

LOVE CYCLES

THE SCIENCE OF INTIMACY

Enhance your health, well-being, and
sexual life by taking control of your natural rhythms



Winnifred B. Cutler, Ph.D.

Love Cycles The Science Of Intimacy

Lissa Rankin, MD



Love Cycles The Science Of Intimacy:

Love Cycles Winnifred Berg Cutler,1996-04 *Love Cycles* Winnifred Berg Cutler,1991 A scientist s controversial discoveries in the fields of human sexual behavior reproductive physiology and cosmic influences on reproduction seeks to clarify the mystery of physical attraction and to lead the way to more satisfying and health giving sexual intimacy **Time and Intimacy** Joel B. Bennett,2000-11 This volume examines the role of time in relationships with a focus on the transpersonal dimension of intimacy and the temporal aspects of relationships For scholars and students in personal relationships psych of religion family studies intimacy *The Whole Man Program* Jed Diamond,2007-08-24 The perfect gift for every man over 40 Michael Gurian Rich with solutions to becoming a whole man Warren Farrell Ph D author of Why Men Are the Way They Are In The Whole Man Program Jed Diamond treads fearlessly into the new territory of what it means to be a healthy man This book guides and inspires you to make more conscious choices that will enhance your body mind and soul David Simon M D Medical Director of the Chopra Center for Well Being author of the Nautilus Award winning Vital Energy and Return to Wholeness and coauthor of The Chopra Center Cookbook You can take positive steps toward improving your health and maximizing your passion productivity and purpose Written by the bestselling author of Male Menopause and based on the latest breakthrough information The Whole Man Program offers proven techniques that will help you reach a whole new level of physical emotional and spiritual health You ll learn how to lose weight and meet specific fitness goals prevent heart disease cancer depression and other diseases put life and love back into your sex life find your calling and be happy with your work life and achieve new levels of energy and vitality and have fun while you re doing it So get with the program start reading The Whole Man Program today and feel better than ever Love Cycles Linda Carroll,2014-08-31 In Love Cycles veteran couples therapist Linda Carroll presents a groundbreaking model of the five natural stages of romantic relationships the Merge Doubt and Denial Disillusionment Decision and Wholehearted Love and a guide for navigating through them toward lasting love Love Cycles helps readers understand where they are in the cycle of their relationship and provides a clear strategy for how to stay happy and committed even in difficult times *The Psychology of Romantic Relationships* Ami Rokach,Erez Zverling,Ami Sha'ked,2025-08-01 Psychology of Romantic Relationships delves into the myriad factors that contribute to successful relationships Starting with Intimacy in Romantic Relationships the book unveils new facets of the complex dynamics underpinning successful marriages From the pivotal role of communication and trust to the delicate balance of gratitude and forgiveness each chapter provides insightful knowledge to understand and enhance marital bonds Furthermore the book covers additional essential aspects such as the importance of mutual respect the role of shared activities in bonding and the impact of individual growth on relationship harmony It is a must read for psychologists therapists and anyone interested in the intricacies of love Combines theoretical insights with real world applications Reviews what constitutes a marriage including trust attitudes and control Outlines the key factors that contribute to the problems and

obstacles in an intimate relationship **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 husbands Viagra 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 [The Scent of Eros](#) , **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 **The Act of Marriage After 40** Tim LaHaye, Beverly LaHaye, Mike Yorkey, 2000 From the authors of the multimillion selling success The Act of Marriage comes a new guide to sex after 40 The Act of

Marriage After 40 covers a broad spectrum of such key topics as fitness female hormone drugs sex after hysterectomy sex in remarriage and Viagra Readers whose love lives were immeasurably enriched by the LaHayes first book will be delighted to discover that intimacy after 40 can be just as good if not better than ever before **Leadership and the Sexes** Michael Gurian,2010-12-28 Michael Gurian s trademark use of brain science in gender studies together with real life examples of what is currently happening in business leadership make this an important resource for businesses and organizations It provides new vision and useful practical applications helping women and men in the workplace become more effective and fulfilled and ultimately helping businesses and business leaders realize increased profits Through examples and case studies from companies like Kodak Nike Nintendo Home Depot Proctor Gamble Avon and Disney the book shows readers how ignoring gender diversity actually impedes the true potential of any business **The Myth of Sex Addiction** David J. Ley,2014-07-10 The media today is filled with powerful men in trouble for their sexual behaviors and invariably they are diagnosed as sexual addicts Since Adam first hid his nakedness from God and pointed the finger at Eve men have struggled to take responsibility for their sexuality Over the past three decades these behaviors have come to reflect not a moral failing but instead evidence of an ill defined disease that of sexual addiction The concept of sexual addiction is a controversial one because it is based on questionable research and subjective moral judgments Labeling these behaviors as sex addiction asserts a false dangerous myth that undermines personal responsibility Not only does this epidemic of sex addiction excuses mislabel male sexuality as dangerous and unhealthy but it destroys our ability to hold people accountable for their behaviors By labeling males as weak and powerless before the onslaught and churning tide of lust we take away those things that men should live up to personal responsibility integrity self control independence accountability self motivation honor respect for self and others In The Myth of Sex Addiction Ley presents the history and questionable science underlying this alleged disorder exposing the moral and cultural judgments that are embedded in the concept as well as the significant economic factors that drive the label of sex addiction in clinical practice and the popular media Ley outlines how this label represents a social attack on many forms of sexuality male sexuality in particular as well as presenting the difficulty this label creates in holding people responsible for their sexual behaviors Going against current assumptions and trends Ley debunks the idea that sex addiction is real or at least that it is as widespread as it appears to be Instead he suggests that the high sex behaviors of some men is something that has been tacitly condoned for countless years and is only now labeled as a disorder as men are being held accountable to the same rules that have been applied to women He suggests we should expect men to take responsibility for sexual choices rather than supporting an approach that labels male sexual desire as a demonic force that must be resisted feared treated and exorcised **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 Pause (Revised Edition) Lonnie Barbach,2000-01-01 Since its original publication in 1993 The Pause has become known as the authoritative guide to menopause a previously overlooked topic of great importance to women The significant amount of new research on menopause and perimenopause amassed in recent years has led bestselling author Lonnie Barbach to completely revise and update this groundbreaking classic Important additions include eight entirely new sections on topics such as SERMs selective estrogen receptor modulators phytoestrogens and the impact of menopause on the female immune system This additional research is combined with new information about menopause and mood weight gain during menopausal transition breast cancer survivors taking estrogen the positive effect of estrogen on dementia and Alzheimer s and new alternatives to traditional HRT hormone replacement therapy for managing hot flashes improving bone density and assisting breast cancer survivors All together the latest edition of The Pause is a must have resource for any woman facing the next third of her life

Sexuality and Addiction Raven L. Badger,2012-07-06 This book provides an understanding of how sexuality and addiction are intertwined helping those who counsel substance abusers and individuals who have experienced negative sexual messages or experiences to improve their sexual health and enjoyment This book presents a broad overview of sexual health issues that documents the links between sexuality and substance abuse and describes how counselors can help individuals who have been impacted by negative sexual experiences can find a way out of the pain that leads them to addiction or back to substance abuse Using the sexual health model as a framework for discussion author Raven L James PhD explains how sexual health and substance abuse are often connected provides examples of real life experiences and identifies issues to consider in adopting healthier attitudes and sexual behaviors as well as effective methods for achieving them Each chapter provides focused content followed by an explanation of the subject s connection to substance abuse Tips for counselors sample lesson plans and ideas tangible tools to use in sexual health groups and related resources area also included Whether the reader is personally afflicted a helper or a loved one the information in Sexuality and Addiction Making Connections Enhancing Recovery will provide a new perspective on how to help clients improve their sexual self esteem find ways to improve sexual relationships with themselves and others and most of all to restore hope for

sexual health in recovery Evolutionary Social Psychology Jeffry A. Simpson, Douglas T. Kenrick, 2014-02-25 What a pity it would have been if biologists had refused to accept Darwin's theory of natural selection which has been essential in helping biologists understand a wide range of phenomena in many animal species. These days to study any animal species while refusing to consider the evolved adaptive significance of their behavior would be considered pure folly unless of course the species is homo sapiens. Graduate students training to study this particular primate species may never take a single course in evolutionary theory although they may take two undergraduate and up to four graduate courses in statistics. These methodologically sophisticated students then embark on a career studying human aggression, cooperation, mating behavior, family relationships or altruism with little or no understanding of the general evolutionary forces and principles that shaped the behaviors they are investigating. This book hopes to redress that wrong. It is one of the first to apply evolutionary theories to mainstream problems in personality and social psychology that are relevant to a wide range of important social phenomena many of which have been shaped and molded by natural selection during the course of human evolution. These phenomena include selective biases that people have concerning how and why a variety of activities occur. For example, information exchanged during social encounters is initially perceived and interpreted. People are romantically attracted to some potential mates but not others. People often guard, protect and work hard at maintaining their closest relationships. People form shifting and highly complicated coalitions with kin and close friends and people terminate close long standing relationships. Evolutionary Social Psychology begins to disentangle the complex interwoven patterns of interaction that define our social lives and relationships.

MAN-opause Brian R. Clement, Anna Maria Clement, 2020-02-15 Women are not the only ones who suffer the consequences of declining hormone levels and associated symptoms. The Clements help men understand their own aging and changing bodies to help them better navigate the changes and still maintain vitality. This book is a man's education manual about the health effects of hormone imbalance but just as importantly it's a must read for the women in their life since it is often the women who inspire and coax men to break through their denial and seek help when they encounter health challenges. That cluster of mid life hormonal declines is a significant life challenge which all men will eventually face yet very few of them even realize the condition exists much less that the vexing symptoms they experience can be remedied. Male menopause. MAN opause is a little reported and little understood phenomenon causing irritability, anger, depression, fatigue, weight gain, sexual dysfunction. It is affecting men at younger ages and for far longer in life than ever before. Science has confirmed this emerging phenomenon. Using the latest medical science findings, MAN opause explains in understandable language how any man with or without a woman's participation can take proactive steps at any stage of life to neutralize the impact of andropause and its wide range of debilitating and disturbing symptoms.

Mind Over Medicine - REVISED EDITION Lissa Rankin, M.D., 2020-06-09 The New York Times bestseller revised and updated. This beloved guide revised and updated with up to the minute scientific and spiritual insight teaches readers how to listen to

their bodies and assess all areas of their lives relational psychological creative environmental professional to understand what they need for health When *Mind Over Medicine* was first published it broke new ground in the fertile region where science and spirituality intersect Through the process of restoring her own health Dr Lissa Rankin discovered that the conventional health care she had been taught to practice was missing something crucial a recognition of the body's innate ability to self repair and an appreciation for how we can control these self healing mechanisms with the power of our own consciousness To better understand this phenomenon she explored peer reviewed medical literature and found evidence that the medical establishment had been proving that the body can heal itself for over 50 years She shared her findings and laid out a practical plan for readers to heal themselves in this profoundly wise book a New York Times bestseller and now a classic guide for people who are on a healing journey from illness injury or trauma In the years since then Dr Rankin has deepened her exploration of the world's healing tradition and her understanding of the healing power we hold within ourselves if only we can tap into it This revised edition of *Mind Over Medicine* reflects her latest research evolving wisdom and work with clients and students in her healing community as well as with doctors and other healers in her Whole Health Medicine Institute Inside readers will discover A thorough update of Dr Rankin's signature Six Steps to Healing Yourself New insight into how unresolved trauma can stand in the way of healing from chronic and life threatening illnesses and powerful tools we can use to heal it How to tune in to our Inner Pilot Light for intuitive guidance in our healing And much more The healing that is possible may be right here Dr Rankin writes closer than close underneath all your efforting and striving available if you are ready to humble yourself before this possibility and receive what awaits you *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 Blessings of the Curse** Susan Rako, 2006-03 Dr Rako discusses a growing body of information that deflates the notion that menstrual suppression is a viable option for women The New York Times Encouraging healthy menstruating women and even teenage girls to do away with their normal menstrual cycles by dosing

themselves more or less nonstop with hormones a multi billion dollar per year industry is in a word reckless What every woman and her doctor MUST know about the actual benefits of the normal menstrual cycle naturally lowered blood pressure reduced risk of heart attacks and strokes healthy bones rhythmic stimulation of sexual desire and creativity and about the potential hazards of menstrual suppression heart attacks strokes cervical cancer osteoporosis depressed libido deserves a voice I am determined that it will have one Susan Rako M D

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