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Unlocking Erotic Intelligence

Mating Captivity Unlocking Erotic Intelligence

**Avoid the booty call blues and get
the love -- and sex -- you deserve!**

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Come on. Admit it. He may not be that into you, but were you ever really that into him? He was never "the one," but you lowered your standards and dated him in the meantime. Why? For any number of reasons: you were lonely, you were horny, you thought dating him was

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better than being alone, all your friends are getting married -- you name it. And before you knew it, you got hung up on the jerk. Go figure. The world is full of sensational women, but in today's market there are too few good men to go around (or so it appears).

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Now Dr. Ian Kerner, clinical sexologist and author of the smash hit *She Comes First*, explores the battlefield of sex, hook ups, go-nowhere relationships, and the dismal dating treadmill, simultaneously arming women with a sharper set of insights and the

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tools for change. With humor and sincerity, Kerner shows women how to break the cycle of dating defeat and use the power of sex to find love, "with a great guy who is into you." So raise your standards -- and reach for the love you deserve!

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The narrator of this splendidly expansive novel of high intellect and grand passion is an American anthropologist at loose ends in the South African republic of Botswana. She has a noble and exacting mind, a good waist, and a busted thesis project. She also has

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a yen for Nelson Denoon, a charismatic intellectual who is rumored to have founded a secretive and unorthodox utopian society in a remote corner of the Kalahari—one in which he is virtually the only man. What ensues is both a quest and an exuberant

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comedy of manners, a book that explores the deepest canyons of eros even as it asks large questions about the good society, the geopolitics of poverty, and the baffling mystery of what men and women really want.

Drawing on the evidence-based

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**Internal Family System (IFS)
therapy model, An Internal Family
Systems Guide to Recovery from
Eating Disorders: Healing Part by
Part addresses the necessity of
healing the eating disorder
sufferer's three groups of inner
"Parts": the Mentors, the**

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Advocates, and the Kids. In order to reconnect to their sense of Self and to achieve an inner balance necessary for recovery, the reader learns to address the unique needs of each of their "Parts." Written in an accessible style, this book combines compassionate

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examples from the author's client cases and her own recovery with a step-by-step framework for identifying and healing the readers' Parts using the IFS model. Each chapter ends with questions for the reader to answer to further enhance their personal recovery.

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**An Internal Family Systems Guide
to Recovery from Eating
Disorders:Healing Part by Part will
be essential to mental health
professionals treating clients with
eating disorders and to the clients
themselves.**

The love she craves, the

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confidence you need In a man's heart is the desire to master what matters. It's nice to get a complement at work or on the court, but nothing beats hearing your spouse say, "You make me feel loved." If you haven't heard that in a while, or you feel like

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you're not bringing you're A-game relationally, this book is for you. The 5 Love Languages® has sold 10 million copies because it is simple, practical, and effective. In this edition, Gary Chapman speaks straight to men about the rewards of learning and speaking their

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wife's love language. Touched with humor and packed with helpful illustrations and creative pointers, these pages will rouse your inner champion and empower you to master the art of love. "When you express your love for your wife using her primary love language,

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it's like hitting the sweet spot on a baseball bat or golf club. It just feels right—and the results are impressive." —Gary Chapman
Includes an updated version of The 5 Love Languages® personal profile.

Rethinking Infidelity

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Intimacy and Desire

**So Tell Me about the Last Time You
Had Sex**

**Tools for Making a Good
Relationship Great**

Never Have the Same Sex Twice

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

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Raise Your Standards and Reach for the Love You Deserve The Brain Fog Fix

According to Alison Tyler, her monogamous relationship of more than ten years is "filled with extreme, kinky, varied, crazy, never-have-the-same-sex-twice sort of

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sex." The secret of not getting into a sexual rut lies in the power of the imagination and pure dedication. In this distinctive guide for couples, Tyler introduces each chapter by sharing her own personal sexual experience. Following that is a short erotic story that not only

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instructs readers in the how's and why's but helps them visualize what they can do to invigorate their sex lives. From having a weekly date night to using sex toys to experimenting with light BDSM to erotic foreplay, this book guides couples to sexual satisfaction over

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and over again.

Can sex survive monogamy? Yes, once you understand how sexual emotions really work. This acclaimed, paradigm-shifting guide turns traditional sex therapy inside-out to reveal the hidden rules for great sex. Gentle, compassionate,

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and filled with compelling stories from Dr. Stephen Snyder's thirty years as a sex therapist working with over 1,500 individuals and couples, *Love Worth Making* is essential reading for anyone hoping to keep sexual inspiration alive in a committed relationship.

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A collection of essays examines the themes of love and sex in literature, from Plato to modern fiction

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

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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

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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

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readers, regardless of age, to realize their full sexual potential.”
—Ian Kerner, best-selling author of *She Comes First*
Attachment, Trauma and Consensual Nonmonogamy
The truth about desire and how to futureproof your sex life

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How to Make Love Last

Mating

A Real-World Guide to Living

Bigger, Loving Deeper, and Leaving
a Legacy

Igniting Hot, Healthy Sex While in
Recovery from Sex Addiction

Advice on Love and Life from Dear

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Sugar

How to Have Ridiculously Great Sex
in a Long-Lasting Relationship

A Harvard grad seeks a
mate in a cult that
forbids monogamy. To
pursue love on her own

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terms, she must brave exile and learn self-trust.

Renowned sex therapist and New York Times bestselling author Ian Kerner shares the unique

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and indispensable
program he uses to help
thousands of couples
achieve more intimacy
and better sex. Dr. Ian
Kerner is a Sherlock
Holmes of the bedroom--a

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sexual detective helping individuals and couples solve the mystery of their sexual distress.

His secret weapon?

Informed curiosity.

Kerner has perfected the

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art of the "sex script analysis," a method of inquiry to examine your sex life in action moment by moment. In those details--the what, where, when, and why of

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your last sexual
experience--all the
clues of what went wrong
are laid bare and the
mystery of how to create
mutual pleasure can be
solved. When our sex

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scripts work, we let go into arousal and lose ourselves in pleasure. But when the sex script fails, it's all we can do not to ruminate over the details. Sometimes

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you can be lying in bed
right next to someone
and feel a million miles
apart. In those moments
of silent desperation,
the sex script is our
guide to everything

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happening between the sheets and beneath the surface. With wit and warmth, the nationally recognized sex therapist and author of the smash hit *She Comes First* uses

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his tried and true techniques and tools to show readers how to tap into their erotic personalities and realize their sexual potential. He'll help

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you figure out what's working and what's not in your sex script and discuss many common sexual problems, from low desire and mismatched libidos to

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male and female sexual function issues, that may be interfering with your sex life. With the help of decades of clinical insight, the latest sexual science

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and research, valuable
homework assignments,
and more, this
insightful and original
book strips away
discomfort and gives
readers the ability to

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not just talk about sex
openly and knowingly,
but to actually do
something about it.

Is stress preventing you
from enjoying your daily
life? Do you find that

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you're becoming more
distracted or forgetful?
Are "the blues" sapping
your spirits? Or do you
simply feel not quite
like yourself? If you
want to reclaim you

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focus, memory, and joy,
you're not alone. There
are millions of people
fighting against the
epidemic of brain fog
that's sweeping the
nation. The good news:

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It's not an irreparable condition; rather it's a side effect of modern-day living. Many of the foods we eat and the habits we have do not support our brains. We

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no longer get what we need in order to produce essential brain chemicals that keep us energized, calm, focused, optimistic, and inspired. And even

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worse, our choices could lead to long-term problems, like dementia, Alzheimer's disease, depression, and anxiety. Sadly, if you look at the way most of us live,

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it seems almost as though we've chosen a lifestyle deliberately intended to undermine our brain chemistry and our health. Fortunately, there is a solution. The

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Brain Fog Fix is an easy-to-follow three-week program designed to help naturally restore three of your brain's most crucial hormones:
serotonin, dopamine, and

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cortisol. Rebalancing these chemicals will in turn enable the rest of your brain's chemistry to reach optimal levels. Each week of the program focuses on a different

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element of your life: •
In week 1, you'll
improve your mood by
modifying your diet and
using cognitive
strategies to overcome
pitfall thought

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patterns. • In week 2,
you'll increase your
energy by focusing on
sleep, exercise, and
memory-boosting games. •
In week 3, you'll
enhance your spirit

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through practices that help you connect to something larger than yourself and enable you to rediscover your joy in life. By the end of this simple program,

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you'll be thinking more clearly, remembering more accurately, learning more quickly, and unleashing the floodgates of your creativity. And you'll

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simply feel better - for now and in the long term.

If you love your partner but feel the physical side of your relationship is not like

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is used to be...then
this is the book for
you. It is not a sex
manual...it is a book
about why you should
keep the sex side of
your relationship alive.

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Often we get so busy with jobs and responsibilities, that sex is last on the list of to do for the day. We get too tired to think about making love. Then

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days, weeks, months and years go by and your sex life is not a happening thing. No matter how busy you are and how fat your wallet is growing, if you don't spend the

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time connecting in an intimate way, you not only lose the fresh glow on your skin and spark in your eyes- your physical and emotional health can suffer and

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you can start feeling
less attractive, less
sexy and feel less loved
and even wonder if you
are still in love. But
you can turn those
feelings around, just by

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making love. So if you
looking for a book about
relationships and how
important your sex life
is to you, your partner
and your love of life
then this book has it

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all . It's all about the benefits of sex and why you should take time to kiss, cuddle, touch and make love. It is all about increasing intimacy in

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relationships and how to feel closer. It is all about how to make the relationship you are in last a lifetime. When you make love you argue less. You have more time

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to love and you wake up
to the feeling again of
being in love with your
partner. Updated latest
Edition . First
Published as Keep The
Sex Dirty and The Fights

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Clean under Pen names

Smith & Jones

Arousal

Trinitarian Reflections

for Healing and

Formation

Robot Friends, Fusion

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Energy, Pet Dinosaurs,
and More!

The Double Flame

After the Affair

Your Guide to Healthy

Couple Sexuality

Period

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The Erotic Mind

Seeking an adequate response to the "theological disequilibrium" of many of her patients, Virginia Todd Holeman set out to explore the connections between theology and the practice of counseling.

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Her "trinitarian reflections" will help students and practitioners create new pathways between theology and therapy.

Use This Intimacy Couples Challenge To Take Your Relationship To The Next Level

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Relationships can be tough, especially marriages with kids. Life gets in the way, and time for each other decreases. Enter the 40 Day Intimacy Challenge! This challenge can be done every day, or every 2 days, or even weekly.

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You must be consistent however. Each day there is a new conversation starter or activity to complete, and a page for each of you to reflect on that conversation or activity. This challenge is designed to spark conversation,

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*romance, and sexuality! What
Kinds Of Challenges Can You
Expect? Talk about goals
Massages for each other Cooking
together Flirty texts Dates
Cuddling Sex & More!
Discover the secrets to successful*

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open relationships. A Happy Life in an Open Relationship is a handbook to healthy nonmonogamous relationships. For anyone curious about open relationships, here is a valuable handbook from an expert in love,

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sex, and communication.

Relationship therapist Susan Wenzel—who is in an open marriage herself—delivers skillful advice on how to navigate the complex emotional landscape of multi-partner relationships, from

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polyamory to swinging. • Filled with of compelling personal stories, anecdotes from clients, and practical exercises • A guide to cultivating harmonious and fulfilling open relationships • Author Susan Wenzel is a sex and

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relationship therapist with years of experience counseling patients on issues related to monogamy, intimacy, and trust. A Happy Life in an Open Relationship will help you develop your trust and communication skills, explore

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sexuality and desire, build your confidence and self-worth, set healthy boundaries, overcome jealousy, and so much more. People interested in making changes in their relationships will appreciate the positive tone,

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helpful advice, and expert wisdom from an accomplished relationship therapist who has gone through the experience herself. • A great book for anyone interested in testing the boundaries of monogamy and exploring the

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world of polyamory • An accessible and inviting guide for couples to build an open relationship that is strong and lasting • Perfect for fans of Mating in Captivity: Unlocking Erotic Intelligence and The State

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*of Affairs: Rethinking Infidelity by
Esther Perel, The Commitment:
Love, Sex, Marriage, and My
Family by Dan Savage, and Sex at
Dawn: How We Mate, Why We
Stray, and What It Means for
Modern Relationships by*

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Christopher Ryan

A fascinating look at the key components of romantic love--sex, idealization, aggression, self-pity, guilt, and commitment--argues that romance does not diminish in a long-term relationship,

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describes the barriers to lasting love, and offers helpful advice on how to promote an enduring love by eliminating self-destructive efforts to protect oneself from its risks. Reprint. 15,000 first printing.

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Sexual Intelligence

*The Essential Guide to Neuro-
Linguistic Programming*

*Activate 7 Masculine Powers to
Arouse Your Woman's Love &
Desire*

Sexual Awareness

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Tiny Beautiful Things

Unlocking Erotic Intelligence

Open Her

Theology for Better Counseling

Everyone faces the challenges of making relationships work. Whether with spouses, family members,

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friends, lovers, or colleagues, relationships have the power to make one feel happy, frustrated, or miserable. In Relationship Breakthrough, Cloe Madanes—an expert in creating healing, empowering relationships—gives

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readers vital tools to transform their relationships and their lives.

Madanes's cutting-edge methods produce real results and create rewarding, sustainable relationships.

Using simple, step-by-step exercises and drawing on the examples of

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clients who have benefited from this technique, Relationship Breakthrough teaches readers how to: - overcome life's inevitable losses - resolve long-standing family conflicts - synchronize their needs with those of others - create outstanding

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relationships in every area of their lives This is the only book that ties the guiding principles of Tony Robbins's work with Cloe Madanes's revolutionary approach to relationship therapy. Our connections with the people in our lives have the

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capacity to bring us great joy, if only we understood the fundamental needs we all have, but sometimes express differently. Drawing on her trademark wisdom, empathy, and extensive clinical experience, Madanes shows readers how to better

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understand their own needs and those of others, bringing clarity and insight into any relationship.

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

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research and understanding of why and how women's sexuality works to everyday life. In the twentieth century, women's sexuality was seen as "Men's Sexuality Lite": basically the same, but not quite as good. From genital response to sexual desire to

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orgasm, we just couldn't understand that complicated, inconsistent, crazy-making "lady business." That is, until Emily Nagoski changed the game with her New York Times bestseller, Come As You Are. Using groundbreaking science and research, she proved that

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the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organized, but how you feel about them. Which means that things like stress, mood, trust, and body image are not

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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

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offers the next step. The Come As You Are Workbook is a practical companion to this bestselling guide, filled with new activities, prompts, and thought-provoking examples to help you exercise and expand on the knowledge you've learned. This

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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.

'This book taught me so much about

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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

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not just this gap, but the gaps in our knowledge of so much of the most important new science around sex and desire. In this book, you will learn that nearly everything that you've been led to believe about female sexuality isn't actually true. And that,

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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 tells

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us, Mind The Gap also explains how 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

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and futureproof their sex life, for life.

Have you ever wondered what the future may look like? In this book, you'll explore 10 ways technology could alter our way of life. The challenge for you is to decide which

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changes you want for yourself and the world. In the future, will we teleport from place to place, keep dinosaurs as pets or 3D-print our dinner? Will we live on Mars or upload our brains to computers? Could we solve climate change by

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*making all our energy from mini stars
we build here on earth? This
fascinating and thought provoking
book from science writer Kathryn
Hulick explores the possible futures
humanity will face, and how we will
live as the world around us changes*

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beyond our recognition. From genetic engineering and building floating colonies in space to developing telepathic technology and bionic body alterations, this engagingly illustrated book looks into the possible future technologies which will shape how we

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live and how we adapt to the challenges of the future. In this book, you'll meet the scientists working to bring science fiction to life and learn how soon we might have amazing new technology. You'll also delve deep into questions about right and

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wrong. Just because we can do something doesn't mean we should. How can we build the best possible future for everyone on Earth?

Sex at Dawn

The Secret Logic of Sexual Fantasies

Polysecure

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The State of Affairs

*Reclaim Your Focus, Memory, and
Joy in Just 3 Weeks*

Erotic Intelligence

Relationship Breakthrough

*A Happy Life in an Open
Relationship*

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Open Her teaches a man
how to embody 7
Masculine Archetypes to
engage his woman in a
deeper, more passionate
dance of love. Each
archetype brings a power

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and a gift, a secret key to his woman's love and desire. Open Her will inspire a man to love his masculinity and to know the power it holds to open a woman to ever

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deepening states of
pleasure and love.

ENJOYABLE, EXCITING SEX
IS POSSIBLE AFTER SEX

ADDICTION In the journey
to sexual sobriety, many
sex addicts find

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themselves wondering,
'How am I going to have
a normal relationship?'
or 'Will it be possible
to repair my marriage
now that I've confessed
my destructive

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behavior?' and 'Will I ever have great sex again?' As a sex, marriage, and family therapist, Alexandra Katehakis introduces a successful program for

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sufferers and their
loved ones that will
help them hone their
erotic intelligence by
making sense of the
past, creating healthy
habits in the present,

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and looking toward a more intimate relationship that nurtures honesty and closeness. With Katehakis's help, sex addicts can get in touch

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with their healthy
sexual side—and embrace
true intimacy and
acceptance in themselves
and in their mates. -
Features true stories of
people coming to terms

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with their sexuality on the other side of sex addiction, as well as couples finding a new path to sexual trust and fulfillment - Helps to build the four

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cornerstones of intimacy
that are essential for
healthy relationships

Mating in
CaptivityUnlocking
Erotic
IntelligenceHarper

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Collins

'I wish this book had been written before I stopped having them. I might have enjoyed them more! It's brilliant, informative and funny.

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Period.' Jennifer
Saunders 'I want to hear
what Emma Barnett says
about everything, and
this terrific and timely
book proves to be no
exception.' Elizabeth

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Day

The Essential Guide to a
Healthy and Fulfilling
Nonmonogamous Love Life
Be Honest--You're Not
That Into Him Either
A Flicker in the Dark

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Love and Eroticism

A Novel

Love Worth Making

An Internal Family

Systems Guide to

Recovery from Eating

Disorders

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A Reclamation

In this groundbreaking book, Dr. David Schnarch, one of the foremost experts on sexuality and relationships, explains why normal healthy couples in

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long-term relationships have sexual desire problems, regardless of how much they love each other or how well they communicate. In-depth examples of couples he has counselled reveal his unique

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understanding of common-but-difficult sexual desire problems that affect couples of all ages. Combining compassion and clinical wisdom, Dr. Schnarch explains how to use his

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revolutionary Four Points of Balance approach to resolve low desire, mismatched desire, sexual boredom, and the emotional gridlock that accompanies these problems. Intimacy and

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*Desire provides a roadmap
for how couples can
transform common sexual
desire problems into self-
exploration and personal
development that leads to
psychological and spiritual*

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growth, stronger relationships, and more powerful and meaningful desire for each other. It provides time-proven comprehensive solutions that help couples reconnect

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*with each other sexually,
and take their intimacy and
passion to new, previously
unexplored heights.*

*There is no shame in erotic
orientation. As a
heterosexual couple or*

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individual, learn how to have a sex-positive attitude toward your sexual fantasies and minimize any shame you carry about your erotic interests. From the taboo topic of masturbation to

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more complex subjects such as emotional landscape and attachment, Dr. Joe Kort sheds light in the dark by sharing his more than thirty years experience in sex therapy. The key to happy,

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healthy sexuality is to not deny ones core erotic orientation.

After the Affair teaches partners how to heal themselves and grow from the shattering crisis of an

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infidelity. Drawing on thirty-five years as a clinical psychologist, Dr. Spring offers a series of original and proven strategies that address such questions as: Why did it happen? Once

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love and trust are gone, can we ever get them back? Can I—should I—recommit when I feel so ambivalent? How do we become sexually intimate again? Is forgiveness possible? What constitutes

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*an affair in cyberspace?
Attachment theory has
entered the mainstream, but
most discussions focus on
how we can cultivate secure
monogamous relationships.
What if, like many people,*

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*you're striving for secure,
happy attachments with
more than one partner?*

Polyamorous

*psychotherapist Jessica Fern
breaks new ground by
extending attachment theory*

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into the realm of consensual nonmonogamy. Using her nested model of attachment and trauma, she expands our understanding of how emotional experiences can influence our relationships.

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Then, she sets out six specific strategies to help you move toward secure attachments in your multiple relationships. Polysecure is both a trailblazing theoretical treatise and a

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practical guide.

Erotic Orientation

Laying Bare and Learning to

Repair Our Love Lives

40 Day Intimacy Challenge

For Couples

An Apprenticeship or The

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Book of Pleasures
The Prehistoric Origins of
Modern Sexuality

Mind The Gap
awaken the passion in your
relationship

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When a career-ending injury left elite athlete and professional football player Lewis Howes out of work and living on his sister's couch, he decided he needed to make a change for the better. He started by reaching out to people he admired, searching for mentors, and applying his past coaches' advice from

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sports to life off the field. Lewis did more than bounce back: He built a multimillion-dollar online business and is now a sought-after business coach, speaker, and podcast host. In the New York Times bestseller *The School of Greatness*, Howes shares the essential tips and habits he gathered in

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interviewing "the greats" on his wildly popular podcast of the same name. In discussion with people like Olympic gold medalist Shawn Johnson and Pencils of Promise CEO Adam Braun, Howes figured out that greatness is unearthed and cultivated from within. The masters of greatness are not

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successful because they got lucky or are innately more talented, but because they applied specific habits and tools to embrace and overcome adversity in their lives. A framework for personal development, *The School of Greatness* gives you the tools, knowledge, and actionable resources you need to reach

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your potential. Howes anchors each chapter with a specific lesson he culled from his greatness "professors" and his own experiences to teach you how to create a vision, develop hustle, and use dedication, mindfulness, joy, and love to reach goals. His lessons and practical exercises prove that anyone is capable

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of achieving success and that we can all strive for greatness in our everyday lives.

One of the world's most respected voices on erotic intelligence, Esther Perel offers a bold, provocative new take on intimacy and sex. Mating in Captivity invites us to explore the

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paradoxical union of domesticity and sexual desire, and explains what it takes to bring lust home. Drawing on more than twenty years of experience as a couples therapist, Perel examines the complexities of sustaining desire. Through case studies and lively discussion, Perel demonstrates how

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more exciting, playful, and even poetic sex is possible in long-term relationships. Wise, witty, and as revelatory as it is straightforward, *Mating in Captivity* is a sensational book that will transform the way you live and love.

"Required reading for every woman

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

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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

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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

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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-

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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.

How can you keep sexual desire alive

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over the long term? More and more people are finding it difficult to maintain a relationship that is both emotionally and sexually gratifying. In a book that will challenge and forever change how you think about love and sex, clinical psychologist and sex therapist Stella Resnick, PhD, draws on

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the latest scientific research to explore the love-lust dilemma. Dr. Resnick reveals how early programming can inhibit sexual desire as lovers become committed partners and begin to treat each other less like lovers and more like family. Dr. Resnick's revolutionary body-mind program will help you

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recognize limiting old patterns, learn valuable skills for enhancing romantic love and sexual aliveness, and tap into your natural capacity to enjoy emotionally fulfilling sexual pleasure. You'll discover: *A 10-Step Loving Sex Program with detailed methods for deepening the pleasures of emotional

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intimacy and broadening your erotic repertoire *The latest research in sexology, neuroscience, brain neuroplasticity, and the psychology of flourishing with practical applications for relationships *Real-life stories from the author's decades of work with clients and her own personal journey

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NLP

Pussy

Ignite Intimacy In Your Marriage
Through Conversation, Romance, And
Sexuality In This Couples Workbook
The Heart of Desire

Keep the Sex Dirty and the Fights Clean
Helping Couples and Individuals

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Understand Their Sexual Lives
The School of Greatness
A Memoir

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

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that men and women evolved in families in which a man's possessions and protection were exchanged for a woman's fertility and fidelity. But this narrative is collapsing. Fewer and fewer couples are getting married, and divorce rates keep climbing as adultery and flagging libido drag down even

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seemingly solid marriages. How can reality be reconciled with the accepted narrative? It can't be, according to renegade thinkers Christopher Ryan and Cacilda Jeth . While debunking almost everything we "know" about sex, they offer a bold alternative explanation in this provocative and

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brilliant book. Ryan and Jethå's central contention is that human beings evolved in egalitarian groups that shared food, child care, and, often, sexual partners. Weaving together convergent, frequently overlooked evidence from anthropology, archaeology, primatology, anatomy,

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and psychosexuality, the authors show how far from human nature monogamy really is. Human beings everywhere and in every era have confronted the same familiar, intimate situations in surprisingly different ways. The authors expose the ancient roots of human sexuality while pointing toward a more

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optimistic future illuminated by our innate capacities for love, cooperation, and generosity. With intelligence, humor, and wonder, Ryan and Jethå show how our promiscuous past haunts our struggles over monogamy, sexual orientation, and family dynamics. They explore why long-term

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fidelity can be so difficult for so many; why sexual passion tends to fade even as love deepens; why many middle-aged men risk everything for transient affairs with younger women; why homosexuality persists in the face of standard evolutionary logic; and what the human body reveals about the

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prehistoric origins of modern sexuality. In the tradition of the best historical and scientific writing, Sex at Dawn unapologetically upends unwarranted assumptions and unfounded conclusions while offering a revolutionary understanding of why we live and love as we do.

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Iconic couples' therapist and bestselling author of Mating in Captivity Esther Perel returns with a provocative look at relationships through the lens of infidelity. An affair: it can rob a couple of their relationship, their happiness, their very identity. And yet, this extremely common human experience

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is so poorly understood. What are we to make of this time-honored taboo—universally forbidden yet universally practiced? Why do people cheat—even those in happy marriages? Why does an affair hurt so much? When we say infidelity, what exactly do we mean? Do our romantic

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expectations of marriage set us up for betrayal? Is there such a thing as an affair-proof marriage? Is it possible to love more than one person at once? Can an affair ever help a marriage? Perel weaves real-life case stories with incisive psychological and cultural analysis in this fast-paced and

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compelling book. For the past ten years, Perel has traveled the globe and worked with hundreds of couples who have grappled with infidelity. Betrayal hurts, she writes, but it can be healed. An affair can even be the doorway to a new marriage—with the same person. With the right approach, couples can

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grow and learn from these tumultuous experiences, together or apart. Affairs, she argues, have a lot to teach us about modern relationships—what we expect, what we think we want, and what we feel entitled to. They offer a unique window into our personal and cultural attitudes about love, lust, and

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commitment. Through examining illicit love from multiple angles, Perel invites readers into an honest, enlightened, and entertaining exploration of modern marriage in its many variations.

Fiercely intelligent, The State of Affairs provides a daring framework for understanding the intricacies of love

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and desire. As Perel observes, "Love is messy; infidelity more so. But it is also a window, like no other, into the crevices of the human heart."

NATIONAL BESTSELLER • Soon to be a Hulu Original series • The internationally acclaimed author of Wild collects the best of The Rumpus's Dear

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Sugar advice columns plus never-before-published pieces. Rich with humor and insight—and absolute honesty—this "wise and compassionate" (New York Times Book Review) book is a balm for everything life throws our way. Life can be hard: your lover cheats on you; you

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lose a family member; you can't pay the bills—and it can be great: you've had the hottest sex of your life; you get that plum job; you muster the courage to write your novel. Sugar—the once-anonymous online columnist at The Rumpus, now revealed as Cheryl Strayed, author of the bestselling

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memoir Wild—is the person thousands turn to for advice.

By the team behind the bestselling NLP: The New Technology of Achievement comes an essential new guide to NLP techniques—for self-development and influencing others—in a focused, step-by-step

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handbook. NLP (Neuro-Linguistic Programming) has already helped millions of people overcome fears, increase confidence, enrich relationships, and achieve greater success. Now, from the company and training team behind NLP: The New Technology of Achievement, one of the

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*bestselling NLP books of all time,
comes NLP: The Essential Guide to
Neuro-Linguistic Programming \.
Written by three NLP Master
Practitioners and training coaches,
including the president of NLP
Comprehensive, with an introduction
from the President of NLP*

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Comprehensive, NLP: The Essential Guide to Neuro-Linguistic Programming guides users to peak performance in business and life, and gets specific results. In twelve illuminating sections, NLP: The Essential Guide to Neuro-Linguistic Programming leads you through

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dozens of “discoveries”—revelations of NLP practice that enable you to explore your own personal thinking patterns, to manage them—and to transform them. Divided into two categories, “All About You” and “All About the Other Guy,” these strategies offer a personal and interpersonal

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program that frees you to become better at managing your feelings instead of being dominated by them, managing your motivations, being less judgmental, more productive, more confident, more flexible, more persuasive, liked, and respected.

Chapters on "Personal Remodeling"

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*(Discovery 9: No inner enemy) and
“Secrets of Making Your Point”
(Discovery 31: Convey understanding
and safety without talking), enhance
creativity, collaboration, cooperation,
and communication. Through “mind
reading” techniques—non-verbal
communication, and “hearing what’s*

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missing”—learn the secrets of relating with others, understanding how they are thinking—and influencing them. A streamlined all-purpose guide for both newcomers and NLP veterans, NLP: The Essential Guide to Neuro-Linguistic Programming is the new all-in-one, eye-opening blueprint for your

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own ultimate success.

The Come as You Are Workbook

The 5 Love Languages for Men

Keys to the Pleasures of Love

Mating in Captivity

How to Create Outstanding

*Relationships in Every Area of Your
Life*

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*A Practical Guide to the Science of
Sex*

A Guide For Couples

*Can Love Last?: The Fate of Romance
Over Time*

***Now in paperback, a romantic
love story by the great Brazilian
writer Lóri, a primary school***

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teacher, is isolated and nervous, comfortable with children but unable to connect to adults. When she meets Ulisses, a professor of philosophy, an opportunity opens: a chance to escape the shipwreck of

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introspection and embrace the love, including the sexual love, of a man. Her attempt, as Sheila Heti writes in her afterword, is not only “to love and to be loved,” but also “to be worthy of life itself.” Published in 1968, An

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***Apprenticeship is Clarice
Lispector's attempt to reinvent
herself following the exhausting
effort of her metaphysical
masterpiece The Passion
According to G. H. Here, in this
unconventional love story, she***

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explores the ways in which people try to bridge the gaps between them, and the result, unusual in her work, surprised many readers and became a bestseller. Some appreciated its accessibility; others denounced

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it as sexist or superficial. To both admirers and critics, the olympian Clarice gave a typically elliptical answer: “I humanized myself,” she said. “The book reflects that.”

A New York Times Bestseller “A

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smart, edge-of-your-seat story with plot twists you'll never see coming. Stacy Willingham's debut will keep you turning pages long past your bedtime.”
—Karin Slaughter When Chloe Davis was twelve, six teenage

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girls went missing in her small Louisiana town. By the end of the summer, her own father had confessed to the crimes and was put away for life, leaving Chloe and the rest of her family to grapple with the truth and try to

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move forward while dealing with the aftermath. Now twenty years later, Chloe is a psychologist in Baton Rouge and getting ready for her wedding. While she finally has a fragile grasp on the happiness she's worked so hard

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to achieve, she sometimes feels as out of control of her own life as the troubled teens who are her patients. So when a local teenage girl goes missing, and then another, that terrifying summer comes crashing back. Is

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she paranoid, seeing parallels from her past that aren't actually there, or for the second time in her life, is Chloe about to unmask a killer? From debut author Stacy Willingham comes a masterfully done, lyrical

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thriller, certain to be the launch of an amazing career. A Flicker in the Dark is eerily compelling to the very last page.

Based on his twenty-five years of experience as a psychotherapist, a renowned doctor furnishes a

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new theory of sexual desire that allows readers to comprehend their own sexual preferences and fantasises, and those of their partners. Reprint.

In the newest edition of this classic text, veteran authors

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Barry and Emily McCarthy explain how desire, pleasure, and satisfaction can enrich your relationship. As the premier book on the subject, Sexual Awareness focuses on factors that promote and subvert healthy

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couple sexuality. Reading this book and partaking in the psychosocial skill exercises it contains will help couples learn how to value sexuality as a positive and satisfying part of their lives. Couples at any stage

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of their relationship will learn how to enhance sexual awareness, communication, feelings, and function. The result will be enhanced desire and eroticism that will help couples understand themselves and each

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other better.

Welcome to the Future

Healing Part by Part