



Sex for One

The Joy of Selfloving

Betty Dodson, Ph.D.

Sex For One The Joy Of Selfloving

Jane Juffer



Sex For One The Joy Of Selfloving:

Sex for One Betty Dodson,2012-02-01 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 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

The Joy of Self-Pleasuring Edward L. Rowan,2010-09-30 Psychiatrist and sex therapist Edward L Rowan M D has written this unique book to encourage us all to come out of the closet Masturbation is surely one of the most common human activities and yet most of us react to the subject with embarrassment Americans are generally so uncomfortable with the topic that former Surgeon General Joycelyn Elders was fired for indiscreetly suggesting in public that high school kids masturbate as a way of avoiding HIV infection Dr Rowan points to the Elders incident as evidence that we are still victims of a negative cultural attitude spawned by the sin and sickness models of early Church fathers and medical practitioners who did not know any better Unfortunately they established a pattern of shame and guilt that is difficult to overcome in spite of our current knowledge Although masturbation is now recognized as a therapeutic tool in addressing sexual dysfunction and problematic arousal patterns Rowan argues that it can be much more Good orgasms whether alone or with a partner provide a sense of well being and personal autonomy Relationships are better when one does not have to depend solely on a partner to make them whole Masturbation is also the safest form of safe sex While masturbation is a universal behavior there are differences in motivation frequency technique and fantasy patterns between men and women Rowan discusses these differences while emphasizing that masturbation can be good sex and should be experienced for pleasure not just as a tension release Our attitudes are due for a change says Dr Rowan and The Joy of Self Pleasuring is designed to promote that change while offering the reader information insight and humor as well

Women's Health Jillian M. Duquaine-Watson,2022-02-15 This interdisciplinary project provides an informative accessible and comprehensive introduction to women s health Emphasizing the perspectives of diverse groups of women it addresses various biological economic social environmental and political factors that influence women s health and well being Women are more likely than men to experience mood disorders certain types of cancer Alzheimer s disease stroke arthritis lupus and celiac disease In addition women face significantly more barriers to health care than men due to a variety of social economic

political and environmental factors including inequality poverty legislation and pollution Despite this the field of women s and girls health remains both understudied and underfunded Women s Health Understanding Issues and Influences explores important topics in the field of women s health in the early 21st century offering readers a comprehensive and informative yet accessible introduction to women s health in the United States While some topics are unique to women s health others illustrate how women s health and women s experiences within the U S health care system are different from men s as well as how certain health issues impact women differently than men Entries have been crafted by a diverse team of contributors with wide ranging expertise and each entry features a collection of further readings and cross references to other relevant entries

Vibrator Nation Lynn Comella,2017-08-18 In the 1970s a group of pioneering feminist entrepreneurs launched a movement that ultimately changed the way sex was talked about had and enjoyed Boldly reimagining who sex shops were for and the kinds of spaces they could be these entrepreneurs opened sex toy stores like Eve s Garden Good Vibrations and Babeland not just as commercial enterprises but to provide educational and community resources as well In Vibrator Nation Lynn Comella tells the fascinating history of how these stores raised sexual consciousness redefined the adult industry and changed women s lives Comella describes a world where sex positive retailers double as social activists where products are framed as tools of liberation and where consumers are willing to pay for the promise of better living one conversation vibrator and orgasm at a time

Sexualities in Context Rebecca Plante,2014-11-13 Written in an accessible and clear manner Sexualities in Context presents focused overviews and explorations of some of the most timely issues in the social construction of sex This brief text is the only book of its kind to address sexualities from a social perspective Plante s analysis of the context of sexuality sexual behaviors and identities is both intelligent and readable With contemporary topics such as hooking up sexual fantasies and bisexualities along with examples of how to apply critical thinking students are empowered to think outside their comfort zones and encouraged to explore the topic of sex in a new context

Gender, Pleasure, and Violence Agnieszka Kościańska,2021-01-01 Behind the Iron Curtain the politics of sexuality and gender were in many ways more progressive than the West While Polish citizens undoubtedly suffered under the oppressive totalitarianism of socialism abortion was legal clear laws protected victims of rape and it was relatively easy to legally change one s gender In Gender Pleasure and Violence Agnieszka Ko cia ska reveals that sexologists experts such as physicians therapists and educators not only treated patients but also held sex education classes at school published regular columns in the press and authored highly popular sex manuals that sold millions of copies Yet strict gender roles within the home meant that true equality was never fully within reach Drawing on interviews participant observation and archival work Ko cia ska shares how professions like sexologists defined the notions of sexual pleasure and sexual violence under these sweeping cultural changes By tracing the study of sexual human behavior as it was developed and professionalized in Poland since the 1960s Gender Pleasure and Violence explores how the collapse of socialism brought both restrictions in gender rights and new opportunities

At

Home with Pornography Jane Juffer, 1998-07-01 Twenty five years after the start of the feminist sex wars pornography remains a flashpoint issue with feminists locked in a familiar argument Are women victims or agents In *At Home with Pornography* Jane Juffer exposes the fruitlessness of this debate and suggests that it has prevented us from realizing women's changing relationship to erotica and porn Over the course of these same twenty five years there has been a proliferation of sexually explicit materials geared toward women made available in increasingly mainstream venues In asking what is the relationship of women to pornography Juffer maintains that we need to stop obsessing over pornography's transgressive aspects and start focusing on the place of porn and erotica in women's everyday lives Where she asks do women routinely find it for how much and how is it circulated and consumed within the home How is this circulation and consumption shaped by the different marketing categories that attempt to distinguish erotica from porn such as women's literary erotica and sexual self help videos for couples *At Home with Pornography* responds to these questions by viewing women's erotica within the context of governmental regulation that attempts to counterpose a dangerous pornography with the sanctity of the home Juffer explores how women's consumption of erotica and porn for their own pleasure can be empowering while still acting to reinforce conservative ideals She shows how for instance the Victoria's Secret catalog is able to function as a kind of pornography whose circulation is facilitated both by its reliance on Victorian themes of secrecy and privacy and on its appeals to the selfish pleasures of modern career women In her pursuit to understand what women like and how they get it Juffer delves into adult cable channels erotic literary anthologies sex therapy guides cyberporn masturbation and sex toys showing the varying degrees to which these materials have been domesticated for home consumption Representing the next generation of scholarship on pornography *At Home with Pornography* will transform our understanding of women's everyday sexuality

Sex Crimes and Offenders Mary Clifford, Alison Feigh, 2022-05-02 For decades and in some cases centuries individuals families and friends of victims sought out ways to help heal the hurts caused by sexual abuse and implement some way to protect against future harms The recent very public conversations about victims standing up to perpetrators has expanded the reach and public platform of sexual violence prevention efforts in critical ways What might appear a relatively simple task on the surface to define healthy and harmful sexual practices inevitably raises even more questions When the questions and answers are framed and defined through historical cultural social and individual lenses solutions may seldom be simple Structured in five parts *Sex Crimes and Offenders Exploring Questions of Character and Culture* uses healthy sexuality as a back drop for exploring the complicated issue of identifying and punishing sex crimes defining the parameters of sexualized violence and sexual violence prevention The goal is to prevent harm address hurts hold perpetrators accountable and eventually eliminate to the degree possible all future harms The information presented explores individual treatment efforts as well as the social and political responses designed to hold perpetrators accountable and help support victims Essential resources made visible throughout this text are provided to help inform young people families faith

communities and future practitioners to raise important reflective questions and to serve as a resource for anyone of any age who has suffered harm or perpetrated harm and is in need of support and healing Finally the book concludes by shining a light on the efforts each of us can take to identify reduce and work toward eliminating sexual violence and harms Additional resources for Instructors including PowerPoint Lecture Notes and Test Banks are provided

The Heart of Desire Stella Resnick,2012-03-21 How can you keep sexual desire alive over the long term More and more people are finding it difficult to maintain a relationship that is both emotionally and sexually gratifying In a book that will challenge and forever change how you think about love and sex clinical psychologist and sex therapist Stella Resnick PhD draws on the latest scientific research to explore the love lust dilemma Dr Resnick reveals how early programming can inhibit sexual desire as lovers become committed partners and begin to treat each other less like lovers and more like family Dr Resnick s revolutionary body mind program will help you recognize limiting old patterns learn valuable skills for enhancing romantic love and sexual aliveness and tap into your natural capacity to enjoy emotionally fulfilling sexual pleasure You ll discover A 10 Step Loving Sex Program with detailed methods for deepening the pleasures of emotional intimacy and broadening your erotic repertoire The latest research in sexology neuroscience brain neuroplasticity and the psychology of flourishing with practical applications for relationships Real life stories from the author s decades of work with clients and her own personal journey

Urban Tantra, Second Edition Barbara Carrellas,2017-11-21 If you think sexual and spiritual bliss can t be found in today s fast paced world you haven t experienced Urban Tantra Celebrating the 10th anniversary of Urban Tantra acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to discover new frontiers With a juicy mix of erotic how to and heart centered spiritual wisdom this updated edition includes a brand new introduction up to date references and resources a new take on the possibilities and responsibilities of Tantra in today s world plus new and cutting edge information to reach an expanded community added information on multi partner play more intersections for Tantra and BDSM practices for asexuals and aromantics expanded practices for trans and gender nonconforming people and more With more than one hundred easy to follow techniques for expanded orgasmic states and solo and partner play as well as more adventurous practices this in depth guide reveals the delicious worlds of ecstasy available to all no matter one s gender sexual preference or erotic tastes Urban Tantra expands the notions of pleasure and opens new heights of intimacy and sexual fulfillment

This Won't Hurt Marieke Bigg,2023-02-16 A hugely informative and quietly furious call to arms IRISH TIMES A ground breaking new book EVENING STANDARD A must read DAILY EXPRESS She is balanced in her evidence analysis forensic in her research TELEGRAPH A vital subject that needs to be discussed KATY HESSEL AUTHOR OF THE STORY OF ART WITHOUT MEN A valuable sociological perspective on women s bodies and health and an even more valuable and optimistic view of a better future for all GINA RIPPON The idea that medicine is gender neutral is a myth This isn t inflammatory rhetoric it s simply true From the way pain is felt to how heart attacks are

diagnosed to the very role society plays in the health of the body the medical landscape in place today is one that was designed for and by men This book is about all the ways medicine is not gender neutral from research to treatment to diagnosis Throughout history flawed mindsets have paved the way for sub par treatment and the prevailing attitudes that still exist today have had terrible repercussions for women and their bodies Blending fascinating examples with historical and cultural context and reflecting on her own personal experience with healthcare Dr Marieke Bigg explores how women s bodies have been ignored misunderstood and misdiagnosed whilst keeping an eye to a better future This is a sharp and honest must read and an empowering tool for anyone committed to making this world safer to navigate for all **Brain**

Power Michael J. Gelb, Kelly Howell, 2011-12-26 Virtually everyone fears mental deterioration as they age But in the past thirty years neuroscientists have discovered that the brain is actually designed to improve throughout life How can you encourage this improvement Brain Power shares practical state of the evidence answers in this inspiring fun to read plan for action The authors have interviewed physicians gerontologists and neuroscientists studied the habits of men and women who epitomize healthy aging and applied what they describe in their own lives The resulting guidance along with the accompanying downloadable Brain Sync audio program can help you activate unused brain areas tone mental muscles and enliven every faculty **Corsets and Romance** Lynn Sorge PhD, 2022-08-15 Although it is most likely never intentional

many couples in long term relationships often lose sight of their own needs and desires The good news is that the simple act of dressing in just the right clothing can make a woman feel confident sexy in charge and with the power to rekindle the romance and sexual excitement either in a current relationship or while on a search for lasting love Lynn Sorge PhD relies on her expertise on historical stays and corsets to guide both couples and single women to rediscover passion and intimacy In the first section Dr Sorge shares the fictional story of Sophie and her husband Ty as they struggle in a passionless marriage Although both feel the loss Sophie unintentionally takes the lead when she makes an enormous discovery that changes everything Part two shares wisdom and concepts to help single women searching for the perfect mate develop a winning mindset build confidence identify qualities in a potential partner and rediscover sexuality Included is a suggested romantic musical playlist to be used during scenes of seduction Corsets and Romance is a two part story and guide that helps couples rediscover passion and romance and leads singles of all ages to find lasting love *Liberating Minds* Norman G.

Kester, 1997-01-01 In this work over 30 librarians such as James V Carmichael Jr Sanford Berman Martha E Stone Gerald Perry Barbara Gomez and Martha Cornog address gay and lesbian issues facing the profession and in some cases offer their own stories of understanding their sexuality and its implications on their professional lives Some of the issues addressed are the need to uphold intellectual freedom challenging the censorship of gay materials in libraries AIDS material in the library the information needs of gay and lesbian patrons collection development and confronting homophobia *Asperger's*

Syndrome and Sexuality Isabelle Henault, 2006 How do adolescents with Asperger s Syndrome AS cope with sexual feelings

and behaviour and how do people with AS deal with intimacy and communication in sexual relationships This guide provides practical advice on such issues as puberty couples therapy and maintaining sexual boundaries **Taking Sexy Back** Alexandra H. Solomon, 2020-02-02 For women sex has been hijacked Today's sexual climate leaves little to no space for honoring the complexities of sex sex as pleasure sex as connection sex as creative expression and sex as healing In *Taking Sexy Back* relationship expert Alexandra Solomon shows women that they are more than just sexy objects of someone else's desire and offers real tools to help women explore their own sexuality communicate their needs draw boundaries to be safe and build the satisfying relationships they truly want **In Search of Aphrodite** Chelsea Wakefield, 2015-10-14 What does it mean to be in search of Aphrodite For most women sex is complex and more than a juxtaposition of body parts Women sense the possibility of depth meaning even transcendence but in a somatically disconnected sexually superficial world it can be difficult for a woman to discover her inner fire define who she is sexually and confidently communicate this to her partner Part philosophy part treatment manual *In Search of Aphrodite* addresses women's sexual problems from an inspiring creative perspective integrating Jungian Psychology and sex therapy Readers will deepen their understanding of the sexual psyche and how this realm impacts women's lives as well as what the author calls the journey of Sexual Individuation™ Chelsea Wakefield covers a variety of topics such as healing ancient wounds resolving inner conflicts exploring sexual essence identity scripts primal instinct desire fantasy longing and more She offers pathways to sexual enrichment and improved communication with a partner Sexual archetypes are introduced and organized around the author's Sexual Essence Wheel Gatekeepers and Eros inhibiting archetypes are described along with what to do when treatment stalls This book is appropriate for Clinicians who are nervous about venturing into conversations about women's sexuality Clinicians who are comfortable with sexual topics and are curious about new interventions Sex therapists who want a treatment model that acknowledges the multidimensional aspects of sexuality Jungian analysts and Jungian oriented practitioners who want helpful tools for addressing sexual issues as an invitation into individuation Pastoral counselors and spiritual guidance practitioners who seek to heal souls wounded by sexual trauma and sex negative teachings Women who want to explore their sexual psyche and define their sexual essence and men who wish to better understand the sexual depths of women Rich with case histories and an Inner Cast of Characters that clients can explore this resource will help women discover joyful embodiment innate eroticism and sexual pleasure *Sex in the archives* Barry Reay, 2018-12-10 The archive has assumed a new significance in the history of sex and this book visits a series of such archives including the Kinsey Institute's erotic art gay masturbatory journals in the New York Public Library the private archive of an amateur pornographer and one man's lifetime photographic dossier on Baltimore hustlers Shedding new light on American sexual history the topics covered are both fascinating and wide ranging the art history of homoeroticism casual sex before hooking up transgender New York queer sex masturbation pornography sex in the city This book will appeal to a wide readership those interested in American studies

sexuality studies contemporary history the history of sex psychology anthropology sociology gender studies queer studies trans studies pornography studies visual studies museum studies and media studies **Meg Hickling's Grown-up Sex**

Meg Hickling, 2008 Meg Hickling a retired R N has been teaching parents children grandparents caregivers teachers and other professionals how to talk about sex and sexual health for over 30 years Now she answers the many questions adults ask Meg's whole person approach respects the roles of personal and family values spirituality and community *Sexual Life in Sweden* Hans Zetterberg, 2021-10-14 Now available in English Sexual Life in Sweden is a classic piece of sex research by one of Sweden's most distinguished social scientists Sponsored by the Royal Commission on Sex Education more than thirty years ago it remains the only study of sexual behavior in a randomly selected adult population sample ever funded by a government Because an astonishing response rate was achieved 91 percent during the course of Zetterberg's research the claim that Sweden is one of the few countries where generalizations about national sexual behavior can be made may be stated with confidence Zetterberg's study matches the gender of interviewers to that of subjects From a theoretical perspective Zetterberg analyzes the change in Sweden from a restrictive to a contraceptive society The study makes it clear that with over 1 000 acts of intercourse for every live birth 90 percent of sexual activity between consenting adults in modern Sweden does not result simply for procreation Nevertheless the research yields a picture of a highly responsible society Zetterberg explores the emergence of two powerful new norms when having sex you must use contraception and when in an existing sexual relationship you must not start another one He also examines the issue of abortion as part of a concept of social justice The author compares the behavior of those who experience an unwanted pregnancy with those who do not and explains that abortion is seen by Swedes as part of the provision of the welfare and social justice system Included is an examination of the sexual behavior of young people the age of their first sexual experience the circumstances surrounding it whether positive parental involvement in their children's lives has any influence on their sexual conduct and sex education programs in the schools This translation of Zetterberg's study has been prepared by British sociologist Graham Fennell who also authored a new introduction positioning Zetterberg's work in the history of sex research and comparing its findings with contemporary studies in Scandinavia Western Europe and North America In light of the ongoing controversies about sex education its conclusions remain relevant to policy discussions today

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