

 A guide to healthful, happy, sensuous  
sex for women and  
their partners

# SAFE ENCOUNTERS

HOW WOMEN  
CAN SAY  
YES  
TO PLEASURE  
AND NO TO  
UNSAFE SEX

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AND  
GINA OGDEN, Ph.D.

# Safe Encounters How Women Can Say Yes To Pleasure And No To Unsafe Sex

**Ronda Gates, Beverly Whipple**



## **Safe Encounters How Women Can Say Yes To Pleasure And No To Unsafe Sex:**

**Safe Encounters** Beverly Whipple, Gina Ogden, 1990 Here at last is a responsible and realistic approach to safe sex offering the vital information and creative guidance to romantic lovemaking that is at the heart of safe sex and answering the questions that worry so many women about sexually transmitted diseases *The Orgasm Answer Guide* Barry R. Komisaruk, 2009-12 Credible readable and easy to follow The Orgasm Answer Guide tells you everything you ever wanted to know but were afraid to ask The Orgasm Answer Guide answers common questions many people have about one of life's most fascinating experiences In an accessible question and answer format four of the world's leading sexuality experts address every aspect of orgasms how they happen why they don't and what can be done to enhance sexual experiences The authors provide clear and informed answers to more than 80 common questions including Can an orgasm cause a heart attack Does childbirth affect orgasm What is the G spot How can I tell whether my partner is faking an orgasm Do orgasms end at a certain age The all star author team includes neuroscientist Barry R Komisaruk bestselling author and sexual health researcher Beverly Whipple BBC sexuality talk show host Sara Nasserzadeh and Mexico's leading sex researcher Carlos Beyer Flores **Women and Sex Therapy** Ellen Cole, Esther D Rothblum, 2014-03-18 Outstanding feminist scholars present seldom discussed women's views of sexuality In the past there has been little feminist discussion among sexuality professionals and between feminist therapists and sex therapists The valuable ideas expressed by the contributors to this book are aimed at increasing the possibilities for all therapists and counselors to discuss with their clients the nature of sexuality and in particular what women feel about sex Professionals provide remarkable perspectives on issues that concern all women orgasm the double standard new reproductive options intimacy bisexuality and more **Women Who Love Sex** Gina Ogden, 2007-09-11 Wonderful sex does more than melt both body and soul it brings power energy and deep satisfaction to all aspects of our lives In this unique book women who consider themselves highly sexually responsive talk in intimate detail about what gives them the greatest pleasure They redefine sex based on how women really experience sexual pleasure confirming what every woman knows instinctively while creating a new language that every woman will understand Based on extensive one on one interviews conducted by Dr Ogden with hundreds of women this thought provoking wise and unprecedented book transforms how we view sex by giving us new ways to think about sexual pleasure To learn more about the author Gina Ogden go to [www.ginaogden.com](http://www.ginaogden.com) **Reclaiming Your Sexual Self** Kathryn Hall, Ph.D., 2008-04-21 Kathryn Hall takes a fresh and refreshing new look at why so many women are not really interested in sex A uniquely helpful book Harriet Lerner Ph D author of *The Dance of Anger* Women don't need medicine or magic to feel desire but rather reasons and motivation This book provides sound strategies and sensible suggestions for overcoming sexual inertia and finding genuine satisfaction Sandra Leiblum Ph D Director Center for Sexual Relationship Health University of Medicine and Dentistry of New Jersey The many who are searching for sexual desire in an easy to swallow pill form may be pleasantly

surprised to find it in this easy to read book form Gerianne M Alexander Ph D Texas A M University At last a drug free holistic program to restore sexual passion and desire Despite what many so called experts believe lack of sexual desire in women does not necessarily indicate a hormonal problem More often asserts sex therapist Dr Kathryn Hall it means that something is out of balance in our lives In *Reclaiming Your Sexual Self* Dr Hall reveals how to discover the source of your lack of sexual interest and take charge of your health Drawing on successful methods she has used in her clinical practice she helps you identify the imbalances that are affecting your overall well being and get in touch with lost or neglected sexual feelings Through a series of illuminating exercises and with Dr Hall s wise warm advice you ll discover Why it s okay to want sex and enjoy it Ways to improve communication with your partner The right conditions and circumstances to spark your sexual interest How to maintain a vital sexual connection for the long term When to consult a professional Hormone replacement therapy doesn t have to be the answer You can reclaim your sexual self and keep desire and passion alive and well by following the proven reassuring advice in this authoritative guide

***Private Thoughts*** Wendy Maltz,Suzie Boss,2012-10-16 *Private Thoughts* provides more than just these women s fantasies however It combines new research with the advice of a seasoned sex therapist The result is an exciting contribution to the field of sexuality Drawing insights from Wendy s research and advice from her clinical experience as a sex therapist the book gently guides women to explore their own fantasy style and to recognize the origins of their fantasies It gives women permission to enjoy their fantasies while also helping them to recognize how some fantasies may be masking emotional pain which could be detrimental to them and to their relationships

***Awakening Your Sexuality*** Stephanie S Covington,2012-11-08 Gives women the tools to confront guilt become aware of body image and behavior patterns honor and accept the past and begin the liberating journey of sexual recovery and growth With candor and compassion Stephanie Covington reminds us that recovery is about living life fully and completely and sexual recovery is integral to the fullness of your life With comprehensive scope and individual focus she addresses the following questions How is women s sexuality shaped by a male based society How do dysfunctional families influence a woman s sexuality What did the sexual revolution do for women How are women affected by alcohol drugs and AIDS What is the connection between sexuality and spirituality How can recovery groups address sexual issues Most important *Awakening Your Sexuality* gives women the tools to process their sexual histories understand their sexual selves and create the sexual lives they want Covington provides the personalized exercises and positive step by step guidance women need to confront guilt shame or addiction become aware of body image and behavior patterns honor and accept the past and begin the liberating journey of sexual recovery and growth

***The Heart and Soul of Sex*** Gina Ogden,2006-07-11 Drawing on the results of her unique national sex survey and on decades of clinical practice as a sex therapist Gina Ogden offers a revolutionary exploration of women s sexual experience The best sex say thousands of women doesn t just happen in the body It is multidimensional connecting body mind heart and soul In *The Heart and Soul of Sex* Ogden coaches readers to

fully realize the physical emotional mental and spiritual aspects of sex making what she calls the ISIS Connection Throughout the book are firsthand stories of survey respondents offering examples of how ordinary women from ages eighteen to eighty six and from many backgrounds have found their own way to sexual expression that is deeply satisfying and even life changing The Heart and Soul of Sex takes the reader on a journey beyond the usual emphasis on performance including practical exercises that can be done alone or with a partner Ogden shows us that we can be much more than we ve been told not just fun and exciting but deeply healing magical and transformative

**Outwitting Osteoporosis** Ronda Gates,Beverly Whipple,2011-09-06 Women of all ages need to be concerned about osteoporosis Thirty three million American women have the disease and one out of every two women over the age of fifty will experience an osteoporosis based fracture Fortunately there are important steps that women can take to ensure healthy bones throughout their lifetime Pharmacist trained Ronda Gates and nurse researcher Beverly Whipple pool their talents to bring women the most up to date information statistics and treatment options to help them keep their bones strong

*Women at Risk: Issues in the Primary Prevention of AIDS* Ann O'Leary,Loretta Sweet Jemmott,1995-09-30 Women comprise the group that is rapidly becoming infected with HIV and while some prevention efforts show signs of promise many unresolved issues remain This pivotal volume presents up to date research findings offering an in depth look into issues germane to preventing AIDS in women Eminent researchers and health care providers focus on specific groups of women based on ethnicity relationship factors and behavior

**Outwitting Osteoporosis (EasyRead Super Large 24pt Edition)** , *Outwitting Osteoporosis (EasyRead Super Large 20pt Edition)* , *Outwitting Osteoporosis (EasyRead Super Large 18pt Edition)* , **Dying** Hannelore Wass,Robert A. Neimeyer,1995 First Published in 1995 Routledge is an imprint of Taylor Francis an informa company

**AIDS Prevention and Treatment** M. Ross Seligson,Karen E. Peterson,1992 First Published in 1991 Routledge is an imprint of Taylor Francis an informa company

*Pornography and Sexual Representation* Joseph W. Slade,2001 A three volume reference guide to the available literature concerning pornography and sexual representation in America

**Sexual Interactions** Elizabeth R. Allgeier,Albert Richard Allgeier,1991

*Exploring Our Sexuality* Patricia Barthalow Koch,1995

**Sexuality Today** Gary F. Kelly,1990

**Sexual Salvation** Naomi B. McCormick,1994-09-30 How does women s sexuality relate to femininity and violence against women What effect does sex role socialization have on women s sexual relations To what extent have sexual behavior expectations and research been shaped by a male dominant society These questions and more are addressed in this open minded celebration of sexual diversity

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