

Becoming Cliterate Why Orgasm Equality Matters And How To Get It

A sex therapist and neuroscientist describes anhedonia, the inability to feel a satisfactory amount of pleasure--and provides the pathway back to fully enjoying sex, food, time with family and friends, and other pastimes, while also staving off depression, anxiety, and addiction.

We ’ ve been thinking about sex all wrong. Mainstream media, movies, and porn have taught us that sex = penis + vagina, and everything else is just secondary. Standard penetration is how men most reliably achieve orgasm. The problem is, women don ’ t orgasm this way. We ’ ve separated our most reliable route to orgasm—clitoral stimulation—from how we feel we should orgasm—penetration. As a result, we ’ ve created a pleasure gap between women and men: 50% of 18-35-year-old women say they have trouble reaching orgasm with a partner 64% of women vs 91% of men said they had an orgasm at their last sexual encounter 55% of men vs. 4% of women say they usually reach orgasm during first-time hookup sex In Becoming Cliterate, psychology professor and human sexuality expert Dr. Laurie Mintz exposes the broader cultural problem that ’ s perpetuating this gap, and what we can do about it. Pulling together evidence from biology, sociology, linguistics, and sex therapy into one comprehensive, accessible, and prescriptive book, Becoming Cliterate features: Cultural & historical analysis of female orgasm (spoiler: the problem ’ s been going on for ages) An anatomy section (it ’ s all custom under the hood) Proven techniques for cliterate sex (it starts with training the sex organ between your ears) A comprehensive final chapter for men (because you don ’ t have to have a clitoris to be cliterate) By dispelling the lies, misunderstandings, and myths that have been holding us back, Becoming Cliterate tackles both personal and political problems and replaces them with updated outlooks and practical skills needed to change our collective perspective on sex. It ’ s time to finally inform women and men on how to have satisfying experiences in bed that benefit both parties. The revolution is cuming—and Becoming Cliterate offers a radical, simple solution to progress and pleasure for all.

What exactly does the feminine orgasm consist of? Can all women have them? What techniques and postures are the most appropriate to attain one? Are all women multiorgasmic? Although the female orgasm still provokes doubts and misunderstandings, with the appropriate information, it can be converted to something more simple and natural (and above all, much more pleasurable). This book is for men and women who want to gain easy access to the sexual climax and to discover new possibilities. Illustrated with numerous testimonials, this book clarifies all these questions with clear, concise language, offering practical advice so that the orgasm becomes the norm during sexual relations. This manual teaches how all women can have an orgasm each time they make love . . . even without the participation of their partner. The book includes: • The most effective, stimulating postures • Advanced techniques and exercises for masturbation • Fantasies to intensify the orgasm • The G-spot: myths and realities • Multiple orgasms: all the secrets • Oral sex and other versions • A glossary with the most useful terms

The "Queen of Vibrators" and the "Orthodox Sex Guru" shares her easy, proven system to help women have a healthy, robust sex life. Dr. Bat Sheva Marcus believes a healthy, fulfilling sex life is a right for all women. But many women don't quite believe that themselves; they think that a diminished sex drive is natural, pain during sex is to be expected, and no orgasms?...well, too bad! As a veteran sex therapist, Dr. Marcus has seen everything and knows firsthand that all that is rubbish. Most of the books you find on how to have a good sex life focus on emotional intimacy and behavior--or, like the Cosmo quizzes say, sexy lingerie and a beach vacation. But there's more to it than that. For most women, while there are relationship and emotional components that are critical to a healthy sex life, there is also a hefty physiological or medical component driving their desire. And until you know what's really going on, all the lingerie and sexy couples' time won't really help. Your sex life is complex, made up many different aspects of your life; these variables shift and change over time--and all the variables need to work together to make your sex life work. Sex Points is the first book that helps women and identify analyze for themselves what factors are affecting their sex life and then gives a wide variety of ways to approach different problems. The book breaks down these variables in an easy-to-use system--one that uses a threshold of 100 points for a healthy sex life. Divided into four key areas--pain, arousal, libido, and orgasm--each variable has its own point value. The Sex Points Assessment helps you determine exactly what is keeping you from having a great sex life-where you are missing points. Specific chapters address the issues with practical suggestions. Whatever it is, the points system gives you a concrete picture of your situation and then gives you the tools to fix it. Covering everything from how to choose a vibrator to recapturing orgasms, to rekindling lust, embracing taboo fantasies, and parsing complicated relationships, to what sex really means (hint: it's not just intercourse!), Sex Points is a revelatory guide to ensure women get the rich sex life they deserve.

Did you know that the clitoris has 8000 nerve endings, twice as many as the penis? Here is everything you've wondered about the female orgasm and how to make it happen. A witty, well-researched and revealing guide to giving your lover an orgasm every time. More than just foreplay, Ian Kerner argues that oral sex is the key to a great sex life for both partners. Short sections cover philosophy, technique, step-by-step instructions and detailed anatomical information, essential to both beginners and experienced lovers.'It's time to close the sex gap and create a level playing field in the exchange of pleasure, and cunnilingus is far more than just a means for achieving this noble end; it's the cornerstone of a new sexual paradigm, one that exuberantly extols a shared experience of pleasure, intimacy, respect and contentment. It's also one of the greatest gifts of love a man can bestow upon a woman.' Ian Kerner

Discovering Your Ultimate Orgasm

A Complete Owner's Manual from Sex and Periods to Health and Body Image--And Everything in Between

(And Other Awesome Things They Don't Teach You in School)

Untrue

Sex Points

Sexual Intelligence

Harnessing the Power of the Present to Cultivate Desire

Taoist Secrets of Love

Cunnilingus Master: 37 Mindblowing Techniques Approved By Women Cunnilingus is a unique way to stimulate the sensitive sexual organs of your girl/woman. You can increase her pleasure with your tongue, fingers or mouth. It is an excellent way to increase her satisfaction and make her scream. There are different methods to perform cunnilingus, but you should talk to your partner and take her agreement before completing anything. If you are new to cunnilingus, this book proves helpful for you. You can learn different positions, techniques, robust methods and advanced techniques to perform cunnilingus. There are various ways to increase her satisfaction, but communication and feedback are imperative. In this book, you will learn how to deal with her and increase her pleasure with different cunnilingus techniques. You may become a master of cunnilingus after knowing about different techniques. This book offers: Hygiene and Maintenance for Cunnilingus Cunnilingus Techniques to Make Her Cum Cunnilingus Tips from Lesbians Positions to Give Powerful Cunnilingus to Your Woman Advanced Cunnilingus Techniques Download this book and make cunnilingus a unique experience for her. You can use your techniques to make her happy and satisfied. There is no need to do something strange without her permission. It can risk your relation in the long-run. Download your E book "Cunnilingus Master: 37 Mindblowing Techniques Approved By Women" by scrolling up and clicking "Buy Now with 1-Click" button!

The official Mistress Harley sissy How to guide is finally here. Learn all the secrets to actually becoming a real gurl. Leave your male past behind and emulate the greatest woman ever. Millions have already leaned these secrets from the Mistress and now you can join their ranks.

This is not your standard sex book. Sex therapist, sociologist, and Psychology Today contributor Dr. Marty Klein goes beyond the sex manuals to reveal how our mindsets during sex are more important than any tricks or techniques!and that the way to a healthier, more exciting, more fulfilling sex life lies in first developing our sexual intelligence. This book is the antidote to the many gimmick-oriented sex guides and manuals; Dr. Klein shows us how to reorient how we think about sex in order to experience a truly different way of being sexual. ¶Marty Klein is the Steve Jobs of sex advice. . . . Sexual Intelligence is a work of enormous wisdom and expansiveness, and will inspire readers, regardless of age, to realize their full sexual potential.¶¶ Ian Kerner, best-selling author of She Comes First

Drawing on theories of lovemaking from ancient Asian and Western cultures, this book provides a new aesthetics of erotic love.

Winner of the 2021 SSTAR Consumer Book Award! What makes sex magnificent? What are the qualities of extraordinary erotic intimacy and what are the elements that help to bring it about? Is great sex the stuff that people remember nostalgically from the "honeymoon" phase of their relationships, or can sex improve over time? Magnificent Sex is based on the largest, in-depth interview study ever conducted with people who are having extraordinary sex. It gathers the nuggets for remarkable sex from the "experts", distilling them into an attainable blueprint for ordinary lovers who want to make erotic intimacy grow over the course of a lifetime. Looking at factors including individual and relational qualities, empathic communication and the myths and realities of magnificent sex, this book offers accessible and evidence-based guidance for lovers and therapists alike. It is replete with frank and often humorous interviews with straight and LGBTQ individuals and couples, those who are "vanilla" and "kinky", monogamous and consensually non-monogamous and healthy and chronically ill. This illuminating book explores the implications of the findings to develop a model that effectively tackles the common problems of low desire and frequency. The "cure" for low desire is to create desirable sex!

Cuffed, Tied, and Satisfied

Cunnilingus Master

Why Orgasm Equality Matters--And How to Get It

How to Become Orgasmic for a Lifetime

The Come as You Are Workbook

Are You Coming?

How to Guide on Becoming the Barbie Gurl of Every Alpha Males Dream

37 Mindblowing Techniques Approved by Women

An impassioned call for an economy that creates community and ennobles our lives. In this manifesto, journalist McKibben offers the biggest challenge in a generation to the prevailing view of our economy. For the first time in human history, he observes,"

The ultimate women’s guide to sexual health—new from Dr. Ruth In this down-to-earth guide, celebrated sex expert and bestselling author Dr. Ruth Westheimer teams up with prominent gynecologist at Cornell and New York Presbyterian Medical Centers, Dr. Amos Grunebaum, to address the most pressing health issues women face today. Written in Dr. Ruth’s refreshingly candid and lively style, it gives you everything you need to take charge of your health—from finding a gynecologist to having a happy sex life to planning or avoiding a pregnancy. With practical advice and information for every age and stage of a woman’s life, Sexually Speaking is an invaluable reference you will turn to again and again. Covers everything you’ve ever wanted to know about women’s health—from celebrated sex expert and therapist Dr. Ruth and top gynecologist Dr. Amos Addresses questions related to sexuality, hormones, STDs, pregnancy, menopause, fibroids, ovarian cancer, and other women’s health concerns Helps you overcome embarrassment and other common obstacles to understanding and safeguarding your personal health Combines Dr. Ruth’s straightforward, reassuring approach to some of the more challenging and uncomfortable concerns related to women’s health and the expertise of Dr. Amos, who has seen it all—from routine exams to high risk births

For readers of Lena Dunham, Mindy Kaling, and #Girlboss, a hilarious—yet heartfelt—guide to growing up and taking your place in the world by the popular comedian and author of the highly praised Agorafabulous! While the practical aspects of new adulthood can be nerve-wracking—dating, job-hunting, money-managing—the most important task of all is figuring out who you are and where you fit in the world. Author and comedian Sara Benincasa, now in her mid-thirties, had an absolutely harrowing early twenties and now, on the other side, she has a LOT of hard-earned wisdom and common sense to share. Real Artists Have Day Jobs includes 52 witty, provocative essays on how to live like a real adult—especially for those who have chosen a slightly more offbeat path to get there. Chock full of information and advice, Sara’s warm, smart, empathetic, and quirky voice is relatable to everyone from twenty-somethings and recent college grads to anyone a bit older who’s still trying to figure things out. While Sara doesn’t have all of life’s answers, this indispensable book has more than its share! Essays include: How to Read a Book Real Artists Have Day Jobs The Power of Being a Dork Put Your Clutter in Purgatory Ask for Exactly What You Want Elect Your Own Executive Board Equal parts entertaining and educational, Real Artists Have Day Jobs is a life-changing book for strivers and misunderstood creatives everywhere.

The classic guide to fully enjoying the pleasures of self-love, full of warmth, intelligence, and informative line drawings—from a renowned sex educator featured on Netflix’s the goop lab with Gwyneth Paltrow Confronting one of our last and most deeply rooted taboos—masturbation—noted sex expert and pro-sex feminist Betty Dodson, Ph.D., takes the shame out of self-love by creating a straightforward and appealing guidebook that reveals masturbation as a satisfying, vital form of sexual expression. Dr. Dodson demonstrates how anyone can learn to make love alone with feelings of guilt or loneliness, and explains why masturbation is sexually and spiritually fulfilling for both men and women. Not only is it the safest sex, but sharing masturbation can also be a sensual treat for couples who want to learn more about each other’s sexual responses. Sex for One demonstrates that self-loving is not just for times in-between lovers or for social misfits. Masturbation is the joyful and ongoing love affair that each of us has with ourselves throughout childhood, adulthood, and the golden years of old age.

Whether you’re celebrating your thousandth female orgasm, searching for your first, or cheering on your girlfriend or wife, women and men across the country agree: I Love Female Orgasm! I Love Female Orgasm is crammed with everything you want to know about the big O, including: How to have an orgasm during intercourse--and why most women don't Directions on finding your way to the G-spot Detailed advice on how to have your first orgasm Advice for better oral sex Tips on surfing waves of multiple orgasms (even if you usually have just one) The truth about female ejaculation (yes, it exists!) Answers to your questions about vibrators, sex toys, piercings, and more The real deal on orgasms for lesbian, bisexual, and queer women An entire chapter for men on how to turn her on and get her off Plus tips for partners in every chapter Solot and Miller have spoken to thousands of men and women and surveyed thousands more about their experiences with female orgasm. Here they share all that they’ve learned--plus give you a sneak peek behind bedroom doors as women and men share their favorite moves, mistakes to avoid, and best "oh, yeah!" moments. span

Sex and Somaesthetics in the Classical Arts of Love

American Women and the Unfinished Sexual Revolution

The Thinking Man's Guide to Pleasuring a Woman

Betty Dodson Bodysex Basics

Moan

I Love Female Orgasm

What We Really Want from Sex--and How to Get It

Because It Feels Good

Class is in session! From IUDs to UTIs, periods to pregnancy, and menstrual cups to cervical caps, Women’s Health Vagina University teaches the modern woman everything you need to know about your most intimate parts—even if you are uncomfortable saying "vagina" out loud. Women’s Health Vagina University challenges stigmas directed at women’s bodies and sexuality, offers advice and support, and explains how your vagina’s health can impact your overall health. It also includes: • A quick overview of all things anatomical and biological that you learned in health class in middle school. The birds and the bees haven’t changed, but even the teacher’s pet can use a refresher! • Information on choosing the right gynecologist, birth control, period solution, and anything else a woman might have to choose in any circumstance. It is her right, after all. • Eye-opening and entertaining facts about the history of women’s healthcare and vagina-related issues all over the world. • Straightforward guide to all the signs and symptoms that show up when there is something wrong down there and a trip to the OB-GYN is just what the doctor ordered. • Body- and sex-positive discussions about consent, pleasure in its many forms, and achieving the all-important O in a world filled with stereotypes and misinformation. • Myth-busting truth-bombs that separate the cold, hard facts from the old wives tales, distortions, and misleading political rhetoric. Women’s Health Vagina University aims to dispel the myths, unpack the lies, explain laws, and define words that confuse and limit women, and empower you to take full control of your health, your bodies, and your futures.

In our sophisticated, liberated, Sex and the City age, women are eager to enjoy sex to the fullest. But for many women, it's not quite that easy. In fact, Men's Health columnist Debby Herbenick receives thousands of letters and emails from women across the country who admit to having less than spectacular sex lives—and they're looking for advice. Herbenick is the kind of confidante every woman longs for—a sex advisor who is as approachable as a girlfriend and as knowledgeable as a sex education professor. At the core of her advice is the belief that sex should be fun, satisfying, and intimate—but first and foremost, it should simply feel good. From enlightening lessons on female anatomy to the complicated issue of libido to an overview of sex toys and positions, Because It Feels Good informs women about every aspect of sexual function, providing the knowledge they need to have the sex lives they deserve. This is a pleasure manifesto—and your handbook to a great sex life.

ented here make the process of linking sexual energy and transcendent states of consciousness accessible to the reader.

Imagine you could give an essay entitled How to Make Me Come to a past, present or future sex partner, free of judgment or repercussion. In this book inspired by Emma Koenig’s wildly popular website, a diverse collective of women do just that. Emma Koenig was inspired to answer this question after a truly frustrating sexual experience with a partner. As she says, "The simplest version of this story devoid of all identifying details: He thought I had an orgasm. I hadn't." She knew she couldn't be the only woman to have been mystified by an experience such as this, and so her Tumblr, How to Make Me Come, was born as a safe space for women to talk honestly and openly. The website touched a major chord. It received tons of press and garnered over a million page views in a month. And now, a broad range of the best of these anonymous essays have been collected into Moan. The ways through which women achieve sexual pleasure are often ignored, devalued, or misunderstood. Moan tackles the ideas surrounding the sometimes elusive orgasm head on. Here is a look into the spectrum of desire. Of frustration. Of experiences that have left an impact. From the hilarious to the tragic, from the intellectual to the erotic, these essays will leave you feeling inspired and excited to embark on your own journey of sexual exploration and empower women to do what most of the time is hardest for us: asking for what we want and don't in the bedroom and beyond. What people are saying about it: "Prioritizing women's pleasure is a critical part of our liberation. Not only is Moan an intimate, educational and funny collection about orgasm and desire but it pushes the cultural conversation forward." -- Rashida Jones, actress, writer, producer "Koenig's book is exactly what we need to break the absurd, toxic silence around female sexual pleasure." -- Peggy Orenstein, bestselling author of Girls & Sex and Cinderella Ate My Daughter

Covers many aspects of adult human sexuality, with a brief historical and educational overview of the body and detailed descriptions of various techniques, acts, and fantasies.

A Vagina Owner's Guide to Orgasm

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A Woman's Guide to Sexual Pleasure and Satisfaction

Mind the Gap

Sex for One

The Case of the Female Orgasm

She Comes First

O Now

Slow Sex

From A to Z, everything you need to understand about women's orgasms - what works, what doesn't and why.

Are you one of the thirty percent of women who has difficulties with orgasm? Do you want to experience greater sexual satisfaction? In easy to read language, The Elusive Orgasm provides a full overview of women's sexual pleasure, covering sexual triggers, stages of arousal, the power of mind, and how women differ from men. Longtime clinical psychologist and author of the best-selling book *She Comes First*, Emily Nagoski, explains the causes of women's orgasm difficulties-and how to remedy them. In *The Elusive Orgasm*, you'll learn: What an orgasm is, How the clitoris is much more than "a little button", The five types of orgasm difficulties, The twenty-five causes of those difficulties, Self-awareness via quizzes and questionnaires, Step-by-step plans to help you and your partner. An extraordinary possible reason why women have orgasm challenges, *The Elusive Orgasm* gives you the tools to discover the source of your own orgasm difficulties, along with straightforward remedies. Book jacket.

Everyone loves a festival in Vaasar. The town is peaceful and the townsfolk relish a good show. But shy Tamza is not enjoying herself. Her father, a celebrated bear tamer, is stepping down and the time has come for Tamza to take his place and perform on her own. Tamza is determined to make her father proud. Before she can reach the stage, the crowd's cheers turn to a bloodthirsty force hellbent on destroying everyone and everything in its path. Only Tamza has the magic powerful enough to save her people and her beloved bears – but first she must find the courage to use it. Set 2,000 years before the epic fantasy novel *Melokai*, Book One of the *In the Heart of the Mountains* trilogy, prequel novella *The Fall of Vaasar* tells of the rift between two countries – a deep wound which, thousands of years later, is still festering.

'This book taught me so much about female desire. A must read!' Cherry Healey Did you know that there is an orgasm gap of around 30% between heterosexual couples when they have sex? In *Mind The Gap*, Dr Karen Gurney, a clinical psychologist and certified psychosexologist, explores not just this gap, but the gaps in our knowledge of so much of the most important aspects of sex. This book, you will learn that nearly everything that you've been led to believe about female sexuality isn't actually true. And that, despite what you might think, it is possible to simultaneously feel little to no spontaneous desire and have a happy and mutually satisfying sex life long term. Exploring the mismatch between ideas about sex in our society and what the science says, this disconnect lies at the root of many of our sexual problems. Combining science with case studies, practical exercises and tips, this is a book for anyone who wants to better understand the mechanics of desire and futureproof their sex life, for life.

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 untrustworthy. 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 outside the boundaries of respectability. 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.

Sissy: Harley's Guide to Becoming a Better Sissy Boi *Bimbo F**ktoy*

The Fall of Vaasar

What Every Woman Needs to Know about Sexual Health

Melokai (ITHOTM Book 1)

Why Nearly Everything We Believe About Women, Lust, and Infidelity is Wrong and How the New Science Can Set Us Free

Reclaim Your Desire and Reignite Your Relationship

1001 Roads to Happiness

Women's Health Vagina University

A FRANK, FUNNY AND EMPOWERING CELEBRATION OF FEMALE PLEASURE An orgasm will help you sleep and keep you looking younger, it doesn't cost money and isn't a scarce resource. So why is it that, like the pay gap, there is an 'orgasm gap' between women and men? The Hotbed Collective began life as a podcast with a mission 'to make life better one orgasm at a time'. Their debut book, *More Orgasms Please* is an open, honest and at moments hilarious dive into all aspects of sex for women. It covers feminist porn, body image, menopause and much more. Like the podcast that inspired it, *More Orgasms Please* is like the best sort of chat between friends: punchy, funny, and playful, normalising and educating. It is an eye-opening read that puts women's bodies and our right to pleasure firmly on the map. Think of it as 'Couch to 5k' ... for orgasms.

A short-and-sweet, no-holds-barred self-help guide for anyone with a vagina to better understand and achieve a better sex life (and that means orgasm!), with practical advice covering everything from vaginal anatomy to the most effective masturbation techniques and positions in bed

BANISH BORING SEX AND UNLEASH ORGASMIC ECSTASY WITH POWER, RESTRAINT, AND SENSATION PLAY! Are you ready to expand your sexual boundaries? If you've ever fantasized about being taken by your man, dreamed of playing with handcuffs, ropes, and paddles, or been turned on by the thought of wickedly wielding power over your lover, you've found the right book! Award-winning Sexologist and author Jaiya will be your Mistress in this fun-to-read handbook that will transform your sex life. CUFFED, TIED, AND SATISFIED leads the kink novice and pro alike on a shame-free personal journey to sexual empowerment, including your full plan for safely playing on the edge, setting boundaries, and communicating with your partner about your deepest, darkest, untapped desires. Jaiya will teach you how to make your sexual fantasies a safe reality through: • SENSORY PLAY - Blindfolded and tied to the bed; you're helpless as every inch of your skin is awakened with your lover's hot breath and a delicious feather... • POWER ROLES - You've drawn up your own sexy contract detailing every moment of how you want your lover to take you to full surrender; he looks into your eyes and pulls you to your knees... • IMPACT AND TOYS - Just the sound of your wicked crop sends your lover into ecstasy; the anticipation has you both on the brink of an extraordinary pleasure... • ROLE PLAYING - Standing naked in front of your lover, they admire your black thigh-high heels. You've empowered your inner Dominatrix, and you're ready to take control... CUFFED, TIED, AND SATISFIED is all you need to bring kink out of the dungeon and into your bedroom.

Why women evolved to have orgasms--when most of their primate relatives don't--is a persistent mystery among evolutionary biologists. In pursuing this mystery, Elisabeth Lloyd arrives at another: How could anything as inadequate as the evolutionary explanations of the female orgasm have passed muster as science? A judicious and revealing look at all twenty evolutionary accounts of the trait of human female orgasm, Lloyd's book is at the same time a case study of how certain biases steer science astray. Over the past fifteen years, the effect of sexist or male-centered approaches to science has been hotly debated. Drawing especially on data from nonhuman primates and human sexuality over eighty years, Lloyd shows what damage such bias does in the study of female orgasm. She also exposes a second pernicious form of bias that permeates the literature on female orgasms: a bias toward adaptationism. Here Lloyd's critique comes alive, demonstrating how most of the evolutionary accounts either fail to account for the evidence, or in conflict with, or lack, certain types of evidence necessary to make their cases--how they simply assume that female orgasm must exist because it helped females in the past reproduce. As she weighs the evidence, Lloyd takes on nearly everyone who has written on the subject: evolutionists, animal behaviorists, and feminists alike. Her clear and cogently written book is at once a convincing case study of bias in science and a sweeping summary and analysis of what is known about the evolution of the intriguing trait of female orgasm.

Go beyond surviving to reclaim your sexual self. If you have experienced sexual abuse, assault, harassment, or rape, you may feel disconnected from your sexual self—even if you've overcome the initial trauma of your experience. You are a survivor; but surviving is just the beginning. This book explores what comes next. Written by a psychologist and grounded in cutting-edge research, *Reclaiming Pleasure* picks up where other sexual trauma recovery books leave off. It offers practical tools to help you cultivate a sense of safety, security and trust in order to reclaim the vitality, pleasure and great sex you deserve. The book will also serve as your compass on a journey toward the rediscovery of desire, letting you explore what you want from others and for yourself. This groundbreaking book will help you: Understand the lasting mental, physical, sexual, and relational impacts of sexual trauma Move beyond feelings of shame Reclaim pleasure and reignite passion in your life Surviving is merely the first step in the process of recovery from sexual trauma. With this sex-positive and empowering guide, you are invited to take your recovery to the next level. You'll feel emboldened by the desire for better sex, healthier relationships, and a more connected, pleasurable life.

Cultivating Male Sexual Energy

Understanding the Neuroscience of Pleasure for a Smarter, Happier, and More Purpose-Filled Life

The Elusive Orgasm

The Pleasure Gap

The Universe's Coolest and Most Informative Book about Sex for Adults of All Ages

The Truth about Desire, and How to Futureproof Your Sex Life

Lessons from Extraordinary Lovers

Sexually Speaking

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

Game of Thrones meets Kushiel's Dart set in a ruthless land ruled by women. Legendary warrior Ramya has successfully ruled as Melokai for longer than most. Prosperous, peaceful, and happy, her people love her. Or so she thinks. Ramya's time is up. Bracing herself for the gruesome sentence imposed on all Melokais who have served their purpose, she hears instead a shocking prophecy. Is the abrupt appearance of a mysterious, eastern cave creature the prophesied danger? Or is it something darker, more evil? And what of the wolves? Will the ferocious war with their kind oust her from power? Suddenly Ramya must fight threats from all sides to save her mountain realm. But while her back is turned, a conspiracy within her inner circle is festering. Ramya and her female warriors must crush an epic rebellion before it can destroy her and devastate her beloved nation. She thinks it's the end, but it's just the beginning... If you love elaborate fantasy worlds and deep worldbuilding, perilously high stakes, magic, brutal battles, intrigue, and unique creatures and beings, then *Melokai, Book One of the grimdark, epic fantasy trilogy In the Heart of the Mountains* by Rosalyn Kelly, is for you. Dark and gritty adult fantasy. For fans of George R. R. Martin, Mark Lawrence, Anna Stephens and Joe Abercrombie.

Becoming CliterateWhy Orgasm Equality Matters--And How to Get ItHarperOne

Betty Dodson ran *Bodysex* workshops for over 25 years. They grew out of the consciousness raising groups feminists started in the 1970's. Women would gather together and talk first person about their personal lives. Betty took it one step further and had women answer two questions: how do you feel about your body & how do you feel about your orgasm. She called her workshops "physical and sexual consciousness raising" which she later shortened to "Bodysex." Betty and Carlin filmed a workshop in 2011 and, based upon demand, started running groups again. It became clear that women wanted to run their own workshops following Betty's model of body pride, sisterhood, and independent orgasm. To date, we've certified 45 women to run workshops in 10 countries and 17 states. This book is a manual describing how to run a workshop from beginning to end. Our hope is that *Bodysex* spreads across the globe so that future generations of women can learn how to love themselves and their bodies

Playwright, author and activist Eve Ensler has devoted her life to the female body—how to talk about it, how to protect and value it. Yet she spent much of her life disassociated from her own body—a disconnection brought on by her father's sexual abuse and her mother's remoteness. "Because I did not, could not, inhabit my body or the Earth," she writes, "I could not feel or know their pain." But Ensler is shocked out of her distance. While working in the Congo, she is shattered to encounter the horrific rape and violence inflicted on the women there. Soon after, she is diagnosed with uterine cancer and, through months of harrowing treatment, she is forced to become first and foremost a body—pricked, punctured, cut, scanned. It is then that all distance is erased. As she connects her own illness to the devastation of the Earth, her life force to the resilience of humanity, she is finally, fully—and gratefully—joined to the body of the world. Unflinching, generous and inspiring, Ensler calls on us all to embody our connection to and responsibility for the world.

Why Female Pleasure Matters

Passion and Presence

Bias in the Science of Evolution

The Joy of Selfflovng

Guide to Getting it On!

Reclaim Your Sex Life with the Revolutionary Multi-Point System

Why Good Sex Matters

The Wealth of Communities and the Durable Future

What is an ultimate orgasm? An ultimate orgasm is your personal best orgasm. It doesn't leave anything at the table. It doesn't want anything more. It lasts as long as it lasts. It takes as long as it takes. It's as messy and loud or quiet and tidy as you like. It has no room for shame or apology. An ultimate orgasm comes from questioning, exploring, experimenting, and being concerned for how society or religion or anything else defines sex or female orgasm. The ultimate orgasm belongs to you and only you and it is your responsibility to find it, to have it, and to keep it for as long as you want to live a fully sexually satisfying life. Want to know the secret to having the ultimate orgasm? Knowing your body and being in the zone. That's it. The science of tips and tricks and ideas follow later in the book. But first and foremost, we have to empower ourselves to pleasure. No matter how much your partner is committed to your orgasm, you are the only one who can and should be responsible for your orgasm. There's no judgment. No right or wrong way. No bad orgasms.

American culture is more sexually liberal than ever. But compared to men, women's sexual pleasure has not grown: Up to 40 percent of American women experience the sexual malaise clinically known as low sexual desire. Between this low desire, muted pleasure, and experiencing sex in terms of labor rather than of lust, women by the millions are dissatisfied with their erotic lives. For too long, this deficit has been explained in terms of women's biology, stress, and age. In *The Pleasure Gap*, Katherine Rowland rejects the idea that women should settle for diminished pleasure: instead, she argues women should take inequality in the bedroom as seriously as we take it in the workplace and understand its causes and effects.

Drawing on extensive research and interviews with more than one hundred women and dozens of sexual health professionals, Rowland shows that the pleasure gap is neither medical malady nor psychological condition but rather a result of our culture's troubled relationship with women's sexual expression. This provocative exploration of modern sexuality makes a case for closing the gap for good.

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 givetheir love life a boost.

"Honey, I'm too tired" may sound like just another excuse—but for millions of American women, it's simply the truth. They may settle for no sex at all or the obligatory "I'd better do this for my marriage" sex—often to the detriment of their relationships. In this guide, Dr. Laurie B. Mintz shows women how to bring their libido back to life—and put the passion back in their lives. Mintz, a psychologist and sex expert, has been there, both personally and professionally. She shares her own story, as well as the stories of her many clients, as she puts forward her foolproof five-step plan designed to excite and energize even the weariest of stressed-out women. Complete with case studies and exercises, this sex-cure-in-a-book is all readers need to feel strong, sexy, and sensual again!

Awaken your mindful sensuality and reconnect with your partner with *Passion and Presence*. Most romantic relationships follow a predictable pattern of initial enchantment followed by inevitable disenchantment. But relationships don't have to stay in disenchantment or end! *Passion and Presence* offers readers a proven path back to connection and intimacy--often deeper ways than before. Sex therapist Maci Daye draws on her popular international *Passion and Presence* workshops to show couples how their erotic difficulties can be a portal to creativity, compassion, and unparalleled growth. Exercises and reflections guide readers down what Daye calls the "naked path" of awakened intimacy. On this path, we courageously examine ourselves, our barriers, and our relationship patterns, ultimately finding fresh ways to heal and connect, and revitalize eros. With gentle clarity, Daye addresses the everyday challenges of "real life" sex, such as sex that has become routine, differences in preferences or desire, power struggles, a history of trauma, changes ranging from childbirth to aging, infidelity, communication challenges, and more. Engaging stories depicting couples of diverse ages, backgrounds, genders, and orientations illustrate how the practice of *Passion and Presence* can help any couple establish a more intimate and wakeful erotic life.

Reclaiming Pleasure

A Practical Guide to the Science of Sex

Deep Economy

Magnificent Sex

Real Artists Have Day Jobs

Better Sex Through Mindfulness

The Art and Craft of the Female Orgasm

Anonymous Essays on Female Orgasm

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 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, 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 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.

Orgasm in 5 Minutes

A Kinky Guide to the Best Sex Ever

Becoming Cliterate

A Tired Woman's Guide to Passionate Sex

The Ultimate Guide to Orgasm for Women

More Orgasms Please

A Couple's Guide to Awakened Intimacy and Mindful Sex

A Sex Positive Guide for Moving Past Sexual Trauma and Living a Passionate Life