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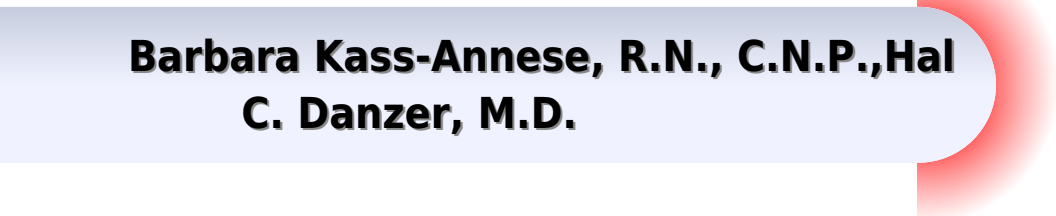
Making Love is the Best Medicine

By the bestselling author of *Sexual Pleasure, How to
Make Love All Night, and Super Sexual Orgasm*



Rx Sex Making Love Is The Best Medicine

**Barbara Kass-Annese, R.N., C.N.P., Hal
C. Danzer, M.D.**



Rx Sex Making Love Is The Best Medicine:

Rx Sex Barbara Keesling, 2000 Your Prescription for Good Health and a Great Relationship People don't often think of lovemaking as a way to improve their health but according to expert Dr Barbara Keesling loving sexual exchange can enhance physical emotional and spiritual wellness in real and amazing ways And the same lovemaking includes all the elements necessary for a healing relationship touch communication physical activity and playfulness Rx Sex asks what you want to heal emotions physical problems or relationship and directs you to the setting and exercises that are right for you Adults of any age sexual orientation and level of fitness can perform the exercises which progress from simple to advanced The positive effects of this loving prescription include Physical benefits Strengthening your immune system breathing and circulation Giving you healthier looking skin hair and eyes Relieving pain and helping to improve chronic conditions Mental and emotional benefits Helping you overcome depression and anxiety Improving concentration and memory Restoring a positive body image and a sense of joy Relationship benefits Finding and bonding with a true partner Discovering the difference between having sex and making love Enriching your partnership with intimacy mutuality and commitment No pills to swallow no shots to endure just exciting fulfilling lovemaking What better prescription could there be for you and your partner or your relationship

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

Natural Birth Control Made Simple Barbara Kass-Annese, Hal Danzer, 2003 This book gives specific instruction on the use of two methods of family planning Natural Family Planning and Fertility Awareness Method These methods give couples natural choices 1 To avoid pregnancy you can determine when you are infertile and have sexual intercourse without conceiving 2 To become pregnant you can track the days of the month when you are most fertile and have intercourse when you are most likely to conceive 3 These safe non invasive techniques can be used by themselves or combined with other contraception methods 4 The techniques are noninvasive have no side effects and carry no danger of toxic infection or cancer The authors experts in fertility awareness have completely revised and updated this newly titled edition of the book The new material includes several new examples of natural birth control and the fertility awareness method with illustrations The book contains 40 charts for readers to use The book is written in an accessible style and contains edifying case studies

Simples métodos de control de la natalidad Barbara Kass-Annese, R.N., C.N.P., Hal C. Danzer, M.D., 2003-05-22 This book gives specific instruction on the use of two methods of family planning Natural Family Planning and Fertility Awareness Method These methods give couples natural choices 1 To avoid pregnancy you can determine when you are infertile and have sexual intercourse without conceiving 2 To become pregnant you can track the

days of the month when you are most fertile and have intercourse when you are most likely to conceive 3 These safe non invasive techniques can be used by themselves or combined with other contraception methods 4 The techniques are noninvasive have no side effects and carry no danger of toxic infection or cancer The authors experts in fertility awareness have completely revised and updated this newly titled edition of the book The new material includes several new examples of natural birth control and the fertility awareness method with illustrations The book contains 40 charts for readers to use The book is written in an accessible style and contains edifying case studies

The Brain in Love Daniel G. Amen, M.D.,2009-07-14 You hold the key to stronger relationships deeper connections and heightened intimacy Everyone wants to know how to improve his or her love life but so few of us understand the integral role the brain plays in attraction keeping us excited about our partner and helping us feel a strong connection Based on Dr Daniel Amen s cutting edge neuroscience research The Brain in Love shares twelve lessons that help you enhance your love life through understanding and improving brain function Filled with practical suggestions and information on how to have lasting and more fulfilling relationships The Brain in Love reveals How emotional and physical intimacy can help prevent heart disease improve memory stave off cancer and boost your immune system How the differences between men s and women s brains affect our perceptions and interest in sex The science behind why breakups hurt so much and what you can do to ease the pain Surefire techniques to fix common problems depression PMS ADD that contribute to conflicts How to make yourself unforgettable to your partner The Brain in Love explains everything there is to know about the brain in love and lust guiding you to the emotional and physical intimacy you need

The Art of Getting Well David Spero,2002 A majority of chronic illnesses have no medical cure The best therapy asserts the author is self care This comprehensive guide suggests healthy behaviors and holistic approaches while acknowledging the barriers people face in applying them

Sex, Orgasm, and Coochies: A Gynecologist Answers Your Most Embarrassing Questions Lissa Rankin, MD,2011-08-02 Previously published as part of WHAT S UP DOWN THERE Suppose you had a wise warm funny best friend who just happened to be a gynecologist You re out with the girls for cocktails and the conversation turns to sex and then to girly parts One by one you start asking her all the questions you ve secretly wondered about and discover that you have a lot in common If you were to write those questions down then you d have Sex Orgasm and Coochies a life changing little ebook that answers Why doesn t my vagina look like the ones in Playboy Should I douche If so how often If I take some of my husbandsViagra will it jazz me up for sex My daughter masturbates regularly I m secretly worried she going to grow up to be a sex maniac Is she normal or is my child a pervert Why does my vagina make loud noises when my boyfriend and I are having sex And so much more As outrageously funny as it is empowering this book reveals how to love yourself and your body and will have you recommending it to every woman you know

Sex on the Brain Daniel G. Amen, M.D.,2007-01-16 The vast majority of love and sex occurs in the brain Your brain decides who is attractive to you how to get a date how well you do on the date what to do with the feelings that develop how long those

feelings last when to commit and how well you do as a partner and a parent Your brain helps you be enthusiastic in the bedroom or drains you of desire and passion Your brain helps you process and learn from a breakup or makes you vulnerable to depression or obsession While plastic surgeons diet gurus and the pharmaceutical industry may have convinced you that they hold the secret to a fulfilling sex life the truth is that you already have the only thing you really need a brain As the largest and most sensitive sexual organ in the body a healthy human brain enhances your sex life and heightens sensation A troubled brain however makes emotional and physical connection with others difficult So forget the implants the fad diets and the pills Learning about this intriguing and sexy organ is the key to your sexual satisfaction Based on Dr Daniel Amen s latest research in practical neuroscience Sex on the Brain shares 12 lessons that help you enhance your love and sex lives through understanding and improving brain function Filled with practical suggestions and information on how sex can save your life Sex on the Brain reveals How sex helps prevent heart disease improve memory stave off cancer and boost your immune system How the differences between men s and women s brains affect our perceptions and interest in sex and how you can understand these differences to make the most of the opportunities with your partner Why breakups hurt so much and what you can do to ease the pain Surefire techniques to fix common problems depression PMS ADD that get in the way of good sex How to make yourself unforgettable to your partner Everyone wants to know how to improve his or her love life but so few of us understand the integral role that the brain plays in getting us in the mood keeping us excited about our partner and helping us achieve greater satisfaction Sex on the Brain explains everything showing you how use your brain to create a healthy happy and hot sex life

What's Up Down There? Lissa Rankin,2010-09-28 In this funny outrageous and empowering book Dr Lissa Rankin answers all the secret gynecological questions that most women wonder about but have always been afraid to ask Suppose you had a wise warm funny best friend who just happened to be a gynecologist You re out with the girls for cocktails and the conversation turns to sex and then to girly parts One by one you start asking her all the questions you ve secretly wondered about and discover that you have a lot in common If you were to write those questions down then you d have What s Up Down There a life changing little book that answers Do old ladies have saggy vaginas How do male gynecologists have a sex life without feeling like they re stuck at the office Is it normal for your inner labia to hang out of your outer labia Can the baby feel its mom having sex during pregnancy How common is it for one s boobs to be two totally different sizes And so much more As outrageously funny as it is empowering this book reveals how to love yourself and your body and will have you recommending it to every woman you know From off the wall sex questions to serious topics of women s sexual health What s Up Down There provides answers to women of all ages and stages

The Hot Guide to Safer Sex Yvonne K. Fulbright,2003-06-26 This book is an entertaining and down to earth approach to making sex safer and more exciting The book covers the topic completely includes quotes and stories from the author s extensive circle of friends she must talk about sex all the time and contains tips skills instruction on making safer sex erotic The book is packed with

accurate information the latest sex research findings and written in a hip lighthearted tone This sex survival guide addresses all the information today s young adults need to know Presenting information in a fun and non intimidating manner the author introduces sexual techniques that not only lower the risk of getting sexually transmitted diseases but improve the quality of the readers sex lives The book gives young people and all people the permission to talk openly about sex with their partners and find hot safer sex The focus of the book is How do I have good sex What can I do to absolutely blow my partner away What can I do to make sex more erotic and exciting How do I maintain a healthy sex life How does unsafe sex affect my health How do I protect myself How can I have ALL of that do ALL of that

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Rx Sex Making Love Is The Best Medicine Introduction

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