

Better Sex Through Mindfulness How Women Can Cultivate Desire

When people should go to the book stores, search launch by shop, shelf by shelf, it is truly problematic. This is why we give the book compilations in this website. It will extremely ease you to see guide **Better Sex Through Mindfulness How Women Can Cultivate Desire** as you such as.

By searching the title, publisher, or authors of guide you in reality want, you can discover them rapidly. In the house, workplace, or perhaps in your method can be every best place within net connections. If you target to download and install the Better Sex Through Mindfulness How Women Can Cultivate Desire , it is enormously easy then, past currently we extend the partner to purchase and make bargains to download and install Better Sex Through Mindfulness How Women Can Cultivate Desire suitably simple!

The Coregasm Workout - Debby Herbenick
2015-06-09
The Coregasm Workout is a revolutionary new book that provides natural, safe, and effective

techniques for enhancing sex through fitness. Developed by leading sex researcher, educator, and columnist Dr. Debby Herbenick, The Coregasm Workout introduces simple, science-

backed exercises to make working out more fun and sex lives more satisfying. Debby has developed The Coregasm Workout based on her deep background in health science and unprecedented research on exercise-induced arousal in order to bring fitness and sexuality closer together. Her fact-based methods are specifically designed to improve orgasm and have been tested, refined, and proven by real women, for women. The Coregasm Workout will help improve your sex life—and help you enjoy exercising more often—through four C.O.R.E. principles: Challenge yourself through cardio, reps, and resistance Order matters: it's not just the kind of exercises you do, but the order in which you do them Relax and receive: be open to the experience of coregasm Engage your lower abs, muscles often strongly linked to coregasm Fun, fascinating, and useful, The Coregasm Workout offers new exercise techniques for women who want to stay sexy, healthy, and fit, and enjoy the benefits of the gym in the

bedroom.

Reclaiming Pleasure - Holly Richmond

2021-10-01

Go beyond surviving to reclaim your sexual self. If you have experienced sexual abuse, assault, harassment, or rape, you may feel disconnected from your sexual self—even if you've overcome the initial trauma of your experience. You are a survivor; but surviving is just the beginning. This book explores what comes next. Written by a psychologist and grounded in cutting-edge research, Reclaiming Pleasure picks up where other sexual trauma recovery books leave off. It offers practical tools to help you cultivate a sense of safety, security and trust in order to reclaim the vitality, pleasure and great sex you deserve. The book will also serve as your compass on a journey toward the rediscovery of desire, letting you explore what you want from others and for yourself. This groundbreaking book will help you: Understand the lasting mental, physical, sexual, and relational impacts

of sexual trauma Move beyond feelings of shame
Reclaim pleasure and reignite passion in your
life Surviving is merely the first step in the
process of recovery from sexual trauma. With
this sex-positive and empowering guide, you are
invited to take your recovery to the next level.
You'll feel emboldened by the desire for better
sex, healthier relationships, and a more
connected, pleasurable life.

Closer - Sarah Barmak 2016

A provocative look at why our current
understanding of female sexuality isn't getting
us off.

Coming Soon - Dania Schifftan 2021-02-09

"Psychologist and sexologist Dania Schifftan says
it is possible for ALL of us to achieve the Big O
during penetrative sex—if we simply hone our
skills." —The Sun This simple yet effective
program empowers women with tools to explore
their bodies, achieve better orgasms, and have
more enjoyable sex. Just like with anything else
in life, if you want to get better at sex, you need

to practice. And if you want to understand the
female orgasm, you need to start by
understanding the female body. In *Coming Soon*,
sexologist and psychotherapist Dania Schifftan
shares her ten-step program for women to
increase sexual responsiveness and deepen their
awareness of their body's sensations, leading to
more satisfying orgasms through penetration,
the ability to control when and how to orgasm,
and more empowering sex with a partner.

Throughout the book, Schifftan imparts real
client stories to show how readers can talk with
their partners and incorporate her tips into their
own sex lives. Orgasms often provoke questions.
With her ten-step plan, Schifftan brings light to
the dark and shows how to have more fun with
sex—and your own body—at your fingertips.
Sensate Focus in Sex Therapy - Linda Weiner
2017-02-24

*Sensate Focus in Sex Therapy: The Illustrated
Manual* is an illustrated manual that provides
health professionals with specific information on

the use of the structured touching opportunities used regularly by Sexologists to address their clients' sexual difficulties (Sensate Focus 1) and enhance intimate relationships (Sensate Focus 2). This book is the only one to: vividly describe and illustrate the specific steps of, activities involved in, and positions associated with Sensate Focus; emphasize the purpose of Sensate Focus as a mindfulness-based practice; and distinguish between the purposes of Sensate Focus 1 and Sensate Focus 2. Through the use of artful drawings and descriptive text, this manual engages mental health and medical professionals and their clients by appealing to both the visual and the analytical. It discusses how modifications to Sensate Focus can be applied to diverse populations, such as LGBTQ clients, the elderly, the disabled, trauma survivors, and those with challenges such as Autism Spectrum, anxiety, and depression. The book also offers suggestions for dealing with common client difficulties such as avoidance,

confusion, and goal directed attitudes. This comprehensive approach to Sensate Focus will remind readers of the beauty and power of touch while offering suggestions for moving from avoidance to sensory transcendence.

Love Worth Making - Stephen Snyder, M.D.
2019-01-15

Can sex survive monogamy? Yes, once you understand how sexual emotions really work. This acclaimed, paradigm-shifting guide turns traditional sex therapy inside-out to reveal the hidden rules for great sex. Gentle, compassionate, and filled with compelling stories from Dr. Stephen Snyder's thirty years as a sex therapist working with over 1,500 individuals and couples, *Love Worth Making* is essential reading for anyone hoping to keep sexual inspiration alive in a committed relationship.

Mind The Gap - Dr Karen Gurney 2020-03-05
'This book taught me so much about female desire. A must read!' Cherry Healey Did you

know that there is an orgasm gap of around 30% between heterosexual couples when they have sex? In *Mind The Gap*, Dr Karen Gurney, a clinical psychologist and certified psychosexologist, explores not just this gap, but the gaps in our knowledge of so much of the most important new science around sex and desire. In this book, you will learn that nearly everything that you've been led to believe about female sexuality isn't actually true. And that, despite what you might think, it is possible to simultaneously feel little to no spontaneous desire and have a happy and mutually satisfying sex life long term. Exploring the mismatch between ideas about sex in our society and what the science tells us, *Mind The Gap* also explains how this disconnect lies at the root of many of our sexual problems. Combining science with case studies, practical exercises and tips, this is a book for anyone who wants to better understand the mechanics of desire and futureproof their sex life, for life.

[A Tired Woman's Guide to Passionate Sex](#) -

Laurie B Mintz 2009-08-18

"Honey, I'm too tired" may sound like just another excuse—but for millions of American women, it's simply the truth. They may settle for no sex at all or the obligatory "I'd better do this for my marriage" sex—often to the detriment of their relationships. In this guide, Dr. Laurie B. Mintz shows women how to bring their libido back to life—and put the passion back into their lives. Mintz, a psychologist and sex expert, has been there, both personally and professionally. She shares her own story, as well as the stories of her many clients, as she puts forward her foolproof five-step plan designed to excite and energize even the weariest of stressed-out women. Complete with case studies and exercises, this sex-cure-in-a-book is all readers need to feel strong, sexy, and sensual again!

[Reclaiming Your Sexual Self](#) - Kathryn Hall, Ph.D. 2004-07-14

"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. **Better Sex Through Mindfulness** - Lori A. Brotto 2018
A groundbreaking look at improving desire,

arousal, and sexual satisfaction through mindfulness. Studies show that approximately half of all women experience some kind of sexual difficulty at one point in their lives, with lack of interest in sex being by far the most common--and the most distressing. And when sex suffers, so do all other areas of life. But it doesn't have to be that way. In *Better Sex through Mindfulness*, acclaimed psychologist and sex researcher Lori A. Brotto, offers a groundbreaking approach to improving desire, arousal, and satisfaction inside--and outside of--the bedroom. A pioneer in the use of mindfulness for treating sexual difficulties, Brotto has helped hundreds of women cultivate more exciting, fulfilling sexual experiences. In this accessible, relatable book, she explores the various reasons for sexual problems, such as stress and incessant multitasking, and tells the stories of many of the women she has treated over the years. She also provides easy, effective exercises that readers can do on their own to increase desire and

sexual enjoyment, whether their goal is to overcome a sexual difficulty or simply give their love life a boost.

Rediscovering My Body - Tara Galeano
2020-11-26

Sometimes we get lost and we need help to find our way. Sometimes we listen too much to what is happening outside ourselves and forget what is real for us. Sometimes this occurs continuously, creating a lot of noise, and it becomes difficult to discern what is true. You are not alone. We contain infinite wisdom in our bodies that needs to be listened to. When we listen, we can know ourselves better and love ourselves more. Listening to ourselves is one of the most vital skills of our lives. Yet, it is one that is often not taught as a separate and essential skill. In this guidebook, *Rediscovering My Body*, we will honor that listening by understanding that it involves more than our ears. Every fiber of our being transports information. When we can receive that, in the

multitude of ways that it comes, we can begin to inform our decisions, our ideas, our lives with what is true and best for us. It is from this place that we can be in a better relationship with ourselves and others. Ready for more?

Rediscovering My Body is a guidebook for women who have lost their way to inner wisdom and want a way back to listening, knowing, and loving their bodies, themselves, and their lives. We are not meant to do this life alone. This book offers a path. Come explore together.

From Madness to Mindfulness - Ph. D
Gunsauillus 2019-08-13

"I learned about the mechanics of female sexual pleasure in my sex ed class." "I am able to have a difficult conversation with my partner about our relationship." "I can boldly and openly carry a tampon to the restroom in public." "I am able to pursue my pleasure and my partner's pleasure during sex." "I am totally comfortable being naked in front of a new partner." If you disagreed with any of these statements (or all of

them), you're not alone. You are one of many, many women who are feeling the effects of "sexual madness." According to Jennifer Gunsauillus, PhD, sociologist and sex coach, it's time for women to break free from the societal baggage they carry in relation to sexual education, expectations, and fulfillment. From Madness to Mindfulness sets out to help women empower themselves to transition out of a state of sexual madness, and into a state of sexual mindfulness—a state in which women can give themselves permission to feel more worthy of love and great sex (and then have it!). Dr. Jenn will guide you through the process of assessing levels of "mis-education" in regard to relationships, communication, sex, passion, desire, and body image, and integrating mindfulness practices to overcome your own personal "madness." Replete with personal anecdotes and a wide array of client stories, along with guided questions, action items, and tips to create a personal Reinventing Sex plan,

Dr. Jenn will help you to become a thriving sexual being... on your own terms.

Phone Sex Tips For Long-Distance Couples -

Jeff Cunningham 2011-03-07

This original guide gives you valuable tips to make the most of your long distance relationship with great tips for the best sex-on-the-phone!

The author, Jeff Cunningham, is sharing his long experience in that matter in this not-to-be-missed edition!

Never Get a "Real" Job - Scott Gerber

2010-12-07

Young serial entrepreneur Scott Gerber is not the product of a wealthy family or storied entrepreneurial heritage. Nor is he the outcome of a traditional business school education or a corporate executive turned entrepreneur.

Rather, he is a hard-working, self-taught 26-year-old hustler, rainmaker, and bootstrapper who has survived and thrived despite never having held the proverbial "real" job. In *Never Get a "Real" Job: How to Dump Your Boss, Build*

a Business, and Not Go Broke, Gerber challenges the social conventions behind the "real" job and empowers young people to take control of their lives and dump their nine-to-fives—or their quest to attain them. Drawing upon case studies, experiences, and observations, Scott dissects failures, shares hard-learned lessons, and presents practical, affordable, and systematic action steps to building, managing, and marketing a successful business on a shoestring budget. The proven, no-b.s. methodology presented in *Never Get a "Real" Job* teaches unemployed and underemployed Gen-Yers, aspiring small business owners, students, and recent college graduates how to quit 9-to-5s, become their own bosses, and achieve financial independence.

Passion and Presence - Maci Daye 2020-10-20

Awaken your mindful sensuality and reconnect with your partner with *Passion and Presence*. Most romantic relationships follow a predictable pattern of initial enchantment followed by

inevitable disenchantment. But relationships don't have to stay in disenchantment or end! Passion and Presence offers readers a proven path back to connection and intimacy--often in deeper ways than before. Sex therapist Maci Daye draws on her popular international Passion and Presence workshops to show couples how their erotic difficulties can be a portal to creativity, compassion, and unparalleled growth. Exercises and reflections guide readers down what Daye calls the "naked path" of awakened intimacy. On this path, we courageously examine ourselves, our barriers, and our relationship patterns, ultimately finding fresh ways to heal and connect, and revitalize eros. With gentle clarity, Daye addresses the everyday challenges of "real life" sex, such as sex that has become routine, differences in preferences or desire, power struggles, a history of trauma, changes ranging from childbirth to aging, infidelity, communication challenges, and more. Engaging stories depicting couples of diverse ages,

backgrounds, genders, and orientations illustrate how the practice of Passion and Presence can help any couple establish a more intimate and wakeful erotic life.

[Taking Sexy Back](#) - Alexandra H. Solomon
2020-02-02

"Taking Sexy Back is going directly on my top list of recommended sexuality readings."
—Esther Perel, author of *Mating in Captivity* and *The State of Affairs* It is time for a new sexual revolution. It's time to take sexy back. As women, we're expected to be sexy, but not sexual. We're bombarded with conflicting, shame-inducing, and disempowering messages about sex, instead of being encouraged to connect with our true sexual selves. Sexy gets reduced to a performance, leaving us with little to no space to reckon with the complexities of sexuality. In a culture intent on telling you who and how to be, standing in your truth is revolutionary. From relationship expert Alexandra Solomon—author of *Loving*

Bravely—Taking Sexy Back is a groundbreaking guide to deepening your connection to yourself, honoring your desires, and cultivating authentic intimate connections. On these pages, you'll discover how to deepen your sexual self-awareness, and use that awareness to create experiences that not only pleasure, but elevate, expand, and heal you. You'll learn to understand your boundaries, communicate what feels good, and bring mindfulness and self-compassion to sex. Most importantly, you'll embrace your sexuality as an evolving, essential, and beautiful part of your life. Sex is about more than what your partner enjoys or finds sexy. It's about more than having an orgasm or finding the "right" positions. It's about you. It's time to take your sexy back! Named one of Cosmopolitan's Best Nonfiction Books of 2020! 2020 Consumer Book Honorable Mention from The Society for Sex Therapy and Research (SSTAR) As featured on The Morning Show—Australia's top-rated morning program

[Better Sex Through Mindfulness--The At-Home Guide to Cultivating Desire](#) - Lori Brotto

2022-10-18

PRAISE FOR BETTER SEX THROUGH MINDFULNESS: "A book full of wisdom, permission, kindness, and hope."--EMILY NAGOSKI, author of *Come as You Are* and *Burnout* - "A masterpiece and masterclass in female sexuality."--IAN KERNER, *New York Times*-bestselling author of *She Comes First* A practical workbook for the beloved *Better Sex Through Mindfulness* book that allows readers to apply its groundbreaking research and cultivate desire in everyday life. In her trailblazing book *Better Sex Through Mindfulness*, clinical psychologist Dr. Lori Brotto revealed how mindfulness can be used to treat sexual difficulties such as lack of desire, pain, and trauma. An instant favorite among sex therapists and clinicians as well as readers, the book featured a foreword by Emily Nagoski and was recommended by Dan Savage and by Dr. Jen

Gunter in The New York Times. In this functional workbook, readers can apply Dr. Brotto's award-winning research in a simple, structured setting for optimal results. Designed primarily for women, with instructions and inquiries for developing a mindfulness practice with or without a sexual partner, this guidebook also includes information for men and gender diverse people. Dr. Brotto infuses her workbook with compassion and hope, inspiring gentleness and curiosity on this path towards more fulfilling and pleasurable sex for all.

[Stress Less, Accomplish More](#) - Emily Fletcher
2019-02-19

A National Bestseller Foreword by Mark Hyman, MD Preface by Andrew Huberman, PhD You know you should be meditating, so what's stopping you? This entertaining and enlightening book by the founder of Ziva Meditation—the favorite training for high achievers—will finally take meditation mainstream. In our high-stress, overworked lives, we think the answer to

accomplishing more is to do more. But the best advantage we can give ourselves is to take a mental break—to spend a few minutes of the day giving the body and brain rest. Did you know that a brief meditation can offer rest that's five times deeper than sleep? When you make time to practice the Z Technique this book teaches, you'll actually be more productive than if you took an hour-and-a-half nap or had a cup of coffee. A leading expert in meditation for high performance, Emily Fletcher has taught meditation at numerous global corporations, including Google, Barclays Bank, and Viacom, to help their employees improve their focus and increase their productivity levels. With Stress Less, Accomplish More, anyone can get the benefits of her 15-minute twice-daily plan. Emily specifically developed the Z Technique for working people with busy lives. Now, you can learn to recharge anywhere, anytime—at home or at your desk. All you need is a few minutes and a chair (no apps, incense, or finger cymbals

required). This is not just another meditation book. In *Stress Less, Accomplish More*, Emily teaches a powerful trifecta of Mindfulness, Meditation, and Manifesting to improve your personal and professional performance, clarity, health, and sleep. You'll learn how to cultivate Mindfulness through brief but powerful exercises that will help you stop wasting time stressing. Plus, you'll get Manifesting tools to help you get crystal clear on your personal and professional goals for the future. Filled with fascinating real-life transformations, interactive exercises, and practical knowledge, *Stress Less, Accomplish More* introduces you to a revelatory daily practice and shows you how to make it work for your modern life. "We meditate to get good at life, not to get good at meditation."—Emily Fletcher

Magnificent Sex - Peggy J. Kleinplatz

2020-03-10

Winner of the 2021 SSTAR Consumer Book Award! What makes sex magnificent? What are

the qualities of extraordinary erotic intimacy and what are the elements that help to bring it about? Is great sex the stuff that people remember nostalgically from the "honeymoon" phase of their relationships, or can sex improve over time? *Magnificent Sex* is based on the largest, in-depth interview study ever conducted with people who are having extraordinary sex. It gathers the nuggets for remarkable sex from the "experts", distilling them into an attainable blueprint for ordinary lovers who want to make erotic intimacy grow over the course of a lifetime. Looking at factors including individual and relational qualities, empathic communication and the myths and realities of magnificent sex, this book offers accessible and evidence-based guidance for lovers and therapists alike. It is replete with frank and often humorous interviews with straight and LGBTQ individuals and couples, those who are "vanilla" and "kinky", monogamous and consensually non-monogamous and healthy and chronically ill.

This illuminating book explores the implications of the findings to develop a model that effectively tackles the common problems of low desire and frequency. The "cure" for low desire is to create desirable sex!

Reclaiming Desire - Andrew Goldstein

2009-06-09

I'm so busy and tired, how can I find time for sex? How can I go from mommy one minute to passionate lover the next? What medicines or natural herbs can I take to improve my libido? At some point in their lives, most women experience a decline in their sexual desire. Yet despite the vast number of books devoted to sex, surprisingly few focus on the problem of low libido. Fewer still offer any practical advice to the woman who has lost her sex drive and longs to find it again. *Reclaiming Desire* presents the holistic approach that gynecologist Andrew Goldstein and clinical psychologist Marianne Brandon—co-founders of the Sexual Wellness Center in Annapolis, Maryland—use to

successfully treat women with low libido. Capitalizing on their combined medical and psychological expertise, they reveal how a complex set of physical, emotional, intellectual, and spiritual factors—as well as specific life-changing events such as marriage, pregnancy, childbirth, divorce, and menopause—can affect female sex drive. Reading this book, women will come to understand that low libido isn't "all in their heads"—or all in their bodies, for that matter. The problem is real and it's diverse—but it's curable.

Slow Sex - Nicole Daedone 2014-07-02

Explains how to use the growing practice of Orgasmic Meditation to slow down, connect emotionally, and achieve authentic female sexual satisfaction.

Good Sex - Jessica Graham 2017-05-16

Mindfulness will make sex better, more exciting, and more fulfilling. *Good Sex* shows you how. Jessica Graham is passionate about two things: sex and meditation. In *Good Sex: Getting Off*

Without Checking Out, she shares mindfulness practices that will make sex better, more exciting, and more fulfilling. Good Sex begins with basic meditation instructions from a variety of techniques, followed by mindfulness exercises delving into communication difficulties, and the fear, attachment, and shame that can come up around sex. By exploring how mindfulness can heal these emotional wounds, readers will bring about big spiritual awakenings and increase intimacy. Unafraid to touch on a wide variety of ways to be sexual, Good Sex includes issues such as open-eyed orgasms and threesomes and how to handle a partner with a low sex drive. The book comes from a down-to-earth and inclusive perspective, borrowing from Buddhism, Hinduism, and Christianity, but easily accessible to the secular community and those with no spiritual or mediation background. Good Sex is also for people who already have great sex and want to explore new ways of loving. Though a blend of personal stories, mindfulness teachings

and techniques, and exercises putting the practices into action, this book is a tool kit for creating a rich and deeply satisfying sex life. Good Sex is fun, dirty, gentle, transcendent, simple, exciting, and transformative. Good Sex is an adventure. No matter what sexual challenges you are facing, Good Sex can help you grow, heal, and awaken. "Good Sex allows for evolution and flexibility. Humans are amazing creatures and what turns us on and gets us off can change many times throughout a life. Good Sex requires us to be willing to look with eyes wide open at our shadow self, our trauma, and our ingrained beliefs. Good Sex is neither being attached or indifferent. It is being fully present, without grasping, for the amazing thing that happens when people decide to come together to do what we have been doing since the beginning of humankind. And Good Sex is hot as hell, let's not forget that."

Sexual Intelligence - Marty Klein 2012-02-07

This is not your standard sex book. Sex

therapist, sociologist, and Psychology Today contributor Dr. Marty Klein goes beyond the sex manuals to reveal how our mindsets during sex are more important than any tricks or techniques—and that the way to a healthier, more exciting, more fulfilling sex life lies in first developing our sexual intelligence. This book is the antidote to the many gimmick-oriented sex guides and manuals; Dr. Klein shows us how to reorient how we think about sex in order to experience a truly different way of being sexual. “Marty Klein is the Steve Jobs of sex advice. . . . Sexual Intelligence is a work of enormous wisdom and expansiveness, and will inspire readers, regardless of age, to realize their full sexual potential.” —Ian Kerner, best-selling author of *She Comes First*

The Pleasure Gap - Katherine Rowland

2020-02-04

Women in America experience far less sexual pleasure than men. What is to be done? American culture is more sexually liberal than

ever. But compared to men, women's sexual pleasure has not grown: Millions of American women experience the sexual malaise clinically known as low sexual desire. Between this low desire, muted pleasure, and experiencing sex in terms of labor rather than of lust, women by the millions are dissatisfied with their erotic lives. For too long, this deficit has been explained in terms of women's biology, stress, and age, but in *The Pleasure Gap*, Katherine Rowland rejects the idea that women should settle for diminished pleasure. Instead, she argues women should take inequality in the bedroom as seriously as we take it in the workplace and understand its causes and effects. Drawing on extensive research and interviews with more than one hundred women and dozens of sexual health professionals, Rowland shows that the pleasure gap is neither medical malady nor psychological condition but rather a result of our culture's troubled relationship with women's sexual expression. This provocative exploration of

modern sexuality makes a case for closing the gap for good.

The Better Sex Through Mindfulness

Workbook - Lori Brotto, PhD 2022-10-18

AS SEEN IN "THE PRINCIPLES OF PLEASURE"
ON NETFLIX PRAISE FOR BETTER SEX

THROUGH MINDFULNESS: "A book full of wisdom, permission, kindness, and hope."—EMILY NAGOSKI, author of *Come as You Are* and *Burnout* • "A masterpiece and masterclass in female sexuality."—IAN KERNER, New York Times-bestselling author of *She Comes First* The practical workbook for readers of the acclaimed *Better Sex Through Mindfulness*: learn how to apply the groundbreaking research and cultivate desire in everyday life. In her trailblazing book *Better Sex Through Mindfulness*, clinical psychologist Dr. Lori Brotto revealed how mindfulness can be used to treat sexual difficulties such as lack of desire, pain, and trauma. An instant favorite among sex therapists and clinicians as well as

readers, the book featured a foreword by Emily Nagoski and was recommended by Dan Savage and by Dr. Jen Gunter in *The New York Times*. In this functional workbook, readers can apply Dr. Brotto's award-winning research in a simple, structured setting for optimal results. Designed primarily for women, with instructions and inquiries for developing a mindfulness practice with or without a sexual partner, this guidebook also includes information relevant to men and gender diverse people. Dr. Brotto infuses her workbook with compassion and hope, inspiring gentleness and curiosity on this path towards more fulfilling and pleasurable sex for all.

Buddha's Bedroom - Cheryl M. Fraser

2019-01-02

In this playful and sexually savvy guide, "Dr. Cheryl" Fraser presents enlivening mindfulness practices, techniques from couples and sex therapy, and the wisdom of Buddhist teachings to help couples spark the passion and thrill they've been seeking. With this spiritually

scintillating book, couples can break the monotony of familiar routines and bring a little nirvana back to the bedroom for a more exciting, loving, and fulfilling and relationship.

Emotional Memoirs & Short Stories - Lani Hall Alpert 2012-09-01

Ten short stories interspersed with brief personal memories of the author's life.

40 Days to Starting Over - Juanita Bynum 2011-05-17

DIV The 40 Days to Starting Over: No More Sheets Challenge is an essential tool and companion piece to the ground-breaking and empowering book, No More Sheets. Many believers today are bound by the sheets of their past drug addiction, emotional bondage, sexual issues, abuse, and other life-shattering troubles. Dr. Juanita Bynum provides an easy-to-follow guide for believers struggling to live in God's perfect will. Through devotions, meditation, and journaling, you are led through a process to cast off the sheets that are entangling you and lead a

fuller, more productive life serving the King of kings. This journal is a 40-day journey to find your identity. By the time you complete Day 40, you will have met the person you lost so long ago. You will have become reacquainted with who you really are, and you are going to like who you see! /div

Sex Without Pain - Heather Jeffcoat (DPT.) 2014-02-15

Ketogenic Diet Crash Course - Robert M. Fleischer 2013-07-29

How to Turn Your Body into a Fat-Burning Machine Do you like what you see in the mirror? Are you avoiding social situations, dressing room mirrors or romantic advances because of how you feel about your body? Are you missing out on life? Not being able to enjoy simple activities with your loved ones? What if there really is an effective way to lose 5, 10, 30 or more pounds? If you're reading this then it's a sign that you're ready for a change. Everything happens for a

reason and today is your day. Being trim and healthy is very attractive, no matter how we look at it, and highly valued in our society. This we cannot change, but we can take complete control of our own body. Step into your new body. Imagine getting compliments from friends, co-workers and members of the opposite sex. How does that feel? This guide cuts through the misconceptions about the low-carbohydrate diet, giving you the facts and figures, and taking all the guess-work out of losing weight. But this is not just a guide about losing weight - it's specifically crafted for optimally losing fat. Robert M. Fleischer has distilled years of research and experience to make it not only possible for you to look your best, but to do it in an easy and enjoyable way. In "Ketogenic Diet Crash Course" you'll discover: The difference between the Ketogenic diet and the Atkins diet, and how to avoid a mistake many people make unknowingly The no.1 cause of belly fat, and how to get rid of it easily (this piece of

information alone is almost priceless) How to use technology you already have at your fingertips to make your weight-loss journey a lot easier and more effective How to boost your metabolism and burn more fat How to train your body to use fat instead of carbs How to get results with a low-carb diet without starving yourself

Save the Last Dance - Grudin 2016-06-01

Teenage lovers reunited after 50 years.

Mindfulness Sex - Donna Dare 2019-11-09

Are you looking for ways to keep the thrill in your relationship? Do you want to keep the flame of your relationship alive? Than keep reading Things are not always exactly the same, and marriage is not an exception. However, change is not always a bad thing. Even in the worst scenarios where you think things are going downhill or changing for worse, there is still an opportunity to turn them around. You must remember that everything has a solution, including even the worst scenarios. Most

problems that you will face through marriage can be solved, but in order for this to happen, both parties need to be willing to try and do their best. Patience is the key. Don't expect things to work out in your first attempt. If they do, that's great, but if they don't, that's not a reason to stop. You need to keep trying until it works, no matter how many times you need to try. As with many other things, we have to try our best instead of giving up easily. It is only by giving the best of us that we can reach our goal and even when you have reached your goal, keep trying your best. Marriage is a continuous process, so we need to try to be better at it every day. It is not enough with the "I do" you said a while ago; it is not enough with living together, having children or signing papers. In order to have a strong relationship, you need to continue to create positive experiences and a healthy environment. You need to keep working on your relationship, making each other feel good, important, desired, etc. This guide will focus on

the following: The psychology of sex Sex and spirituality Prepare mind and body for sex Keep your enemy closer Reconnect with your partner Breathing and diaphragmatic breathing Spin your chakras and breathe to ecstasy Develop sexual intuition Sexual massages Mindful oral sex Alternative sexual experiences... AND MORE!!! With Mindfulness Sex you will understand that there are so many ways to make your relationship come alive and make us feel special: a kiss, a touch, say something good, write down a poem or a message, doing something special for each other; those are things that are so easy to do and can be done often. Not everything has to be very elaborate and cost money. In fact, sometimes the smallest things can be the most significant. So, there is no excuse; no matter what stands in the way, there is always something we can do. Looking for different ways to help you and your partner work on your relationship? Scroll up and click on Buy Now Button

Wanting to Want - Madeleine M. Castellanos
2014-11-08

The reasons for lack of sexual desire and sexual pleasure can be complicated and intertwined. In her fabulous new book, Dr. Castellanos now breaks down the most common dynamics that can suppress pleasure and squash out desire. Learn what might be taking place in your life or relationship to interfere with the maximum experience of sexual pleasure and arousal. Included in each chapter are clear and helpful exercises to help you eliminate barriers that keep you from the full expression of your sexual self. You will learn: - How anxiety can diminish or even eliminate your pleasure - How to remove those thoughts and ideas causing you frustration and disappointment - What it really means to nurture your sexual self - Where the power for your own sexuality really resides - How to overcome negative feelings that damage your desire and your relationship

Bad Karma - Deborah Blum 2013-06-22

A TRUE CRIME THRILLER THAT EXPLORES THE DARKEST REGIONS OF ROMANTIC INFATUATION. THE YEAR: 1969 THE SETTING: Berkeley, California THE STORY: Amidst the turmoil of student rebellion two loners encounter each other and turn an innocent flirtation into a dance of death. THE CHARACTERS: Prosenjit Poddar was the brilliant engineering student who wanted nothing more than to return to his native India a big success and to marry a woman of his parents' choosing. Tanya Tarasoff was the naive coed who just wanted somebody to love. And Larry Moore was the young psychologist who thought he recognized the warning signs that his patient was not just suffering from a jilted love affair... but was about to commit an act of murder. THE STAKES: In a culture clash that pits the traditional values of male-dominated India against free-love attitudes of Berkeley in the '60s, an impending tragedy unfolds. Soon Larry Moore finds himself face-to-face with the

biggest dilemma of his career. What does a doctor do if he perceives his patient as mentally unstable and a threat to the well-being of another... but is bound by the oath of doctor-patient confidentiality not to warn the police? This true story tracks Moore's race against time to stop the inevitable. **BAD KARMA** is more than an anatomy of madness; it is also a chronicle of the events that would culminate in a landmark decision handed down by the California Supreme Court. Known simply as *Tarasoff*, this 1976 ruling would change the oath of confidentiality between therapist and patient, and establish the rule that a mental health professional has the legal duty to protect a threatened individual.

Come as You Are - Emily Nagoski 2015-04-09
A NEW YORK TIMES BESTSELLER An essential exploration of women's sexuality that will radically transform your sex life into one filled with confidence and joy. After all the books that have been written about sex, all the blogs and TV shows and radio Q&As, how can it be that we

all still have so many questions? The frustrating reality is that we've been lied to — not deliberately, it's no one's fault, but still. We were told the wrong story. *Come as You Are* reveals the true story behind female sexuality, uncovering the little-known science of what makes us tick and, more importantly, how and why. Sex educator Dr Emily Nagoski debunks the common sexual myths that are making women (and some men!) feel inadequate between the sheets. Underlying almost all of the questions we still have about sex is the common worry: 'Am I normal?' This book answers with a resounding Yes! We are all different, but we are all normal — and once we learn this, we can create for ourselves better sex and more profound pleasure than we ever thought possible. **PRAISE FOR EMILY NAGOSKI** 'As a literary work, Nagoski's book deserves plaudits for the rare achievement of merging pop science and the sexual self-help genre in prose that's not insufferably twee ... "You are normal!" doesn't

sound much like a battlecry, but in a world keen to sexually homogenise women from the gap of their thighs to the shape of their mons pubis, the sentiment lands like a bomb.' The Guardian 'Come As You Are screams female empowerment loud and proud.' The Independent

Better Sex Through Mindfulness - Lori A. Brotto 2018-04

A groundbreaking look at improving desire, arousal, and sexual satisfaction through mindfulness. Studies show that approximately half of all women experience some kind of sexual difficulty at one point in their lives, with lack of interest in sex being by far the most common--and the most distressing. And when sex suffers, so do all other areas of life. But it doesn't have to be that way. In *Better Sex through Mindfulness*, acclaimed psychologist and sex researcher Lori A. Brotto, offers a groundbreaking approach to improving desire, arousal, and satisfaction inside--and outside of--the bedroom. A pioneer in the use of mindfulness for treating sexual

difficulties, Brotto has helped hundreds of women cultivate more exciting, fulfilling sexual experiences. In this accessible, relatable book, she explores the various reasons for sexual problems, such as stress and incessant multitasking, and tells the stories of many of the women she has treated over the years. She also provides easy, effective exercises that readers can do on their own to increase desire and sexual enjoyment, whether their goal is to overcome a sexual difficulty or simply give their love life a boost.

[The Come as You Are Workbook](#) - Emily Nagoski 2019-06-11

A new, practical workbook from the New York Times bestselling author of *Come As You Are* that allows you to apply the book's groundbreaking research and understanding of why and how women's sexuality works to everyday life. In the twentieth century, women's sexuality was seen as "Men's Sexuality Lite": basically the same, but not quite as good. From

genital response to sexual desire to orgasm, we just couldn't understand that complicated, inconsistent, crazy-making "lady business." That is, until Emily Nagoski changed the game with her New York Times bestseller, *Come As You Are*. Using groundbreaking science and research, she proved that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organized, but how you feel about them. Which means that things like stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it. And, that even if you don't yet feel that way, you are already sexually whole. Nagoski's book changed countless women's lives and approaches to sex, and now she offers the next step. The *Come As You Are Workbook* is a practical companion to this bestselling guide, filled with new activities, prompts, and thought-provoking examples to help you exercise and expand on the knowledge you've learned. This

collection of worksheets, journaling prompts, illustrations, and diagrams is a practical and engaging companion for anyone who wants to further their understanding of their own bodies and sex lives.

Once Again - Gina Scott 2016-04-07

Savannah is a young woman set out to make a difference in the world. But she plans to do it alone. With no family to connect with and no man in her life, she is ready, willing and able to face the challenges life has to offer. She is fearless, or so she thinks. She has planned her life out carefully never realizing that the best plans are sometimes altered. This story is about her journey as her life's plan changes its course.

The Joy of Mindful Sex - Claudia Blake 2010-07

'The Joy of Mindful Sex' discusses practical considerations such as safe sex alongside spiritual issues such as coming to a rich & tranquil acceptance of one's own body & desires, & joining our partners as fellow-travellers along

the path to enjoy a greater depth of tenderness & understanding.

Better Sex Through Mindfulness - Lori A. Brotto, PhD 2018-04-21

A groundbreaking look at improving desire, arousal, and sexual satisfaction through mindfulness. Studies show that approximately half of all women experience some kind of sexual difficulty at one point in their lives, with lack of interest in sex being by far the most common—and the most distressing. And when sex suffers, so do all other areas of life. But it doesn't have to be that way. In *Better Sex through Mindfulness*, acclaimed psychologist and sex researcher Lori A. Brotto, offers a

groundbreaking approach to improving desire, arousal, and satisfaction inside—and outside of—the bedroom. A pioneer in the use of mindfulness for treating sexual difficulties, Brotto has helped hundreds of women cultivate more exciting, fulfilling sexual experiences. In this accessible, relatable book, she explores the various reasons for sexual problems, such as stress and incessant multitasking, and tells the stories of many of the women she has treated over the years. She also provides easy, effective exercises that readers can do on their own to increase desire and sexual enjoyment, whether their goal is to overcome a sexual difficulty or simply give their love life a boost.