

KATE TAYLOR

the good
Orgasm
guide



All a girl needs for a great time

The Good Orgasm Guide

Mantak Chia, Rachel Carlton Abrams



The Good Orgasm Guide:

The Good Orgasm Guide Kate Taylor, 2003 Yes it's true girls just wanna have fun And there's plenty of sexy fun to be had with the straight talk and practical advice offered here With wit warmth and good humor the pathway to great sex is revealed including the best positions for achieving multiple orgasms stimulating your sexual confidence and teaching your partner how to please you You'll find out how to train your sexual muscles and hit the G spot A spot and other erogenous zones get tips for keeping your sex life fresh and exciting and read sensual tales from real women who have learned the secrets of sizzling sex For those women who have never experienced an orgasm help is on the way with expert guidance on breaking through the physical and psychological barriers that hold you back as well as help in choosing and using vibrators and other toys and making your sexual fantasies come true

The College Student's Guide to Mental Health Mia Nosanow, MA, LP, 2024-02-27 Easy accessible guidance for addressing an essential element to college success mental health While being in college can be an exciting time it can also be a period of uncertainty anxiety loneliness and even depression The College Student's Guide to Mental Health is for any college student who wants to understand and maintain mental and emotional health Mia Nosanow a licensed psychologist and college therapist has drawn upon her more than twenty years of direct experience counseling a diverse college student body to write a comprehensive mental and emotional health manual designed specifically for college students Presented in clear practical language and organized in short chapters this book breaks down common problems and provides actionable strategies for addressing them Whether students want to understand challenging emotions transform negative thoughts improve relationships or explore the connection between time management and mental health these topics and more can be found in this one book a valuable tool for college students as well as the families and professionals who support them

The Rough Guide to Sex James McConnachie, 2010-01-04 Has any big subject ever generated so many myths lies and unfounded claims as sex The Rough Guide to Sex is the antidote to the cynical hype noisy boasts and all those embarrassed silences It tells it how it is for men and women gay and straight from touch and masturbation to sexual positions with accessible how to do it advice Honest and informative author James McConnachie gets up close and personal covering not just body parts techniques and accessories but sexual health attitudes expectations and beliefs Amply illustrated this is a book for the curious dealing with everything you know and don't know about sex and beyond It unveils the nature of desire the meaning of fantasy the science of orgasm what works and what doesn't for both him and her It tells how scientists and gurus writers and lovers perverts and priests have all contributed to the story of sex Above all it looks at how sex really figures in people's lives Myth busting witty thoughtful and candid The Rough Guide to Sex uncovers the facts of life without the fiction

Not Tonight, Mr. Right Kate Taylor, 2009-03-25 With the same saucy tell it like it is appeal of He's Just Not That Into You sex author Kate Taylor explains reasons to keep your clothes on in laugh out loud detail how Oxytocin the Fatal Attraction hormone can make women up to ten times more emotionally

attached after sex than men why men never expect to get lucky on the third date or any date that relationships are more fun easier and longer lasting when you keep your feet on the ground instead of hooking them round his neck An absolutely unique plan for making sure Mr Right is more than Mr Right Now The Rules for how why and when not to have sex this completely original take on an age old concept offers an Extreme Dating Makeover a Q A for skeptics tactical plans questions to say yes to before you say yes to him what to do on those third fourth tenth dates when nookie isn t in the plan and I told you so success stories ultimately helping you to figure out the perfect time to have sex **A Tired Woman's Guide to Passionate Sex** Laurie B. Mintz,2009-09-18 Shows how women can reenergize their sex lives by using a Five T s plan consisting of thoughts talk time touch and trysts The Multi-Orgasmic Woman Mantak Chia,Rachel Carlton Abrams,2006-08-08 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 Naughty or Nice Eric Jerome Dickey,2004-10-05 With all the humor passion and soul his fans have come to expect New York Times bestselling author Eric Jerome Dickey has written a novel with enough spice to warm even the coldest winter nights Just in time for the holidays a very funny and engrossing novel laugh out loud humor Booklist Each of the McBroom sisters has her own problems Frankie the oldest is never satisfied Can anyone give her what she wants Middle sister Livvy saddled with a cheating husband has begun an affair of her own But her being wronged doesn t exactly make her sideline lover Mr Right Then there s baby Tommie She was treated badly by a man she trusted Can an older man show her what love is all about Frankie Livvy and Tommie are there for one another through all the drama and in the process they discover what family sisterhood and love are all about *The Marriage You Want* Sheila Wray Gregoire,Dr. Keith Gregoire,2025-03-11 We all want a marriage that feels like home We long for a partner who is there for us through all of life s challenges and griefs who is in on all our inside jokes who delights in the family we ve built together who looks with hope toward the future with a shared faith and an arm firmly around our shoulders But how do we get there What actually works in the real world and honors the picture of marriage found in Scripture Based on the findings of their meticulous research Sheila Wray Gregoire and Dr Keith Gregoire dispel the pervasive myths about what makes a happy marriage Rather than relying on gender stereotypes they look at what actually creates intimacy emotional health and connection asking deeper questions that lead to real healing and growth in your relationship with your spouse With enlightening stories survey results and practical tools this book will help readers create a marriage they love And with the evidence based Scripture honoring advice in this book that just may be closer than you imagine **Reclaiming Your Sexual Self** Kathryn Hall, Ph.D.,2008-04-21 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 *Expectant Little Knits* Suzanne J. E. Tourtillott, 2007 Just open a magazine or turn on the TV and it s clear that moms to be are proud of their baby bumps No more hiding those growing bellies today s pregnant woman wants to wear stylish modern even edgy fashions And these 22 gorgeous knit projects created by a pool of talented designers fill the bill Expecting mothers and the friends and families who want to knit them a gift will be overjoyed to find so many attractive possibilities A truly luxurious cashmere car coat features bell sleeves and ribbed cuffs while a v neck tank design made from a simple stockinette stitch uses pleats that can accommodate an expanding tummy From a cleverly designed cowl sweater with discreet nursing panels to a dazzling beaded black evening dress every garment is beautiful

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