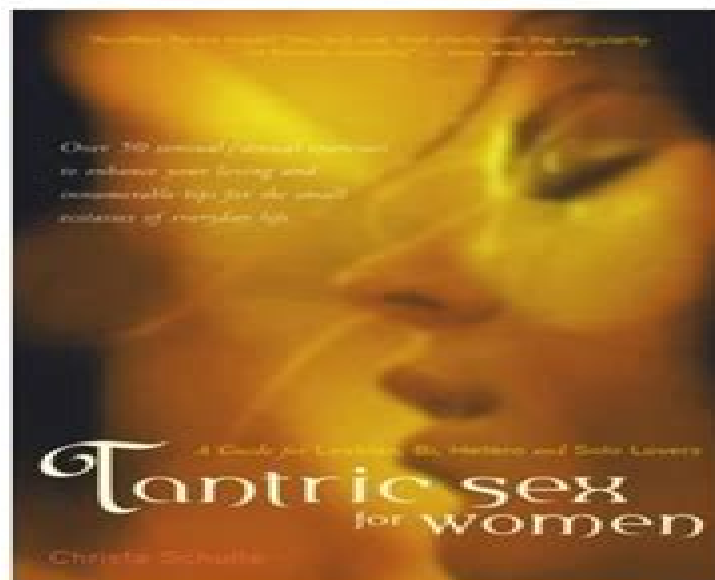


Tantric Sex for Women: A Guide for Lesbian, Bi, Hetero, and Solo Lovers



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Description :

Using an inclusive, empowering approach, this book explains how every woman ? heterosexual, lesbian, bisexual or solo ? can add relish to sexual encounters and increase her pleasure through use of tantric methods. In a warm, knowledgeable tone, Christa Schulte explains all the basics of tantric sex, including how to become more body-aware, how to cultivate pleasure using all five senses and how to practice Tara-tantra, a woman-centered tantric method of her own creation. Exercises form the heart of the book and cover numerous practical strategies for helping women enhance their sensitivity, remove barriers to fulfilling experiences, and explore the spiritual dimension of their sexuality. Not only does Tantric Sex for Women show its readers how to expand and enhance sexual gratification, it promotes an attitude of remaining open to the many ecstasies of everyday life. This book contains crucial information for women of every sexual orientation interested in fulfilling their sexual and sensual potential.

Tantric Sex For Women A Guide For Lesbian Bi Hetero And Solo Lovers

Christa Schulte



Tantric Sex For Women A Guide For Lesbian Bi Hetero And Solo Lovers:

Tantric Sex For Women Christa Schulte, 2008 Over 50 exercises form the heart of this book solo exercises love games for couples and rituals meditation and massage techniques They are by turns creative and enjoyable uplifting and profound even thrilling and naughty intended to inspire women to activate their sensuality and enjoy the small ecstasies of everyday life Men who read the book and play with the exercises are likely to gain valuable insight into women and women's sexuality making them more sensitive and skilled lovers *The Illustrated Guide to Extended Massive Orgasm* Steve Bodansky, Vera Bodansky, 2013-03-15 In this companion to their best selling book *Extended Massive Orgasm* Steve and Vera Bodansky give much more detail about the best hand and body positions for performing and receiving EMO More than 70 photographs and drawings illustrate genital anatomy and optimum positions for manually stimulating a partner And while the first book focused mainly on female sexual pleasure *The Illustrated Guide to Extended Massive Orgasm* covers new ground in the area of male arousal and orgasm The Bodanskys also highlight topics such as unknown erogenous zones the introitus and the hidden cock enhancing sensitivity the relationship between hand position and stroking communication how to ask for what you like and how to talk dirty Written for people of all sexual orientations this book is a playful tool for partners of any age wishing to explore new depths of sexual pleasure Orgasm is no longer just a fleeting moment but the beginning of lasting arousal that goes far beyond the bedroom *Healing Sex* Staci Haines, Felice Newman, 2007-11-28 The first encouraging sex positive guide for all women survivors of sexual assault heterosexual bisexual lesbian coupled and single who want to reclaim their sex lives While most books on the topic broach sexuality only to reassure women that it is all right to say no to unwanted sex *Healing Sex* encourages women to learn how to say yes to their own desires and on their own terms This mind body approach to healing from sexual trauma was created by Staci Haines who has been educating in the area of sexual abuse sex education and somatic healing for over 15 years Her techniques are ideal for anyone looking for a new way to heal from trauma beyond traditional talk therapy *Sex Secrets of an American Geisha* Py Kim Conant, 2006-10-23 Any single or married woman can find success in the pursuit of love marriage and happiness with these sensible sexy realistic tips from Py Kim Conant who used them to find her own American husband More practical than politically correct her advice covers every aspect of landing and keeping a man *Developing Geisha Consciousness* she says helps maximize a woman's femininity The author invites readers to become a Younger Sister a geisha in training and then proceeds into the four parts of this lively provocative book getting started as an American Geisha sex secrets to bond him to you planning for marriage and keeping the marriage fresh and sexy She suggests specific strategies for women including creating a bedroom shrine of worship to hubby's manhood learning to express femininity and sexuality identifying and then dating their Good Man An afterword on Geisha Power a glossary of terms recommended reading and resources help readers expand the experience **Sexuality Education** Elizabeth Schroeder, Judy Kuriansky, 2009-04-30 An exemplary team of professionals provides a comprehensive

look at sex education the heated debate over federal controls current research and practice programs politics legislation and cultural and religious issues related to sex and sexuality education In the groundbreaking Sexuality Education Past Present and Future the history practices and politics of sexuality education are explained Respected educators counselors and therapists marshal both research and educated opinion to offer insights into exactly what is meant by sex education what the various approaches are what age appropriate lessons are supported by most professionals and the impact of government policies Noting that the need for sexuality education has expanded to adults from new parents to senior citizens this unique work also takes readers into classrooms and makes them privy to conversations representing everyone from elementary school students to nursing home residents These comments reveal the range of unanswered questions about sex questions that are important for psychological as well as physical health In addition the contributors explore ongoing issues in sexuality education such as how to present culturally competent lessons that include consideration of race ethnicity gender religion and sexual orientation The experts also examine sexuality education in other countries the challenges those countries face and their victories over unplanned pregnancy and STDs in the global effort to preserve sexual health

Communicating Women's Health Annette Madlock Gatison, 2015-12-07 This volume explores the conditions under which women are empowered and feel entitled to make the health decisions that are best for them At its core it illuminates how the most basic element of communication voice has been summarily suppressed for entire groups of women when it comes to control of their own sexuality reproductive lives and health By giving voice to these women's experiences the book shines a light on ways to improve health communication for women Bringing together personal narratives key theory and literature and original qualitative and quantitative studies the book provides an in depth comparative picture of how and why women's health varies for distinct groups of women Organized into four parts historical influences on patient and provider perceptions breast cancer the silence and the shame make it taboo mothering reproduction and womanhood and sex sexuality relational health and womanhood each section is introduced with a brief synthesis and discussion of the key questions addressed across the chapters

The Uterine Health Companion Eve Agee, 2010-02-23 The uterus is a remarkable organ it is our first home contributes to women's sexual pleasure houses some of the strongest muscles in the body and even helps prevent heart disease and high blood pressure However in the West the uterus has generally been viewed as insignificant beyond reproduction and rarely receives our attention except when it becomes problematic or when we focus on getting pregnant or giving birth Even though health promoting strategies for organs like the heart and lungs have become common knowledge preventative measures for lifelong uterine health have been largely absent from Western medical care Consequently one third of all women in the United States will have a hysterectomy the highest rate in the world In The Uterine Health Companion anthropologist and holistic health expert Eve Agee reveals that women in many non Western societies do not share our high rates of benign uterine problems or our negative attitudes about the uterus Drawing on her research with

women in the United States and abroad Agee shows how traditional practices from other cultures can help create lasting health so that issues such as PMS fibroids and endometriosis do not have to be our destiny as women Through poignant narratives as well as global insights the book inspires us to develop new understandings about health and healing that affirm all women The Uterine Health Companion demonstrates why the uterus matters and how we can take care of it from menarche to menopause and beyond A comprehensive holistic plan including nutrition exercise and visualization guides us to promote uterine wellness and enhance conventional medical therapies Chapters dedicated to specific uterine issues illustrate how to support our health through simple daily practices and fundamental attitude shifts in our relationship to our bodies The book also includes strategies for women who have had hysterectomies This empowering resource offers a prescriptive balanced approach to developing and maintaining optimal uterine health for every woman at any stage of life Award Winner Health Women s Health category 2011 International Book Awards *Your Orgasmic Pregnancy* Danielle Cavallucci,Yvonne K Fulbright,2008-10-01 Thankfully pregnant women no longer have to disguise their condition or confine themselves to the home They re free to do other things like enjoy an active sex life This no nonsense guide helps mothers to be maintain intimacy through all three trimesters and beyond Using the real life experience of one author and the professional expertise of the other it covers a wide range of issues regarding sex and pregnancy including the unanswered difficult and taboo questions and topics most people are afraid to address It also helps partners develop new ways of communicating that help pregnant women relish life s deepest expression of sexual union With warmth and encouragement it prepares women for the sexual challenges and joys of pregnancy and motherhood giving them confidence and the tools they need to enjoy it all with verve humor grace and joy **New Books on Women and Feminism** ,2005 **American Book Publishing Record** ,2003

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