

Orgasm Unleashed: Your Guide To Pleasure, Healing And Power

A classic work on how women think about sex, from the New York Times–bestselling author of *My Secret Garden* and *My Mother/Myself*. Nancy Friday’s groundbreaking books such as *Forbidden Flowers* offered an unprecedented honest look at the inner fantasy lives of ordinary women. In *Women on Top*, Friday returns to this topic, collecting detailed sexual fantasies from over 150 contemporary women from diverse backgrounds. Based on intimate personal interviews and letters, this book updates the conversation started in her earlier works on women’s sexual fantasies, detailing how women’s erotic lives have changed—and remained the same. “This absorbing, titillating and empowering feminist book is also a ribald bedside companion.” —Publishers Weekly

The Romanovs were the most successful dynasty of modern times, ruling a sixth of the world's surface. How did one family turn a war-ruined principality into the world's greatest empire? And how did they

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lose it all? This is the intimate story of twenty tsars and tsarinas, some touched by genius, some by madness, but all inspired by holy autocracy and imperial ambition. Montefiore's gripping chronicle reveals their secret world of unlimited power and ruthless empire-building, overshadowed by palace conspiracy, family rivalries, sexual decadence and wild extravagance, and peopled by a cast of adventurers, courtesans, revolutionaries and poets. Written with dazzling literary flair, drawing on new archival research, THE ROMANOV is at once an enthralling chronicle of triumph and tragedy, love and death, a universal study of power, and an essential portrait of the empire that still defines Russia today.

How to rewire your brain to improve virtually every aspect of your life-based on the latest research in neuroscience and psychology on neuroplasticity and evidence-based practices Not long ago, it was thought that the brain you were born with was the brain you would die with, and that the brain cells you had at birth were the most you would ever possess. Your brain was thought to be "hardwired" to function in predetermined ways. It turns out that's not true. Your brain is not hardwired, it's "softwired" by experience. This book shows

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you how you can rewire parts of the brain to feel more positive about your life, remain calm during stressful times, and improve your social relationships. Written by a leader in the field of Brain-Based Therapy, it teaches you how to activate the parts of your brain that have been underactivated and calm down those areas that have been hyperactivated so that you feel positive about your life and remain calm during stressful times. You will also learn to improve your memory, boost your mood, have better relationships, and get a good night sleep. Reveals how cutting-edge developments in neuroscience, and evidence-based practices can be used to improve your everyday life Other titles by Dr. Arden include: Brain-Based Therapy-Adult, Brain-Based Therapy-Child, Improving Your Memory For Dummies and Heal Your Anxiety Workbook Dr. Arden is a leader in integrating the new developments in neuroscience with psychotherapy and Director of Training in Mental Health for Kaiser Permanente for the Northern California Region Explaining exciting new developments in neuroscience and their applications to daily living, Rewire Your Brain will guide you through the process of changing your brain so you can change your life and be free of self-imposed limitations.

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Anderson Lake is a company man, AgriGen's Calorie Man in Thailand. Under cover as a factory manager, Anderson combs Bangkok's street markets in search of foodstuffs thought to be extinct, hoping to reap the bounty of history's lost calories. There, he encounters Emiko... Emiko is the Windup Girl, a strange and beautiful creature. One of the New People, Emiko is not human; instead, she is an engineered being, creche-grown and programmed to satisfy the decadent whims of a Kyoto businessman, but now abandoned to the streets of Bangkok. Regarded as soulless beings by some, devils by others, New People are slaves, soldiers, and toys of the rich in a chilling near future in which calorie companies rule the world, the oil age has passed, and the side effects of bio-engineered plagues run rampant across the globe. What happens when calories become currency? What happens when bio-terrorism becomes a tool for corporate profits, when bio-terrorism's genetic drift forces mankind to the cusp of post-human evolution?

Number 1 in series

Reconnect to Your Body's Wisdom

A Porn Star's Guide to Sexual Mastery

Body and Gender from the Greeks to Freud

Getting Past Your Past

A Guide to Somatic Oming*: *things Women Have Taught Me Sex

'Utterly absorbing and deliciously erotic' Angela Knight 'Hot, sexy, unique, intriguingly wicked' Christine Feehan Return to the dark and sexy Black Dagger Brotherhood world in this second prison camp installment from #1 New York Times bestselling author J. R. Ward . . . Payne, twin sister of Vishous, is cut from the same dark, seductive cloth as her brother. Imprisoned for eons by their mother, the Scribe Virgin, she finally frees herself - only to face a devastating injury. Manuel Manello, MD, is drafted by the Brotherhood to save her as only he can - but when the human surgeon and the vampire warrior meet, their two worlds collide in the face of their undeniable passion. With so much working against them, can love prove stronger than the birth right and the biology that separate them? Find out why readers are OBSESSED with the Black Dagger Brotherhood... 'It's not easy to find a new twist on the vampire myth, but Ward succeeds beautifully. This dark and compelling world is filled with enticing romance as well as perilous adventure. With myriad possibilities to choose from, the Black Dagger Brotherhood series promises tons of thrills and chills' Romantic Times 'Insanely good! . . . Intensely romantic and straight up flipping steamy, violent and gruesome, heartbreaking and deep. Her addictive writing tells a story like none other' Goodreads reviewer 'I can't get enough of these sexy, tough, intriguing vampires' Amazon reviewer

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'Emotional by epic proportions' Kobo reviewer 'The Black Dagger Brotherhood is a twisting, often surprising, but always awesome read' Amazon reviewer 'A must read' Goodreads reviewer 'The story had me captivated the whole way' Kobo reviewer 'Each and every character is compelling' Amazon reviewer

Like men, women also can ejaculate, enhancing and intensifying their sexual pleasure. In an open, positive style, Deborah Sundahl presents information about female ejaculation including scientific findings, anatomical illustrations, historical accounts, a chapter on how men can help their female partners to ejaculate, and women's and men's experiences collected during the past two decades.

Masturbation is like tuning a radio -- you don't know what frequencies you'll enjoy until you play with the knobs. Masturbation has a complicated stigma attached to it; everybody is doing it, but not everybody talks about it. Some were told that touching oneself would cause cute kittens to die, some were told masturbation led blindness. Getting Off: A Woman's Guide to Masturbation is here to debunk those masturbation myths, and reinforce the truth. Masturbation is a totally natural and normal way for women to connect with and find pleasure in their bodies. Fun, informative, and illustrated, Getting Off provides women with a wealth of masturbation knowledge -- its history, the mechanics of it, the joys of sexy toys -- plus clear, concise tips on getting off. Foreword by Betty A. Dodson

"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

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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.

Redefining Our Attitudes to Love & Sex

Unlock Your 7 Energy Centers for Healing, Happiness and Transformation

Drawn to Sex

Pleasure Unbound

Sex Positions For Couples

Tantra

A Guide for Women and Their Lovers

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Tantra—often associated with Kundalini Yoga—is a fundamental dimension of Hinduism, emphasizing the cultivation of "divine power" (shakti) as a path to infinite bliss. Tantra has been widely misunderstood in the West, however, where its practices are often confused with eroticism and licentious morality. Tantra: The Path of Ecstasy dispels many common misconceptions, providing an accessible introduction to the history, philosophy, and practice of this extraordinary spiritual tradition. The Tantric teachings are geared toward the attainment of enlightenment as well as spiritual power and are present not only in Hinduism but also Jainism and Vajrayana Buddhism. In this book, Georg Feuerstein offers readers a clear understanding of authentic Tantra, as well as appropriate guidance for spiritual practice and the attainment of higher consciousness.

Whether you're a beginner or a pro, this book will teach you the revolutionary secrets and tips towards making your partner reach climax every night you do the dirty.

Special edition slipcase edition of John Green's Paper Towns, with pop-up paper town. From the bestselling author of The Fault in our Stars. Quentin Jacobsen has always loved Margo Roth Spiegelman, for Margo (and her adventures) are the stuff of legend at their high school. So when she one day climbs through his window and summons him on an all-night road trip of revenge he cannot help but follow. But the next day Margo doesn't come to school and a week later she is still missing. Q soon learns that there are clues in her disappearance . . . and they are for him. But as he gets deeper into the mystery - culminating in another awesome road trip across America - he becomes less sure of who and what he is looking for. Masterfully written by John Green, this is a thoughtful, insightful and hilarious coming-of-age story.

A practical guide to deepen and expand your orgasmic experience by yourself. Based on

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ancient Tantric teachings, modern sexology and tons of experience, Orgasm Unleashed is filled with inspiring ideas and powerful practices that will transform your sex life. It might even change your life.

The Second Sex

The Windup Girl

Sex Positive

The Ultimate Guide to a Multi-Orgasmic Life

Women on Top

One Woman's Journey Through Sex and Porn Addiction

A Woman's Guide to Masturbation

You Are 1-Click Away From Adding Passion, Energy, Desire, Excitement And Satisfaction To Your Sex Life To Get You And Your Sex Partner(S) To Bask In The Glory Of Passionate, Multiple Orgasm-Filled Sexual Encounters That Keep You Smiling At The Thought Of Them! Sex is not just sex. Great sex is what we all strive for even if we've never had an amazing sexual experience before; the body knows when it has just 'never gotten there'. And if it gets there, you know! You know you've had great sex when you've had it; you and your partner feel fresh, energized, sleepy, happy, euphoric, like you want to laugh/smile, ecstatic, flushed, shy and more; all combined in one! There is nothing like it! So how do you

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maximize pleasure that you and your partner(s) get from every sexual encounter? How do you turn yourself and your partner on instantly so that you can 'go' anywhere anytime? What do you need to start doing to spice things up and what do you need to stop doing? How do you turn your boring, bland, lazy, orgasm-deprived, passion-lacking, excitement-free and satisfaction lacking sex life to one where both you and your partner(s) have lustful, passionate, energetic, exciting, and orgasm filled sexual encounters? How do you reintroduce passion, lust, fun, excitement, orgasms, experimentation, fulfillment and more into your sex life? How do you overcome all your inhibitions and go all out in every sexual encounter to maximize your satisfaction and that of your partner(s)? How do you ensure you don't get disappointed at any step of the way to maximum sexual pleasure? If you have these and other related questions, keep reading, as this book is for you. It covers the ins and outs of maximizing your sexual pleasure (for you and your partner(s)) while making it fun, exciting, satisfying, passionate and the kind of thing that you want to do it over and over again! More precisely, the book will teach you: Why introducing variety in your preferred sex positions will catapult your sex life to the next level, including over 30 sex positions that will instantly help

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you stop repeating the same old positions that have made sex mundane and boring How to add a new twist to your favorite sex positions to make sex more exciting, fun, passionate and involving How and why dirty talk can make you harder or wetter and make sex more exciting, including how to introduce dirty talk to your sex life How to leverage the power of Kama sutra and tantra to propel your sex life to the next level, including the best tantric sex positions that will get you body numbing, toe curling and eye rolling orgasms What has been draining your sex life How your low performance may have to do with low testosterone levels, including how to boost your testosterone levels to increase your libido and stamina How to stop coming too fast, last longer in bed and unleash the randy hose within you to satisfy your partner(s) all the time Exercises that can 10X your sex life And much more! Whether you've had amazing sex before and want to bring back the experience or have never experienced the magic of great sex, this book has something for you. And lucky for you, the book takes an easy to follow, beginner friendly approach to help you, irrespective of your prowess and experience, start applying what you learn right away and start seeing results in your first sexual encounter after reading this book! Click Buy Now With 1-Click or Buy Now to get started!

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The first volume in a planned, 3-volume, sex-education series. Erika and Matthew are ready to talk about sex! Have you ever had a question about sex, but didn't know who to ask? Well, Erika and Matthew have spent years learning, talking, and creating informative comics about all aspects of sex. Using comics, jokes, and frank communication, they're here to demystify the world of sex and answer your questions—including ones you might not even know you had! In this first book of the Drawn to Sex series, they explore the practical side of sex, from the basics of what defines sex, to barriers and testing, masturbation, and the ins-and-outs of having sex with other people. Pick up this fun book if you're looking to learn something new, understand sexuality better, or know someone (maybe you!) who might benefit from some judgment-free education. Erika and Matthew are here to help you out

• Details how to awaken the prostate using internal massage techniques, intention, and microdosing with cannabis • Examines the importance of the prostate as a sex organ and why maintaining its good health is vital for overall wellness and longevity • Explores the ability of particular strains of cannabis to increase sexual pleasure, sensitize the genitals, and trigger potent orgasms The secret to multiple male orgasms has been discovered.

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At the root of this multi-orgasmic pleasure is the prostate gland (the male G-spot) as well as cannabinoids, a group of chemical compounds found in cannabis that relax the mind and body, sensitize the genitals, and arouse the prostate gland. In this step-by-step guide, Cliff Dunning details how to awaken the prostate, or P-spot, using internal massage, intention, and microdosing with cannabis in order to experience powerful multiple orgasms. He examines the importance of the prostate as a sex organ, why maintaining its good health is vital for overall wellness and longevity, the role the prostate plays in sexual satisfaction, as well as why men need regular orgasms. Examining how cannabis can act as an aphrodisiac, the author explores its ability to increase sexual pleasure, lower inhibitions, enhance blood flow, open neural pathways, sensitize the genitals, and trigger potent orgasms through the endocannabinoid system of the human body. He investigates the cannabis strains developed to induce high states of arousal and explains how to use this plant medicine as a sexual sacrament to activate your pleasure centers and open the door to multiple orgasms. He details techniques for successfully stimulating the prostate to non-ejaculatory orgasm with internal massage, including specific recommendations for prostate massagers. He also discusses the many

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health benefits of multiple orgasms, including not only reproductive health but also psychological balance, personal development, and new levels of consciousness. Offering a road map to multiple male orgasms and sexual wellness, this guide reveals the prostate and cannabis as the keys to a lifetime of sexual pleasure.

Maximize the sexual and emotional potential in your marriage! With down-to-earth wisdom based on the experiences of the thousands of women she's counseled, Shannon Ethridge—author of the million-plus-selling Every Woman's Battle series—shows women how to create the healthy, exhilarating sex lives they (and their husbands) desire. Every woman deserves to enjoy great sex with her husband, without inhibition or shame. But many wives live with the burden of self-doubt or feel mystified about what men really want in bed. Others wrestle with memories of sexual abuse or neglect, guilt over past intimate relationships, or negative feelings about their own bodies. Maybe you've been thinking you were alone in your struggle to discover sexual fulfillment. Think again: only 8 percent of married women consider their sex life “very hot” 21 percent call their sex life “routine and boring” Another 21 percent ask, “What sex life?” These sorry statistics don't have to be your case, as Shannon Ethridge readily

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explains with arresting warmth and honesty. Brimming with confidence-boosting techniques and inspiring personal stories of rejuvenated relationships, The Sexually Confident Wife opens a new world of passion for every couple, helping women to connect with their men on every level—physical, mental, emotional, and spiritual—enabling them to fully enjoy the ultimate, enduring union that marriage can be.

The Romanovs

Number 9 in series

The Manchurian Candidate

Take Control of Your Life with Self-Help Techniques from EMDR Therapy

The Story of the Kamasutra

Master The Climax With Advanced Guided Sex Positions For A Better Sex Life, With Pictures

Making Sex

Do you know what is the N° 1 reason behind divorce and the end of a relationship? Is it unloyalty? Is it frequent arguments? Is it different points of view and life choices? Or maybe is it children's education? Believe it or not, it is a lack of intimacy, of sexual tension and desire beneath the couple. And that means, of course, even a lack of sex or anyway bad sex. When it comes to having sex in a relationship most couples start

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very excitedly, right? The partners eat each other in the bedroom, they are so turned on that they want to BURN everything to the ground, their sexual potential is UNLEASHED. So the couple has fun. All has been incredible, they can't wait to repeat the sex and to feel EVEN BETTER. Again. Again. And again. And SLOOOOWLYYYYYY it becomes the same thing... until the sad moment when the sex is no more than a WORD and an occasion, just like the Thanksgiving, or the Independence Day, or Christmas or whatever! It becomes predictable. Boring. The breakup becomes inevitable. But the question is... is this what it's meant to be? Is there no other way in order to keep the desire alive Luckily, there is a way to prevent all that mess: both you and your partner have to learn the best existing ways to enter each others' body and soul. This way, your connection will be wonderful and unbreakable. What good sex has to teach you is not only physical: the two of you will learn how to engage your minds outside of sex, it will help both of you to face the everyday world with peace of mind. You will trust each other more. Basically. Most of your problems will be solved. So what exactly is in this book? Why most people have really bad sex or even no sex life How to connect to each other The Ultimate, step-by-step, deeply explained process of sex Every sex position and how to maximize the pleasure from each one of them Pictures to help you visualize the pleasurable intimacy moments How to give and receive the maximum full-body pleasure How to be an enviable couple inside and outside the bed This is not some crappy book about sex with just some

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advice thrown here and there, this thing is designed to cover everything so that the two of you can literally experience PARADISE IN BED. NO KIDDING. There is everything. More than what people and experts out there talk about. So. From now on, here is your decision to make. You can choose to have the best sex life possible with your partner, or you can choose to just be... average. Isn't the choice OBVIOUS yet? What are you waiting for, just take the book and bring your sexual experience to the next level NOW, before there's no going back. I'm waiting for you.

This classic work on the rules of sex -- updated for a new generation -- is still as provocative as the day it was published, providing simple explanations for any and all questions about what happens in the bedroom. Sex isn't as complicated as we make it. In *Sperm Wars*, evolutionary biologist Robin Baker argues that every question about human sexuality can be explained by one simple thing: sperm warfare. In the interest of promoting competition between sperm to fertilize the same egg, evolution has built men to conquer and monopolize women while women are built to seek the best genetic input on offer from potential sexual partners. Baker reveals, through a series of provocative fictional scenes, the far-reaching implications of sperm competition. 10% of children are not fathered by their "fathers;" over 99% of a man's sperm exists simply to fight off all other men's sperm; and a woman is far more likely to conceive through a casual fling than through sex with her regular partner. From infidelity, to homosexuality, to the female orgasm, *Sperm Wars* turns on every light in the bedroom. Now with new

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material reflecting the latest research on sperm warfare, this milestone of popular science will still surprise, entertain, and even shock.

Tayla Mancuso is a demon-slayer who hungers for sensual pleasure - but fears it will always be denied her. Until she lands in a hospital run by demons in disguise, and the head doctor, Eidolon, makes her body burn with unshakable desire. But to prove her ultimate loyalty to her peers, she must betray the surgeon who saved her life. Eidolon cannot resist this fiery, dangerous woman who fills him with both rage and passion. Not only is she his enemy, but she could very well be the hunter who has been preying upon his people. Torn between his need for the truth and his quest to find his perfect mate before a horrific transformation claims him forever, Eidolon will dare the unthinkable - and let Tayla possess him, body and soul . . .

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

Playing Hard to Master

Cannabis and Sexual Ecstasy for Men

Getting Off

Infidelity, Sexual Conflict, and Other Bedroom Battles

The Secret Book Of Pleasure

The Sexually Confident Wife

Book of Erotic Fantasy

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The Power of Chakras reveals the truth that has been concealed until now—astonishing secrets about the human energy field. Dr. Susan Shumsky has delved into the ancient Tantric and Vedic literature to uncover the veiled mysteries of the ages, where the most authentic information on the 7 chakras, 7 sub chakras, and the subtle energy system can be found. Until now, much of this wisdom has been locked in hiding places in the forests and caves of India and Tibet. This COV Award-winning book is now offered as a new edition. Highly praised by spiritual masters from India as well as thousands of grateful readers, it has been hailed as the “quintessential reference on the subject.” By reading this valuable book, you will: Discover your subtle body and energy field and how to heal blockages. Gain understanding of Kundalini energy and the chakra system. Learn to maintain health of your energy field.

Women have a capacity for orgasm that is truly awesome. It is a power of pleasure that ranges from sweet to sublime to superlative and it is one that almost every woman can unleash. You simply need to learn a few new things and unlearn a few old ones. In this eBook you will learn about the many different types of orgasm a woman's body is waiting to give her. You will understand that sex is more than physical, it is also an emotional and energetic experience. Exercises for mind, heart and body help women open up to their sexual selves, on their own and with their partners. For example... * Identify and Shift Your Sex-limiting Messages * Getting to Know your Body and How it Responds * Pelvic Lifts and Bounces: for flexibility and increased sensation * The Big Draw: for powerful orgasms There are explicit tips for lovers on how to n love to a woman. For example... * What are the "hot spots" and when and how can you find t * How to give an extraordinary genital massage for pleasure and healing. * What are the best intercourse techniques for maximum pleasure? Table of Contents Introduction A Cornucopia o

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Orgasms! Personal Responsibility Permission Becoming Sex Positive in a Sex Negative World
Cultivate a Pleasure Attitude Body Image: Learning to Love Your Body Female Sexual Anatomy
Yoni Empowerment Yoni Power: Vaginal Exercisers Letting Go Of Control Grounding:
Becoming Connected & Feeling Safe Following and Initiating: Taking Receptive and Active Roles
The Importance of Love Sexual Abuse Partner's Role Time Kindling Desire Sex Is More Than
Intercourse "Foreplay" - Moving from the Outside-In Being Present: Breath, Breasts & Focus
Building Desire & Moving Energy: Sexual Fire Breath, Passion Pump and other Secrets Self-
Pleasuring: Masturbation More Tips for Partners Intercourse: Thrusting Techniques & Position
for Pleasure Yoni Massage Permission & Time Summary Sex Toys and Lubricants Stimulants and
Aphrodisiacs A Note on Safer Sex Resources Books about Body Image, Female Anatomy and
Women's Health Body Movement Breathing G-Spot Orgasm Info More Orgasm Books Tantric
and Taoist Approaches Inspirers and Trailblazers: Betty Dodson, Annie Sprinkle, Mama Gena &
Nina Hartley Aphrodisiacs Resources for Sexual Abuse
Pleasure and pain once again intertwine in the second installment of Sparrow Beckett's Mast
Unleashed series. Known as a brat in the kink community, Everly can intimidate even the most
experienced Dom. Then she meets Ambrose, a dominant who finds her ways amusing. Not only
does he charm the pants off her, he makes her crave his mastery. After being abandoned by her
submissive, Ambrose has avoided any serious connections—until he meets Everly, who refuses
to be ignored. But just when he thinks he's found the perfect sub, he finds out she's an anti-poverty
activist with harsh opinions about the rich. Telling her he's wealthy will ruin everything, but he
can't collar her with a huge lie hanging over them. Will the best thing that's ever happened to
him walk away when she finds out the truth?

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Offers up-to-date information for men on more than 130 sexual topics from techniques to sex harassment, presenting advice on such areas as reading a woman's body signals, how to avoid crossing the line, and more. Reprint.

Unleash Your Sexual Superpowers

A Man's Guide

Orgasm Unleashed

Rewire Your Brain

Beautiful Bastard

The Power of Chakras

1613-1918

Traces the history of the famous text typically associated with its instruction for sexual techniques from its origins in third-century India--where it began as a primer on urbane sophistication, counseling readers on friendship and home décor--to a British explorer launching the text into fame in Victorian society. Reprint.

Do you want amazing, mind-blowing sexual ecstasy--full-body, multiple and extended orgasms, as well as the elusive and mysterious experience of female ejaculation? In this book, you'll learn how to awaken your secret orgasmic trigger, the G-spot. With step-by-step instruction for both men and women, this book shows how to give and receive incred...

The practice of OM (Orgasmic Meditation) is designed to support women's empowerment around their agency, sexuality, orgasm, voice, and expression. This

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book covers elements of Classic OM, makes some suggestions about how best to complete and adjust the Classic Model of OM, and introduces the concept of Somatic OMing. This book reflects some of the lessons I gathered from living in an experimental women-led OM community for 2 years. This work will not include everything I know about Classic OM. Nor is it intended to be an exhaustive introduction to Somatic OMing. Both will be covered in [more] depth in separate future works. This work is intended to convey what I mean by Somatic OMing and give existing OMers some ideas on how to deepen their practice and strengthen their communities. Part 1 is on Classic OM, since supporting OMers in their existing practice is a high priority at this time. Part 2 will be of interest primarily to leaders and activists. This is not an 'entry-level' book on OM and OMing. Readers will be presumed to have a direct, personal understanding of OM and OMing to use as a point of reference. This means they may have been explicitly trained in how to OM, or read the book, "Slow Sex," by Nicole Daedone ... or read the chapter on Sex in "The 4-Hour Body," by Tim Ferriss ... and have OMed successfully at least a handful of times. What I have learned about OM is a direct result of women patiently teaching me, starting with the creation and sharing of the OM Model by Nicole Daedone. Women - a lot of women - have shaped and molded my OM practice. In group OMs, women I've never met before made me a little bit wiser ... through the direct (and indirect) transmission of their OM practice. Even the men who shared information

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and discoveries ... did so because they [had] OMed ... with women. Women: OM is your house. This is what I have to contribute ... so far.-----This book is the first in a series called, "Foundations of an Orgasmic Nation." The Orgasmic Nation is at home in their body, responsible in their conduct, and deeply connected to orgasm in the world around them. We collaboratively explore and inquire into new practices, agreements, and distinctions ... in the areas of orgasm, connection, intimacy, and authenticity. I am Alutha Zatoichi Jamancar and I am a member of the Orgasmic Nation. * **

The 10th-anniversary edition of the book that radical re-evaluates the origins and nature of human sexuality. Since Darwin's day, we've been told that sexual monogamy comes naturally to our species. Mainstream science — as well as religious and cultural institutions — has maintained that men and women evolved in families in which a man's possessions and protection were exchanged for a woman's fertility and fidelity. In this groundbreaking book, however, Christopher Ryan and Cacilda Jethá argue that human beings evolved in egalitarian groups that shared food, child care, and, often, sexual partners. Weaving together evidence from anthropology, archaeology, primatology, anatomy, and psychosexuality, the authors show how far from human nature monogamy really is. With intelligence and humour, Ryan and Jethá explain how our promiscuous past haunts our contemporary struggles. They explore why many people find long-term fidelity so difficult; why sexual passion

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tends to fade even as love deepens; why homosexuality persists in the face of standard evolutionary logic; and what the human body reveals about the prehistoric origins of modern sexuality. Shocking, enlightening, and ultimately inspiring, Sex at Dawn offers a revolutionary understanding of why we live and love as we do.

Path of Ecstasy

Female Ejaculation

Lover Unleashed

A Reclamation

Sex at Dawn

Sex Positions

Unleash the Ultimate G-Spot Orgasm (Large Print 16pt)

'Brilliant...wild and exhilarating' New Yorker Sgt Raymond Shaw is a hero of the first order. He's an ex-prisoner of war who saved the life of his entire outfit, a winner of the Congressional Medal of Honor, the stepson of an influential senator...and the perfect assassin. Brainwashed during his time as a POW he is a 'sleeper', a living weapon to be triggered by a secret signal. He will act without question, no matter what order he is made to carry out. To stop Shaw, his former commanding officer must uncover the truth behind a twisted conspiracy of torture, betrayal and power that will lead both to the highest levels of the government. - and to Shaw's own past...

An ambitious intern. A perfectionist executive. And a whole lot of name calling. Whip-

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smart, hardworking, and on her way to an MBA, Chloe Mills has only one problem: her boss, Bennett Ryan. He's exacting, blunt, inconsiderate—and completely irresistible. A Beautiful Bastard. Bennett has returned to Chicago from France to take a vital role in his family's massive media business. He never expected that the assistant who'd been helping him from abroad was the gorgeous, innocently provocative—completely infuriating—creature he now has to see every day. Despite the rumors, he's never been one for a workplace hookup. But Chloe's so tempting he's willing to bend the rules—or outright smash them—if it means he can have her. All over the office As their appetites for one another increase to a breaking point, Bennett and Chloe must decide exactly what they're willing to lose in order to win each other. Originally only available online as The Office by tby789—and garnering over 2 million reads on fanfiction sites—Beautiful Bastard has been extensively updated for re-release.

Offering a new take on the psychology of human sexuality, Sexpositive integrates modern day themes such as technology and the use of social media with self-help. This is the book that millennial's will turn to in order to rewrite the story of their love lives. THE DIGITAL AGE IS USHERING IN A SEX POSITIVE REVOLUTION Millennial disrupter Dr Kelly Neff believes radical change is underway in our love and sex lives. Fuelled by developing technology and shifting cultural beliefs, the Sex Positive movement is a social, political and philosophical wave that promotes and embraces sexuality and sexual expression, with an emphasis on safety and consent. In this

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ground-breaking study of modern sexuality, Dr Kelly Neff explores this new cultural movement and examines LGBTQI issues, #MeToo, female orgasm, the rise of non-monogamous relationships and robotic sex partners, among many other contentious topics emerging as part of the ongoing social and political shifts surrounding sex, love and identity. "Redefining sex and love as a constructive, harmonizing experience comprises a crucial part of how we move forward as a human collective... It's not a movement solely for women, but one that can apply to all genders and lifestyles. Being sex positive is inherently inclusive, and this is the tone that I take in this book."

"Erica Garza has written a riveting, can't-look-away memoir of a life lived hardcore... In an era when predatory male sexual behavior has finally become a topic of urgent national discourse... Getting Off makes for a wild, timely read" (Elle). A fixation on porn and orgasm, strings of failed relationships and serial hook-ups with strangers, inevitable blackouts to blunt the shame—these are not things we often hear women share publicly, and not with the candor, eloquence, and introspection Erica Garza brings to Getting Off. What sets this courageous and riveting account apart from your typical misery memoir is the absence of any precipitating trauma beyond the garden variety of hurt we've all had to endure in simply becoming a person—reckoning with family, learning to be social, integrating what it means to be sexual. Whatever tenor of violence or abuse Erica's life took on through her behavior was of her own making, fueled by fear, guilt, self-loathing, self-pity, loneliness, and the hopelessness those feelings brought on as she runs from

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one side of the world to the other in an effort to break her habits—from East Los Angeles to Hawaii and Southeast Asia, through the brothels of Bangkok and the yoga studios of Bali to disappointing stabs at therapy and twelve-steps back home. In these remarkable pages, Garza draws an evocative, studied portrait of the anxiety that fuels her obsessions, as well as the exhilaration and hope she begins to feel when she suspects she might be free of them. Getting Off offers a brave and necessary voice to our evolving conversations about addiction and the impact that internet culture has had on us all—“a profoundly genuine, gripping story that any reader can appreciate” (Vice). “In reading Garza’s insight into her own experiences, we better understand ourselves” (The New York Times Book Review).

The Basics

The Wild Woman's Way

how we mate, why we stray, and what it means for modern sexuality

The Ultimate Book for Couples with Spectacular Sex Positions. Revitalize Your Sex Life and Increase Libido, Kama Sutra, Tantric Sex and Dirty Talk

Think Your Way to a Better Life

Slow Sex

Paper Towns

"Required reading for every woman who longs to step into her power and live with pleasure and purpose." — Kris Carr, New York Times best-selling

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author Author, educator, and School of Womanly Arts founder Regena Thomashauer has been working with women for the past 25 years, and what began as just a few women in her living room has since grown into a global movement with thousands of graduates worldwide. In her New York Times bestseller *Pussy: A Reclamation*, she reveals what no one taught you about the source of your feminine power and how to use it. This power is the part of a woman that she has been taught to ignore, push down, and despise. Indeed, the word that most viscerally sums it up is "arguably the most powerful pejorative word in the English language." Like any expletive used effectively, the title of this book is meant to be a wake-up call. It is a reclamation, in a world that desperately requires the feminine. Readers learn the secret ingredient every woman is missing; how to crack the confidence code; why sex appeal is an inside job; what's ahead on the next frontier of feminism—and how they can help make it happen; and much more. By turns earthy and erudite, passionately argued and laugh-out-loud funny, *Pussy* delivers the tools and practices a woman requires to do and be whatever she wants in this life. It's a call for her to tune in, turn on, and not drop out—but live more richly, fully, and lusciously than she ever thought she could.

A totally accessible user's guide from the creator of a scientifically proven form of psychotherapy that has successfully treated millions of people worldwide. Whether we've experienced small setbacks or major traumas,

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we are all influenced by memories and experiences we may not remember or don't fully understand. Getting Past Your Past offers practical procedures that demystify the human condition and empower readers looking to achieve real change. Shapiro, the creator of EMDR (Eye Movement Desensitization and Reprocessing), explains how our personalities develop and why we become trapped into feeling, believing and acting in ways that don't serve us. Through detailed examples and exercises readers will learn to understand themselves, and why the people in their lives act the way they do. Most importantly, readers will also learn techniques to improve their relationships, break through emotional barriers, overcome limitations and excel in ways taught to Olympic athletes, successful executives and performers. An easy conversational style, humor and fascinating real life stories make it simple to understand the brain science, why we get stuck in various ways and what to do about it. Don't let yourself be run by unconscious and automatic reactions. Read the reviews below from award winners, researchers, academics and best selling authors to learn how to take control of your life.

Become a better lover and leave her begging for more when you Unleash Your Sexual Superpowers. An epic experiment has played out over the last 20 years. The laboratory where it took place is the San Fernando Valley. The subject of that experiment: Erik Everhard. Unleash Your Sexual Superpowers is the result of 20 years of practical, real-world knowledge

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gleaned from my sexual exploits with over 5,000 women. This definitive manual harnesses real world techniques that actually work and deliver real results. From overcoming performance anxiety, to lasting longer in bed and giving women orgasm after orgasm. These techniques, strategies, and psychological biohacks have all been tested extensively by yours truly so I guarantee they work. This comprehensive guide delivers the top secrets learned from one of the world's top male porn stars specifically designed to help you! Become a better lover and leave her begging for more when you Unleash Your Sexual Superpowers.

Of all the writing that emerged from the existentialist movement, Simone de Beauvoir's groundbreaking study of women will probably have the most extensive and enduring impact. It is at once a work of anthropology and sociology, of biology and psychoanalysis, from the pen of a writer and novelist of penetrating imaginative power. THE SECOND SEX stands, five decades after its first appearance, as the first landmark in the modern feminist upsurge that has transformed perceptions of the social relationship of man and womankind in our time

The Art and Craft of the Female Orgasm

Awakening Women's Orgasm

The Book of Love

The Complete Idiot's Guide to Tantric Sex

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Your Guide to Pleasure, Healing and Power Sperm Wars

In this updated, fully illustrated second edition, the author uncovers every aspect of this ancient practice, and introduces the principles, techniques, and rituals of Tantra.

History of sex in the West from the ancients to the moderns by describing the developments in reproductive anatomy and physiology.

Would you like to know how to bring more pleasure, joy, and creative flow and meaning into your life? Introducing The Ultimate Guide to a Multi-Orgasmic Life, a handbook for finding greater fulfillment- in and out of the bedroom. Once you've learned these multi-orgasmic practices they'll be a valuable resource to you for the rest of your life.

Orgasm Unleashed Your Guide to Pleasure, Healing and Power Intimate power

Female Ejaculation and the G-spot

Connecting With Your Husband Mind-Body-Heart-Spirit

Awaken the Prostate for Multiple Orgasms

Pussy