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Taoist Secrets of Love Sourcebooks, Inc.

52 Mind-Blowing Ways to Poop The only known translation of an ancient manual instructing readers in the art of enlightened bathroom experience, the Kama Pootra offers a thrilling rediscovery of the tiled path to porcelain nirvana. Willing seekers will find fifty-two progressive positions designed to maximize how you do number two. Every time the bathroom door closes, a new experience awaits.

The Secret to Male Multiple Orgasms and Other Sex Skills

Little, Brown Books for Young Readers

The Complete Idiot's Guide® to Tantric Sex covers every aspect of this ancient practice, from the sacred beliefs of Tantra which form the basis for Tantric loving to the process of preparing for and practicing Tantric techniques. The book is broken down into six parts, including: the secret sexual world of Tantra; preparing your mind for Tantric sex; preparing your body for Tantric sex; preparing your spirit for Tantric sex; the art of Tantric self-love; and the joy of Tantric sex.

Chakra Handbook BoD – Books on Demand

Frauen, die nicht auf natürliche Weise schwanger werden, wird häufig zur In-vitro-Fertilisation geraten. Was viele von ihnen nicht wissen: Neben der hormonell stimulierten konventionellen Methode gibt es auch eine sanftere IVF, die (fast) ohne Hormone auskommt. Sie ist körperlich und psychisch deutlich weniger belastend und noch dazu kostengünstiger, wird aber nur selten oder gar nicht angeboten. Dieser aufklärende Ratgeber richtet sich an Frauen, die über künstliche Befruchtung nachdenken oder bereits in Behandlung sind. Er beschreibt die Methoden,

zeigt Chancen und Risiken und ermutigt dazu, die sanftere IVF von Ärzten einzufordern, um sich unnötige Belastungen zu ersparen. Hierzu liefert er alle wichtigen Informationen und Argumentationshilfen.

365 Sex Moves Hunter House

This enduring spiritual classic has spread to 139 countries in its first ten years in print. To learn more about it go to www.DivineOpenings.com/books.

Tantric Sex for Men Lulu.com

»Diese wunderbare Frau leistet Friedens-, Glücks- und Sinnarbeit – mehr geht nicht.« HAJO SCHUMACHER Dein Weg zu einer erfüllten Partnerschaft Iva Samina zeigt, wie jede(r) erfüllte Sexualität erleben und sich als Paar selbstbestimmt auf Augenhöhe begegnen kann. Die Voraussetzung eines gelingenden Miteinanders liegt für sie nicht darin, sein Heil bei einer anderen Person zu suchen, sondern zuerst einmal darin, sich besser wahrzunehmen, die Beziehung zu sich selbst zu klären und einen Einklang zwischen dem Männlichen und dem Weiblichen in sich herzustellen. Dann kann man sich auf den Weg zu einer natürlichen und ehrlichen Intimität machen. Wahrheit und offene Kommunikation sind die Basis, um eine innige Beziehung zu entwickeln, sich achtsam zu begegnen und zu berühren und vertraute Nähe entstehen zu lassen. »Wow! Dieses Buch ist eine ebenso zärtliche wie kraftvolle Befreiung von einem der tiefsten Irrtümer in unserer Kultur: dass eine glückliche Beziehung das WIR mehr brauchen würde als das ICH ... Die Zeit ist reif für Begegnungen, die sich entfalten im LIEBEN statt im BRAUCHEN. Und hier ist ihr Buch. Möge es Wellen schlagen!« -- Ilan Stephani, Bestseller-Autorin und Körperforscherin

Magia Sexualis Australian Academic Press

Get ready for the best year of your life! 365 Sex Moves offers couples hot and exciting positions for every day of the year. Filled with stunning photography and short technique descriptions that get right to

the point, this book allows you to simply pick-up-and-play and do the position shown. Whether you're interested in trying something just a little different or are ready for an advanced acrobatic position, 365 Sex Moves has it all. With this sexy little guide, you'll never know what the day—or night—will bring.

The Overnight Quiver Books

The healthy eating market continues to thrive, with authors like Joe Wicks seeing recordbreaking sales for accessible healthy eating books. In recent months, however, there has been a backlash against certain healthy lifestyle brands, particularly those without scientific qualifications who promote 'clean eating'. The Wellness Rebel explores the aftermath of this, looking at where balanced healthy eating will go next and how we can get back to evidence-based basics and enjoy eating well. With each chapter themed around a common healthy food misconception such as 'Alkaline', 'Raw' and 'Superfoods?', The Wellness Rebel explores the basics of nutrition in an accessible and entertaining way, with Pixie sharing her tips, tricks and tastiest recipes – including her much-loved Pixie Plates – for a truly healthy diet, with no detoxes, no elimination diets, no restrictions – and absolutely no BS.

The Twentieth Century Christ Destiny Books

Die Yoni Massage ist mehr als nur eine erotische Massage. Diese tiefgründige und respektvolle Form der Tantra Massage ist kein primitives Ausleben sexueller Lust, sondern dient in erster Linie als Quelle der Entspannung. Bei dieser aufregenden Massage verschmelzen Spiritualität und Sinnlichkeit, was zu einem intensiven Höhepunkt führt und die Sexualität auf eine neue Ebene hebt. Wer sich darauf einlässt, kann sich und seinen Partner völlig neu kennenlernen. Dieser Sexratgeber enthält eine illustrierte Anleitung der einzelnen Massageschritte und bringt euch die Grundlagen der Yoni Massage einfach und mit Niveau näher. Also worauf wartet ihr noch? Erweckt euer tantrisches Bewusstsein mit diesem Tantra

Buch für Paare! Tipp: Dieses intime Geschenk für Paare eignet sich besonders als Valentinstag Geschenk für Sie oder einfach als spannendes Erotik-Abenteuer für zwischendurch . . .

The Amulet of Samarkand Macmillan

First Steps is a new series of short, affordable self-help on a range of key topics. Depression is wide-spread in today's world, with statistics suggesting that 1 in 5 of us will experience it at some stage in life. In First Steps out of Depression, successful author Sue Atkinson draws on her experiences as someone who has suffered - and recovered - from depression, to guide sufferers through the first stages of recovery themselves. Other titles in the First Steps series include: Anxiety, Bereavement, Eating Disorders, Gambling and Problem Drinking.

The Complete Idiot's Guide to Tantric Sex Penguin

"The Secret to Male Multiple Orgasms" is a complete training program. Step by step you will learn how to boost your sex-life to the next level. Learn...
...to expand the orgasm over the whole body. ...to use your sexual energy more efficiently. ...to control your body better and get to know new pleasure points. ...to avoid premature ejaculation. ...to maintain your erection after the orgasm. ...to experience several full-body-orgasm ...additional sex skills and become the lover of her dreams

The G Spot Hay House, Inc

In the third book of the series, Bartimaeus, Nathaniel, and Kitty must test the limits of this world, question the deepest parts of themselves -- and trust one another if they hope to survive. Includes a preview chapter from The Ring of Solomon, a Bartimaeus novel.

Star Wars Extraordinary Droids BoD – Books on Demand

In the West, the varied body of texts and traditions known as Tantra for more than two centuries has had the capacity to scandalize and shock. For European colonizers, Orientalist scholars and Christian missionaries of the Victorian era, Tantra was generally seen as the most degenerate and depraved example of the worst tendencies of the so-called 'Indian mind': a pathological mixture of sensuality and religion that prompted the decline of modern Hinduism. Yet for most contemporary New Age and popular writers,

Tantra is celebrated as a much-needed affirmation of physical pleasure and sex: indeed as a 'cult of ecstasy' to counter the perceived hypocritical prudery of many Westerners. In recent years, Tantra has become the focus of a still larger cultural and political debate. In the eyes of many Hindus, much of the western literature on Tantra represents a form of neo-colonialism, which continues to portray India as an exotic, erotic, hyper-sexualized Orient. Which, then, is the 'real' Tantra? Focusing on one of the oldest and most important Tantric traditions, based in Assam, northeast India, Hugh B Urban shows that Tantra is less about optimal sexual pleasure than about harnessing the divine power of the goddess that flows alike through the cosmos, the human body and political society. In a fresh and vital contribution to the field, the author suggests that the 'real' meaning of Tantra lies in helping us rethink not just the history of Indian religions, but also our own modern obsessions with power, sex and the invidious legacies of cultural imperialism.

Pyramids Bloomsbury Publishing

Du darfst! Weniger Selbstzweifel – mehr Lebenslust! Mein Leben ist toll! Ich bin selbstbewusst, frei, voller Energie und einfach wunderbar! Das möchte jede Frau gerne von sich sagen. Doch die Realität sieht oft anders aus: Selbstzweifel schleichen sich ein und die heimliche Angst, nicht gut genug zu sein. Der Alltag, die Erziehung, der Perfektionswahn und der Stress verhindern, dass Frauen ihre Freiheit nutzen und das Leben führen, das sie sich wünschen. Doch wie findet frau heraus, was sie wirklich will? Und wie gelingt es ihr, ihre Träume und Wünsche zu verwirklichen, unabhängig und stark zu sein? Der ultimative Motivationsschub von Bestseller-Autorin Nina Deißler In ihrem neuen Ratgeber zeigt Nina Deißler ihren Leserinnen, wie sie ihren Allerwertesten endlich in Gang bekommen und die Gestalterin und Königin ihres eigenen Lebens zu werden – mit Argumenten und Anleitungen, aber auch vielen Beispielen und Tipps. Ihr Motto: „Arbeite weniger – vor allem an dir selbst. Und hab mehr Spaß.“ Aus dem Inhalt: • Emanzipiert? Sind wir noch lange nicht • Du bestimmst

– ob du willst oder nicht • Nutze die drei größten Kräfte im Universum
• Du darfst • Enjoy the trip! • Sei die Königin deines Lebens • Männer
– Auswahl, Inbetriebnahme und Wartung • Muschi-Magie • Weiblich
stark

First Steps out of Depression Simon and Schuster

"This book offers a fascinating account of the development of Western sexual magic through the nineteenth and twentieth centuries. Urban focuses on an extraordinary set of historical figures, and his rich analysis illuminates the sexual—and supernatural—undercurrents that have shaped modernity."—Randall Styers, author of *Making Magic: Religion, Magic, and Science in the Modern World*

Things Are Going Great in My Absence (English for Europe) White Star Editions

A tantric massage practice for awakening and honoring male creative energy and allowing a man conscious, loving contact with his own masculinity • Empowers men to expand and deepen their experience of arousal and sensuality • Demonstrates how deep relaxation is important to a strong and lasting erection • Shows how the lingam connects a man to his dynamic strength while the prostate is linked to his more receptive side
Lingam is the Sanskrit word for the male generative organ, the penis. In India, the lingam is revered as an expression of Shiva's clarity, symbolizing the fine sword that differentiates between truth and falsehood. The goal of a lingam massage is to provide a man conscious, loving contact with his own masculinity. Western cultural expectations around sexual "performance" have created sexual difficulties for many men, including erectile dysfunction and premature ejaculation. Through loving touch, lingam massage provides the deep relaxation that supports sustained erection, putting a man in touch with less familiar aspects of his sexuality, including the energetic responses of his perineum, prostate gland, and anus. Lingam massage is not simply a

hands-on technique but involves the conscious direction of energy throughout the body. It allows men to savor longer, deeper orgasms and teaches taoist and tantric practices for conserving sexual energy. Over time, as his consciousness deepens, these practices give a man complete control over his ejaculation.

Painting the Future CRC Press

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 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 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.

Der sanfte Weg zum Wunschkind Ember

Discusses our changing understanding of human sexuality, explains the nature and function of the Grafenberg spot, and suggests how women can improve their sexual relationships. Reprint. 30,000 first printing.

Yoni-Massage Little, Brown Books for Young Readers

A revolutionary approach to female sexuality that focuses on relaxation as the key to achieving deep orgasmic states • Explores how receptive feminine energy influences the male-female exchange • Reevaluates the role of the clitoris, breasts, and vagina in achieving orgasm • Provides ancient tantric meditations for increased sensitivity and awareness Fulfilling sex nourishes love, rejuvenates the body, and boosts mental health. Unfortunately, prevailing attitudes in the West work against the natural capacity of women to realize their sexual potential and experience deep orgasmic states. Tantric Orgasm for Women offers women a fresh look at the ecstatic bliss possible within their bodies, using knowledge and approaches from the sensually cultivated traditions of the East. Exploring Tantra from the female perspective, Diana Richardson reveals the critical role receptive feminine energy plays in allowing orgasmic states to arise. Her 20 years of tantric research and personal experience provide readers with an understanding of how the various parts of the female body may be activated to deepen ecstatic states. Readers will learn how to re-circulate orgasmic energy; why breast stimulation takes priority over vaginal attention; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; and how women can strengthen the erection response of male partners. Tantric Orgasm for Women shows how women can exert a powerful influence on their sexual experiences when they understand the inner workings of their bodies and when they avoid adopting conventional ideas about what should be satisfying to them.

Arsch hoch, Baby! Simon and Schuster

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

Ptolemy's Gate Lotus Press (WI)

A tantric massage practice for awakening and enhancing women's innate sensual, emotional, and spiritual energies • Provides emotional healing by releasing traumatic memories stored in the yoni • Includes exercises that use sexual energy to cleanse and stimulate the chakras • Empowers women to draw strength and radiant vitality from the restored connection to their innermost core "Yoni" is the Sanskrit word for the female genitalia,

describing not only the anatomy but also encompassing the energetic and spiritual dimensions. While a yoni massage offers women the opportunity to enhance their sexuality, Michaela Riedl shows that the effects of this practice are much more profound and have ramifications affecting every area of life. Long held inhibitions in the West about sexuality and the shame and guilt associated with the sexual zones of the body have created deep-seated barriers that prevent individuals from fully expressing themselves. The practices provided in Yoni Massage are designed to allow women to overcome these barriers and reconnect to their innermost core and deepest feminine nature. Yoni massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body through deep breathing and visualization. It provides women the ability to cleanse and energetically stimulate the chakras as well as achieve emotional healing by releasing the traumatic pain that often becomes seated in the yoni. The author explains that the relegation of this important spiritual and energetic center to a "private part" hinders the process of enlightenment. Once women are able to be in touch with their yoni energy, their connection to the entire web of life is restored to its rightful place.