

Access Free Slow Sex The Path
To Fulfilling And Sustainable
Sexuality

Slow Sex The Path To Fulfilling And Sustainable Sexuality

Tobias Gamble knew from a young age precisely the kind of woman he was going to make his. She was not going to be like his mother. She was going to be like the mother he claimed. In other words, she was going to be just right. And when Toby returns to his hometown of Matlock, Kentucky and claps eyes on Adeline Forrester, he knows she's the one. The problem is, his brother Johnny has a new girlfriend. And Addie is her sister. Last, Toby would do nothing to hurt Johnny's chance at happiness. Toby hangs around

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town to get to know the woman
Johnny fell in love with. He also
hangs around to get to know
Addie. But he's fallen hard, and he
knows the best thing for him-and
Addie-is for him to leave. Addie
Forrester is thrilled her sister Eliza
found a good, solid man. Johnny
Gamble is the salt of the earth. The
best guy in the world. The best except
for his brother, Toby. Toby doesn't
know it, but Addie's fallen hard too.
He's perfect, except for the fact that
he's hands off and it's torture, being
friends with Toby when she wants so
much more. Addie also has a lot on
her mind. She's got bills to pay, her
young son needs food, Christmas is
coming and her job at the grocery
store just isn't cutting it. Toby is

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steering clear of Addie. Addie is steering clear of Toby. But everyone around them knows this is the slow burn. Because just like Eliza and Johnny, Addie and Toby were made for each other.

This pioneering book explores the impact of ADHD on a couple's sex life and relationship. It explains how a better sex life will benefit your relationship (and vice versa) and why that's especially important for couples with one partner with ADHD. Grounded in innovative research, ADHD After Dark draws on data from a survey of over 3000 adults in a couple where one partner has ADHD. Written from the author's unique perspective as both an expert in ADHD and a certified

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sex therapist, the book describes the many effects of ADHD on couples' sex lives and happiness, covering areas such as negotiating sexual differences, performance problems, low desire, porn, making time for sex, infidelity, and more. The book outlines key principles for a great sex life for couples with ADHD and offers strategies and treatment interventions where specific issues arise. Written in a readable and entertaining style, ADHD After Dark offers clear information on sexuality and relationships and is full of valuable advice on how to improve both. This guide will be an essential read for adults with ADHD, as well as their partners or spouses, and therapists who work with ADHD

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clients and couples.

A revolutionary approach to male sexuality offers the keys to achieving sexual fulfillment • Teaches how to retain semen for increased vitality and longer lovemaking • Explains the relationship-strengthening benefits of deep, sustained penetration • Includes foreplay approaches and position sequences

Fulfilling sex nourishes love, increases vitality, and boosts mental health. Unfortunately, prevailing attitudes about male sexuality and what is good sex work against these innate features by focusing on the excitement of ejaculation as the one and only goal. Using the tantric guidelines they have practiced for more than 25 years, Diana and

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Michael Richardson show men how to move beyond their preconceptions of sex as a goal-oriented--and often unintentionally stressful--event so they can relax into sex as a meditative union of complementary energies. They explain how retaining semen allows for increased vitality and extended lovemaking sessions and show the relationship-strengthening benefits of deep, sustained penetration. They also explain how to perform soft penetration and how to avoid premature ejaculation. Tantric Sex for Men includes tried-and-true foreplay approaches, diagrams of sexual position sequences, ways to increase sexual sensitivity through awareness, and how to have ecstatic

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experiences through reaching a woman's body on a sexually deeper level. The authors also demonstrate how the sexual organs can be used to heal both men and women physically, emotionally, and spiritually.

Which sort of seducer could you be? Siren? Rake? Cold Coquette? Star? Comedian? Charismatic? Or Saint? This book will show you which.

Charm, persuasion, the ability to create illusions: these are some of the many dazzling gifts of the Seducer, the compelling figure who is able to manipulate, mislead and give pleasure all at once. When raised to the level of art, seduction, an indirect and subtle form of power, has toppled empires, won

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elections and enslaved great minds. In this beautiful, sensually designed book, Greene unearths the two sides of seduction: the characters and the process. Discover who you, or your pursuer, most resembles. Learn, too, the pitfalls of the anti-Seducer. Immerse yourself in the twenty-four manoeuvres and strategies of the seductive process, the ritual by which a seducer gains mastery over their target. Understand how to 'Choose the Right Victim', 'Appear to Be an Object of Desire' and 'Confuse Desire and Reality'. In addition, Greene provides instruction on how to identify victims by type. Each fascinating character and each cunning tactic demonstrates a fundamental truth

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**about who we are, and the targets
we've become - or hope to win over.**

**The Art of Seduction is an
indispensable primer on the essence
of one of history's greatest weapons
and the ultimate power trip. From
the internationally bestselling author
of The 48 Laws of Power, Mastery,
and The 33 Strategies Of War.**

Shielded

The Karezza Method

Love and Awakening

**The Art and Craft of the Female
Orgasm**

**The Ultimate Guide to Pelvic Fitness
Slow Surrender**

***Did you know that the clitoris has
8000 nerve endings, twice as
many as the penis? Here is
everything you've wondered***

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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

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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

A revolutionary practice for couples to enhance sexuality and reach higher states of consciousness • How to make sex a conscious decision, not an accidental encounter • Discusses how slowness increases sensitivity and awakens the body's innate mechanism for ecstasy • Reveals how sexuality can be sustainable and enjoyable well into old age While fast, hot, orgasm-driven sex can bring momentary satisfaction, in the long run it can become boring and mechanical, causing many couples to lose interest and stop

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making time for physical intimacy. The first step to revive a waning sex life or make a healthy one more fulfilling, says author Diana Richardson, is to make sex a conscious decision rather than an accidental encounter. Focusing on eye contact, subtle sensations, and deep breathing, Diana's practice of slow sex awakens the body's innate mechanism for ecstasy, unlocking the door to extraordinary realms of sensitivity, sensuality, and higher consciousness. Exploring the healing, spiritual power of slow sex, this book offers a step-by-step guide for committed couples to transform sex into a meditative, loving union of complementary energies. It

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explains how slow sex increases sensitivity and sexual vitality and how, because it creates and restores love, slow sex is loving sex. With a focus on coolness rather than heat, this practice provides couples a way to reach a shared meditative state and use it as a vehicle to achieve higher consciousness. Illustrating different positions for eye contact, deep sustained penetration, and soft penetration, this book reveals that sex truly can be sustainable and enjoyable well into old age. When the cowboy meets the guy from the city, he knows everything will have to change. On the spur of the moment, with his life collapsing around him, Jay Sullivan answers an ad for a

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business manager with expertise in marketing, on a dude ranch in Montana. With his sister, Ashley, niece, Kirsten, and nephew, Josh, in tow, he moves lock stock and barrels from New York to Montana to start a new life on Crooked Tree Ranch. Foreman and part-owner of the ranch, former-rodeo star Nathaniel 'Nate' Todd has been running the dude ranch, for five years ever since his mentor Marcus Allen became ill. His brothers convince him that he needs to get an expert in to help the business grow. He knows things have to change, but when the new guy turns up, with a troubled family in tow - he just isn't prepared for how much.

In the tradition of such

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trailblazing books as *No Logo* and *The Tipping Point*, *In Praise of Slow* heralds a growing international movement of people dedicated to slowing down the pace of our contemporary times and enjoying a richer, fuller life as a result. These days, almost everyone complains about the hectic pace of their lives. We live in a world where speed rules and everyone is under pressure to go faster. But when speed is king, anyone or anything that gets in our way, that slows us down, becomes an enemy. Thanks to speed, we are living in the age of rage. Carl Honore has discovered a movement that is quickly working its way into the mainstream. Groups of people

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are developing a recipe for living better in a fast-paced, modern environment by striving for a new balance between fast and slow. In an entertaining and hands-on investigation of this new movement, Honore takes us from a Tantric sex workshop in a trendy neighbourhood in London, England to Bra, Italy, the home of the Slow Food, Slow Cities and Slow Sex movements. He examines how we can continue to live productive lives by embracing the tenets of the slow movement. A challenging take on the cult of speed, as well as a corrective look at how we can approach our lives with new understanding, In Praise of Slow uncovers a movement whose time has come.

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A Unified Approach

***The Long Hard Road Out of Hell
Making Love a Meditation
Slow Burn
Jitterbug Perfume***

"Wonderful... Physicians would do well to learn this most important lesson about caring for patients." —The New York Times Book Review Over the years that Victoria Sweet has been a physician, "healthcare" has replaced medicine, "providers" look at their laptops more than at their patients, and costs keep soaring, all in the ruthless pursuit of efficiency. Yet the remedy

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that economists and policy makers continue to miss is also miraculously simple. Good medicine takes more than amazing technology; it takes time—time to respond to bodies as well as data, time to arrive at the right diagnosis and the right treatment. Sweet knows this because she has learned and lived it over the course of her remarkable career. Here she relates unforgettable stories of the teachers, doctors, nurses, and patients through whom she discovered the practice of Slow Medicine, in which

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she has been both pioneer and inspiration. Medicine, she helps us to see, is a craft and an art as well as a science. It is relational, personal, even spiritual. To do it well requires a hard-won wisdom that no algorithm can replace—that brings together “fast” and “slow” in a truly effective, efficient, sustainable, and humane way of healing. What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself

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these questionsbut you may not have had much luck answering them. Until now. In *The Way of the Superior Man* David Deida explores the most important issues in men's livesfrom career and family to women and intimacy to love and spiritualityto offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body

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practices, and more to help you realize a life of fulfillment, immediately and without compromise.

#1 NEW YORK TIMES

BESTSELLER • The game-changing author of Tribe of Mentors teaches you how to reach your peak physical potential with minimum effort. “A practical crash course in how to reinvent yourself.”—Kevin Kelly,

Wired Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than

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a marathoner by bingeing?
Indeed, and much more. The
4-Hour Body is the result
of an obsessive quest,
spanning more than a
decade, to hack the human
body using data science.
It contains the collective
wisdom of hundreds of
elite athletes, dozens of
MDs, and thousands of
hours of jaw-dropping
personal experimentation.
From Olympic training
centers to black-market
laboratories, from Silicon
Valley to South Africa,
Tim Ferriss fixated on one
life-changing question:
For all things physical,

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what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It's the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each):

- How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical

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cocktails • How to prevent fat gain while bingeing over the weekend or the holidays • How to sleep 2 hours per day and feel fully rested • How to produce 15-minute female orgasms • How to triple testosterone and double sperm count • How to go from running 5 kilometers to 50 kilometers in 12 weeks • How to reverse “permanent” injuries • How to pay for a beach vacation with one hospital visit And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-

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world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That's exactly what The 4-Hour Body delivers.

A social scientist recreates his search for expanded consciousness, through the psychedelia of LSD to the final calm and inner wisdom of Rajah Yoga

An Uncommon Guide to Rapid Fat-Loss, Incredible Sex, and Becoming Superhuman

Pompoir

The Way to Healing

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Your Road Map to Financial
Independence and a Rich,
Free Life

The Enlightened Sex Manual
Gucci Red 2

Unlike other guides that focus on how to make relationships work, this groundbreaking book teaches couples how their relationships can make their lives work. Combining the practical advice of Harville Hendrix with the spiritual guidance of Thomas Moore, it shows couples how their relationships can help them discover their sacred selves in such chapters as "The Power of Truth-Telling", "The Inner Marriage", "Men In Relationship" and "Soulwork and Sacred Combat". Along the way, it provides a wealth of practical guidance on

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how to deal with difficult problems and includes lively dialogues from Welwood's workshops that dynamically illustrate his core ideas. Men and women are searching for deeper meaning and purpose in their everyday lives and relationships. Love and Awakening fills this need. It is a book couples will want to read together.

"In a kingdom at war, the princess discovers a devastating truth and might be the key to saving not only those closest to her, but the kingdom itself, if she reveals the very secret that could destroy her"--

View Book Videos and Pictures on Author Page. The audiobook is now on Audible.com. The book has been read by many thousands of women and men. Due to your continuous support and great feedback, it has

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been the #1 selling product on "How-To Anal Sex with a woman" since Feb. 2011, on Amazon! Thank You! This book is about how to pleasure your woman deeply and creating an anal sex experience that satisfies her mind, body, and soul. You'll give her intense full-body orgasms, stronger than clitoral orgasms, and she'll yearn for more! Best Illustrated & Most Innovative System for Arousing Her Anal Ecstasy This book is very different, as it focuses on how to introduce a woman to anal sexuality with a pleasurable and painless detailed step-by-step system. This book teaches exactly what to do and how to do it. She'll enjoy incredible full-body orgasms because you will stimulate multiple erogenous zones simultaneously! All images are

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provided inside the book. The 7 Nights To Ecstasy System For Beginners, The 3 Night Delight System For Advanced Couples, or The Custom System 2 Nights or More for your specific situation along with the SEPOR Method will provide a clearly defined strategy on how to take it slow with your woman, so the process is pleasurable for her from beginning to end. Since it's a woman's preventable pain on the line. The content is what women want men to remember. Learn how to approach communication, build trust, gradually increase stimulation, and properly prepare for anal play. Why - The unmet need to provide a highly illustrated, innovative, and detailed step-by-step system to painless anal ecstasy. Other books

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do not provide an illustrated step-by-step system on how to take it slow. They state "take it slow" but do not define what is "slow!" If you go too fast you will hurt your woman. So learn to do it right!

Compare the number of illustrations of competing books and the educational content in the images.

The system & detailed illustrations provide an easy to learn from guide.

THE DIFFERENCE 1. A different strategy that arouses the body in order to seduce the mind 2. 76 illustrations that serve several purposes: a) What to do b) How to do it c) Seduces readers to learn in an artistic manner and visually stimulates them as they progress through the book. 3. The best anal toys and my favorite lubricants (20 product images) 4. Fun preparation

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5. Unique and advanced anal play activities, even for the experienced
 6. Thrilling cunnilingus techniques
 7. A unique combination of a detailed how-to system, hot arousal and Gem entry techniques, and number of instructional images that are not found in any other books, DVDs, online videos, or anal sex resource.
 8. Different solutions tailored for your specific situation.
 9. Erotic dialogue & explanations, clinical terms are not used.
 10. Chapter summaries
- THE SOLUTION**
To seduce and pleasure the body and mind simultaneously to take her from NO, or maybe, to OMG that feels incredible!
- THE BENEFITS**
1. Many women have reported the most incredible orgasms of their lives from anal sexuality.
 2. Men will gain valuable skills.
 3. The amount

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of sexual fun you can have is more than doubled. 4. The intimacy and passion you reach with anal sexuality is very deep. 5. The process will build better trust and communication in your sex life. 6. The process will provide an abundance of erotic fun both partners and the sense of novelty in your sex life will be increased forever! Now available in Spanish on Kindle and paperback: Excitála Hasta Su Extasis Anal . YOUR REVIEWS HELP OTHERS! Indicate which reviews help, so you can help others evaluate the book like you before your purchase and help them enjoy!

Sutton Spencer's ideas for her life were fairly simple: finish graduate school and fall in love. It would be a lot simpler if she could pinpoint

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exactly what she should do when she graduates in less than a year. Oh, and if she could figure out how to talk to a woman without feeling like a total mess, that would be great too. Charlotte Thompson is very much the opposite. She's always had clear steps outlining her path to success with no time or inclination for romance. Her burgeoning career in politics means everything to her and she's not willing to compromise it for something as insignificant as love. Fleeting, casual, and discreet worked perfectly fine. When they meet through a dating app, it's immediately clear that they aren't suited for anything more than friendship. Right?

The Simple Path to Wealth
Late Bloomer

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The Way of the Superior Man

The Thinking Man's Guide to

Pleasuring a Woman

Sword and Citadel

Dear Aaron

Carol Tyler has been a professional (and highly acclaimed) cartoonist for over 20 years, appearing in such venues as Weirdo, Wimmen's Comix, and Drawn & Quarterly magazine. But over the years her status as a working mother has drastically curtailed her ability to set aside time for her cartooning. Thus each rare new story from her pen has been greeted with hurrahs as well they

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should be, because she's one of the most skillful, caustic, and emphatic cartoon storytellers of her generation. This new book presents the biggest, richest and most delightful collection of Tyler's work to date featuring many new and previously unpublished works. p.p1 {margin: 0.0px 0.0px 0.0px 0.0px; font: 13.9px Arial; color: #424242}

Recently voted the greatest fantasy of all time, after The Lord of the Rings and The Hobbit, Gene Wolfe's The Book of

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the New Sun is an extraordinary epic, set a million years in the future, on an Earth transformed in mysterious and wondrous ways, in a time when our present culture is no longer even a memory. Severian, the central character, is a torturer, exiled from his guild after falling in love with one of his victims, and journeying to the distant city of Thrax, armed with his ancient executioner's sword, Terminus Est. This edition contains the second two volumes of this four

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volume novel, *The Sword of the Lictor* and *The Citadel of the Autarch*.

Mental disorders arise from neural and psychological mechanisms that have been built and shaped by natural selection across our evolutionary history.

Looking at psychopathology through the lens of evolution is the only way to understand the deeper nature of mental disorders and turn a mass of behavioral, genetic, and neurobiological findings into a coherent, theoretically grounded

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discipline. The rise of evolutionary psychopathology is part of an exciting scientific movement in psychology and medicine -- a movement that is fundamentally transforming the way we think about health and disease. Evolutionary Psychopathology takes steps toward a unified approach to psychopathology, using the concepts of life history theory -- a biological account of how individual differences in development, physiology and behavior arise from

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tradeoffs in survival and reproduction -- to build an integrative framework for mental disorders. This book reviews existing evolutionary models of specific conditions and connects them in a broader perspective, with the goal of explaining the large-scale patterns of risk and comorbidity that characterize psychopathology. Using the life history framework allows for a seamless integration of mental disorders with normative individual differences in personality and cognition,

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and offers new conceptual tools for the analysis of developmental, genetic, and neurobiological data. The concepts presented in *Evolutionary Psychopathology* are used to derive a new taxonomy of mental disorders, the Fast-Slow-Defense (FSD) model. The FSD model is the first classification system explicitly based on evolutionary concepts, a biologically grounded alternative to transdiagnostic models. The book reviews a wide range of common mental disorders, discusses their

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classification in the FSD model, and identifies functional subtypes within existing diagnostic categories.

Just as you see more of Nature when you are quiet-you discover more of your own sexual-emotional depths when you become more still. In *Slow Love: A Polynesian Pillow Book*, you will discover a more pacific, unifying approach to passion. James N. Powell's writings on Polynesian lovemaking have been warmly embraced in Japan, where they sparked the "Polynesian sex"

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vogue. Inspired by Powell's writings, Hiroyuki Itsuki, Japan's über author and Buddhist thinker, penned two volumes on South Seas sensuality. Also, Kunio Kitamura, Head of Japan's Family Planning Association, enthusiastically promotes Powell's thoughts on Polynesian-style passion as a way for couples to deepen sexual sensitivity and fulfillment. He writes: "Polynesian sex...involves taking a long time...and...allows energy in the form of weak

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**electromagnetic waves-
similar to the concept of
ki-to flow, building up to
create large waves that
encompass the entire body
and bring enormous
pleasure and happiness."**

**Sexual Skills for the
Superior Lover**

The Slow Burn

Arouse Her Anal Ecstasy

In Praise of Slow

Evolutionary

Psychopathology

Slow Medicine

*Jitterbug Perfume is an
epic. Which is to say, it
begins in the forests of
ancient Bohemia and doesn't
conclude until nine o'clock
tonight (Paris time). It is*

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a saga, as well. A saga must have a hero, and the hero of this one is a janitor with a missing bottle. The bottle is blue, very, very old, and embossed with the image of a goat-horned god. If the liquid in the bottle actually is the secret essence of the universe, as some folks seem to think, it had better be discovered soon because it is leaking and there is only a drop or two left.

A lustful young alpha meets his match in an older omega with a past. Professor Vale Aman has crafted a good life for himself. An unbonded omega in his mid-thirties, he's long since given up

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hope that he'll meet a compatible alpha, let alone his destined mate. He's fulfilled by his career, his poetry, his cat, and his friends. When Jason Sabel, a much younger alpha, imprints on Vale in a shocking and public way, longings are ignited that can't be ignored. Fighting their strong sexual urges, Jason and Vale must agree to contract with each other before they can consummate their passion. But for Vale, being with Jason means giving up his independence and placing his future in the hands of an untested alpha--as well as facing the scars of his own tumultuous

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past. He isn't sure it's worth it. But Jason isn't giving up his destined mate without a fight. This is a stand alone gay romance novel, 118,000 words, with a strong HFN ending, as well as a well-crafted, non-shifter omegaverse, with alphas, betas, omegas, male pregnancy, heat, and knotting. Content warning for pregnancy loss and aftermath.

In the area of sacred intimacy, David Deida is holding a lightning bolt. He sheds an astonishing light.' '----Marianne Williamson, Author of A Return to Love.

"Why do grown-ups have to

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take over everything?" This innocent question from acclaimed journalist and international bestselling author Carl Honoré's son sparked a two-year investigation into how our culture of speed, efficiency, and success at all costs is damaging both parents and children. When the impulse to give children the best of everything runs rampant, parents, schools, communities, and corporations unwittingly combine forces to create over-scheduled, over-stimulated, and overindulged kids. The mere mention of potty-training, ballet classes, preschool, ADD, or

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overeating is enough to spark a heated debate about the right way to raise our children. The problem is that despite the best intentions of all involved, the pressure to manage every detail of our children's lives from in utero through college is overwhelming. Delivering much more than a wake-up call, international bestselling author Carl Honoré interviews experts in Europe, North America, and the Far East, talks to families around the world and sifts through the latest scientific research. Not only do we see the real dangers of micromanaging children, but Honoré also

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shows us an emerging new movement inspiring many to slow down and find the natural balance between too little and too much. Blending the finest reportage, intellectual inquiry, and extraordinary true stories, Under Pressure is the first book to challenge the status quo by mapping out an alternative to the culture of hyperparenting that is presently pushing children and their parents to the brink.

Fahrenheit 451

A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire: Easy Read Comfort

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Sexuality
Edition

ADHD After Dark

She Comes First

Slow Sex

A Unique Guide to Love and
Sexual Fulfillment

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

*Pelvic Exercises that shows results! Build
strong, tighter and healthy PC Muscles,
with the advantage of learning how to
control and manipulate your PC*

*Muscles! The result? You take charge of
your intimacy, gain mind blowing sexual
skills as you work out with Pompoir. No
more getting stuck with pelvic exercises
that don't show results. Pompoir - The
Ultimate Guide to Pelvic Floor Fitness,
has an easy-to-learn, Personal Training*

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Program that helps you achieve your pelvic exercise goals. Learn more at www.pompoirbook.com, including how to sign up for one-on-one coaching and which products to purchase for your exercises.

With more scandals than the election, Gucci Red is back and she's on one. Ready to put the past behind her, she settles into the cushy life of a kept woman. However, it isn't her past that's the problem this time. Everything that Spade wanted kept hidden slowly creeps out, threatening his life and his love. The deceit from North Carolina floods into Louisville, drowning everybody in its wake. Being abandoned didn't sit too well with Teddy, but he's willing to bide his time until revenge starts calling his name. After losing her brother and

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almost losing her son's father, Rashika is on the path to get her life together for the better, but time waits for no one.

Find out what fate has in store for everybody lurking on the streets of Louisville.

"In the dark, bewildering, trap-infested jungle of misinformation and opaque riddles that is the world of investment, JL Collins is the fatherly wizard on the side of the path, offering a simple map, warm words of encouragement and the tools to forge your way through with confidence. You'll never find a wiser advisor with a bigger heart." -- Malachi Rempen: Filmmaker, cartoonist, author and self-described ruffian

This book grew out of a series of letters to my daughter concerning various things—mostly about money and investing—she

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was not yet quite ready to hear. Since money is the single most powerful tool we have for navigating this complex world we've created, understanding it is critical. "But Dad," she once said, "I know money is important. I just don't want to spend my life thinking about it." This was eye-opening. I love this stuff. But most people have better things to do with their precious time. Bridges to build, diseases to cure, treaties to negotiate, mountains to climb, technologies to create, children to teach, businesses to run. Unfortunately, benign neglect of things financial leaves you open to the charlatans of the financial world. The people who make investing endlessly complex, because if it can be made complex it becomes more profitable for them, more expensive for us, and we are

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forced into their waiting arms. Here's an important truth: Complex investments exist only to profit those who create and sell them. Not only are they more costly to the investor, they are less effective. The simple approach I created for her and present now to you, is not only easy to understand and implement, it is more powerful than any other. Together we'll explore: Debt: Why you must avoid it and what to do if you have it. The importance of having F-you Money. How to think about money, and the unique way understanding this is key to building your wealth. Where traditional investing advice goes wrong and what actually works. What the stock market really is and how it really works. Why the stock market always goes up and why most people still lose money

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investing in it. How to invest in a raging bull, or bear, market. Specific investments to implement these strategies. The Wealth Building and Wealth Preservation phases of your investing life and why they are not always tied to your age. How your asset allocation is tied to those phases and how to choose it. How to simplify the sometimes confusing world of 401(k), 403(b), TSP, IRA and Roth accounts. TRFs (Target Retirement Funds), HSAs (Health Savings Accounts) and RMDs (Required Minimum Distributions). What investment firm to use and why the one I recommend is so far superior to the competition. Why you should be very cautious when engaging an investment advisor and whether you need to at all. Why and how you can be conned, and how to avoid becoming

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prey. Why I don't recommend dollar cost averaging. What financial independence looks like and how to have your money support you. What the 4% rule is and how to use it to safely spend your wealth. The truth behind Social Security. A Case Study on how this all can be implemented in real life. Enjoy the read, and the journey!

Discovering the Sacred Path of Intimate Relationship

Work, Sex, Money

Moonlight and Motor Oil Series

The Art Of Seduction

How a Worldwide Movement Is Challenging the Cult of Speed

The Heart of Tantric Sex

Real love isn't a fairy tale.

Although attorney Hope

Kendall cares deeply for

President of the Lost Kings MC, Rochlan "Rock" North, the truth is they come from completely different worlds. Add to that the fact that they are also both headstrong people, and they have a very rough road ahead of them. Love is the ultimate outlaw. For Rock that means introducing Hope to what it really means to be part of his brutal and shady world, where the Lost Kings Motorcycle Club is his main focus. For Hope it means accepting the things she can't change, and understanding that Rock is a man who will do anything to keep her safe. Love doesn't

follow any rules. As Rock continues to draw Hope deeper into his world, painful misunderstandings, past relationships, and opposition from the members of his club will threaten to drive them apart. How do a lawyer and a badass biker with a heart of gold keep love alive while their opposing worlds collide? Corrupting Cinderella is the second book in the Lost Kings MC series and is the continuing story of the outlaw MC president and his spitfire lawyer. Topics: anti-hero, anti-hero romance, alpha hero, alpha male hero, alpha bad boy, biker, bad boy biker,

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Sexuality

**dominant alpha male,
dominant alpha male hero,
protection, male, crime,
criminal, criminal
underground, outlaw,
criminals and outlaws, crime
fiction, hidden, forbidden
romance, opposites attract,
lawyer, professional, criminal
element, outlaw motorcycle
gang, outlaw motorcycle club,
motorcycle club, motorcycle
club romance, MC Romance,
Lost Kings MC, series starter,
first in series, autumn, slow
burn romance, widow romance,
second chance, prison, upstate
New York, Capital Region New
York, rural, snarky, sassy,
sassy heroine, rogue, player,**

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Sexuality

**motorcycle man, outlaw bikers,
brotherhood, loyalty,
possessive male, possessive
hero, rockstars, party, club
whores, manwhore, MC biker
romance, biker series, steamy
romance, sexy, dark romance,
motorcycle action adventure,
contemporary romance,
romance, Motorcycle Club,
ride, road, mma, underground
fighting, gambling, danger,
rival, rival gang, swoonworthy,
addicting, drama,
relationships, romantic
relationships, family
relationships, series, family
saga, romantic mc, loving
alpha heroes, faithful, mc
president, zero to sixty, gritty,**

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**dangerously sexy, dirty talk,
motorcycle club compound,
bad boy obsession, bad boy
romance, no cheating, strong
female character, possessive
alpha male, criminal elements,
strip club, marijuana grow op,
passion, bullet, Whiskey,
spitfire, no cliffhanger, happy
for now ending, HFN, series,
feisty, desire, flirting, tattooed
outlaw, tattoo, ink, tattoos,
inked hero, inked, dirty but
romantic, alpha male
president, steamy scenes,
innocent heroine, older couple,
older hero, adult romance, joy
ride, cut, kutte, leather,
patched, colors, patched, club
colors, old lady, ol' lady, club,**

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**property patch, patched-in,
brother, blood brothers, crime
romance, smoldering, ruthless,
scorching, dirty, crude, raw,
honor, faith, loyal, sergeant at
arms, highway, park,
emotional journey,
rollercoaster, crossroads,
mature, continuing story, long
romance series, birthday,
birthday party, brother's best
friend**

**A totalitarian regime has
ordered all books to be
destroyed, but one of the book
burners suddenly realizes their
merit.**

**I put out fires for a living. I
can take some heat. But Maisie
drives me crazy. She's smart-**

mouthed, sarcastic and argumentative. This town's too small for both of us. But she works for me. Unfortunately. It's a big no-no for me to f*ck her. Every time I lay eyes on her, I want to throw her over my shoulder and find the closest place to get my hands all over her curvy body. Her eyes flash, her sweet a swings, and her smart mouth makes my c*ck so hard it aches. There are different kinds of fire, and this one will make her panties melt. He pushes her sexual boundaries . . . From the moment waitress Karina meets him in a New York bar, she**

knows James is different. Daring. Dominating. Though he hides his true identity from her, the mysterious, wealthy businessman anticipates her every desire and fulfills her secret fantasies. Awakened by his touch, Karina discovers a wild side she hadn't known existed and nothing is off limits. She aches for more . . . What begins as an erotic game soon escalates to a power play that blurs the line between pleasure and pain. Even as she capitulates to James's sensual demands, Karina craves more. She wants his heart, his soul. She wants his love . . . and she'll break all the rules to get

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it.

**Better Sex Life, Better
Relationship**

A Louisville Love Story

Those Who Wait

**Rescuing Our Children from
the Culture of Hyper-Parenting**

A Novel

**Real Life on the Path of
Mindfulness**

*Presents a practical but unusual guide
to mastering food and cooking
featuring recipes and cooking tricks
from world-renowned chefs.*

*Some days, all you need is a message
from a stranger. Ruby Santos knew
exactly what she was getting herself
into when she signed up to write a
soldier overseas. The guidelines were
simple: one letter or email a week for*

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the length of his or her deployment. Care packages were optional. Been there, done that. She thought she knew what to expect. What she didn't count on was falling in love with the guy. Each day we deal with the challenges of ordinary life: a series of mundane experiences that could be summarized by the title of this book, Work, Sex, Money. We all hope that these aspects of our life will be a source of fulfillment and pleasure, and they often are. Yet they are also always sources of problems for which we seek practical advice and solutions. The best prescription, according to Chögyam Trungpa, is a dose of reality and also a dose of respect for ourselves and our world. His profound teachings on work, sex, and money celebrate the

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sacredness of life and our ability to cope with its twists and turns with dignity, humor, and even joy. He begins by breaking down the barrier between the spiritual and the mundane, showing that work, sex, and money are just as much a part of our spiritual life as they are a part of our everyday existence. He then discusses these subjects in relation to ego and self-image, karma, mindfulness, and meditation. "Work" includes general principles of mindfulness and awareness in how we conduct everyday life as well as discussion of ethics in business and the workplace. "Sex" is about relationships and communication as a whole. "Money" looks at how we view the economics of livelihood and money as "green energy" that affects

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our lives. The result is an inclusive vision of life, one that encompasses the biggest issues and the smallest details of every day. There are, in fact, few definitive answers in these pages. There is, however, authentic wisdom providing us with tools we need to work with the toughest stuff in our lives.

After many years of exploration, Diana Richardson found that the ancient practice of Tantra, with its unique, intelligent approach to sex, had the effect of enhancing intimacy and deepening love. Here she has adapted Tantra for modern Western lovers in a practical, sympathetic way. Tantric Sex can transform your experience into a more sensual, loving and fulfilling one.
Slow Love

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*Corrupting Cinderella (Lost Kings MC,
Book 2)*

The 4-hour Chef

The 4-Hour Body

*The Simple Path to Cooking Like a
Pro, Learning Anything, and Living the
Good Life*

Slow Heat

The best-selling autobiography of America ' s most controversial celebrity icon, Marilyn Manson (with a bonus chapter not in the hardcover). In his twenty-nine years, rock idol Manson has experienced more than most people have (or would want to) in a lifetime. Now, in his shocking and candid memoir, he takes readers from backstage to gaol

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cells, from recording studios to emergency rooms, from the pit of despair to the top of the charts, and recounts his metamorphosis from a frightened Christian schoolboy into the most feared and revered music superstar in the country. Illustrated with dozens of exclusive photographs and featuring a behind-the-scenes account of his headline-grabbing Dead to the World tour.

Tantric Sex for Men

Crooked Tree Ranch

A Polynesian Pillow Book

The Path to Fulfilling and
Sustainable Sexuality

Be Here Now

Under Pressure