

Passionista Ian Kerner

Everyone deserves to discover and experience what great sex means for them. The Guide to Great Sex is a manuscript of sexual knowledge written by a former sex columnist who studied human sexuality and openly shared details of his sex life with readers. This guide is the culmination of knowledge gained during that experience as a sex writer. You will learn: What it means to have great sex. The science behind pleasure and orgasms. A complete breakdown of foreplay. Oral sex: fellatio and cunnilingus techniques. 16 of the best sex positions for the hottest sex and deepest intimacy. How sex toys can improve your sex life and which ones the author recommends. The one simple yet rare act that can take your sex life to the next level. How to master multitasking in the bedroom. The balance of dominance and submission. How to communicate openly with your partner about sexual issues. How to unlock sexual fantasies and fetishes within you and your partner. How to overcome 9 different sexual anxieties and insecurities. 3 little-known sexual concepts and how to take advantage of them. And much, much more to help you take your sex life to the next level. The tips and advice in The Guide to Great Sex are 100% gender and sexual orientation neutral. The author phrases terms and describes certain acts to allow everyone to feel included in the conversation. Anyone can learn from these pages, because the author believes that everyone deserves to have great sex. "I started the book 3 hours ago and I just jammed through it. This is both a compliment as to how entertaining it was as well as how easy of a read it is. Making it gender/sexual orientation neutral was an excellent choice and I don't feel like it ever distracted me in any way. As I read through I couldn't help but think I'm going to send this to my little brother in two years when he first steps foot on a college campus as a student. This is a great accomplishment and I'm especially excited to see where you go from here with your site and whatever else you publish. I was thoroughly entertained and definitely informed." -- Jordan From The Author: "I firmly believe that sex is a fundamental need of human beings, and it's an act that should be enjoyed by everyone. I worked hard to improve my sex life. I worked through my sexual anxiety and insecurities, I made myself vulnerable, I read books just like this one, and I made some of the best memories I will ever have. Now my hope is that you will take this knowledge and apply it to your own sex life, to experience what great sex means to you." -- Michael Karp, Author of The Guide to Great Sex !!!HOW TO DRIVE A MAN CRAZY IN BED!!! Surprise your man by learning some techniques from this easy to read book in an extremely easy way. It is quite simple to get him horny. It is easy to make him cum. However, believe me; it is not as easy as that to drive him crazy in bed. That is why this book is here to make it very easy and doable. It will work like magic that automatically drives men crazy on the bed. Some women have low self-esteem, they are not confident in themselves due to the fact they feel they are not in control of their man do not find them attractive anymore. That is not true as you can make things get better and always make him want you. In this book are winning tips tried and tested by me. It is just like is a secret book to unlock all the hidden tips. It does not matter your age. This self-help book will give you confidence, also help you reaffirm things you know and perfect other things. You will get to know how to make it hot and sensual for both of you not just him You will be confident anytime and any day to drive him crazy, to tease him, to make him always want you, to turn him on, and to make him always beg for more. BONUS TIPS: How to tease a man How to dress to seduce a man How to want him always want you How to make it hot and sensual for both of you not just him I assure you that all the tips you need to make that happen are in this book. Get your confidence back! Be in control of the whole scene!! Why wait? GRAB YOUR COPY NOW!!! 30-Minute Self-Help Short Reads 30-Minute Health 45-Minute Health, Fitness & Dieting Short Reads 45-Minute Self-Help Short Reads Sexuality Fitness & Dieting Short Reads Psychology of Human Sexuality

Transform Yourself from "Passion Victim" to Passionista! In the smash hit *She Comes First*, Ian Kerner singlehandedly waged battle against male sexual "ill-cliteracy," and women everywhere benefited from his "viva la vulva" philosophy of female pleasure. Now, in *Passionista*, it's time to learn all about what turns men on and makes them stay on. In this point-by-point, "blow-by-blow" guide, Kerner makes giving as much fun as receiving as he covers every angle of male sexuality, unlocks the secrets of satisfaction, and offers knowledgeable answers to the questions every woman wonders about. His advice is the closest you'll ever come to waking up in a guy's skin and knowing what truly makes him sexually tick. Written in the same witty, insightful, and utterly readable voice that has made *She Comes First* and *Be Honest* so popular, *Passionista* is the empowered woman's guide to enjoying sex to the fullest

"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

'I wish this book had been written before I stopped having them. I might have enjoyed them more! It's brilliant, informative and funny. Period.' Jennifer Saunders 'I want to hear what Emma Barnett says about everything, and this terrific and timely book proves to be no exception.' Elizabeth Day

Hunter House has a new year's resolution you can stick to: better sex! Published just in time for the new year, the second edition of *Extended Massive Orgasm* offers even more in-depth information on how to achieve great sexual pleasure, so that your goals for 2013 can include: 1. Longer and more intense orgasms 2. More pleasure 3. A deepened relationship The authors of this book reveal techniques that everyone can use to give and receive extended massive orgasms. Readers will learn how to produce an extended orgasm manually, with fingers and hands touching the genitals in a precise way. With a strong focus on how to pleasure a woman, the authors also discuss pleasing men. They describe how satisfying your partner in this way is an ecstatic experience for both parties and can enhance your relationship. New updates in this edition include: new techniques for focusing on pleasure 14 new diagrams and drawings for understanding techniques new stroking techniques for the clitoris expanded section on the male orgasm expanded section on communication and relationships Additionally, the authors have re-written some of the original material, with insights gained from the decade of teaching sexual ecstasy that has passed since the first edition was published. Rewritten parts include: Positions for optimum orgasm Detailed training techniques The nature of orgasm and the capabilities of the human nervous system The difference between sensuality and sexuality Safe sex practices Overcoming resistance to pleasure Understanding how both partners benefit from extended massive orgasm Filled with specific techniques, methods, ideas, and scientific and anatomical information phrased in an accessible and readable style, this book explores the nature of pleasure and why it is so difficult to achieve in our society. The authors discuss the differences and similarities between the sexes and how to exploit those to achieve a fantastic relationship. They also include information on how to seduce your partner, how to explore your own sexuality through learning how you enjoy being touched, and how to communicate your desires to your partner clearly and joyfully. The benefits to both partners of an extended massive orgasm are immeasurable. Women who thought they were unable to experience orgasm at all have learned to become fully orgasmic through the techniques in this book. These women experienced such pleasurable intensity and sensation in their bodies for an extended time period that the preconceptions and limitations they had placed on themselves and their sexual potential were totally vanquished. And this is available to anyone who reads the book and applies and practices the methods described in *Extended Massive Orgasm*.

The first book to combine Kama Sutra positions with fitness workouts, including 350 illustrated sensual sexercises. Enhance your fitness while reaching new heights of sexual bliss with exciting sex positions designed to work and tone key muscle groups for both partners. Each clearly illustrated sexercise includes stats and tips to maximize your workout. Heart rate and flexibility ratings allow you to choose positions based on your level of fitness, then build your strength for more challenging positions. Whether you're in the mood for a high-intensity quickie or a lovemaking marathon, *Kama Sutra Workout* will help to get you physically fit and sexually satisfied.

A holistic guide to female sexuality integrates the latest in Western medical research with the wisdom of the East to explain how any woman can enhance her pleasure in lovemaking and reach her full sexual potential. Reprint. 20,000 first printing.

NEW YORK TIMES BESTSELLER Now in paperback—Peggy Orenstein, author of the groundbreaking New York Times bestseller *Girls & Sex*, turns her focus to the sexual lives of young men. “Eye-opening... Every few pages, the boy world cracks open a little bit.... Even in the most anxiety-provoking moments of *Boys & Sex*, it's clear that Orenstein believes in the goodness of boys and the men they can become, and she believes in us, as parents, to raise them” (New York Times Book Review). Peggy Orenstein's *Girls & Sex* broke ground, shattered taboos, and launched conversations about young women's right to pleasure and agency in sexual encounters. It also had an unexpected effect on its author: Orenstein realized that talking about girls is only half the conversation. Boys are subject to the same cultural forces as girls—steeped in the same distorted media images and binary stereotypes of female sexiness and toxic masculinity—which equally affect how they navigate sexual and emotional relationships. In *Boys & Sex*, Peggy Orenstein dives back into the lives of young people to once again give voice to the unspoken, revealing how young men understand and negotiate the new rules of physical and emotional intimacy. Drawing on comprehensive interviews with young men, psychologists, academics, and experts in the field, *Boys & Sex* dissects so-called locker room talk; how the word “hilarious” robs boys of empathy; pornography as the new sex education; boys' understanding of hookup culture and consent; and their experience as both victims and perpetrators of sexual violence. By surfacing young men's experience in all its complexity, Orenstein is able to unravel the hidden truths, hard lessons, and important realities of young male sexuality in today's world. The result is a provocative and paradigm-shifting work that offers a much-needed vision of how boys can truly move forward as better men.

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.

Sex Intrigues, Scares, Destroys, Excites, Fulfills Sex is a portal into some of the most elated states, and yet, the most painful and heart-wrenching ones as well. Sex can destroy you, and yet it can also propel you into a state of ultimate oneness. So what is that tipping point that allows you to go from destruction to construction? Sex up Your Life will pave the way to UP your connection and intimacy in sex. In this collection of real-life stories and interviews--from Indie Music Producers, International Sex Educators, Creatives, Models, Corporate Jet-Setters, Sex Workers, Bisexual Muslims, Transgender Folk undergoing gender reassignment, Men, Women, Mothers, Fathers, and many more--holistic educator Julie Archambault has crafted a fascinating and revealing portrait of sex. The founder of Co-creative Sex, Julie forges a new paradigm where sex, relationships, and personal growth go hand in hand. Everyone is dealing with something --and that something has a lot to teach you about yourself. Sex Up Your Life offers a unique "Continuum for Connection for Sex"--brought to life by collected stories of struggle and triumph--to guide you from destructive disconnect to blissful sexual for sex in your life. Order your copy of Sex Up Your Life today or click Amazon's "Look Inside" feature to begin reading the first chapter.

From the writers who brought you The Little Black Book of Sex Positions comes a bigger and better manual than ever before. The Big Black Book of Sex Positions is your go-to guide if you feel like your sex life has gone stale. Spice things up with these tantalizing positions that will enhance your sexual experience like never before. Within this accessible and approachable guide, you'll find exciting and steamy sex positions like Bottoms Up, The Joyride, The Lotus, Spread Eagle, as well as more than twenty less-frequent, but more adventurous sexual topics and positions. You'll also discover sections about foreplay, toys, setting the mood, exercises to improve your performance and flexibility, why size only matters when it's wrong, and many other burning topics that are often overlooked. Get ready to take your sex life to a whole-new level with The Big Black Book of Sex Positions.

ASK ANY MAN. If you can get him to admit it, he'll probably tell you that he would like to be made love to almost as much as being a good lover. In the past, it is the man who has been responsible for not only the lovemaking, but the romance: candlelight, flowers, music, and tenderness. HOW TO MAKE LOVE TO A MAN, a classic best-seller, is the first book to focus on men's sexual and emotional needs, and to talk to today's woman who would like to be an active partner but doesn't quite know how. More than a manual for having sex (though it is that too), this is a guide to the art of making love. The author, after interviewing doctors, sex therapists, women, and most important, more than 200 men, has been able to understand men's deepest emotional needs. The author discusses what men find sexy in a woman; how to show a man that you are interested, how to get a man to share his emotional and sexual needs, how to enhance sex through a massage, touching, and improved timing, and much more. Whether married or single, the reader will gain new insight on making "whole" love—developing the attitude and the understanding that make the love act complete and meaningful. From the Hardcover edition.

Don't Let Things Slide In Your Bedroom Because You And Your Partner Have Been Together For A While. You can spice things up by trying a variety of hot sex positions. Trying something new gives you and your partner a great way to rekindle the spark in your long-term relationship. That is why the 105 sex positions in this book have been compiled for you. These positions will bring new excitement into your sexual activity and mutual enjoyment. Many of the positions can be performed by ordinary people as they do not require acrobatic ability. There are many ideas in this book that you can try no matter your level of fitness, strength or flexibility. Your need for a pleasurable sexual encounter can be answered when you choose the right position. Whether you want G-spot stimulation, explosive orgasm or face to face intimacy, there are several positions to choose from. Each position is clearly described and illustrated so you can reenact it easily in your home (or wherever you want!). The benefits of each position and possible turn offs are stated so you can easily find the ones that are right for you.

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.

'The problem with The Problem with Men is that I do believe men will have less trouble with it than the title suggests as it is actually a glorious, funny book written by a glorious funny man' AISLING BEA 'Very moving, one of the few things I've consumed in 2020 that has left me with a sense of hope... but one thing wasn't made clear, when is International Men's Day?' JOHN ROBINS For the past decade, Richard Herring has been answering sexist trolls on International Women's Day when they ask 'when is International Men's Day?' in the mistaken belief there isn't one. If only the trolls had learned to use Google they would realise that there is an International Men's Day - it's on November 19th. In The Problem with Men Richard expands on his Twitter discussions and tackles some of the big questions surrounding the problems of toxic masculinity - for

women, but also for men - including: - Should men fear feminism? - Is society sexist against men? - Could you win a point against Serena Williams? *spoiler* The answer to all of these is no. With Richard's signature humour and insight, *The Problem with Men* is a book for anyone striving for an equal society, all year round. 'This is a great book but I think the last thing it needs is a quote by yet another man' JAMES ACASTER

The Art of Sex Therapy Supervision is a collection of scholarly writings and case narratives that sheds light on issues that sex therapists face as supervisors or supervisees and provides techniques that can be adapted to fit clients' specific needs. Written by experts in a range of fields, this book covers a wide range of perspectives and methodologies for assisting diverse populations, including conservative Christians, LGBTQ clients, and those who exhibit out-of-control sexual behavior. It addresses individual, relational, and systemic engagement in the context of sexual function/dysfunction, and it also discusses obstructions clinicians can face when providing critical feedback to clients. This book will be useful for aspiring supervisors as well as those who supervise clinicians seeking licensure or certification.

A revolutionary new approach to ADD/ADHD featuring cutting-edge research and strategies to help readers thrive, by the bestselling authors of the seminal books *Driven to Distraction* and *Delivered from Distraction* "An inspired road map for living with a distractible brain . . . If you or your child suffer from ADHD, this book should be on your shelf. It will give you courage and hope."—Michael Thompson, Ph.D., New York Times bestselling co-author of *Raising Cain* World-renowned authors Dr. Edward M. Hallowell and Dr. John J. Ratey literally "wrote the book" on ADD/ADHD more than two decades ago. Their bestseller, *Driven to Distraction*, largely introduced this diagnosis to the public and sold more than a million copies along the way. Now, most people have heard of ADHD and know someone who may have it. But lost in the discussion of both childhood and adult diagnosis of ADHD is the potential upside: Many hugely successful entrepreneurs and highly creative people attribute their achievements to ADHD. Also unknown to most are the recent research developments, including innovations that give a clearer understanding of the ADHD brain in action. In *ADHD 2.0*, Drs. Hallowell and Ratey, both of whom have this "variable attention trait," draw on the latest science to provide both parents and adults with ADHD a plan for minimizing the downside and maximizing the benefits of ADHD at any age. They offer an arsenal of new strategies and lifestyle hacks for thriving with ADHD, including • Find the right kind of difficult. Use these behavior assessments to discover the work, activity, or creative outlet best suited to an individual's unique strengths. • Reimagine environment. What specific elements to look for—at home, at school, or in the workplace—to enhance the creativity and entrepreneurial spirit inherent in the ADHD mind. • Embrace innate neurological tendencies. Take advantage of new findings about the brain's default mode network and cerebellum, which confer major benefits for people with ADHD. • Tap into the healing power of connection. Tips for establishing and maintaining positive connection "the other Vitamin D" and the best antidote to the negativity that plagues so many people with ADHD. • Consider medication. Gets the facts about the underlying chemistry, side effects, and proven benefits of all the pharmaceutical options. As inspiring as it is practical, *ADHD 2.0* will help you tap into the power of this mercurial condition and find the key that unlocks potential.

Revised Edition With Graphics New Bonus Chapter: Giving The Perfect Hand Job Have you ever wanted to be in complete control of your man? Do you want to have him at your beck and call at any time with the complete confidence that he will never look at any other woman? This can happen for you if you know how to give blow jobs that are simply out of this world! The type of blow jobs that will almost give him an out-of-the-body experience is what this book is all about. Oral sex may not come naturally to you, but with this book in your hands, you will literally perform wonders! You will give him what he wants and still have a great time too. From basic blow job techniques to more advanced moves, *Oral Sex To Blow Your Man's Mind!* Will teach you how to use your power to satisfy him and also please yourself at the same time. Once you start practicing the techniques in this book, you will become one of the few women who can really give great blow jobs. Your relationship with rise to a new level, and your man will look at you with a new eye. WARNING: This book is for people who are not averse to oral sex or erotic language. The language is very explicit and will get you sexually excited. It has been kept as short as possible but it contains all that you need to perfect your sexual prowess and take your man to heights beyond his dreams.

Now in paperback, renowned sex therapist Ian Kerner shares the unique and indispensable methodology he uses to help thousands of couples get unstuck and into sexual sync. 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? Analyzing your "sex script." Kerner takes a magnifying glass to a recent sexual event, examining the entire sequence of interactions--beginning, middle, and end--from multiple angles. In those details--the what, where, when, and why of the last time you had sex--all the clues of what went wrong are revealed and the mystery of how to create mutual pleasure can be solved. When our sex scripts work, we lose ourselves in mutual pleasure; but when they fail, it's all we can do not to ruminate over the details. What can be learned by looking at your sex life in action? With wit and warmth, the nationally recognized sex therapist and author of the smash hit *She Comes First* shows readers how to tap into their erotic personalities and realize their sexual potential. Dr. Kerner provides the tools and techniques you need to assess, fix, and expand your sex scripts, as well as discuss many common sexual problems that get in the way of happy endings. With the help of decades of clinical insight, the latest sexual science and research, valuable homework assignments, case studies, and more, this insightful and original book strips away discomfort and offers couples not just the ability to talk about sex, but the ability to actually do something about it.

Oral sex can add a much-needed spice to your relationship! *The Secrets of Great Sex: A Man's Guide To Oral Sex* answers all the questions men have ever had about performing this delicate act. With creative and exciting ways to enhance intimacy, you'll never want it to end.

What do straight, married female revelers at an all-women's sex club in LA have in common with nomadic pastoralists in Namibia who bear children by men not their husbands? Like women worldwide, they crave sexual variety, novelty, and excitement. In ancient Greek tragedies, Netflix series, tabloids and pop songs, we've long portrayed such cheating women as dangerous and damaged. We love to hate women who are untrue. But who are they really? And why, in this age of female empowerment, do we continue to judge them so harshly? In *Untrue*, Wednesday Martin takes us on a bold, fascinating journey to reveal the unexpected evolutionary legacy and social realities that drive female faithlessness, while laying bare our motivations to contain women who step out. Blending accessible social science and interviews with sex researchers, anthropologists, and real women from all walks of life, *Untrue* will change the way you think about women and sex forever.

A fully revised and updated edition of the category leader. Includes two new chapters and 5 new illustrations.

Introduces human sexuality, describes the changes brought about by puberty, and discusses sexual abuse, sexually transmitted diseases, AIDS, and pregnancy.

It is estimated that 30 million American men have problems with premature ejaculation. This book contains the latest, scientifically-based, multidimensional methods for overcoming all types of premature ejaculation and includes a complete relapse prevention program. Explore a multidimensional, bio-psychological approach to dealing with this problem and strengthening your sexual relationship. Explode the myths of male sexual performance and analyze male sexual desire. Learn about the different types of premature ejaculation and use assessment exercises to find out which you suffer from. Then, follow one of the structured, symptom-specific treatment strategies based on psychological, relational, and physiological techniques. Find out ways to prevent relapse. Enhance and improve your overall sexual relationship. Designed as a resource for couples, this book is a powerful tool for creating support and positive change in your relationship.

Transform Yourself from "Passion Victim" to Passionista! In the smash hit *She Comes First*, Ian Kerner singlehandedly waged battle against male sexual "ill-cliteracy," and women everywhere benefited from his "viva la vulva" philosophy of female pleasure. Now, in *Passionista*, it's time to learn all about what turns men on—and makes them stay on. In this point-by-point, "blow-by-blow" guide, Kerner makes giving as much fun as receiving as he covers every angle of male sexuality, unlocks the secrets of satisfaction, and offers knowledgeable answers to the questions every woman wonders about. His advice is the closest you'll ever come to waking up in a guy's skin and knowing what truly makes him sexually tick. Written in the same witty, insightful, and utterly readable voice that has made *She Comes First* and *Be Honest—You're Not That Into Him Either* so popular, *Passionista* is the empowered woman's guide to enjoying sex to the fullest—and ensuring that he does the same.

The cheekiest way to stay fit without leaving your home! On your marks, get set ... shag! No need for a PT, gym or bootcamp, swap the gym ball for your partner's balls and embrace the horn. Features 60 sexercises with easy to follow instructional diagrams and tips to make getting fit much more fun. All you need is a willing housemate and a mountain of contraception. Select your favourite positions, repeat until you feel the burn.

'Tis the season for finding romance in this hilarious and uplifting holiday read When it comes to relationships, thirty-four-year-old Kate Turner is ready to say "Bah, humbug." The sleepy town of Blexford, England, isn't exactly brimming with prospects, and anyway, Kate's found fulfillment in her career as a designer, and in her delicious side job baking for her old friend Matt's neighborhood café. But then her best friend signs her up for a dating agency that promises to help singles find love before the holidays. Twenty-three days until Christmas. Twelve dates with twelve different men. The odds must finally be in her favor . . . right? Yet with each new date more disastrous than the one before--and the whole town keeping tabs on her misadventures--Kate must remind herself that sometimes love, like mistletoe, shows up where it's least expected. And maybe, just maybe, it's been right under her nose all along. . . .

Bestselling author Violet Blue shows smart girls everywhere how to enjoy mind-blowing G-spot orgasms – with or without a partner. “The G-spot is not a riddle wrapped in a mystery inside an enigma. It is a place in your body.” — from the introduction It's not a myth, it's a miracle — the G-spot, that powerhouse of female orgasm. With wit and panache, sex educator and best-selling writer Violet Blue helps readers master the sexual alphabet through “G.” Beginning with an anatomical guide and incorporating suggestions for couple-play, positions, toys, and safer sex, *The Smart Girl's Guide to the G-Spot* will lead to thrilling new sensations and earth-shaking, bed-breaking, gale force climaxes. As with all her sex guides, Violet includes sections on further reading and recommended videos and DVDs, and practical information on toys and toy shopping. Any girl can unleash her own awesome orgasmic superpower with *The Smart Girl's Guide to the G-Spot*.

Passionista The Empowered Woman's Guide to Pleasuring a Man Harper Collins

Knowing how to please your man properly in the bedroom is absolutely vital if you want to make sure that your relationship with your man stays strong and last long. Sex can be romantic, fun, or even exciting but sometimes it's none of those things. Sometimes it's just boring. According to data in the *Journal of Sex Research*, 27 percent of women and 41 percent of men are sexually dissatisfied in their current relationship. Most times we see it as a norm that it is supposed to be only the man that has the responsibility to satisfy his woman sexually but this single misconception has led to many broken relationships. In this book I am going to explain exclusively the various ways and techniques you can use to satisfy your man in bed and give him a mind blowing sex escapade.

Welcome to a whole new level of Great Sex! This totally transformed 2020 edition of the New York Times bestseller is the only book on hot sex you'll ever need. Just ask millions of dedicated readers, including Gwyneth Paltrow, Britney Spears, Sharon Stone, and Ryan Seacrest: America's favorite famed erotic playbook is a must-have for couples. Now

it's better than ever. With her trademark wit and proven expertise, this 2020 upgrade is Laura Corn's most entertaining, electrifying, and heartfelt work to date. Updated and revised with 30+ brand-new, never-seen-before Seductions, and 101 eTeases to titillate, this ultimate guide will transform your sex life and elevate your relationship to levels you never thought possible. Instead of ordinary pages, you get 101 sealed envelopes -- 50 for her eyes only, 50 for his eyes only, plus one special seduction you can complete together. Each envelope, accompanied by its own eTease, holds the key to a heart-pounding adventure for you and your partner to enjoy, and as you rip each one open, the anticipation mounts -- and so does your pleasure. This is more than a book: It's an interactive ticket to enticement and ecstasy. Why? Because 101 Nights is not a book you read. It's a book you do, while you DO your partner. Enticed yet? HOW IT WORKS: Once a week, you and your lover each tear an envelope from the book. There's no turning back now, and no peeking at each other's Seduction! Just follow your secret instructions, and sometime during the week, you'll each be getting an erotic surprise. Anticipation gets amped up, thanks to all-new eTeases: Imagine you're at your desk or in your car: your phone buzzes, and in comes a text -- only this isn't just any old text. What you receive are three exciting clues, along with the knowledge that your partner is planning an amazing adventure just for you. Think of each mystery eTease as a tantalizing movie trailer and every Seduction as the main attraction. The build-up of sexy surprises sends your excitement through the roof, as you tease your partner to a night of great sex. So farewell to boring, predictable sex and hello to renewed passion, guaranteed. Because the moment one of you rips open a secret envelope, you know you're both in for an unforgettable night of great sex. Have fun!

Keep her coming back for more... It's nothing to be ashamed of. When it comes to performing oral sex, most people fall somewhere between fumbling and clueless. But now, in *The Lowdown on Going Down* you'll find practical, easy-to-master techniques that will give you the confidence and skills you need to become an expert in the delicate art of cunnilingus. Inside you'll find:

- Exercises to whip your tongue, lips, and jaw into shape so you can perform with exquisite control
- An anatomy class you need to pass
- Sensual kisses to get you both ready for the main event
- Sure-fire methods for getting her to climax again and again
- Advice on how to keep your mind from spoiling your head
- Advanced techniques to wake up the neighbors
- Positions that will make her purr

Read *The Lowdown on Going Down* alone or with the companion edition, *Blow Him Away* for mind-blowing oral sex—every time.

"A comprehensive and fun-to-read guidebook for people of all sexual identities and experience levels, *Getting It* covers all the bases of hook-up culture from first moves and sex etiquette to navigating nonmonogamy and sexual health"--

Sex ed shouldn't start and end with putting a condom on a banana. This is the pleasure-focused sex ed that you deserved to get at school - in all its challenging, messy, awkward, hilarious, enjoyable glory - from the sex educator you deserved to have. Welcome to sex ed, where everyone is invited to the party.

This book is not about Viagra--it is about making love. Getting older really does mean getting better. By taking the mystery out of the aging process, this book educates, reassures, and reinvigorates.

In this straightforward and practical book, Zimmerman explains that our expectations set us up for a sense of failure. Once sex is synonymous with disappointment, avoidance sets in and creates pressure in the bedroom. She guides us to change our mindset and practice a step-by-step program out of the vicious cycle of avoidance and pressure into the possibility of a thriving sex life.

"As pragmatic as it is compassionate, this intimate, humorous, and ultimately relaxing invitation to re-wild yourself, stripping away all that is not your true nature, will leave you inspired and curious to discover the wild woman within" (Lissa Rankin, MD, New York Times bestselling author of *Mind Over Medicine*). For the high-achieving modern woman today, having a successful career, a fulfilling romantic relationship, and a satisfying personal life can feel like opposing goals. It has even become difficult to take the time to enjoy the simple pleasures in lives. We are stuck in "go-mode," damaging our romantic relationships, pleasure, and creativity. But what if there were a way to experience the simplest pleasures of our lives on a deeper level, freeing the body and psyche from these destructive patterns? Beyond our current stereotypes about femininity lies the ancient wisdom of the Wild Woman archetype, a model of building a feminine "body intelligence." By embodying this archetype and using tantra--not just in the bedroom, but also to build intimate connections to our senses and physical movements--we can break harmful psychological patterns. In *The Wild Woman's Way*, Michaela Boehm shares practical rituals and exercises drawn from years of experience as a celebrity relationship and life counselor and an expert in tantric yoga. She reveals the power of different types of touch, while also training you in forms of meditation and stretching that increase activity and sensual pleasure.

Acclaimed sex educator Barbara Carrellas radically updates the ancient practice of Tantra for modern sexual explorers desiring to push past their edge in search of the great cosmic orgasm. This updated edition celebrates the 10th anniversary of *Urban Tantra*, and is revised to include more inclusive gender pronouns and language, new science and safe sex information, and an updated reference section. With more than one hundred easy-to-follow techniques for expanded orgasmic states and solo and partner play (as well as more adventurous practices), this in-depth guide reveals the delicious worlds of ecstasy available to all, no matter one's gender, sexual preference, or erotic tastes. *Urban Tantra* expands the notions of pleasure and opens new heights of intimacy and sexual fulfillment.

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