

Touching For Pleasure A Guide To Massage And Sexual Intimacy

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.

Ultimate Erotic Massage Kavida Rei 2010-01-14 Sensual massage techniques for enhancing sexual pleasure, in e-book format Explore the full sensual potential of massage with this practical and inspirational companion to enjoying the most erotic, intense and passionate lovemaking experiences. Master over 100 erotic massage techniques to heighten arousal, enhance sex and deepen orgasm. Discover how to pleasure every part of the body, with step-by-step ways to tease and please, from the neck to you and your partner's most intimate parts. Create the ultimate massage experience through fantasy, role-play, toys and erotic love games. With tips on oral and manual strokes and complete guidance on how to perform a full body massage, you'll learn to add a powerful new dimension to your sex life.

Exploring the Dimensions of Human Sexuality Greenberg 2016-02-19 Fully revised and updated with the latest data in the field, the Sixth Edition of Exploring the Dimensions of Human Sexuality represents all aspects of human sexuality and explores how it affects personality, development, and decision making. Using a student-friendly interpersonal approach, the text discusses contemporary concepts as well as controversial topics in a sensitive manner, and covers the physiological, biological, psychological, spiritual, and cultural dimensions of human sexuality. Exploring the Dimensions of Human Sexuality is an essential text for teaching sexuality and presents an integrated view of human sexuality that encourages students to pursue positive decisions, sexual health, and a lifetime of wellness.

Press Here! Massage for Beginners Rachel Beider 2019-02-26 Relieve pain, alleviate tension, increase relaxation, and recover and prepare for physical activities. Fun, modern illustrations and intuitive organization combined with the expertise of licensed massage therapist Rachel Beider allow you to quickly implement this powerful wellness tool. Massage therapy is a great way to connect and engage with your loved ones, applying healing techniques to reduce pain and tension while increasing relaxation and enjoyment. With this guide, learn how to give a deeply enjoyable therapeutic massage to family members, friends, or oneself. Beautifully illustrated and designed and with easy-to-follow instructions, Massage for Beginners is the perfect guide for learning the fundamentals of giving a really great massage. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include reiki, reflexology, and acupressure.

Tantric Sex for Beginners Milton Welch 2022-09-19 Has your relationship lost its spark? SEX is a regular couple complaint, according to studies. Insufficient sex Dull Idle Want Disconnection Recognized? Erectile problems, vaginal dryness, etc. prevent many couples from having sex. Sex isn't everything, though. And sex need not involve sex. That's right. Now you may have sex with or without sex! Learn about tantric massage. Your hands can convey the language of touch eloquently and sensitively. Sensual massage is an old type of intimate contact that has evolved over time. Its past is wacky (and often humorous), and it's global. Erotic massage satisfies our need to be touched, despite current ideas. Sensual massage invites us to talk with our hands (lips and body) to those we love and make love with. Our superpower is human touch. Our hands help us communicate and be understood. Tantric massage can boost sex pleasure, deepen closeness, and prolong orgasms. You can build a transcendent spiritual bond with your mate. Many people find that a spiritual connection enhances a sexual relationship. Tantric massage can rekindle spirituality. In this book, you'll learn... Easy methods to great sex, even if your spouse is dull How to experience tantric orgasms Explosive orgasms Unexpected female erogenous zones Exotic massage Partner-building communication skills How massage goes beyond sexual stimulation to provide deeper pleasure Time-tested massage techniques Compassion and love's stroke on your connection Never-before-enjoyed bodily parts Love-boosting tactics How to feel sexy, even if you're not Discover intimate massage to boost your sexual IQ. How to rub nipple, breast, and testicles Even if you feel emotionally distant from your partner, these secrets can deepen your bond. More! Feel sexy, energetic, and sexually alive again. To transform your love life, click "Add to Cart."

Tantric Sex Veronica Shermann 2019-10-29 Take the guesswork out of improving your love life, enhance your bedroom skill and take your sex life to the next level with Tantra! Do you sometimes feel that there is no more intimacy between you and your partner? Are you looking for a comprehensive guide that will help you and your partner achieve intense orgasms and forge intimacy between you two? If yes, then Tantra might be the answer you're looking for. In this guide, you're going to discover how to unleash the power of Tantra to enhance intimacy, deepen your connection with your romantic partner and create an intense experience you and your lover will cherish for the rest of your lives. Here's a preview of the things you're going to discover in Tantric Sex How Tantric orgasm is different, and much better than a regular orgasm Reasons why you should get started with Tantric sex as soon as you can 9 essential Tantric communication essentials that will help you deepen the bond with your romantic partner 5 surefire tips to help you enhance your love life and have better sex using Tantra Step-by-step instruction to Tantric touch and massage How to get rid of premature ejaculation and lengthen the pleasure for both you and your lover Over 20 of the most intensely sexy and erotic Tantric sex positions that will maximize pleasure The core principles of Tantric sex It doesn't matter whether you're new to Tantra or you have some experience with Tantra sex, you're going to find new insights and techniques that will help you become a better lover very quickly! Scroll up to the top of the page and click the "Add to Cart" button to get started today!

The Everything Great Sex Book Bobbi Dempsey 2010-03-18 There's good sex, and then there's great sex. Toe-curling, shivering, wake-the-neighbors sex. But how do you get from one to the other? The answers are at your fingertips! Inside this revealing reference, you'll find dozens of illustrated positions and valuable advice as veteran sex writer Bobbi Dempsey teaches you: How to get naughty with games and sex talk Ways to position yourself for more enjoyable oral New tips on how to find and tantalize the g-spot What position works best during pregnancy--or to conceive How to jumpstart a lagging libido The secret to sustaining multiple orgasms And much more! With updated information on doing the deed in new or unusual locations, how your health affects your sex life, and getting daring (handcuffs, anyone?), Dempsey truly does cover--and uncover!--it all. So why wait? Dial up the passion and go from good to great.

Touching for Pleasure Adele Kennedy 1986-04-01

Touching for Pleasure Adele P. Kennedy 1986

Red Hot Touch Jaiya Hanauer 2008 Two experts on human sexuality present a witty, straightforward guide to enhancing a couple's sexual pleasure, with detailed instructions for more than one hundred ways to arouse and satisfy one's partner, covering such areas as erogenous zones, sensual touch, foreplay, massage, and other techniques that can be done with the hands. Original. 25,000 first printing.

The Modern Kama Sutra Kamini Thomas 2008-08-20 Transform your lovemaking into erotic ecstasy with the secrets of the Kama Sutra - the most ancient, renowned and explicit guide to sexual pleasure. 'Pleasures are as necessary for the well-being of the body as food.' Kama Sutra The Modern Kama Sutra opens you up to a new and exotic world of sexual pleasure that will change your sex life for ever. Inspired by the ancient text of the Kama Sutra, this fully illustrated pack offers a guide to over 30 easy-to-follow explicit positions with step-by-step instructions, practical tips, and 100 stunning colour photographs that guarantee to enhance your erotic pleasure. The guide encourages you to pick and choose the positions which most suit your lifestyle, and experiment with sex sequences that can be used in all kinds of locations - from the kitchen table and bathroom shower to the living room sofa and even the office floor! It is for those of you wanting to experiment and explore the furthest realms of lovemaking. By harnessing the erotic techniques of the Kama Sutra, modern-day couples can heighten their awareness of their own and each other's bodies, and achieve an emotional intimacy and sexual intensity never before experienced. Learn how massage and intimate touching can enhance your sexual desire.

Discover how to indulge the body and the senses with chapters on seduction, foreplay and oral sex. Follow the step-by-step instructions for positions such as 'Splitting the Bamboo', 'The Congress of the Cow', 'Yab Yum' and the 'Canopy of Stars'.

Guide to Erotic Touching Rik Francis 2012 "The art of giving pleasure to men"--Page 1.

Comprehensive Guide to Supportive and Palliative Care for Patients with Cancer Janet L. Abrahm 2022-09-20 "The contributors educate health care providers on the principles and practices of pain and symptom management in cancer patients. The content was expanded significantly for the fourth edition"--

Press Here! Sensual Massage for Beginners Sydney Price 2021-07-20 Press Here! Sensual Massage for Beginners is an introductory guide to practicing the art of sensual massage, with yourself and/or a partner—learn through beautiful illustrations, step-by-step instruction, and expert advice. Sexuality is an integral part of your health and self-development. Whether you are single, dating, or already in a relationship, spending quality time exploring the nature of your own and a partner's sexual pleasure and expression through touch can increase your satisfaction, confidence, and bonding while reducing stress. With this guide, learn how to create a unique and satisfying sensual massage experience, including: How to use communication to create a safe space and honestly share desires Using breath and focus to slow down How to create different sensations with your hands A demystifying and non-shaming breakdown of the anatomy of arousal (often left out of traditional sex education) Creating a sensual space with oils, aromatherapy, toys, and props A guided practice model for trying a full body sensual massage either alone or with a partner Add sensual massage to your self-care routine or bonding time with a partner to improve your overall well-being with Press Here! Sensual Massage for Beginners. The Press Here! series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include massage, Kama Sutra, reiki, reflexology, chakras, face workouts, and acupressure.

A Celebration Of Sex Dr. Douglas E. Rosenau 2002-11-21 Reclaim the Bible-based concept of marriage as a satisfying one-flesh relationship. A bestselling and definitive guide to marital intimacy for Christian couples, learn how to deepen sexual pleasure and enjoy God's gift of sexual intimacy with your spouse. It can be difficult to find biblically based sexual advice. A licensed psychologist and family therapist, Dr. Douglas Rosenau answers specific and often unasked questions about sexual topics, presenting married couples with detailed techniques and skills to deepen their sexual pleasure and improve their marriages. In this easy-to-read guide, Dr. Rosenau covers topics including: Building a biblical foundation of knowledge about sexual intimacy Enhancing pleasure and enjoying passionate intimacy Overcoming common hurdles Resolving problems and healing brokenness Grounded in Scripture and written by a pioneer of Christian sex therapy, A Celebration of Sex is comprehensive, direct, and honest, treating sex with the respect it deserves and a Christ-like foundation. An excellent tool for premarital education and counseling, it's a must-read for Christian spouses.

Tantric Sex Guide for Couples Samantha Mandala 2021-07-25 Is your sex life getting boring and repetitive? Are you looking for ways to rekindle the passion in your relationship and increase the complicity with your partner? Do you want to discover new sex positions and master the secrets of Tantric sex? Do not go further; this is the book for you! "Tantric Sex Guide For Couples" is the perfect reading to spice things up in the bedroom and improve your relationship. Thanks to this book, you will be able to connect on a completely different level with your partner and discover new aspects of your relationship. This book is not just about exotic sexual positions; it can help revitalize lost enthusiasm, increase complicity and ultimately rekindle the fire of passion. Your sexual intimacy will never be the same again. Tantric Sex Guide for Couples contains: History of Tantra from the origins to the present Tantra and the way of liberation Shiva and Shakti duality - Understand your sexual energy Tantric Yoga with illustrated positions Step by step breathing techniques How to touch your Shiva How to touch your Shakti Tantric step by step illustrated sex positions Tantric massage Orgasm secrets And many more! The "Tantric Sex Guide for Couples" is a concentrate of information and ideas that will help you not to fall into the trap of routine. Take your first steps on a journey that will lead you to discover the nuances of sex and achieve ultimate pleasure for you and your partner! Are you ready to master the secrets of sex? Click the BUY NOW button!

Erotic Massage Caffyn Jesse 2015-02 It is your birthright to live a life filled with erotic joy. This book will show you how to make it so, and how to teach others, through touch. You will learn about sexual healing, erotic energy cultivation, and sensual and erotic massage. Caffyn Jesse gives stroke-by-stroke instructions for pleasuring penises and vulvas. Chapters on orgasm coaching will vastly expand your orgasmic capacities. Her toolbox includes techniques ranging from scar tissue healing to spanking. Original illustrations show the specifics of pelvic, genital and anal anatomy. Powerful practices guide you in awakening the full potential of your sexuality. Erotic massage provides an ideal environment for healing and learning about sex. But without appropriate safeguards and clear boundaries, erotic massage can retraumatize already wounded people. Caffyn Jesse offers vital guidance on the ethics of practice.

Tantric Sex and Kamasutra Positions Ashley Lopez 2021-05-21 The guide to spice up your sex life and increase your intimacy through the pleasure of massage and techniques for couples. All the tricks of pleasure. Turn your sex life up a notch and discover the ancient practice of tantric sex through Kama Sutra positions. Written thousands of years ago in India, the Kama Sutra has been translated from Sanskrit to be accessible to you to get more out of your sex life and feel ultimate intimacy with your partner. Feel more confident in the bedroom and closer to your partner knowing they are enjoying their time with you. With this guide, you will learn how to achieve ultimate pleasure for both you and your partner. You're going to have the best sex of your life... Guaranteed! With this guide on your nightstand, you will: Discover the history and method behind the ancient Kama Sutra to get in touch with your sexual desires Perfect the practice of foreplay and get yourself and your partner ready for pleasure Learn the practice and benefits of tantric sex and how it can transform your life both in and outside the bedroom Numerous tips and tricks to get the most out of your time in the bedroom with your partner Explore different sides of your sexuality and discover new techniques and desires you never knew you had Feel confident and sexy in the bedroom knowing you are fully pleasing your partner And Much More! Enhance your sex life and become a better lover after reading this guide. Without fail, the Kama Sutra has taught millions of people how to get more pleasure out of sex and ultimate intimacy with their partners. Are you ready to have the best sex of your life and fully satisfy your partner in the bedroom? ...Then Order Your Copy and Get Started Today!

The Better Sex Guide Nitya Lacroix 2005 A visually informative book for modern lovers with over 450 photographs * Physical and Emotional Aspects of Female and Male Sexuality Explored * The Importance of Self-Awareness in Good Sex * Sexual Techniques and Positions * Encouraging Sensuality Through Massage, Games and Exercises * Romance and the Art of Wooing Your Partner * Projecting a Positive Image Through Body Language and Dress * Overcoming Physical and Psychosexual Difficulties.

Erotic Massage and the Tantric Secrets to Sensational Pleasure, Intimacy and Sexual Healing Eric Adams 2013-11-08 Erotic massage is the missing ingredient to incredible mind, body and emotional pleasure and satisfaction. The power of touch to seduce, tease, pleasure and create mind blowing sensations can not be disputed. This guide covers ancient and modern techniques to erotic and sensual massage, seduction, the key massage strokes, how to create a sensual environment. Discover power tips to putting the fun and passion back into your relationship, and if you're looking for something just a bit extra - this erotic and tantric massage guide will take your pleasure to an all new high. This book includes over 40 photographs and drawings to illustrate key points. You will learn erotic and tantric massage techniques as well as full body sensual massage. The full body sensual massage techniques will relax the entire body and soothe the mind and soul. Learn how to create a seductive atmosphere for your lover to take their pleasure to an all new level. The intimate or tantric massage techniques have incredible health and emotional benefits such as increased appreciation and acceptance of the body and intimate areas, increased libido, arousal and orgasmic potential. These techniques include yoni or vaginal massage, sensual breast massage, as well as prostate and lingam or penis massage. Whether your relationship has lost its spark or you are simply looking to add more pleasure and satisfaction to your loving, erotic massage is the secret ingredient to powerful seduction, arousal and a whole body orgasm. As well as massage the book covers how to increase sexual pleasure and excitement through lovemaking and oral sex.

Pocket Erotic Nicole Bailey 2008-09 Touch, tease, stimulate and explore every inch of your lover! This sensational guide teaches you tantalizing

touch techniques guaranteed to make your partner moan with pleasure, from a toe-tingling foot massage to an erotic wake-up call. Turn up the heat, by delving deeply and discovering hot spots your lover didn't even know existed. Fire up foreplay to new heights of pleasure, from using your tongue as the ultimate massage tool to creating an erotic toy-box guaranteed to banish bedtime boredom forever. Experiment with new sexual positions and see how to enhance them with a simple caress. More than 60 inspiring illustrative photographs display these tried-and-tested techniques—which are guaranteed to bring excitement, greater sexual fulfillment, and a new intimacy to lovemaking.

The Tao of Sexual Massage Stephen Russell 2003 With all-new color line drawings, a new cover, and fresh, four-color photos, this elegant guide explains how to combine the erotic, ancient Oriental art of lovemaking with modern massage techniques to enhance sexual experiences. Full color.

Best Sex Ever Susan Crain Bakos 2010-06-01 Experience incredible sex with this helpful guide to everything from playful toys to tantalizing techniques! The Best Sex Ever is your guide to amazing sex. It will intensify the sex you're having, and open your mind to new and exciting techniques with unimaginable results. After you read this book, every stroke, flick, pinch, bite, and kiss will have a purpose, and every one of them will drive your partner wild. Give the ultimate erotic massage Learn techniques for reliable orgasms—multiple, extended, and whole-body—anytime, anywhere Drive all five senses crazy with the best toys and games for couples Use Tantric and Taoist principles to fuel your passion for each other and change the way you look at each other, kiss, and touch during sex Praise for the author "Susan Crain Bakos is perhaps our most intrepid sex journalist." —Publishers Weekly "[She writes with] wit and intelligence . . . entertaining." —Kirkus Reviews

Tantric Massage for Couples Cindy Steele 2015-10-27 Explore and Invigorate Your Relationship With Tantric Massage! Tantric Massage for Couples: Essential Guide to Love Making and Couples Massage can increase the pleasure you experience during sex, develop greater intimacy between partners, and even make your orgasms last longer. You can even develop a spiritual bond with your partner that transcends time and space! Many people have found that a sexual encounter is more powerful and more pleasing when you have a spiritual connection and not just a physical connection. With tantric massage, you can reignite that spiritual connection! When you purchase Tantric Massage for Couples: Essential Guide to Love making and Couples Massage, you'll learn the basis of massage, tantric touch, and tantric sex. This insightful book helps you understand the female erogenous areas so you can give a successful tantric massage to your sensual woman! Tantric Massage for Couples: Essential Guide to Love making and Couples Massage will even help you increase the intensity of your lovemaking. You'll discover special techniques to "fire up" your love life, including the "Stroke of Compassion and Love"! Order Your Copy of Tantric Massage for Couples: Essential Guide to Love making and Couples Massage Today!

Tantric Sex for Couples Zoe Loxley 2020-09-04 Are you ready to Embark on a Seven Night Journey to Awaken Your Sexuality and Unlock Pure Erotic Energy? Discover How by reading on... Would you like to: Awaken your ancestral instincts? Uncover all the pleasures that tantric sex provides? Find out the spiritual side of sex? Be able to reach valley orgasm and enjoy sexual ecstasy? If so, then you've come to the right place. In this guide, the author takes you by the hand on a seven-night journey to awaken your sexuality, empower your intimacy and wake up the tantric being inside of you. Try to think of the typical sex, without romance: that's what you do quickly, with him who often comes before her, few looks and many worries... We are light years away from the concept of tantric sex, of slow and overwhelming spiritual and physical union that we all dreamed of at least once in our lives. Tantric sex will literally transform what you know about pleasure with new techniques, positions and massages. Here's what this incredible book can offer you: Tantric sex concepts: Discover the true story of tantra and how to recognize the tantric being in each of us. Three golden rules for tantric sex: Find out what things exactly you have to do to evolve your sex life. Four key principles for sexual ecstasy: Learn how to easily reach sexual ecstasy and discover the joy of valley orgasm. Tantric sex positions: Uncover how to have sex for hours, prolong the pleasure to infinity and experience an extreme orgasm Tantric sex massage: Find out the benefits of tantric sex massage and how to use it to awaken your senses. Guide to awakening: Follow the detailed seven-night journey that will take you from scratch to practice tantric sex Guide to enhancing intercourse: Combine valuable tips with tantric exercises and techniques to enhance your new dimension of sex. And much, much more... If you are looking for a way to turn your sexual experiences as a couple into something supernatural, then look no further. In this guide we will explain everything you need to know about tantra for two. The seven-night journey is waiting for you, are you ready? Scroll up, click on "Buy Now with 1-Click" and Get Your Copy Now!

Touch Me There! Yvonne K. Fulbright 2011-02-15 TOUCH ME THERE! A HANDS-ON GUIDE TO YOUR ORGASMIC HOT SPOTS is the first book to focus exclusively on all of the body's titillating erogenous zones, offering lovers a new realm of sexual exploration and experience. Sexologist and sex columnist Yvonne K. Fulbright gives readers of all sexual orientations a guided tour of the male and female body's wild attractions and explains how to maximize pleasure from head to toe. Contents include a variety of sex acts (including foreplay and positions), sexual enhancers and toys, fantasy, and exercises (e.g., kegels) for becoming more orgasmic and sexually satisfied. The book contains 4 sections: 1. her orgasmic hot spots -- clitoris, G-Spot, A-Spot, urethra, cervix & labia 2. his orgasmic spots -- the frenulum, corona, foreskin, prostate, perineum, testicles 3. mindblowing spots on both sexes -- breasts, head, torso, anus, hands & feet 4. sexual positions and enhancements for better stimulating your hot spots -- sex toys, etc. All four sections: ** show you how to find mother nature's often hidden treasures & maximize pleasure ** offer you a plethora of sex facts and tips ** provide you with techniques & fresh ideas on how to use and/or stimulate each area effectively ** enable you to become a better communicator and lover ** release you from any notions of what you can't do ** build intimacy with both the self and with a lover Delivered in an informative, but playful, tone, the book beholds the body as full of wonder, to discover or rediscover. Information is delivered thoroughly, yet not too in-depth, helping readers to easily grasp the basics needed to happily engage in "how to" instructions. Attractive visuals secure this work as an irresistible sell.

Sensational Sex Pam Spurr 2011-12-23 Sensational Sex is the follow-up sex guide to Dr Pam Spurr's Number One best-selling book, "Sinful Sex". This book offers new and revolutionary ways of looking at sexual pleasure and fulfillment and how it fits into a person's whole life and modern lifestyle

Sensual Massage Nitya LaCroix 1990-10-15 Tender and erotic, a sensual massage is a highly pleasurable experience—and one of the best ways of expressing love and affection. Combining sensitive photographs and easy-to-follow instructions, it includes recipes for oils and aromatherapy and original massage programs especially devised to relax, delight and arouse both men and women. Full-color photographs.

Mind-Blowing Sex Diana Cage 2012-04-03 Confidence, health, and self-knowledge are the keys to a happier sex life—and sex expert Diana Cage is here to teach you how to achieve all three. Mind-Blowing Sex is an inclusive, hands-on guide to making sex more enjoyable for readers of all sexual orientations. Beginning with a brief historical overview, the book provides women and their lovers with an expansive view of female sexuality—from where it's been to where it's headed—and takes a contemporary approach to sex, offering direct tips and informed advice on how to have the best, most gratifying sex possible. Irreverent yet insightful, Cage covers both the emotional and physical aspects involved in increasing sexual pleasure—including tuning into your sexual fantasies, overcoming hang-ups, touching and being touched, choosing and introducing toys, and understanding female anatomy and orgasms. Straight-talking and non-judgmental, Mind-Blowing Sex will help women—straight and queer—to open their minds, reject stereotypes, educate themselves and their lovers, and learn how to enjoy sex more than ever before.

Anne Hooper's Ultimate Sexual Touch Anne Hooper 1995 Sex therapist Hooper explains basic massage techniques and how they can be used to enhance communication and sexual relationship. --Library Journal

Erotic Massage Charla Hathaway 2011-12-01 Learn sensual touch for improved intimacy and better sex! New in paperback, Erotic Massage shows how to bring your partner to high levels of arousal, keeping him or her in this state of sexual exaltation for an extended period. This beautifully illustrated book provides erotic massage techniques for both men and women and breaks down these massage methods step-by-step. You'll find suggestions for the appropriate setting, lubrication, good communication, and conscious breathing. More than 60 sensual, how-to photographs and illustrations are featured throughout, as well as testimonials on how erotic massage has improved many couples' intimacy and sex lives.

Pure Erotic Massage Nicole Bailey 2007-09 The art of massage has been used for thousands of years to enhance sexual pleasure—and now partners can find out what they've been missing! Go on a journey through the traditional practices and find out how to use the Tantric Touch to enhance the spiritual connection alongside the sexual. This manual is packed with techniques and visualizations to transport you to realms of uncharted pleasure, including a tantalizing burst of water stimulation, the intricacies of G-spot massage, and the mysterious sensations from a silk scarf or soft brush.

With photography and a special double-page feature in each chapter to give ideas for creative massage sequences, this guide is sure to spice up your sex life!

Sexual Massage Adams Media 2012-10-01 Massage can be an exciting addition to your sexual repertoire. The Secrets of Great Sex: Sexual Massage teaches you how to use massage techniques to explore the power of pleasurable touch. With creative and exciting ways to enhance intimacy, you'll never want it to end.

The Absolutely Essential Guide to Great BDSM and S&M Sex Phil G. 2013-01-02 1. When you enter my place, you (young lady) will take off your shoes and go kneel on the thick padding next to my bed (or other agreed upon spot like a chair or couch). Unless told differently, your eyes should be looking at where my penis will be when I sit down in front of you. 2. I will come over and sit in front of you (assuming I'm not already there.) I may or may not have clothes on. You'll then put your hands on my upper legs, massaging my legs. Keep your hands high up on my legs, massaging my legs but you may not touch my penis until allowed to. 3. I will kiss you, touch you, play with you, talk to you and undress you as you remain kneeling in front of me. At some point you may be instructed to stand up and take the rest of your clothes off. 4. You will undress me when I order you to. (Later on young lady the following will occur:) I will sit against the headboard of the bed and you young lady will lay stomach down across my lap. I will then give you a nice sensual spanking, playing with your body as I do. If you have previously done something that requires punishment, and if I have decided that your punishment will be one or more spankings, now is likely the time you will be punished. A punishment spanking lasts longer and the spanks are harder. ----- The women's sexual pleasure is essential to BDSM, S & M and other kinky pursuits. This book masterfully explores and develops the submissive's sexual pleasure and needs. It includes a highly erotic step-by-step guide for playtime. Extreme pleasure breast massage, orgasm on demand, punishments, extreme intensity BDSM S/M orgasms are the norm in the BDSM world for many women; let's make it that way for you! Two free bonus books are included (making this book an \$20.85 value!) Your books are presented in this order: 1) Spanked Before, During & After Sex: The Life of a Spanked Callgirl 2) The Absolutely Essential Guide to Great BDSM and S&M Sex 3) 100 Great Lines to Put In Your Personal Ads Publisher's Note: Parts of this publication contain explicit sexual content and situations that some readers may find objectionable: Anal play, BDSM theme and content (including but not limited to bondage, spanking, spanking implements, sex toys, sexual submission and dominance).

Intimacy Educator Caffyn Jesse 2020-03-12 It is your birthright to live a life filled with erotic joy. This book will show you how to make it so, and how to teach others, through touch. You will learn about sacred intimacy, sexual healing, erotic energy cultivation, and sensual and erotic massage. Chapters on orgasm coaching will explain how to expand orgasmic capacities. Caffyn Jesse's toolbox includes techniques ranging from scar tissue healing to spanking. Beautiful illustrations show the specifics of pelvic, genital and anal anatomy. Powerful practices guide you in awakening the full potential of your sexuality. Teaching through touch can provide an ideal environment for healing and learning about eros and intimacy. But without appropriate safeguards and clear boundaries, practitioners can traumatize already wounded people. Caffyn Jesse offers vital guidance on the ethics of practice.

Sizzling Sex for Life Michael Castleman 2021-01-12 Michael Castleman, the world's most popular sex expert, has written the most comprehensive, authoritative, reassuring, and practical guide to lifelong pleasure for men and the women who love them. Library Journal calls him "one of the nation's top health writers." Medical journalist Michael Castleman has answered more than 12,000 sex questions throughout his career, including on his website GreatSexGuidance.com, through his "All About Sex" blog on Psychology Today, or even when he used to answer all the sex questions for Playboy's "Advisor" column in the '90s. From his numerous years of experience comes this, the most thorough consumer sexuality guide ever written. It's full of state-of-the-art sex information and sage advice, all written by a decades-long trusted sex author. Sizzling Sex for Life addresses men, but is exquisitely sensitive to women's sexual sensibilities. While it focuses on sexual enhancement and the resolution of individual and couple sex problems, it transcends similar books by delving into social/political sexual issues, including school sex education and pornography—and in today's fraught #MeToo environment, prevention of sexual assault and harassment. This compelling, sex-positive guide will benefit men and women, from the teen years to old age. It offers an in-depth investigation of sexual issues throughout the lifespan, based on 2,500 studies published over the past seventy years—more source material by far than any other sex guide. This book truly does it all, and does it respectfully. It reassures men that their sexual concerns can usually be happily resolved with self-help or brief professional therapy: penis size issues, premature ejaculation, orgasm/ejaculation difficulties, arousal problems, and erectile dysfunction. It comforts women that they can rediscover lost libido, have orgasms every time, and cure their sexual pain. It assures couples that their leading sexual complaint, desire differences, can usually be resolved to mutual satisfaction. It reassures parents that they can maintain their sex lives, provide effective sex education to their children, and survive today's young-adult hook-up culture. It informs the elderly and those with chronic illnesses and disabilities that great sex is still possible. It reassures sexual minorities that they are psychologically normal and that LGBT sex, BDSM, and consensual non-monogamy are more popular than most people believe. Whether for procreation, relationship affirmation, or just for fun, lovemaking is normal, healthy, nurturing, often therapeutic, and usually emotionally satisfying. Whether you're looking to learn more, have a specific question, or just want to spice things up between the sheets, this is your ultimate guide to better enjoy one of life's top pleasures.

Tantric Sex Positions Jessica Ryan 2020-11-04 Would you like to learn the ancient Tantric sex massage secrets that will help you to increase intimacy and create a mind-body connection leading to powerful orgasms? Would you like to lose the conception of lovemaking time, to be able to give your partner truly unforgettable sensations and keeping the flame of passion burning over the years? Then keep reading. When you are caught in daily stress and all the limitations that prevent you from letting go, even enjoying a pleasant sex life can become difficult. When energies are scarce, if you feel tired, when commitments overcrowd your mind, sex suffers. Both in quality and in quantity. These factors can negatively affect couple life and sexuality. So, to be able to understand how to achieve sexual fulfillment and get in touch with your emotions at an intimate level never experienced before, you must first get rid of these blocks that inhibit your sexual energy levels. This is possible thanks to the practice of Tantric sex for couples. It is an ancient Hindu practice for men and women that has been going for over 5,000 years, and means 'the weaving and expansion of energy'. Tantra equals to sexual freedom, resulting from the abandonment of taboos and fully experiencing the deep pleasure of sex relationship. But the world of the body and its many pleasure zones can be overwhelming without a step-by-step guide. This book will guide you through inner, spiritual and physical practices to become totally aware of your body and that of your lover. You will learn to relax, enjoying real couple intimacy and get rid of the tensions caused by the stress of everyday life. You'll learn the best Tantric Yoga techniques, working with Chakras balancing, meditation, love energy to unlock the complete sexual satisfaction. Ready to discover... Understand how to apply Tantric philosophy and traditions in your daily life How to breath, relax and connect to yourself and your partner Develop healthy self love and a compassionate approach towards anyone Chakra awakening, reconnect to healthy masculine and feminine energies The most intense pleasure zones and how to touch them for mind-blowing orgasms How to master the power of Tantric, Lingam and Yoni sex massage to create healthy energetic flows with bodies The best Kama Sutra and Tantric sex positions for couples and beginnersand much more! Even if you are a beginner, don't worry, this modern tantric sex guide is for men and women both, of all levels of intimacy and closeness. You'll be taken into the world of the tantric sex to become the lover you've always wanted to be. It is never too early or too late to use the easy principles here to increase your sex appeal, better appreciate any future lovers and achieve sexual happiness. Would you like to know more? Get your copy today and start practicing the real tantric arts.

Great Sex Guide Anne Hooper 1999 Best-selling sex therapist and relationships counsellor Anne Hooper reveals the sexual secrets and intimate erotic techniques that ensure you give and receive maximum sexual pleasure. Learn provocative exercises to heighten orgasmic enjoyment, sensual massage techniques to restore and build sexual energy levels and discover a tantalising repertoire of skin-to-skin positions for closer sexual intimacy.

Connecting Through Touch Peggy Horan 2008-02 From a founding member of the famous Esalen Massage program at the Esalen Institute in Big Sur, CA, this book guides couples through a sensual and restorative massage exchange. This intimate practice can enhance communication, relieve stress and tension, and to bring more joy into readers lives thorough the healing power of touch.

Guide to Erotic Touching Rik Francis 2012-03-12 A practical guide to understanding sensual massage. This guide also outlines ways to enhance love

making and how to use your hands to heighten the excitement of foreplay. How to touch all parts of the body are explored in this helpful sex instruction manual.

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