex Challenge* Alisa Dilorenzo 2013-01-06 Life is stressful, but when you are too busy (or tired) to find some time for sexual intimacy, it can really seem unbearable. The 7 Days of Sex Challenge makes it easy for busy couples like you to find some fun time together because it ELIMINATES the stress of figuring out what you need to do for 7 days that will be new and creative to try. You really HAVE to try new things in your sex life or you'll both get bored. This boredom leads to your love life being no less stressful than the rest of your life. As C.S. Lewis once said, "Sex that is too serious is deprived of the romp and fun that is essential to a healthy enjoyment of sex." Who's this book for? Couples wanting to have sex for 7 days straight. Couples looking to spice up their sex life. Couples who need a guide to keep on track. Couples ready to have fun in their marriage. After reading this book, you'll be armed with the knowledge on what you need to do to have your own 7 Days of Sex Challenge. Every year our marriages need to be growing and it is important for you to

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accomplish something that will set it up for a lot of growth. What's in the book? Move sex to the top of your calendar Change it up and make love in different places Pray together over your sex life Your wardrobe sets the mood Letting loose and having fun Your spouse is depending on you to enhance your marriage in a way that will honor both of you. This marriage-changing information is brought to you by two of the most inspiring marriage professionals with years of experience offered to you in the pages of this brand new eBook. It's a must-read for anyone who is married.

*Sex Without Stress* Jessa Zimmerman 2018-07 In this straightforward and practical book, Zimmerman explains that our expectations set us up for a sense of failure. Once sex is synonymous with disappointment, avoidance sets in and creates pressure in the bedroom. She guides us to change our mindset and practice a step-by-step program out of the vicious cycle of avoidance and pressure into the possibility of a thriving sex life.

**Sex** Jane Maiden 2019-04-26 Are you looking for a way to bring fire into the bedroom and transform your relationships, while having fun and enjoying every step? There is so many ways relationship can lose their spark. You may be too busy, your partner may not understand your needs or you may just get bored with time. It is not a surprise for anyone that relationships are like a roller-coaster and once you getting used to the ride, it is just not the same - the thrill is gone. However, even if the thrill is gone and you feel like there is nothing left for you, don't just go to look for another ride. With every battle won you become stronger. Every time you fight for your relationships, you deepen your connection and build trust. Running away from difficult situations will not help you to grow, facing them, and overcoming them will make you a best version of yourself. This is two in one book that has a guide to dirty talk and sex games. In this book you will learn: What does it take to have a passionate relationship even if you lost interest Discover a way to express your desire and be heard

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How to explore your sexual fantasies and push boundaries A simple habit change to have a better connection with your partner Implement this one practice to strengthen your connection A new ways to deliver and experience more pleasure The book is made for all levels; It is practical and will give you examples and tips. All you'll need to do is apply them and enjoy amazing results. Even if you don't feel confident, this book will provide a step-by-step guide. You can have mind blowing sex and unbelievable pleasure, even if you and your partner are shy. You can push the boundaries and find new ways to have fun in the bedroom even if you were together for years. If you want to improve your sex and bring your relationship to the next level, then Scroll up now and click the Buy Now button!

**Sex, Love and the Dangers of Intimacy** Helena Lovendale 2002 Case studies offer insight into how to make relationships work. Each chapter contains such exercises as breathing exercises, making a timeline of the relationship, and thoughts to ponder.

**The Quick-Reference Guide to Sexuality & Relationship Counseling** Tim Clinton 2010-04 This A-Z guide assists people--helpers--pastors, professional counselors, youth workers, and everyday believers--to easily access a full array of information to aid them in (formal and informal) counseling situations.

[A Christian Woman's Guide to Great Sex in Marriage](#) Rhonda Stoppe 2015-08-11 Imagine if you had your own PERSONAL MENTOR to help you learn to enjoy sex in your marriage bed...Rhonda Stoppe is that mentor! With her honest, fun-loving manner, and from a biblical perspective in this short-to the point--book, you will feel as though Rhonda is sitting across from you over a cup of coffee to help you learn the secret to becoming the lover you had hoped you would be on the day you said "I do".

Learning to enjoy sex with your man from the PRACTICAL insights in this book can help you: -

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Discover ways to delight in sex in your marriage bed - Find victory over whatever holds you back from enjoying sex with your husband - Transform the intimacy you experience in your marriage relationship - Build a NO REGRETS MARRIAGE that others will want to emulate

*The Popular Encyclopedia of Christian Counseling* Dr Tim Clinton 2011-09-01 Seasoned counselors and professors Tim Clinton and Ron Hawkins provide a landmark reference that offers a capstone definition of the emerging profession and ministry of the Christian counselor. Appropriate for professional counselors, lay counselors, pastors, students, and teachers, it includes nearly 300 entries by nearly 100 top Christian counselors. This practical guide focuses on functional aspects of Christian counseling and explores such important topics as...Christian counseling as a profession, ministry, and lay ministry; Spiritual and theological roots; Social, emotional, and relational issues; Skills and essentials in Christian helping; Ethical and legal considerations; Intake, assessment, diagnosis, and treatment planning; and Premarital counseling, family therapy, and substance abuse. Counselors will also find up-to-date information on solution-based brief therapy, cognitive therapy and biblical truth, and trauma and crisis intervention. An essential resource for maintaining a broad and up-to-date perspective on helping others.

*The Sex-Starved Wife* Michele Weiner Davis 2008-12-30 Arguing against popular misconceptions that blame women for unfulfilling sexual relationships, a practical guide identifies the biological and psychological factors that compromise a man's sex drive while suggesting practical strategies for promoting healthier levels of intimacy.

*Working Mother* 1995-09 The magazine that helps career moms balance their personal and professional lives.

**The Busy Couple's Guide to Everyday Romance** Editha Rodriguez 2008 Is your jam-packed

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schedule getting in the way of romancing your partner? Romance doesn't ever have to take a backseat to work, kids, chores, or any of the other constant demands of your multi-tasking life. The most important person in your world deserves to feel loved, cherished, and appreciated, right now and always. And you deserve the same! It doesn't require a lot of time, money, or energy to make each other feel special every day. Editha Rodriguez brings you the romantic wisdom of busy couples just like you—living their own happily-ever-after romances. They reveal their secret to keeping intimately attuned to what makes each other joyful and committed to creating an environment of trust, devotion, and respect. This down-to-earth couple's guide shows you how to freshen up and strengthen your relationship by minimizing distractions and finding new ways to demonstrate love, including: Using a "turn-on" list when your partner's romantic mood is "off" Making your bedroom a sanctuary Appreciating the importance of "away" time Letting the kids plan some of your date nights Creating a Romance Box As long as you have the desire and intention to make your relationship a priority, everyday romance—whether you're together two years, twenty years, or fifty years—is possible. This book shows you why, and how.

**Sex** Tony Bravo 2020-11 Are you looking for a book that can help you to boost your couple's life? In this 2 books in 1 guide you will find advice to boost your sex life, intriguing sex games to be played in bed and tips and tricks to keep the spark alive. Tony and I have been happily married for 10 years and we still share a wonderful story together, but during our lives we had experienced some issues related to the sex part of our wedding. As always, at the beginning we had a lot of fun, but over time the spark turned off. It's anybody's fault. We have very busy lives, long working hours and a happy family (and a dog!) to take care of, but it's a shame that husband and wife can't have some time on their own. So we faced the situation and looked for possible solutions. This complete guide about sex

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games and position is the outcome of our research and we are 100% sure it will help you too in the bedroom. In the first book, *Sex Games for Couples*, the focus is on games, role games, toys and tools that can boost the intimacy and sexual attraction. In sex what it really matters is how you live it mentally rather than physically and be open and prepared to have fun it a truly naked way is the absolute best approach to set up the right mood and get turned on. In this book you will learn: What intimacy really means How to solve common couples' problems about sex Your sex personality Several sex positions for couples New hot and naughty sex games How to use tools during sex, dildos and soft bondage. Don't let your sex life go wrecked, talk with your partner and embrace a solution, hopefully a playful one! In the second book, *Sex Positions for Couples*, the title is clear enough to understand which the main topic is. Everybody knows and heard about Kamasutra. Most of people use two or three positions during sex because they are either lazy or just neve really practiced real proper sex. In this book you will learn: How to understand couple complicity and intimacy How to solve common problems about sex and sex life Your sex personally Many sex games for couples, such as Truth or Dare and Would You Rather Sex positions 101: from the basics to the most advanced positions for sex How to use tools during sex, dildos and soft bondage. Either if you are 22 or 53 years old, it's never too late to discover more about your mind, body and personal satisfaction. Scroll up, click on Buy it now, and get your copy today.

[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

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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!

*More Time for Sex* Harriet Schechter 1996 Offers advice on how to organize the home so that quality time can be scheduled, and provides tips on overcoming lifestyle differences, housekeeping demands, entertaining, and vacation planning

*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

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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.

**Brazilian Waxes, Lazy Ovaries & Outrageous Orgasms** Lisa Sussman 2006 This up-to-date, extremely honest and sassy book demystifies the workings of the female body and reveals everything a woman needs to know about her sexual health. "Brazilian Waxes, Hellacious Cramps, and Outrageous Orgasms" presents questions that many women find too embarrassing to ask their doctor (or even their girlfriends). The author then offers disarming, sometimes funny answers written as if the author was a close girlfriend. While the author's writing style may be light and chatty, she has spoken with leading health experts, read countless medical journals, and deciphered stacks of studies to provide the smartest sexual health advice possible. There are detailed

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techniques for better, longer sex; helpful suggestions for specific medical conditions; questionnaires to test one's sexual knowledge; facts and tips; and practical advice and useful resources.

**American Book Publishing Record** 2007

**100 Questions & Answers About Breast Cancer Sensuality, Sexuality and Intimacy** Michael Krychman 2010-10-25 There are almost 200,000 new cases of breast cancer diagnosed in the United States every year. Virtually all of the women who undergo treatment are plagued by questions of intimacy, sexuality, and personal and professional relationships. *100 Questions and Answers About Breast Cancer: Sensuality, Sexuality and Intimacy* provides authoritative answers to the most common questions asked by women and their partners when coping with intimacy after the trauma of breast cancer. Written by renowned female sexuality and breast cancer physicians, this book offers encouragement and reassurance to those struggling to strengthen and rebuild relationships during and after breast cancer treatment. It is an invaluable guide for anyone dealing with the physical and emotional repercussions of this disease.

**Better Sex in No Time: An Illustrated Guide for Busy Couples** Josey Vogels 2015-03-17 In those first heady days of a relationship, couples can barely keep their hands off each other. But as relationships mature, sex can get pushed further and further down the list of priorities. Suddenly, instead of a passionate date you can't wait to keep, sex might start to feel like one more nagging to-do. It doesn't have to be that way. And it doesn't require quitting a job or wearing dirty clothes to reclaim the spark. Couples just need a few moments of tender connection a day (and a few pointers from Canada's leading sexpert), and soon they're looking for ways to devote even more time to amazingly hot sex. Josey Vogels has created a fun and approachable guide for couples that is packed with tips, tricks, and time-guided ideas to try. With this book on their bedside tables, readers start

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having better sex in no time. What you learn from this book: • Ways to sexually connect to your partner in five minutes or less • Massage techniques • Why romance matters • The importance of self-pleasure (and learning new private tricks!) • Sex on the go • Tantric sex for busy couples

**Sex Positions for Couples** Monika Bielska 2021-03-02 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

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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!

**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! .

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**Sex Positions for Couples** Tony Bravo 2020-07-12 Are you looking for a book that can spark your sex life and enhance the couple's performance? In this book you will learn tips, tricks and advice for your sex life, how to increase intimacy with new sex positions and boost your satisfaction. Tony and I have been happily married for 10 years and we still share a wonderful story together, but during our lives we had experienced some issues related to the sex part of our wedding. As always, at the beginning we had a lot of fun, but over time the spark turned off. It's anybody's fault. We have very busy lives, long working hours and a happy family (and a dog!) to take care of, but it's a shame that husband and wife can't have some time on their own. Willing to find a solution we looked for solutions for our life in bed and we discovered many sex games capable of turning on the spark again, but, mostly, we explored many new positions. Everybody knows the Kamasutra books, an Indian comprehensive guide about sex. Well, trying different positions works. In this book we are going to showcase the most exciting positions and give you advice about your sex life. The fun never stops, even when you get older, so it doesn't count if you are over 50 or over 60. What it matters when it comes about sex is how you approach it mentally. Thanks to this experience, we decided to write a book about our journey with the sex games and we truly hope that it will help you too to keep the thrill in your relationship. In this book you will learn: A better understanding of couple complicity and intimacy How to solve common couples' problems about sex Your sex personality Many sex positions for couples New naughty sex games How to use tools during sex, dildos and soft bondage. Don't let your sex life go wrecked, talk with your partner and embrace a solution, hopefully a playful one! Scroll up, click buy it now and get your copy today!

[Busy Couples Guide to Great Sex](#) Rallie McAllister, M.D., MPH, MSEH 2001-01-01 This is the first book ever to provide a medically sound program for overcoming the problem of a low libido and

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details the likely causes and probable solutions to this obstacle in having a phenomenal sex life. **Overcoming Sexual Problems 2nd Edition** Vicki Ford 2017-12-14 'A positive step-by-step guide to... help readers resolve their sexual difficulties. It empowers couples to set goals to meet their needs.' Nursing Standard Are you worried about impotence or loss of sexual desire, premature ejaculation or lack of orgasm? Experienced psychosexual therapist and couples counsellor Vicki Ford provides an invaluable guide to understanding the sexual problems that many people face from time to time. Her simple and effective self-help techniques, based on cognitive behavioural therapy (CBT), include practical exercise programs to help develop responsiveness and an understanding of your body. Suitable for both singles and couples, this expert guide will enable you to overcome negative thinking and restore your confidence and your sex life. Specifically, you will learn about: The importance of relaxation and stress reduction techniques The impact of ageing, disability, religion, infidelity, abuse, infertility, childbirth, bereavement and medication on sexual performance Techniques for particular problems Overcoming self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme. Series Editor: Professor Peter Cooper

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**Ebony** 2005-12 EBONY is the flagship magazine of Johnson Publishing. Founded in 1945 by John H. Johnson, it still maintains the highest global circulation of any African American-focused magazine.

**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?

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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.

*Sexual Mastery* Malik Haruna King M D 2018-03-09 If you want to solve ALL your major sex problems and challenges...radically improve your sexual PERFORMANCE and enjoyment... ALWAYS deeply satisfy your partner sexually... fully enjoy marital BLISS... and completely SAFEGUARD your marriage? This is THE MOST IMPORTANT BOOK you will ever read!" Get the Sexual Mastery Book and see: \*How you can, as a man, overcome low libido, boost your testosterone levels naturally, & increase your sexual desires! (Page 12) \*How to supercharge your sex drive, as a lady, & radically boost your desire for sex! Stop depriving your spouse of sex. Stop dodging, "forming busy", making excuses, or complaining of not being in the mood. (Page 18) \*How to overcome weak erection & maintain rock-hard erection always! No more embarrassments from being unable to get it up when you needed it to the most! (Page 21) \*How to overcome premature ejaculation & last as long as you want in bed. Enough of being a "2-minute man" or "indomie-man". Stop being selfish, satisfying only yourself, & leaving her "hanging" & dissatisfied! (Page 43) \*Guys, you must become a Sex-god!

Uncover all the sex secrets & tricks deliberately hidden away from the uninitiated & jealously guided

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by porn-stars & sex therapists! (Chapter 6) \*Ladies, you must up your sex-game! Stop saying "sex is not my thing" & lying down like a log of wood during sex! You must learn to unleash the sexual tigress lying dormant in you! (Chapter 7) \*Sex is NOT supposed to be painful. Learn how to make sex painless & full of pleasures! (Page 105) \*How to get pregnant fast, on one hand; & how to prevent getting pregnant, on the other hand! (Page 115) \*On Page 120 -129, you will learn how to enjoy foreplay that is full of electricity & chemistry! \*Practical Solutions for ladies who hardly enjoy sex or have never achieved orgasm ever before! (Page 131) \*The last part of the book reveals a 7-Day Sex Challenge -- especially for couples in a "sexless marriage", or couples suffering from low libido -- and could go for weeks (or even months) without sex! And so much more! You see, it takes more than sex to build a great marriage, but it is almost impossible to build a great marriage without it. We can no longer deny it. It is now clear to us from reliable statistics and personal stories that sexual satisfaction is extremely important for marital satisfaction. A significant number of divorces are due to sex-related issues. Husbands display poor sexual performance. Wives experience poor sexual satisfaction. Dissatisfaction. Disrespect. Divorce. Infidelity. And other problems arise from the bedroom (unknown to many!) A thriving marriage and family is the backbone of any productive society. God's purpose on Earth depends on healthy and happy families. Sex education in contemporary time is grossly inadequate. We can't keep quiet any longer. Based on the writer's wealth of knowledge and experience as a medical doctor, scientific researcher, sex therapist, and husband, Sexual Mastery uses a proven, step-by-step scientific method and system to address major sexual problems and questions couples face with the goal of taking couples from being poor (and average) lovers to extraordinary lovers! This book is raw, practical, easy-to-understand and straight-to-the point (without being obscene and pornographic).

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*The Great Sex Weekend* Pepper Schwartz 1998 Road-tested on dozens of couples, The Great Sex Weekend program is the erotic equivalent of the weekend golf clinic. It offers play-by-play instruction in the belief that most couples like to know exactly what to do. The program can be customized to fit each couple's own level of emotional and sexual comfort. Line drawings.

*Hot Mama* Kathi Lipp 2015-08-25 If you ask the average woman how much sizzle there is in her marriage, she'll probably answer, "Not enough!" Being a mom is overwhelming, and it's easy for moms to slip into the habit of allowing responsibilities for kids, work, and church to interfere with their relationship with their husbands. They don't have the energy or the ideas they need to have a spicy, satisfying sex life. Hot Mama to the rescue! Kathi Lipp and Erin MacPherson set out on a mission to find out what it takes for busy moms to feel confident and sexy. In this witty book, they share hilarious stories and creative ideas from moms all over the country that will help readers build a relationship with their spouse that's happy, healthy, and fun. From building confidence and banishing guilt to flirting (remember that?) and wearing clothes that make you--and him--feel hot, Kathi and Erin offer women all the encouragement, motivation, and know-how they need to take their sex lives from ho-hum to hot.

**Working Mother** 1995-09 The magazine that helps career moms balance their personal and professional lives.

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