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The Ultimate Guide to Sex Pleasure America Sex Handbooks,2020-10-29 Are you looking for new ways to enhance your sex life Do you feel like you have simply been going through the motions lately and want to try something new Have you considered the Kama Sutra as a way of exploring new positions Sex is an important part of any relationship and is one of the cornerstones of having a successful one that lasts But often sex can become a routine function that is less exciting with each passing month And it is often the case because of a lack of adventure between partners when it comes to their lovemaking This book is an enlightening read for anyone who wants to improve their sex life with tips and advice on Making sure that communication is a central part of your sex life Before and during foreplay Dirty Talk Kama Sutra The act of sex How to make yourself attractive Keeping things going once you ve started And more With this book you can change the way you not only conduct the act of sex but also how you think about it and approach it With clearly laid out information even a beginner to the Kama Sutra will soon grasp a much better understanding and take their sex life to new heights Scroll up now and click Add to Cart for your copy **Enjoy!** Joyce J. Penner,Clifford L. Penner,2017-01-01 Do you want a stronger more exciting sex life with your husband As a married woman you have the power to increase sexual fulfillment for you and your husband if you aren t stymied by false assumptions about a wife s role in sex In *Enjoy The Gift of Sexual Pleasure for Women* Dr Clifford and Joyce Penner dispel assumptions that can keep women from accepting and expressing their God given sexuality in marriage After more than forty years as sex therapists and educators the Penners have learned what helps couples build lasting mutually enjoyable sex in marriage Their knowledge is culled from the stories of thousands of individuals and couples who sought help with frustrations and have found relief and mutual fulfillment In this book they share step by step practical ways for wives to move from duty and disappointment to pleasure and fulfillment Learn how the woman s biblical role for sex in marriage is to pursue all of who she is sexually and share her sexuality with her husband which will in turn increase his satisfaction Be empowered as a woman to embrace your sexuality and find deeper enjoyment with your husband This title is a companion to *The Married Guy s Guide to Great Sex* also by the Penners **The Politics of Pleasure in Sexuality Education** Louisa Allen,Mary Lou Rasmussen,Kathleen Quinlivan,2013-12-17 Pleasure and desire have been important components of the vision for sexuality education for over 20 years This book argues that there has been a lack of scrutiny over the political motivations that underpin research supportive of pleasure and desire within comprehensive sexuality education In this volume key researchers in the field consider how discourses related to pleasure and desire have been taken up internationally They argue that sexuality education is clearly shaped by specific cultural and political contexts and examine how these contexts have shaped the development of pleasure s inclusion in such programs Via such discussions this volume incites a re configuration of thought regarding sexuality education s approach to pleasure and desire *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 Click here to read an interview with Gina Ogden on Oprah.com

Why Good Sex Matters Nan Wise, 2020-01-28 A sex therapist and neuroscientist describes anhedonia the inability to feel a satisfactory amount of pleasure and provides the pathway back to fully enjoying sex food time with family and friends and other pastimes while also staving off depression anxiety and addiction Assaulted with opportunities for pleasure everywhere from sex to food or exotic escapes our culture is becoming more depressed and anxious Research has shown that many people are having less sex and that those who do have a lot enjoy it less For more than thirty years Nan Wise has worked as a therapist helping people gain a satisfying sex life In recent years her work has shifted to the study of anhedonia the inability to experience pleasure from activities usually found enjoyable and why more people than ever suffer from it In *Why Good Sex Matters* Wise not only reveals the fundamental problem in how we think about sex and pleasure but also how we arrived at this problematic relationship to begin with This fascinating book helps us reclaim our innate capacity for joy fun exuberance curiosity and humor while showing how reaching our sexual potential makes us smarter happier and more productive people Ultimately it reveals how a new understanding of sex can lead to a more expansive experience of pleasure in all aspects of our lives

Sex, Power and Pleasure Mariana Valverde, 1985 Exploding many traditional notions of sexuality *Sex Power Pleasure* investigates the sexual lives of women today Mariana Valverde supportive of the changes wrought by the sexual revolution here unravels the stormy debates surrounding it now She explores the issues of pornography censorship eroticism and power Highlighting both the experiential and the theoretical Valverde candidly discusses heterosexuality lesbianism and bisexuality With wit and insight she evaluates the dramatic changes women are making in their sexual lives and argues that they are not simply victims of society's conditioning *Sex Power Pleasure* is a controversial and exciting work that adds a new and fascinating dimension to our understanding of women's sexuality

Women Who Love Sex Gina Ogden, 1995-04 In this revolutionary book noted psychotherapist Gina Ogden brings together women who love sex to talk intimately and frankly about what gives them the greatest pleasure The result is a redefinition of sex expressed in a language every woman will understand

Secrets of the Sexually Satisfied Woman Jennifer Berman, Laura Berman, Alice Burdick Schweiger, 2005-04-13 The nation's leading experts on women's sexual health offer up the secrets to female sexual satisfaction using data culled from their groundbreaking new survey Not since The Hite Report twenty five years ago has female sexuality been so comprehensively addressed and analyzed In *Secrets of the Sexually*

Satisfied Woman Drs Laura and Jennifer Berman topple common misconceptions and reshape conventional wisdom based on their revolutionary and highly anticipated National Women s Sexual Satisfaction Survey Extrapolating from the study results the Bermans address the psychological and medical factors that affect sexuality while providing expert accessible advice on how women can improve their sex lives and enhance sexual pleasure The Bermans are not afraid to take on topics that make most people blush and this book is sure to be an essential resource for women throughout the country 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 fulfilment and how it fits into a person s whole life and modern lifestyle ,

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