# THE SEXUAL SELF





"Self-love is about respecting and appreciating every single part of who you are, and being proud to be you"

- Miya Yamanouchi, Embrace your Sexual Self: A practical Guide for Women

# **Sexual Self**

**Libby Bennett, Ginger Holczer** 

#### **Sexual Self:**

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 Your Sexual Self Miva Yamanouchi, 2015-04-10 This is a resource for women seeking practical techniques to discover explore express and embrace their sexual self This book teaches you specific skills to improve your relationship with yourself the key to better sex and relationships with others by assisting you to connect with your core sexual self through intensive reflective questions and strategies This book will allow you to access and celebrate your unique and beautiful sexuality Heal Your Sacred Sexual Self Adam and Dawnee Loya, 2013-11 Are you afraid of sexual pleasure suffering from low libido sexually abused addicted to porn emotionally oppressed a rape survivor recovering from being prostituted Are you ready to dynamically transform your Sacred Sexual Self Are you motivated to learn communication skills which honor and respect your intimate self Are you willing to balance your yin with your yang to maximize your sexual health and well being Your Sacred Sexual Self deserves and desires your loving approval acceptance attention and creative expression Here is the antidote spiritually for sexual dis ease enhancing your true self your love and your wholeness Adam and Dawnee Loya offer affirmations prayers creative visualizations meditations sexercises and blissful food to heal your Sacred Sexual Self These teachings come from Tantric Taoist and Toltec traditions for the most part as well as Tibetan Buddhism We are inspired by all spiritual teachings which teach love and honoring of Goddess with God creating balance Finding and Revealing

Your Sexual Self Libby Bennett, Ginger Holczer, 2010-04-16 Finding and Revealing Your Sexual Self integrates case studies and Sexercises designed to enhance the information in each chapter The tone of the book is one of compassion with a common sense approach that takes into account various sexual orientations Special Sexual Healing sections are dispersed throughout containing relevant questions and answers relating to the difficulties that arise in different areas of sexuality and communication The methods used in the book are tried and true exercises successfully used by the authors in couple and individual therapy Finding and Revealing Your Sexual Self helps readers to become sexually self aware and able to share this awareness with their partner while providing the tools to discuss sex with professionals if necessary Sexuality-Related Measures Robin R. Milhausen, John K. Sakaluk, Terri D. Fisher, Clive M. Davis, William L. Yarber, 2019-06-25 This classic and invaluable reference handbook written for sex researchers and their students has now been completely revised in a new fourth edition It remains the only easy and efficient way for researchers to learn about evaluate and compare instruments that have previously been used in sex research Sexuality in Emerging Adulthood Elizabeth M. Morgan, Manfred H. M. van Dulmen, 2021-04-15 Sexuality in Emerging Adulthood provides a comprehensive overview of sexuality at the stage straddling adolescence and adulthood The first section of the volume offers conceptualizations and foundational perspectives on sexuality in emerging adulthood with topics including theory developmental considerations sexual behavior sexual beliefs and attitudes associations with romance casual sex and sexual orientation The second section systematically examines contexts and socializing agents of sexual development including parents peers media and religion The third section narrows in on the overarching theme of the series by addressing factors leading to flourishing and floundering in the area of sexuality during emerging adulthood such as effects of early adversity sexual health sexual well being sexuality and mental health and sexual assault Accompanying seven of the chapters in the volume are brief scientific reports offering new related research The volume also contains four method tutorials that discuss topics in sex research such as ethical considerations recruitment and incentive strategies and identity affirming methods Concluding with innovative new perspectives on the integration of sexual health promotion and sexual violence prevention this volume is crucial reading for academic scholars and those working with and supporting emerging adults **Damaged Goods?** Adina Nack, 2009-08-21 How living with a chronic stigmatizing and contagious disease transforms women s lives Sex on Saturday Night Patricia Hayes Smith, 2022-11-19 Relationships always begin with high vitality the vroom vroom of attraction and intimacy But often that vroom vroom subsides societal expectations persist life events happen and partners are left wondering where the intimacy went and why their relationship seems so unfulfilling Patricia Hayes Smith in her book Sex on Saturday Night The Art of Intimacy tackles this issue by looking at how behavior contributes to the vitality of a relationship and how partners interact She delves into why partners behave the way they do moreover why YOU behave the way to do Is your partner full of Warrior or Wildman archetypal energy Are you in your mental Achieving Self and suppressing your

Loving Self Are you in love with being in love What distractions has your partner created to avoid intimacy Is your partner in male energy today Learn about all these aspects of Self and what those aspects mean to a relationship In Sex on Saturday Night The Art of Intimacy learn what steps you can take to understand yourself remove thoughts and feelings that are at the root of dysfunction and thus revitalize your relationship In addition you are given doable suggestions on how to maintain a healthy and vital relationship A must read if you are ready to put the intimacy back into your relationship and Media Effects Stacey J.T. Hust, Jessica Fitts Willoughby, Rebecca Ortiz, 2024-12-12 With teens having more control and choice over their media consumption than ever before this book highlights how the current media landscape impacts adolescent sexuality in the areas of identity development romantic and sexual relationships sexual health and advocacy and education Recognizing that teens are often media multitaskers and media effects do not occur in isolation by platform the book includes examinations of a wide variety of media types and content to provide a more comprehensive look at the media landscape and its impact on teen sexuality While the text includes empirical data driven chapters that are authored by experts in the field it also prioritizes the diverse voices of teens throughout All research studies featured in the book are informed by data collection with teens themselves from various parts of the world representing a range of teen identities This is a key text for researchers and undergraduate and graduate students in the fields of communication including media effects and health communication human development psychology and public health with relevance to parents educators and policy makers as well The Open Access version of this book available at http www taylorfrancis com has been made available under a Creative Commons Attribution Non Commercial No Derivatives CC BY NC ND 4 0 license AIDS and Adolescents Lorraine Sherr, 2022-12-29 Originally published in 1997 Aids and Adolescents provided an insight into a wide range of adolescent issues which were rarely compiled in one volume at the time Much of the HIV epidemic response had been at the individual level in the hope that this narrow focus would provide the key to containment and resolution of spread However over the ten years since the epidemic had taken hold it was clear that paradigms were limited input was uncritical and large cohorts were overlooked In this text a series of contributions have been compiled to explore adolescent issues ranging from sexual behaviour and health education campaigns to HIV prevention and HIV AIDS care The chapters begin by giving an overview of adolescent problems such as homelessness pregnancy and gender and explore why these problems are so often overlooked We then move on to an examination of the facts and fictions associated with adolescent risk challenging some of the basic current notions underpinning approaches to the subject at the time Also included are particular focused studies of Australian adolescents beliefs about HIV and STDs and also the American adolescents perceptions of drug injection Finally the volume gives a focused view of those with HIV infection with a review of findings of the time neuropsychological and psychological factors This overview provided some comments on merging issues and future directions Today it can be read in its historical context Principles and Practice of Sex Therapy, Fifth Edition Yitzchak M. Binik, Kathryn S. K.

Hall, 2014-03-19 This book has been replaced by Principles and Practice of Sex Therapy Sixth Edition ISBN 978 1 4625 4339 Handbook of Sexuality-Related Measures Terri D. Fisher, Clive M. Davis, William L. Yarber, 2013-09-13 This classic and invaluable reference Handbook written for sex researchers and their students has now been completely revised in a new edition complete with its own companion website It remains the only easy and efficient way for researchers to learn about evaluate and compare instruments that have previously been used in sex research In this third edition of the Handbook 218 scales complete with full descriptions and psychometric data are made available with additional information provided at the companion website for this volume Social Psychology Australian & New Zealand Edition Saul Kassin, Steven Fein, Hazel Rose Markus, Kerry Anne McBain, Lisa Williams, 2019-08-01 Using a balanced approach Social Psychology 2e connects social psychology theories research methods and basic findings to real world applications with a current events emphasis Coverage of culture and diversity is integrated into every chapter in addition to strong representation throughout of regionally relevant topics such as Indigenous perspectives environmental psychology and conservation community psychology gender identity and attraction and close relationships including same sex marriage in different cultures gendered behaviours when dating and updated data on online dating making this visually engaging textbook useful for all social psychology students Handbook of Sexuality-Related Measures Clive M. Davis, 1998 Fundamental to understanding human sexual expression is reliable and valid measurement and assessment Many instruments have been developed to measure a myriad of sexuality related states traits behaviours and outcomes Few are easily accessible and the information is often limited concerning appropriate use and psychometric properties To counter these problems the Handbook of Sexuality Related Measures reproduces more than 200 instruments accompanied by essential information for their use in research educational and clinical settings Each chapter describes the development and appropriate use of each instrument Reliability and validity data are summarized and referenced Happiness and Well-Being Lucien Sina, 2024-06-05 Happiness and Well being from Lucien Sina is a captivating exploration of the psychological science behind achieving physical health and optimal psychological functioning This book offers a panoramic view of strategies for improving health and well being drawing from the expertise of leading scholars in the field Packed with examples from media and scientific journals it discusses the importance of accurate and up to date health information in achieving a good life The content is written in an accessible manner making it suitable for students faculty general readers and professionals interested in health psychology positive psychology and the psychology of adjustment If you re looking for a critical look at how psychology contributes to improving well being and offers insights into psychological well being Happiness and Well being is an essential read **Gender and Sexuality Development** Doug P. VanderLaan, Wang Ivy Wong, 2022-08-30 This book showcases a wealth of knowledge and insight on gender and sexuality development With contributions from leading researchers it covers a comprehensive set of topics at the forefront of the field and strikes a balance between traditional and emerging areas of study Given that gender

and sexuality are shaped by myriad influences this book is modelled on an interdisciplinary perspective and delves into biological comparative psychological cognitive social cultural and clinical approaches In so doing this collection conveys the rich tapestry of gender and sexuality science and will hold value for many For those already in the field this book provides an excellent resource for brushing up on the latest and for inspiring the next phases of scientific investigation Those who are newer to the field including undergraduate and graduate students stand to gain tremendously from not only the thoughtful and informative content but also from the interdisciplinary approach modelled throughout the book Beyond academia this book is a valuable resource for clinicians and policy makers who deal with child and adolescent issues of Menopause Marie Percival, 2025-02-07 What physical and psychological changes can I expect when going through the menopause How can I protect my well being during menopause How can I ensure a good menopause experience The Psychology of Menopause provides a useful and positive guide to understanding the psychological social and sexual changes that occur during and following menopause Going beyond hot flushes and HRT it focuses on how to enhance psychological well being by looking at the science behind women's lived experiences of perimenopause and postmenopause. The book explores key psychological issues during this transition such as the risk factors associated with mood and anxiety the changing social and personal roles for women in midlife the impact on relationships and the reasons for brain fog By putting women's psychological well being at the heart of this stage of life The Psychology of Menopause provides a much needed examination into the psychological social cultural and interpersonal aspects of the transition into and beyond menopause

Handbook of Oncology Social Work Grace Christ, Carolyn Messner, Lynn Behar, 2015-01-28 The development of this inaugural Handbook of Oncology Social Work Psychosocial Care for People With Cancer provides a repository of the scope of oncology social workers clinical practice education research policy and program leadership in the psychosocial care of people with cancer and their families It focuses on the unique synergy of social work perspectives values knowledge and skills with the psychosocial needs of cancer patients their families and the health care systems in which they are treated It addresses both the science and art of psychosocial care and identifies the increasing specialization of oncology social work related to its unique knowledge base skills role and the progressive complexity of psychosocial challenges for patients with cancer This Handbook equips the reader with all that we know today in oncology social work about patient and family centered care distress screening genetics survivorship care coordination sociocultural and economic diversity legal and ethical matters clinical work with adults living with cancer cancer across the lifespan their caregivers and families pediatrics loss and grief professional career development leadership and innovation Our hope is that in reading this Handbook you will identify new areas where each of you can leave your mark as innovators and change agents in our evolving field of practice

**Afro-Caribbean Dynamics of Sex and Relationships** Kai A.D. Morgan Campbell,2025-07-31 Afro Caribbean Dynamics of Sex and Relationships Reclaiming the Caribbean Sexual Narrative examines the complexities of sexuality and relationships

in the Caribbean shaped by colonial legacies cultural norms and evolving gender roles Through seven original research studies it explores a wide range of topics related to sexuality and intimate relationships including body image and sexual satisfaction sexual socialization and communication perceptions of unconventional relationships the psychological impact of adverse childhood experiences on intimate relationships family structure s influence on sexual identity sexual decision making among Caribbean youth and the intersections of mental health trauma and intimacy This book challenges Eurocentric narratives offering a culturally grounded framework for understanding Afro Caribbean sexuality Bridging psychology sociology and history it is essential reading for scholars researchers and academics in gender sexuality Caribbean studies and postcolonial mental health Students' Online Risk Behaviors: Psychoeducational Predictors, Outcomes, and Prevention Touloupis, Thanos, Sofos, Alivisos (Loisos), Vasiou, Aikaterini, 2025-02-07 As students continue to engage in online environments for education social interaction and entertainment understanding online risk behaviors becomes essential for promoting digital safety and well being Psychoeducational predictors such as personality traits mental health status and digital literacy play a significant role in shaping students online activities and vulnerability to risks like cyberbullying identity theft and exposure to inappropriate content The outcomes of these behaviors can have lasting effects on both academic performance and personal development By identifying these predictors and understanding their impacts educators parents and policymakers can develop targeted prevention strategies to give students the skills and knowledge to navigate the digital world Students Online Risk Behaviors Psychoeducational Predictors Outcomes and Prevention explores the determinants and outcomes of online risk behaviors among school and university students to explain if and how different factors can influence or be influenced by students online risk behaviors in different developmental periods It also focuses on prevention programs and actions aimed to promote a safe online culture both in the school and university community This book covers topics such as internet technology online behavior and risk management and is a useful resource for educators psychologists computer engineers scientists academicians and researchers

The Enigmatic Realm of **Sexual Self**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Sexual Self** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book is core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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