

RAISING YOUR SEXUAL SELF-ESTEEM



How to Feel Better
About Your Sexuality
and Yourself

BEVERLY ENGEL, M.F.C.C.

Raising Your Sexual Self Esteem How To Feel Better About Your Sexuality And Yourself

Barbara Keesling, Ph.D.



Raising Your Sexual Self Esteem How To Feel Better About Your Sexuality And Yourself:

Raising Your Sexual Self-esteem Beverly Engel, 1995 Despite our seemingly tolerant nonjudgmental society sexual concerns are more widespread than ever before Not only must we address the AIDS epidemic and other sexually transmitted diseases but unrealistic expectations about body image performance and ability plague us as well Add low self esteem and it becomes impossible to enjoy the intimacy and exhilaration that come from healthy sexual relations with another human being Renowned psychotherapist Beverly Engel understand the powerful debilitating effects of low self esteem and provides insight into its causes from unspoken negative messages about sex we received as children to traumatic first sexual encounters to sexual abuse With both authority and compassion she helps you gain confidence enjoyment and pleasure in your life Here are stories from ordinary people from all walks of life discussing their sexual issues illuminating the problems that are so universal here too is the solid positive help they received from Engel help that has proven successful in her practice time and again

Freedom at Last Beverly Engel, 2022-12-15 Childhood sexual abuse CSA is not only an assault on the body it is also an assault on the mind and spirit In addition to imposing a significantly higher rate of conditions like depression anxiety post traumatic stress disorder sexual exploitation intimate partner violence suicidality and substance abuse the most devastating consequences of childhood sexual abuse is shame Freedom at Last will help former victims recover from all aspects of this extreme shame and its damaging after effects In this groundbreaking book leading psychotherapist Beverly Engel reveals the truth about how shame affects victims explains the nuances behind the emotion of shame and teaches readers how to develop more self awareness about how shame has manifested in their lives along with powerful and effective shame reduction strategies Not only does shame from CSA cause a multitude of problems this very same shame stands in the way of a victim's ability to recover and heal Freedom at Last offers effective strategies for not only healing the negative effects of abuse related shame but also the emotional barriers to disclosing abuse and seeking help due to difficulties trusting others and self blame Using cutting edge research along with her thirty five years of experience working with victims of child sexual abuse Engel provides a blueprint for readers to overcome the debilitating effects of shame including strategies for emotional release disclosing the abuse practicing self forgiveness eliminating shame causing behaviors including sexual compulsions and addictions

Desperate for Sex: A Guide to Managing Urges, Masturbation, and Mindful Hookups Ruby Spencer, Feeling overwhelmed by sexual desire but unsure what to do about it You're not alone Desperate for Sex is a practical no nonsense guide for single people struggling with intense sexual urges Instead of making impulsive decisions that lead to regret this book teaches you how to stay calm embrace healthy self pleasure techniques and make smart satisfying choices when it comes to partners and hookups You'll learn how to manage frustration why masturbation is more than just a quick fix with techniques to maximize pleasure and how to choose the right sexual partners for the right reasons Whether you're dealing with dry spells casual encounters or a raging libido this book provides the clarity and control you need to turn

desperation into confidence and sex into something truly fulfilling **Rx Sex** Barbara Keesling, Ph.D.,2000-04-21 In this warm and insightful book formerly titled *Sexual Healing* Barbara Keesling describes the many benefits of a healthy sex life teaches readers how to recognize a healing partner and demonstrates how to introduce sexual healing into a relationship at any stage Packed with intimate exercises that can be practiced with a partner or alone the book eases performance pressure and encourages readers to explore how touch and arousal can improve all areas of life **How to Raise Your Sexual I. Q.** Douglas H. Ruben,2002-07 Ruben provides a complete survival kit on how to meet date and romance sexual partners This easy to read book can increase sexual aptitude with secrets of finding eager partners why they are eager and what turns them on *Your Sexual Health* Kate White,2022-05-24 Get bite sized sex health tips from the gyno who's seen it all Dr Kate White M D M P H O B GYN gives front line advice on gyno health period health sex health and reproductive health dispelling old wives tales and offering fresh research with topic titles such as your vagina should smell and taste like a vagina treat your vulva like the Hope Diamond we don't care if you've shaved a partner who doesn't have a clitoris may not know where yours is if you have eggs and your partner has sperm think about contraception and there's no wrong or unnatural way to deliver a baby Dr Kate fills in the gaps left by modern sex education in an accessible and prescriptive way *Your Sexual Health* provides answers to your burning questions about your reproductive health and yes even questions about vaginal burning and tells you things you may have never even thought to ask As one of the country's leading gynecologists vice chair of academics director of the Fellowship in Complex Family Planning at Boston Medical Center and associate professor of O B GYN at the Boston University School of Medicine Dr Kate White arms readers with questions to ask of their own doctor downstairs Addressing topics like taking care of your vaginal health regulating your menstrual cycle eliminating painful periods choosing the right birth control and achieving orgasms you'll understand your body in a new way through 69 easy to digest sections And while many books about women's health care focus on the experiences of heterosexual women Dr Kate provides a friendly inclusive guide for all readers with female parts regardless of gender identity or sexual orientation Throughout *Your Sexual Health* you'll learn how to Understand how your body is normal and notice when it's not Have periods that don't ruin your life or your clothes Get in touch with your body and your partner for the best sex of your life Protect your body from STDs and STIs Learn the often normal causes for occasionally abnormal pap smears Discover the right contraception for your body *Your Sexual Health* is the perfect high school graduation gift or college graduation gift It's filled with trustworthy and approachable information making it your board certified bedside confidante until you can see your gyno **Heart Magick** Harmony Nice,2023-09-19 For modern day witches and those following a Wiccan lifestyle *Heart Magick* shows you how to find your authentic self connect with the earth and discover how to create beauty in every day Harmony Nice is at the heart of a growing community of modern day witches who practice natural magick to improve their own lives and the world around them Throughout this book she takes you on a healing journey offering advice on how to

make positive change and expand your awareness through daily practices magic and rituals With a focus on the mind body and soul Harmony teaches us to truly enjoy life to the fullest Celebrating the smaller moments and illustrating how the Wiccan religion can help to create positive energy in all areas of our lives Features Spells Rituals Tarot spreads Recipes Journal prompts Heart Magick is as much for someone reapproaching their craft as it is for someone completely new to the Wiccan way of life Harmony has made the Wicca teachings accessible for anyone with each chapter containing practical rituals and questions that can be used to prompt both self reflection and self improvement She opens up the world of magick and shows that it is both a tool for connecting with the natural world and our internal selves

Rekindling Desire Barry McCarthy,Emily McCarthy,2013-12-17 For over a decade Rekindling Desire has helped to restore and restructure sexuality in thousands of lives This expanded edition continues the exploration of inhibited sexual desire and no sex relationships by the author who brings decades of knowledge and the expertise that comes from having treated almost 3 000 couples for sexual problems Contained within are suggested strategies and exercises that help develop communication and sexual skills as well as interesting case studies that open the doors to couples sexual frustrations The shame embarrassment and hesitancy that individuals feel with themselves and the resentment and blame they can feel towards their sexual partners are explored and put into context Whether you are married cohabitating or dating or if you are 25 45 or 75 reading this book will help renew your sexual desire and put you on the path towards healthy pleasure oriented sexuality

Sexually Transmitted Diseases Lisa Marr,2007-09-04 Every year millions of people are exposed to a sexually transmitted disease And many people who are sexually active often worry about being infected In her comprehensive guide to STDs Dr Lisa Marr tells readers everything they need to know about avoiding preventing and treating these diseases Complete and up to date this book describes safer sex practices testing protocols and symptoms and details commonly known treatments as well as significant recent medical advances including new testing for the herpes virus the vaccine against the human papilloma virus HPV and new discoveries about the effectiveness of spermicides and condoms For each disease Dr Marr offers the latest Sexually Transmitted Disease Treatment Guidelines from the Centers for Disease Control and Prevention Forthright compassionate and practical this guide is a trusted source of advice for anyone who is sexually active

The Complete Idiot's Guide to Enhancing Sexual Desire Judy Ford, MSW, LCSW,Rachel Greene Baldino 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

Loving Him without Losing You Beverly Engel,2001-06-01 Are you a Disappearing Woman Beverly Engel has identified a widespread problem and provided women with wise guidelines for bursting through it She writes with compassion and insight If you think you are a Disappearing Woman you will drink in this book as if it were a health giving

elixir It is Susan Page author of How One of You Can Bring the Two of You Together and If I m So Wonderful Why Am I Still Single This remarkably helpful book offers new insights into why so many women surrender their individuality in relationships Don t wait until your hair is on fire to read it Maxine Schnall founder and Executive Director of Wives Self Help A book of depth and power I highly recommend it not only to women who lose themselves in their relationships with men but to the parents of adolescent girls who need to be taught how to view themselves as valuable beings separate from their relationships with men and boys Michael Gurian author of The Good Son and A Fine Young Man Do you frequently find yourself putting your lover s needs ahead of your own Do you tend to lose yourself in your romantic relationships Have you ever neglected your career your friends or even your health while in the midst of a love affair Now in this landmark book Beverly Engel examines the intricate reasons why so many women submerge themselves in their relationships with men and offers a straightforward empowering program that you can use to free yourself from the powerful grip of this all too common problem and rediscover yourself as a Woman of Substance

Living a Healthy Life with Chronic Pain David

Sobel, Virginia González, Sandra LeFort, Kate Lorig, Francis Keefe, Marian Minor, Diana Laurent, Maureen

Gecht-Silver, 2021-09-07 Living a Healthy Life with Chronic Pain has helped over 90 000 individuals manage their pain and strive to live satisfying fulfilling lives In the new second edition the authors have carefully developed and improved every chapter Packed with useful advice tips strategies and positive reinforcement the book empowers readers to become their own informed pain self managers Each person with chronic pain is unique and the goal of this book is to help each person manage their lives in the way that works best for them The new edition includes An updated and scientifically sound discussion of pain in Chapter 1 that gives readers the information they need to best manage their personal pain An updated resources chapter with a useful emphasis on how to find and judge online resources New more in depth coverage of mental health issues related to pain including depression anger fear guilt stress and memory problems An all new chapter Organizing and Pacing Your Life for Pain Self Management and Safety that includes thorough well illustrated information on using assistive technology Completely rewritten exercise chapters with clearer illustrations to help readers build their own exercise program step by step This chapter also discusses taking advantage of exercise opportunities in the community An updated communication chapter to assist readers as they navigate through the health care system featuring helpful tips on remote communication as well as in person visits Another all new chapter Managing Pain During Employment and Unemployment sensitively addresses the issues connected with experiencing pain in the workplace Two completely updated chapters on weight management and nutrition that discuss the relationship between pain and nutrition and reflect current government standards and the most recent research The Moving Easy Program audio is included with the book on CD or to stream online

God, Sex, and Gender Adrian Thatcher, 2011-03-29 Engagingly and clearly written by a highly respected theologian God Sex and Gender is the first comprehensive introduction to a theology of both sexuality and gender available in

a single volume Makes a theological contribution to understanding the unprecedented changes in sexual and gender relationships of the last fifty years Discusses many topics including sexual difference sexual equality gender and power the nature of desire the future of marriage in Christian sexual ethics homosexuality and same sex unions the problems of sexual minorities contraception in a time of HIV AIDS the separation of sexual experience from marriage and offers new arguments for marriage and for chastity Offers a consistent and engaging introduction at the cutting edge of theological inquiry which is contemporary undogmatic questioning and relevant to readers experience interests and needs Written lucidly and engagingly by an established and respected academic who has published widely in this area 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 *Discovering Your Couple Sexual Style* Barry W. McCarthy, Emily McCarthy, 2011-03-17 Winner of the 2009 Smart Marriages Impact Award Think all sex should be earth shattering The quality of most couple sex doesn't measure up to the much distorted image of the perfect romantic love passionate sex encounter portrayed in popular culture In *Discovering Your Couple Sexual Style* Sharing Desire Pleasure and Satisfaction renowned marital and sex therapist Barry McCarthy and his wife Emily McCarthy urge couples to ignore what they see on TV in books or online and discover their own unique sexual style The McCarthys offer three guidelines for sexual satisfaction develop positive realistic sexual expectations explore sensual and sexual options and communicate sexual desires With this foundation couples can take a straightforward survey to determine which of four couple sexual styles best fits their

relationship Based on three years of research and treating more than 4 000 individuals and couples Discovering Your Couple Sexual Style provides information guidelines exercises and case studies that will help readers find their own sexual voice and develop a mutually satisfying sexual style *Following Your Treasure Map* Nicholas J. Mason, Ph.D.,2001-06-20 A practicing specialist in the health and education fields for over thirty five years Nicholas J Mason Ph D has typically worked with clients who feel lost in the bewildering environment of their lives They say they don t know what they feel or what they want from life They are unclear about where they are going and they don t know for sure where they have been These clients complain of feeling helpless out of control confused disoriented and generally unhappy They are not fulfilled souls They need a treasure map to lead them back to a more productive and satisfying path Other clients feel comfortable with their personal lives but have conflicts at work or difficulty getting their careers on track Some are happy enough personally and professionally but want to eliminate destructive habits or gain greater control over their bodies Some feel they know what they need to do but lack motivation Others have severe health problems They all would prosper from a treasure map that would show them the most productive way to achieve whatever is best for them in whatever realm of life where they require it Dr Mason has developed such a comprehensive Treasure Map to create gratifying lifestyles Specifically the Treasure Map reveals that by maintaining heightened conscious awareness respecting our bodies and spirits and invoking the powers of our subconscious we can learn what we really really want in life and use that knowledge to reach our optimum levels of fulfillment In his experience Dr Mason has found that people who accept this principle and develop the skills to put it into practice solve many of their problems and greatly enhance the quality of their lives Therefore the book s primary purpose is to show readers how to create a lifestyle that enables them first to recognize and then realize their deepest ambitions After the introductory chapters readers learn how to use their Treasure Map to achieve autonomy and optimize health careers and relationships Each chapter presents anonymous case studies from Dr Mason s practice and includes specific exercises and practical techniques as well as narrative explanations Fit & Healthy Pregnancy Kristina Pinto,2013-06-04 Exercise during pregnancy isn t just safe it s healthy for you and your baby Fit Healthy Pregnancy will help new mothers experience an easier healthier pregnancy and a faster return to fitness after delivery Fit Healthy Pregnancy dispels generations of old wives tales about exercise and pregnancy so active women can stay strong and in shape This book from running coach Dr Kristina Pinto and triathlete Rachel Kramer MD goes beyond labor and delivery through the fourth trimester helping new mothers return to fitness after they ve had their babies Fit Healthy Pregnancy reviews up to date research to show that exercise during pregnancy isn t just safe it s ideal for health and wellness Pinto and Kramer guide moms to be through each trimester showing how their bodies nutrition needs and workouts will change The authors cover the months following delivery when women adapt to a new lifestyle that balances family fitness self and perhaps a return to work They offer smart guidance and tips on breastfeeding sleep training nutrition and hydration weight loss and how to transition back into workouts and training

Fit Healthy Pregnancy includes Trimester guides to body changes nutrition and emotional health Guidance on exercise rest body temperature injury prevention Guidelines and suggested workouts for running swimming and cycling Strength and flexibility exercises to reduce discomfort and chance of injury Tips on exercise gear for each trimester Symptoms of common pregnancy conditions and when to see a doctor Three chapters of expert guidance on returning to fitness after delivery

Solo, So Good: A Queer Woman's Guide to Mind-Blowing Masturbation Lucy Woodman, Solo So Good is a bold affirming celebration of pleasure on your own terms In this refreshingly honest and body loving guide Lucy Woodman invites queer women to rediscover solo sex as a radical joyful and deeply personal act From exploring fantasies to expanding technique this book is packed with real talk juicy suggestions and tools for tuning in to your unique desires Whether you re a seasoned soloist or just beginning your self love journey Solo So Good reminds you that the most important relationship is the one you have with yourself and it can be so damn satisfying

The Teenage Body Book Guide to Sexuality Kathy McCoy,1984-09 Sexuality Education Clint E. Bruess,Jerrold S. Greenberg,2004 Sexuality Education Theory and Practice Fourth Edition is designed to prepare future sexuality educators and administrators as well as seasoned teachers about sexuality and also aims to clarify the false assumptions related to sexuality education This one of a kind resource provides comprehensive coverage of information and issues related to sexuality education and the skills needed to prepare sexuality educators

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