

Better Sex Through Mindfulness How Women Can Cultivate Desire

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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.

[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.

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.

Now You're Speaking My Language - Gary Chapman 2014-01-01

Now You're Speaking My Language from multimillion selling author Gary Chapman (The Five Love Languages) encourages husbands and wives to offer steadfast loyalty, forgiveness, empathy, and commitment to resolving conflict, thus encouraging each other in spiritual growth. With great clarity, Dr. Chapman shows how communication and intimacy are key points in developing a successful marriage by focusing on these principles: Lasting answers to marital growth are found in the Bible, Your relationship with God enhances your marriage relationship, Communication is the main way two become one

in a marriage, and Biblical oneness involves sex, but also intellectual, spiritual, emotional, and social oneness.

Women Who Love Sex - Gina Ogden 2007-09-11

Wonderful sex does more than melt both body and soul; it brings power, energy, and deep satisfaction to all aspects of our lives. In this unique book, women who consider themselves highly sexually responsive talk in intimate detail about what gives them the greatest pleasure. They redefine sex—based on how women really experience sexual pleasure—confirming what every woman knows instinctively, while creating a new language that every woman will understand. Based on extensive one-on-one interviews conducted by Dr. Ogden with hundreds of women, this thought-provoking, wise, and unprecedented book transforms how we view sex by giving us new ways to think about sexual pleasure. To learn more about the author, Gina Ogden, go to www.ginaogden.com.

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!
So Tell Me about the Last Time You Had Sex - Ian Kerner 2021

Renowned sex therapist and New York Times bestselling author Ian Kerner shares the unique

and indispensable program he uses to help thousands of couples achieve more intimacy and better sex. Dr. Ian Kerner is a Sherlock Holmes of the bedroom--a sexual detective helping individuals and couples solve the mystery of their sexual distress. His secret weapon? Informed curiosity. Kerner has perfected the art of the "sex script analysis," a method of inquiry to examine your sex life in action moment by moment. In those details--the what, where, when, and why of your last sexual experience--all the clues of what went wrong are laid bare and the mystery of how to create mutual pleasure can be solved. When our sex scripts work, we let go into arousal and lose ourselves in pleasure. But when the sex script fails, it's all we can do not to ruminate over the details. Sometimes you can be lying in bed right next to someone and feel a million miles apart. In those moments of silent desperation, the sex script is our guide to everything happening between the sheets and beneath the surface. With wit and warmth, the

nationally recognized sex therapist and author of the smash hit *She Comes First* uses his tried and true techniques and tools to show readers how to tap into their erotic personalities and realize their sexual potential. He'll help you figure out what's working and what's not in your sex script and discuss many common sexual problems, from low desire and mismatched libidos to male and female sexual function issues, that may be interfering with your sex life. With the help of decades of clinical insight, the latest sexual science and research, valuable homework assignments, and more, this insightful and original book strips away discomfort and gives readers the ability to not just talk about sex openly and knowingly, but to actually do something about it.

Empowering Mindfulness for Women - Leigh Burrows 2021-04-13

Empowering Mindfulness for Women is centred around a 5-day intensive mindfulness course attended by eight women from different

backgrounds. The reader is invited to imagine they are actively participating in the teaching and learning moments and turning points encountered in teaching and learning mindfulness around themes such as making space for mindfulness, safeguarding mindfulness for women, engendering mindfulness, mindfulness dreaming and a mandala of wisdoms. Evocative accounts of experience bring to life the women's growing awareness that mindfulness can be both a separate practice and a natural part of life and that it can help them to nurture what they have neglected in themselves by not tapping into the full spectrum of their experience. Each chapter provides useful follow-up activities and questions for individual or group reflection, journaling, sharing and conversation. *Empowering Mindfulness for Women* is aimed at those who teach mindfulness to women in educational, community or clinical settings and at women who want to learn mindfulness in a manner that positions them as

experts in their own learning.

Woman - Kaz Riley 2021-06-23

Are you ready to fully embrace your sensual and erotic self? For centuries, women have been taught their sexuality was something to be ashamed of and their sexual pleasure was controlled. This wasn't always the case. Eons ago, a woman's sexuality was celebrated: Aphrodite in Greek mythology, Qetesh from Egypt, the Hindu Goddess Kunti, just to name a few. With this groundbreaking book, you will find the courage to leave fears behind, communicate your wants and desires, and set your own boundaries. You CAN unlock your sexuality and reclaim your right as a woman to enjoy sensual pleasures without being judged. If you want to experience every part of your sexual pleasure without shame and frustration, this book is for you. You will find your power to free yourself from society's antiquated and conflicting expectations of being a sexual woman. Within this book you will discover: How

sex education programs in public schools continues to fail young women Your most important erogenous zone (hint: it isn't what you think) The amazing hidden secret to your lifeforce Reject shame and give yourself the power to R.E.C.L.A.I.M. your sexuality Breaking down myths about the big "O" once and for all Overcome excessive dryness with the G.L.I.D.E. technique How to find your eroticism and why it's essential to desire Why sex can and should be J.U.I.C.Y. How to give yourself permission for pleasure Awakening the G.O.D.D.E.S.S. inside of you How to take control of your sexual pleasure And much more... After reading this book, you will understand and know how to embrace your sexual pleasure.

Mindfulness Sex - Donna Dare 2020-11-02

Are you looking for ways to keep the thrill in your relationship? Do you want to keep the flame of your relationship alive? 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?

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 meditation 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."

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.

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.

Coming Soon - Dania Schiftan 2021-02-09
“Psychologist and sexologist Dania Schiftan 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 Schiftan 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, Schiftan 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.

Not Always in the Mood - Sarah Hunter Murray 2020-10-15

Everything we thought we knew about men's sexual desire is completely wrong.

Groundbreaking new research reveals it is far from the high, simple sex drive they're stereotypically known for. Sarah Murray shatters our most damaging, long-held myths about men's sexuality and helps couples connect more intimately and authentically than ever before.

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.

[Menopocalypse](#) - Amanda Thebe 2020-10-20

“Perimenopause and menopause can be very difficult times for women, both physically and emotionally. This book empower[s] women with information and advice.” —Dr. Louise Newson, GP and menopause specialist, developer of My Menopause Doctor Discover new, effective remedies for menopause and perimenopause symptoms (migraines, hot flashes, mood swings, and more) in this powerful book, written by a fitness expert who experiences many—and shares her secret to thriving in good health. Includes a Bonus Training Guide with Strength Workouts for Women Over 40 At a time when menopause has become an urgent, necessary topic of public discussion, with the likes of Michelle Obama revealing their struggles for the first time on the internet, personal trainer Amanda Thebe shares the roadmap she uses to thrive during perimenopause and menopause in Menopocalypse. With funny, bold, and big-hearted writing that will be familiar to readers of Glennon Doyle, Amanda Thebe shares her

menopause journey and what she learned along the way. Readers will come away from the book with: A better understanding of your own hormones and how they factor in menopause and your overall health; Confidence to speak your truth about your menopause symptoms to your doctor, other health professionals, your family, and friends; Advice for achieving optimal health during perimenopause and menopause by changing your diet, fitness routine, and more lifestyle factors. Amanda Thebe was working as a personal trainer and fitness coach when, at age 43, she began to experience debilitating exhaustion, dizziness, and depression. At the time, Thebe didn't know it was all related to her hormones. The busy mother of two, who was used to climbing mountains and traveling the world, only knew she struggled to get out of bed. After several failed doctor's appointments, Thebe saw her gynaecologist, who finally named the source of her struggles: perimenopause, the period of 5-10 years before menopause, when a

woman's fluctuating estrogen levels put her at risk of depression, anxiety, headaches, and more ailments related to female hormone health. Empowered by information, Thebe began her journey back to her former self, overhauling her approach to diet and exercise. In *Menopocalypse*, she explains how to deal with migraines, hot flashes, weight gain, exhaustion, poor sleep, vaginal dryness, and mood swings—offering tips that have worked for her and others. She shares information about hormone therapy. She even shares her own strength-training routine, complete with a suggested workout schedule, easy-to-follow instructions, and pictures of herself doing the exercises, so you can feel empowered, fit, and ready to tackle the day. Menopause isn't fun, sexy, or cool, and a woman might spend one-third of her life in it—but that doesn't mean women should suffer in silence without support. Let the outspoken and honest Amanda Thebe be your guide to surviving—and thriving—during

menopocalypse.

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.

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.

[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

[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.

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*

Tao Tantric Arts for Women - Minke de Vos
2016-07-01

Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman’s life • Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing

Tao work such as the Inner Smile and Ovarian Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman’s life and allow women to awaken their genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as

the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy exchange and intimacy building, Minke de Vos's detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your

relationships; and merge your inner male and female energies into wholeness.

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.

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.

[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
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

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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
Regenerate - Sayer Ji 2021-08-10
"This book is a revolution! It goes way beyond

the beliefs that have fueled modern pharmaceutical medicine for decades and gives you all the science you'll ever need to prove that there is another way." - Christiane Northrup, M.D., New York Times bestselling author of *Goddesses Never Age* Modern medicine and human health are at a critical crossroads, and the truth is that you and not your genes are in the driver's seat. You are the one who gets to make informed decisions on how you use and nourish the evolutionary miracle that is your body. Combining analysis of cutting-edge scientific findings with our deepest ancestral wisdom and health-promoting practices, Sayer Ji, founder of GreenMedInfo, offers a time-tested program to help prevent and manage the most common health afflictions of our day-cancer, heart disease, neurodegenerative diseases, and metabolic syndrome. Antiquated thinking and scientific dogma have long obstructed our understanding of our innate untapped potential for self-regeneration and radical healing. But the

New Biology explains why biological time is not a downward spiral and how chronic illness is not inevitable when you implement nature's resiliency tools. In his thorough and thoughtful exploration of the New Biology, Sayer Ji illuminates: the fascinating new science of food as information the truth about cancer and heart disease screening and what real prevention looks like how to reverse the most common forms of degeneration using food-based approaches how the body extracts energy from sources other than food, including water and melanin; and how to make sense of conflicting dietary recommendations and out-of-date food philosophies Encoded within every tissue of your body is your ability to regenerate. Unlock your radical resiliency through this roadmap for diet, exercise, stress reduction, and the cultivation of the environment in which you choose to live. [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.

Burnout - Emily Nagoski, PhD 2020-01-07
NEW YORK TIMES BESTSELLER • “This book is a gift! I’ve been practicing their strategies, and it’s a total game-changer.”—Brené Brown, PhD, author of the #1 New York Times bestseller *Dare to Lead* This groundbreaking book explains why women experience burnout differently than men—and provides a simple, science-based plan to help women minimize stress, manage emotions, and live a more joyful life. *Burnout*. Many women in America have experienced it. What’s expected of women and what it’s really like to be a woman in today’s world are two very different things—and women exhaust themselves trying to close the gap between them. How can you “love your body” when every magazine cover has ten diet tips for becoming “your best self”? How do you “lean in” at work when you’re already operating at 110 percent and aren’t recognized for it? How can you live happily and healthily in a sexist world that is constantly telling you you’re too fat, too needy, too noisy,

and too selfish? Sisters Emily Nagoski, PhD, and Amelia Nagoski, DMA, are here to help end the cycle of feeling overwhelmed and exhausted. Instead of asking us to ignore the very real obstacles and societal pressures that stand between women and well-being, they explain with compassion and optimism what we’re up against—and show us how to fight back. In these pages you’ll learn • what you can do to complete the biological stress cycle—and return your body to a state of relaxation • how to manage the “monitor” in your brain that regulates the emotion of frustration • how the Bikini Industrial Complex makes it difficult for women to love their bodies—and how to defend yourself against it • why rest, human connection, and befriending your inner critic are keys to recovering and preventing burnout With the help of eye-opening science, prescriptive advice, and helpful worksheets and exercises, all women will find something transformative in these pages—and will be empowered to create positive change.

Emily and Amelia aren't here to preach the broad platitudes of expensive self-care or insist that we strive for the impossible goal of "having it all." Instead, they tell us that we are enough, just as we are—and that wellness, true wellness, is within our reach. NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BOOKRIOT "Burnout is the gold standard of self-help books, delivering cutting-edge science with energy, empathy, and wit. The authors know exactly what's going on inside your frazzled brain and body, and exactly what you can do to fix it. . . . Truly life-changing."—Sarah Knight, New York Times bestselling author of *Calm the F*ck Down 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.

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.

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.

Arousal - Michael J. Bader 2003-01-18

Based on his twenty-five years of experience as a psychotherapist, a renowned doctor furnishes a new theory of sexual desire that allows readers to comprehend their own sexual preferences and fantasies, and those of their partners. Reprint.

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.

Sex Points - Dr. Bat Sheva Marcus 2021-03-09

In this refreshingly honest book, the "Queen of Vibrators" and the "Orthodox Sex Guru" shares her easy, proven system to help women have a healthy, robust sex life. Myth: Great sex comes naturally, and when it doesn't, there is something wrong. Fact: Sex is a gift that takes work. Like exercise or eating right, it also takes practice and know-how. "Queen of Vibrators" Dr. Bat Sheva Marcus believes a healthy, robust, fulfilling sex life is a right for all women. And after twenty years as a sex therapist, Dr. Bat

Sheva knows that there's more to sex than lingerie and beach vacations. Sex Points is the first book that helps you identify and analyze for yourself what factors are affecting your sex life. Using Dr. Bat Sheva's revolutionary Sex Points Assessment, you can pinpoint what's keeping you from the great sex you deserve by looking at where you're scoring low in four key areas: pain, arousal, libido, and orgasm. And then she'll help you get points back in each of those areas! Your sex life is complex, unique to you, and affected by psychological, medical, and emotional variables. If you think that a diminished sex drive is natural, pain is expected, and no orgasms is no problem—prepare to have your world rocked. Covering everything from how to choose a vibrator to recapturing orgasms, understanding hormones, to rekindling lust, embracing taboo fantasies, and parsing complicated relationships, to what sex really means (hint: it's not just intercourse), Sex Points is a comprehensive, revelatory, I-didn't-know-it-

could-be-this-good guide for every woman, at every age, in every situation. A Fun, Healthy, Fulfilling Sex Life is Your Right! And Sex Points will get you there.

Sex Without Pain - Heather Jeffcoat (DPT.)

2014-02-15

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!

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.