

'A rare gem of a book which manages to combine the erotic spirituality of sex with good-old down-to-earth advice.'

*Rebecca Dymally, Sex columnist at the Observer
journalist, News Ltd*



Self-sexual healing

Finding pleasure within

JO-ANNE BAKER

Self Sexual Healing Finding Pleasure Within

Alexandra H. Solomon



Self Sexual Healing Finding Pleasure Within:

Self Sexual Healing Jo-Anne Baker,1998 This work shows that everyone has the power to find sexual pleasure Exploring sexual blocks fears and inhibitions the author prescribes simple tried and tested techniques to release them forever Questions answered include How to achieve amazing orgasms How important is masturbation Where is the G spot What are the best sex toys to use The book shows that the individual is the key to sexual happiness nobody has to wait for the perfect partner to have the best sex It also shows that sexuality is a life long adventure one that can be fun and dynamic with much empowerment and happiness along the way

Feral Self-Care Mandi Em,2023-10-24 It s time for a new type of self care No bubble baths No yoga Just some truly wild truly effective ideas and activities that are good for you and your overall wellness It s time to get feral Feral Self Care is loaded with self care ideas that will actually help nourish your soul and make you feel good Each entry covers an activity that reconnects you with your authentic self helping you feel more empowered free and confident in embracing this human experience in all its messy glory From self care activities that will have you connecting with nature to those that have you digging deep and exploring your truest self Feral Self Care goes beyond the skin creams and face masks to reveal and restore your inner being You ll find inspired ideas such as nature sounds ASMR dancing in the rain and much more

Embrace Pleasure Dee Dee Goldpaugh,2025-06-24 A compelling radical exploration of psychedelics healing potential Kirkus Reviews Explains how psychedelic experiences offer a way to reconnect with the body reclaim pleasure rekindle joy and reawaken to love Explores how psychedelics can support our sexual healing and offers a range of psychedelic integration techniques and somatic exercises to help release trauma and foster insight Shares recent research on trauma and case studies from more than a decade of professional clinical work as well as lessons from the author s own healing journey from sexual trauma and PTSD In this groundbreaking book psychotherapist and psychedelic integration expert Dee Dee Goldpaugh shows how the profound healing and restorative effects of psychedelics can help us heal our sexuality reconnect with pleasure find wholeness and feel good again Sharing recent research on trauma and case studies from more than a decade of professional clinical work Goldpaugh explores specific ways psychedelics can heal sexual trauma enhance sexual pleasure and deepen our interpersonal connections Goldpaugh looks at MDMA psilocybin ayahuasca mescaline 5 MeO DMT and other psychedelics and offers a range of integration techniques as well as somatic exercises to help foster insight and apply the lessons learned during psychedelic experiences to everyday life Goldpaugh also examines the methodology behind psychedelic assisted therapy and how readers can safely navigate risks and explore their own healing at home Revealing the transformative power of embracing pleasure for healing sexual trauma this book provides an essential guide to psychedelic sexuality as a path to healing and love

Black Women's Bodily Autonomy, Sexual Freedom, and Pleasure Clarissa E. Francis,2025-05-19 This text explores scholarship practice and advocacy for Black women s pursuit of bodily autonomy sexual freedom and pleasure Inspired by Megan Thee Stallion s song Hot Girl Summer

and pleasure activism Dr Clarissa E Francis *The Real Hot Girl Doc* examines the cultural and social impacts of hot girl music and its transformative effects on Black women's sexual liberation journeys Francis introduces readers to the Hot Girl Movement addressing intergenerational trauma denial of bodily autonomy and pleasure politics This book offers a historical review and current documentation of Black women's role in the evolving movement for sexual liberation in the United States with a particular focus on Atlanta Georgia Chapters delve into the history of systemic oppression presenting research on Black women's experiences with gendered racism while demonstrating the socio cultural influences shaping Black women's sexual liberation The book centers Black women's narratives featuring the work of sexologists clinicians somatic practitioners and community organizers in guiding Black women to achieve sexual liberation The final chapter outlines conclusions of the research on the Hot Girl Movement and provides recommendations for participating in and supporting this movement This interdisciplinary text is essential reading for scholars clinicians healing practitioners birthworkers and activists including those in fields of sexuality sex therapy sociology gender studies Black Africana studies public health and social justice Exercises and additional resources are available on the product page under Support Material

Healing the Hurt Within 3rd Edition Jan Sutton, 2007-11-12 Skillfully woven together with empathic insight into the lives and minds of those who self injure *Healing the Hurt Within* is replete with the latest developments in the field informative statistical data instructive diagrams carefully selected resources case studies expert testimonies and practical self help activities The author's warmth compassion and regard for those caught in the cycle of self injury shines through the pages of this profoundly enlightening and extensively updated 3rd edition *Healing the Hurt Within* offers solace hope and direction to those who self injure guidance to family and friends supporting a loved one who self injures and guidelines to professionals and voluntary caregivers on how to respond to clients that self injure

Healing Sex Staci Haines, 2010-02 *Healing Sex* is the encouraging sex positive guide for all women survivors of sexual assault heterosexual bisexual lesbian coupled and single who want to delight in their own sexuality While most books on the topic broach sexuality to reassure women that it's all right to say no to unwanted sex *Healing Sex* encourages women to learn

Sexual Intimacy in Marriage William R. Cutrer, Sandra Glahn, 2020-03-17 Expert biblical answers to tough questions Every couple has those questions they don't know how or whom to ask *Sexual Intimacy in Marriage* discusses the basics like the definition of marriage and the not so basic topics such as achieving sexual pleasure and biblically OK sexual activity It addresses real people in the real world without compromising God's wonderful purpose and design for his gift of sex This highly acclaimed medically and biblically accurate book extensively covers sex in marriage with a sensitivity and frankness that every couple will appreciate With over 100 000 copies in print and now in its fourth edition this best selling biblically based book for newly weds and truly weds is the gold standard for Christian intimacy guides Has greatly benefited our own family and marriage relationship Marvelously blends the glory of sex with the reality of life Dr Tony and Lois Evans Scientifically accurate biblically based

intensely practical and written with a large dose of humor David Stevens President Christian Medical Dental Association Cutrer and Glahn cut through the fog of partial truths to help newlyweds soon to weds or couples who have been married for years The Dallas Fort Worth Heritage

Hormone Goddess Samantha Hadadi,2025-05-27 Discover the transformative power of the female body with Hormone Goddess the ultimate guide for women seeking to understand and support their hormonal cycles Written by Samantha Hadadi known as the_hormone_goddess on Instagram this book provides insightful knowledge and practical tips to help women connect with their natural rhythms and celebrate the unique journey of their bodies Comprehensive and Accessible Hormone Goddess thoroughly explores the four stages of the female hormone cycle empowering women to embrace support and celebrate their natural hormonal changes Empowerment Through Knowledge The book challenges negative perceptions around periods and female hormones encouraging women to view their cycles as a source of strength Practical Self Care Learn how to look after yourself with self care tips and recipes for each stage of the hormone cycle making it easier for women to align with their bodies and enhance their overall well being In Hormone Goddess the focus shifts from managing or even hiding the menstrual cycle to celebrating its magic and majesty This empowering guide invites women to reclaim their connection to their bodies fostering a deeper understanding of their cycles and encouraging a life rooted in confidence and self care

IntuWitchin Mia Magik,2024-01-30 A savvy witch s guidebook on strengthening their innate capacity to speak the symbolic language of the universe and trusting their inner knowing their intuwitchin From the founder of Witch School Mia Magik comes a guide to what she calls IntuWitchin There s a key difference between intuition and IntuWitchin While they both come from within us IntuWitchin involves our innate capacity to learn and fluently speak the symbolic language of the Universe It allows us to receive information from every animal or number any part of our body dreams conversations and more We ve all been told to follow our intuition but IntuWitchin shows you how It means reclaiming your magik to see how the world around you is always communicating with you and letting you know which way to go IntuWitchin makes you your own teacher guide healer and hero of your story Putting the Witch in IntuWitchin supports you in owning your witchiness how your wisdom expresses through you and synergizing that unique essence with the magik of the world all around you The book describes how to tap into your Intuwitchin and apply it in your life with rituals magikal practices journaling prompts and chapters on Reclaiming the witch wound in order to move forward in courage and empowerment Understanding signs and symbols from the Universe Divination tools like astrology tarot numerology and color magik Recognizing how your body speaks to you Incorporating the wisdom of the elements into your magik

Sexual Shame in Women and How to Experience Freedom Joy Skarka,2022-04-29 Sexual shame causes women to feel far from God live a secret life of sexual sin doubt that God loves them and even question their salvation Sexual Shame in Women and How to Experience Freedom will help readers understand sexual shame as one of the root issues among women s sexual struggles while focusing specifically on the issues of pornography and sexual abuse Ministry leaders

must help women find freedom from sexual shame to help them walk in sexual integrity wholeness and healing The freedom journey begins through understanding the character of God being known in biblical community and understanding God s design for sexuality This research project is a dissertation from Dallas Theological Seminary s DMin program **Bliss 101** Carole Prism,2007-08 What you believe forms your world Your intuition may be telling you to go in an unknown direction Your choices and instincts may disagree with professional advisers and friends What and whom do you trust In our modern time stressed society it is all too easy to think I can t It will never happen It is not within my range Bliss 101 takes you out of your day to day chaos and pulls you into a world where you are the individual that matters Ask yourself what do you really want from life Carole Prism can help you get it With Bliss 101 as your primer you can turn your dreams into a reality This breezy pocket guide of wisdom contains stories questions and most important answers Prism gently nudges you out of the fast lane and into the world of bliss And before you know it you will be saying I can It will happen It is within my range

Advanced Yoga Practices - The AYP Plus Lessons Yogani, The AYP Plus Lessons eBook is offered as a resource for off line study covering nearly 1 000 lessons and additions on practices and experiences Until now this large amount of instructional content has only been available through the AYP Plus online service Full Scope Yoga consisting of eight limbs opens the doorway between our outer and inner reality leading us to Abiding Peace Unity and Joy in all aspects of life The Advanced Yoga Practices AYP Lessons provide detailed instructions on how to open the doorway of our nervous system aiding us in unfolding our full potential and destiny in this life Deep Meditation Spinal Breathing Pranayama and Yoga Asanas form the foundation of daily practice in a short routine compatible with modern life with extensive refinements and many additional practices provided in the lessons as experience in human spiritual transformation advances over time Prudent Self Pacing of practices for comfort and safety is a core teaching throughout the lessons The AYP Lessons began in 2003 as an online resource Over the years the teachings have expanded to populate several websites more than 15 books and translations into more than a dozen languages The two original AYP Easy Lessons for Ecstatic Living books published in 2004 and 2010 cover nearly 500 lessons combined As the writings continued the AYP Plus online service was launched in 2015 eventually providing nearly 500 additions to the original lessons expanding and refining the teachings based on the questions and experiences of hundreds of practitioners Yogani is the author of ground breaking books on highly effective spiritual practices including the Advanced Yoga Practices lesson books the concise AYP Enlightenment Series books and The Secrets of Wilder spiritual adventure novel Over the years the AYP writings have been praised as one of the most comprehensive and accessible instructional resources on Full Scope Yoga See hundreds of testimonials in the back of the book With the publication of this large eBook the full teachings contained in the AYP Plus Lessons are being made available in book form for the first time **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 **Australian Books in Print**

1999 K G Saur Books,1999-04 Excellent coverage essential to worldwide bibliographic coverage American Reference Books Annual This comprehensive reference provides current finding ordering information on more than 123 000 in print books published in Australia You'll also find brief profiles of more than 12 000 publishers distributors whose titles are represented as well as information on trade associations local agents of overseas publishers literary awards more From Thorpe Peace with Self, Peace with Food Galina Denzel,2022-02-14 It's not about willpower and it's not about the food Most people blame their eating behaviors on a lack of willpower Eating intuitively hasn't worked Eating less and moving more Trying to change your body image These only last so long Many people are worried that they can never have a healthy relationship with food Peace with Self Peace with Food looks past all that and gets to the heart of what causes our battles with food Through her years of training and practice in trauma healing as well as her own reconciliation with food and self Galina Denzel has developed a program to help readers embark on their own journey to healing Personal and ancestral traumas inform behaviors around food and Peace with Self Peace with Food will help you identify patterns laid down even before you were born Patterns that have long contributed to your eating behaviors and continue to affect your relationship with food today Through the exercises in Peace with Self Peace with Food you will come to understand your eating habits and the neurobiological network that has held them in place until now What's more you will see food your mind and your body in a new light Not as enemies to be tamed but as allies that can teach you how to care for yourself and for your health with love

We Real Cool bell hooks,2004-08-02 When women get together and talk about men the news is almost always bad news writes bell hooks If the topic gets specific and the focus is on black men the news is even worse In this powerful new book bell hooks arrests our attention from the first page Her title *WeReal Cool* her subject the way in which both white society and weak black leaders are failing black men and youth Her subject is taboo this is a culture that does not love black males they are not loved by white men white women black women girls or boys And especially black men do not love themselves How could they How could they be expected to love surrounded by so much envy desire and hate **Triumph Over Darkness**

Wendy Ann Wood,2012-05-01 This collection of prose and therapeutic insights creates a powerful commentary on incest rape abuse and the recovery process Women and men share their personal experiences of childhood abuse and walk with the reader along the path toward wellness They reflect each stage of healing with a clarity that while often painful is also hopeful Addressing various aspects of abuse including ritualistic abuse multiple personality disorder and partnering as well as providing a therapist's insights on the stages of healing *Triumph Over Darkness* helps readers to understand recovery as a predictable process and see that healing is possible **Ready to Heal E-Book** Kelly PhD. McDaniel,Sarah

Boggs,2012-08-05 It s no surprise that our culture is addicted to love The sappy love songs the enticing ads for romantic getaways and the desire to be cherished by a special someone will never lose their appeal But for some women this poses a significant problem Because of their insatiable desire for love they will do anything to find it and ultimately land in destructive addictive relationships over and over again causing incredible harm This newly revised and expanded edition of Ready to Heal provides an opportunity for women to break free from painful addictive relationships Kelly McDaniel provides the reader with the tools they will need to move along the path to living a life where intimacy is possible Readers have an opportunity to begin to connect the dots in their own relationship patterns by following the stories of four brave women A newly added chapter on Mother Hunger explores the role of the mother in infancy and how she ultimately impacts a daughter s ability to have healthy intimate relationships later in life Break free from the chains of addictive relationships that sabotage happiness and self respect

Still Reading Romance Josefine Smith,Kathleen W. Taylor Kollman,2025-04-01 In a world that commodifies feminism is adapting romance novels for small and big screen projects and the Romance Writers Association is evolving to a more inclusive representative group it is imperative for researchers to reevaluate the cultural assumptions and gender norming work happening in the romance genre It is time to question the cultural capital of traditional archetypes explore the experience of romance readers and question how romance and cultural studies researchers create quantitative qualitative and mixed methods research This work centers around a data set collected with a revised version of Janice Radway s Reading the Romance survey that will be shared with all the authors of this anthology By having access to this pool authors will have the opportunity to explore different elements of reader experience and cultural norms in romance fiction and potentially reflect on changes since Janice Radway s seminal work The norms and negotiations readers experience while consuming romance is especially interesting as romancelandia becomes a more mainstream part of popular culture with the popularity of Bridgerton and romance series like Ice Planet Barbarians exploding on BookTok No other book in romance or popular culture studies identifies a data set as the connecting element and to do so creates an exciting opportunity to create a more inclusive study of popular romance offer truly interdisciplinary research on the question of how readers read romance and generate diverse areas of future scholarship This edited volume explores multiple issues in romance fiction based on survey data from real romance readers An updated version of Janice Radway s influential survey looking at romance readers in the early 1980s this time scholars explore romance readers habits and attitudes in the twenty first century Each contributor in this volume uses the same survey data to make unique statements about gender intersectionality popular fiction and popular culture By using a common data set but approaching it from different perspectives this unique volume is able to apply multiple methodologies to the same subject

An Intersectional Approach to Sex Therapy Reece M. Malone,Marla Renee Stewart,Mariotta Gary-Smith,James C. Wadley,2021-12-20 When a Black Indigenous or racialized individual or relationship works with a sex therapist a host of cultural circumstances can

contribute to intimacy discord and sexual dysfunction This collection brings together clinicians and educators who share their approaches bridging sex therapy with a client s relationship to their racial cultural and ethnic identity This essential book aims to enhance therapists supervisory practices and clinical treatments when working with culturally diverse and marginalized populations fostering greater understanding and awareness Innovative tools that integrate the impacts of acculturation minority status intersectionality and minority stress are discussed with case studies demonstrations and critical questions included This collection is a necessary read for anyone who is training to be or who is an established sex therapist marriage and family therapist relationship counselor or sexuality educator and consultant

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