

SEX CAN SAVE YOUR HEART AND LIFE



Eugene Scheimann, M.D.

A revolutionary new five-point plan
to give you a healthier, happier life
through sexual enjoyment.

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National Library of Medicine Current Catalog National Library of Medicine (U.S.),1974 First multi year cumulation covers six years 1965 70 *Love, Sex, and Your Heart* Alexander Lowen,2013-01-16 Love Sex and Your Heart elucidates how emotional life and physical being are one mutually reflective as two sides of a coin Emotional life is tied to physical being and physical health is dependent on emotional well being Alexander Lowen s insight into these powerful connections offers an innovative approach to cardiovascular health and the treatment of heart disease Lowen examines the feeling of love as a physiological process in the body When this process is frustrated as in the case of heartbreak or isolation especially during childhood people suppress their pain by unconsciously rigidifying their chest muscles This results in a chronic restriction of breathing movement and feeling It is this tension that limits pleasure and predisposes so many to heart disease This book features the principles and therapeutic techniques to help people understand their fear of love release chronic muscular tension and become more loving It is essential reading for health professionals and anyone interested in the health of the heart *Surrounded* Beth Pedrodalasol,2008-05 This book is for humans only especially if the color of your blood is red Officer Beth talks about the Brave the Cowards and the true Survivors of Earth and gives tough love life directions She s a true life survivor as a San Francisco Police Veteran with near miss death situations and her Marine Mom s emotional survival story will move any human Officer Beth writes from her heart and she leaves footprints in yours There s Judge Judy there s Dr Laura and here s Officer Beth Officer of the Peace Who do you trust the most in giving you directions when you re lost

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start of what can be a challenging yet revealing enlightening and wonderful journey

Whispering the Techniques of Language: An Psychological Journey through **Sex Can Save Your Heart And Life**

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