

Know yourself sexually: A beautifully illustrated PRIVATE program
to help you enjoy your sex life more, cope with problems, expand horizons,
improve your sexual relationship — with yourself as well as others

PATRICIA E. RALEY

MAKING LOVE

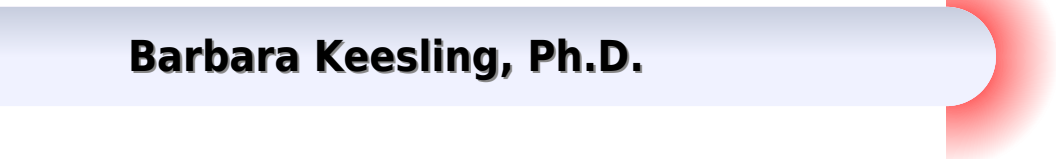
HOW TO BE YOUR
OWN SEX THERAPIST

Photographs by Alan Winston



Making Love How To Be Your Own Sex Therapist

Barbara Keesling, Ph.D.



Making Love How To Be Your Own Sex Therapist:

Making Love Patricia E. Raley, 1976 Make Love, Not War David Allyn, 2016-05-23 When Helen Gurley Brown's *Sex and the Single Girl* hit bookstores in 1962 the sexual revolution was launched and there was no turning back Soon came the pill the end of censorship the advent of feminism and the rise of commercial pornography Our daily lives changed in an unprecedented time of sexual openness and experimentation *Make Love Not War* is the first serious treatment of the complicated events ideas and personalities that drove the sexual revolution forward Based on first hand accounts diaries interviews and period research it traces changes in private lives and public discourse from the fearful fifties to the first tremors of rebellion in the early sixties to the heady heyday of the revolution Bringing a fresh perspective to the turbulence of these decades David Allyn argues that the sexual revolutionaries of the 60s and 70s by telling the truth about their own histories and desires forced all Americans to re examine the very meaning of freedom Written with a historian's attention to nuance and a novelist's narrative drive *Make Love Not War* is a provocative vivid and thoughtful account of one of the most captivating episodes in American history Also includes an 8 page insert **How to Make Love All Night (And Drive a Woman Wild)** Lance Candella, 2015-12-27 Daniel and Allison have been making love on a rainy Sunday morning and they are both totally turned on It started in the shower with a slow massage and moved to the bedroom where they have been having intercourse for the past ten minutes Daniel knows that Allison needs at least another five minutes of intercourse before she can climax Here's the problem Daniel doesn't think he has five minutes left in him If Daniel continues having intercourse the way he has for the past ten minutes it may be only a matter of seconds before he has an orgasm He thinks about slowing down or stopping but to break the rhythm now would only make it more difficult for Allison to climax He knows that Allison is at that stage where any kind of change in his movement would only frustrate her Besides if he tried to stop or to change the rhythm Daniel could lose strength in his erection which would complicate matters even further This dilemma is making the whole experience a lot less pleasurable for Daniel The first few minutes of sex were pure excitement but now he is worried and conflicted It is hard to enjoy sex when you're fighting your own body Truth is you really can't enjoy sex when you're fighting your own body And neither can your partner What Daniel does not yet know is that he has another option male multiple orgasm The multi orgasmic man has staying power He doesn't have to hold back He doesn't have to fight his own body and deny himself his own pleasure He can enjoy all of the erotic sensations of intercourse have a full orgasm and keep going If he wishes he can have a second orgasm and keep going He can last as long as his partner wishes experience all of the excitement and release and keep going For the multi orgasmic man the sky is truly the limit Daniel is not the only man who has this exciting option Today techniques have been perfected to make male multiple orgasm an option for almost every man Age doesn't matter Previous experience doesn't matter Young or old virgin or veteran all you need is the desire your penis and a few minutes a day So don't stop now Turn the page and cross the threshold into a whole new sense of your own

sexuality and a whole new relationship for you and your partner Enjoy your ebook Sex how to make love all night

Catalog of Copyright Entries. Third Series Library of Congress. Copyright Office,1978 **Making Love Better Than Ever** Barbara Keesling, Ph.D.,1998-06-15 Drawing from her years of professional experience as a sexual surrogate and therapist Keesling delves into the profound and complex powers of sexuality offering readers the idea that sexual exchange between loving partners contains all the elements necessary for healing and happiness touch intimacy communication physical activity and playfulness **Sexology** ,1977 **Making Love Last** Laura Taggart,2017-07-04 With thirty years of experience as a licensed marriage and family therapist Laura Taggart understands the unique struggles of newly married couples who find marriage much more difficult than they imagined Failed expectations unanticipated conflict and disagreements about money sex children and more have many young couples assuming they made a mistake married the wrong person or just weren t ready As a result one third of all married couples divorce before their ten year anniversary In this practical and hopeful book Taggart offers the wisdom and help she would share as a counselor with a couple beginning their marriage She helps couples examine their true expectations for marriage provides six action steps for improving the way couples relate and gives couples a new picture of what it means to enjoy marriage for a lifetime Each chapter includes discussion questions for couples or small groups as well as additional questions for personal reflection **How to Overcome Premature Ejaculation** Helen Singer Kaplan,2013-06-17 How to Overcome Premature Ejaculation discusses male sexual response and the cause of its disorders and provides advice on leading a more normal sex life Based on the same therapeutic methods that have proven clinically effective for 90% of men suffering from premature ejaculation PE this straightforward volume describes a rapid practical self help program that can be used by single men or couples in the privacy of their home Dr Kaplan first explains the nature of PE and its causes and then describes her effective treatment techniques She also discusses the errors and resistances that can arise and provides suggestions on how to overcome them

Flourishing Love Enrico Gnaulati,2023-10-05 Flourishing Love is a secular defence of marriage and long term intimate partnership It rejects a moral religious code to govern love lives and instead puts its faith in the human potential for couples to be benevolent loyal and forgiving to preserve and enhance their romantic union Dr Gnaulati draws on a variety of sources to present the joint emotional upkeep necessary to make an intimate relationship not just satisfactory but vital and to illustrate what these lasting bonds look like The latest science anecdotes from his own 30 year marriage as well as from his psychotherapy practice the musings of ancient and contemporary philosophers and real life interviews from partners in long term happy marriages and intimate unions are all used to reveal the secrets to a successful romantic partnership The result is a how to of engaging in attentive and sensitive communication employing a fairness habit of mind around household chores childrearing responsibilities and finances optimally moving through and beyond conflict keeping an erotic spark alive and ethically handling urges to stray outside the couple A must read for all those who crave meaning happiness and fulfilment in

life and need their romantic partnerships to help not hinder in this endeavour **The New York Times Book Review** ,1987
Presents extended reviews of noteworthy books short reviews essays and articles on topics and trends in publishing literature culture and the arts Includes lists of best sellers hardcover and paperback **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 *Kiss and Tell* Virgil L. Brady,2011-10-24 Over 40 years of marriage counseling facilitating marriage support groups and leading workshops have contributed to Dr Bradys insights for what makes a healthy marriage Practical suggestions and exercises are provided for couples who have decided to be intentional about addressing the key issues of a marriage These include how to Become aware of the number one issue of marital discord Make past experiences your friend Use personal power for building self esteem Improve expressing feelings Express anger constructively Translate personality differences into something positive Increase closeness and intimacy Learn the art of effective communication Commit to the six habits of a successful marriage Dr Brady reminds the reader that there are no quick fixes or easy answers to the multiple and complex issues of marriage Rather than offering a prescription for what makes a healthy marriage the reader is invited to enter into a process whereby couples commit themselves to KISS Keep in Shape Systematically Athletes who reach their full potential understand the importance of keeping in shape systematically Your marriage will reach its full potential as you share the insights of KISS AND TELL How to do Relationships Anjula Mutanda,Relate,2013-07-04 The ultimate relationship guide from Relate full of warm and friendly advice case studies exercises questionnaires and key life moments to focus on Your one stop shop to building navigating and maintaining meaningful connections Something to learn in every chapter Reader review Should be compulsory reading for everyone Reader review This is a MUST HAVE book for anyone Reader review A very insightful book full of common sense Reader review The course of true love isn't always smooth but rocky relationships needn't be a recurring pattern Written in conjunction with Relate this guide will help you learn what makes relationships work where they can falter and how you can maintain a lasting meaningful and loving connection Discover how your personalities and past experiences affect you both Break negative patterns to build a happier foundation Navigate relationship choices such as moving in together marriage and starting a family Overcome any relationship obstacle with problem solving techniques With guidance and support on every aspect of loving relationships from the moment you meet the one to growing old together this positive and accessible book is the ultimate relationship guide Mental Health and Psychiatric Nursing Janet L. Davies, Ellen Hastings Janosik,1991 *Better Homes and Gardens* ,1985 *Loving in Flow* Susan K. Perry,2003 Based upon the concept of Flow Mihaly Csikszentmihalyi's international bestseller *Loving in Flow* combines the author's own experiences

with studies of dozens of unusually happy long term and married couples to discuss how compromise and communication and being in flow are the keys to building solid and long lasting relationships Perry uses interviews and recent research to discuss every aspect of a relationship from the initial meeting through childbearing and beyond With uncommon candor she tackles often neglected subjects such as Dealing with crazy making habits Communicating about sex Solving the chore wars Making sense of infidelity Adjusting to the strain of parenthood Loving in Flow spotlights the most successful couples and offers readers a practical and positive guide to getting more out of their relationships and helping them sustain a joyous love life that truly flows

New Our Right to Love Ginny Vida,2010-05-11 Since its original publications in 1978 Our Right to Love s resources interviews and essays have evolved to cover every aspect of the ever changing everyday lives of lesbians The complete lesbian resource guide Our Right to Love instantly became a classic when it was first published in 1978 Now fully revised and expanded for the 1990s this new edition includes over 60 articles and interviews covering the many aspects of lesbian life relationships sexuality health activism education and sports religion and spirituality the law and legal issues multiethnic lesbian experience and lesbian culture A group of essays explores the lesbian experience across cultures African American Latina Asian Native American and age groups Interviews with notable lesbians Martina Navratilova Melissa Etheridge Margarethe Cammermeyer and Minnesota State Representative Karen Clark examine the particular experiences of highly visible out lesbians An extensive bibliography resource lists and index make this the complete lesbian reference

101 Defenses Jerome S. Blackman,2004-03-01 Defenses are mental operations that restore or maintain psychic equilibrium when people feel that they cannot manage emotions that stem from conflict they remove components of unpleasant emotions from conscious awareness For example using sex food or hostility to relieve tension that s a defense catalogued here as entry number 68 Impulsivity Screaming at someone can be a defense Playing golf can be a defense So can saving money Or at least all of these activities may involve defenses In this book Blackman catalogs 101 defenses the most ever compiled with descriptions practical for use in everyday assessment and treatment of psychopathology He explains how to detect and interpret a defense and offers supportive therapy techniques The many practical tips interspersed throughout this text make it an excellent reference tool for students and experienced clinicians while the user friendly features allow all readers to experience how psychological defenses operate in everyday life

Growing Younger Bridget Doherty,Julia VanTine,2001-01-01 Breakthrough age defying secrets for women **Los Angeles Magazine** ,2001-02 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian

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