

Good Sex Getting Off Without Checking Out

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The Mindful Geek - Michael Taft 2015-09-14
The Mindful Geek tells you how to derive the real world benefits of hardcore mindfulness meditation without drinking the metaphysical Kool-Aid. Meditation teacher, Michael W. Taft gives you step-by-step instructions in the powerful and reliable techniques of mindfulness meditation, and outlines the psychological and neuroscientific research underpinning these practices. By treating mindfulness as a scientifically-based, psychological technique, you can keep your atheistic or agnostic secular skepticism and still maintain a powerful, regular, and deeply effective meditation practice. That's because meditation doesn't require you to believe in it to work. Like any good technology, if you use it correctly, it will do the job reliably whether you believe in it or not. And-make no mistake-meditation is a kind of technology; a technology for hacking the human wetware in order to improve your life. This book is a practical, hands-on manual about how to make the most of that technology for yourself. If you are smart, skeptical, technically-inclined, and have a desire to see what meditation is really all about, this book is for you. Michael has taught a lot of meditation programs at tech corporations like Google, so this material has been field-tested on some world-class geeks.

The Seven Husbands of Evelyn Hugo - Taylor Jenkins Reid 2017-06-13

The epic adventures Evelyn creates over the course of a lifetime will leave every reader mesmerized. This wildly addictive journey of a reclusive Hollywood starlet and her tumultuous Tinseltown journey comes with unexpected

twists and the most satisfying of drama.

The Edge of Never - J.A Redmerski 2013-03-12
Discover the beloved New York Times bestseller about two lost souls who embark on an epic road trip and find love along the way. A New York Times, USA Today, and Wall Street Journal bestselling blockbuster! Twenty-year-old Camryn Bennett thought she knew exactly where her life was going. But after a wild night at the hottest club in downtown Raleigh, North Carolina, she shocks everyone-including herself-when she decides to leave the only life she's ever known and set out on her own. Grabbing her purse and her cell phone, Camryn boards a Greyhound bus ready to find herself. Instead, she finds Andrew Parrish. Sexy and exciting, Andrew lives life like there is no tomorrow. He persuades Camryn to do things she never thought she would and shows her how to give in to her deepest, most forbidden desires. Soon he becomes the center of her daring new life, pulling love and lust and emotion out of her in ways she never imagined possible. But there is more to Andrew than Camryn realizes. Will his secret push them inseparably together -- or destroy them forever?

Hidden Depths - Emma Holly 2011

James and Olivia have been happily married for many years. A harmless kink here or there spices up their love life, but they can't imagine the kinks they'll encounter while sneaking to the beach for a long, hot weekend. Anso has ruled the wereseals for one short month. He hardly needs his authority questioned because he's going crazy from mating heat. Then Anso's best friend and male lover Ty offers to help find the human mate his genes require. To Ty's

amazement, Anso's quest leads him to claim not one partner but a pair. Ty would object, except he too finds the human couple hopelessly attractive . . . "The most captivating and titillating story I have read in some time . . . Flaming hot . . . even under water"-Tara's Blog [The Moon and Her Waves](#) - Jessica Graham 2017-10-14

As a three chapter poetry collection, Jessica Graham writes of chaos, love, the darkness within, and healing through all trials of life. It is a coming of age story written in poetical form with an empowering and emotional twist that leaves the reader awakened and fulfilled.

[Good Sex](#) - Jessica Graham 2017-11-07

A fun, straightforward, and informative guide that shows you how to bring mindfulness into sex for a bigger, richer, and more present life. A deep spiritual life and an extraordinary sex life are not mutually exclusive. In this keenly personal and unflinchingly frank guide, Jessica Graham teaches readers how to find mindfulness in sex—without losing the fun and adventure. As Graham offers simple mindfulness tools and techniques for improving your sex life and romantic relationships, she also shares her own powerful personal journey. Once checked out and sexually traumatized, Graham was able to find recovery, joy, and peace in the present moment through mindfulness practices. She weaves together her story with meditations, down-to-earth suggestions, and advice on everything from orgasms to threesomes to dealing with a low sex drive. Not only a tool kit for creating a rich and deeply satisfying sex life, this fun, explicit, and inclusive book conveys the deeper message of how combining meditation with sex can bring about profound spiritual awakenings.

Passionate Marriage - David Morris Schnarch 1997

A sexual and marital therapist explains how to achieve emotional, sexual, and personal fulfillment and intimacy with one's partner in a committed relationship. Tour.

[A Libertarian Walks Into a Bear](#) - Matthew Hongoltz-Hetling 2020-09-15

A tiny American town's plans for radical self-government overlooked one hairy detail: no one told the bears. Once upon a time, a group of libertarians got together and hatched the Free

Town Project, a plan to take over an American town and completely eliminate its government. In 2004, they set their sights on Grafton, NH, a barely populated settlement with one paved road. When they descended on Grafton, public funding for pretty much everything shrank: the fire department, the library, the schoolhouse. State and federal laws became meek suggestions, scarcely heard in the town's thick wilderness. The anything-goes atmosphere soon caught the attention of Grafton's neighbors: the bears. Freedom-loving citizens ignored hunting laws and regulations on food disposal. They built a tent city in an effort to get off the grid. The bears smelled food and opportunity. A Libertarian Walks Into a Bear is the sometimes funny, sometimes terrifying tale of what happens when a government disappears into the woods. Complete with gunplay, adventure, and backstabbing politicians, this is the ultimate story of a quintessential American experiment -- to live free or die, perhaps from a bear.

[Beach Read](#) - Emily Henry 2021-05-25

THE INSTANT NEW YORK TIMES BESTSELLER FROM THE #1 NEW YORK TIMES BESTSELLING AUTHOR OF PEOPLE WE MEET ON VACATION! "Original, sparkling bright, and layered with feeling."--Sally Thorne, author of The Hating Game A romance writer who no longer believes in love and a literary writer stuck in a rut engage in a summer-long challenge that may just upend everything they believe about happily ever afters. Augustus Everett is an acclaimed author of literary fiction. January Andrews writes bestselling romance. When she pens a happily ever after, he kills off his entire cast. They're polar opposites. In fact, the only thing they have in common is that for the next three months, they're living in neighboring beach houses, broke, and bogged down with writer's block. Until, one hazy evening, one thing leads to another and they strike a deal designed to force them out of their creative ruts: Augustus will spend the summer writing something happy, and January will pen the next Great American Novel. She'll take him on field trips worthy of any rom-com montage, and he'll take her to interview surviving members of a backwoods death cult (obviously). Everyone will finish a book and no one will fall in love. Really.

A Favor for a Favor - Helena Hunting

2020-01-28

From the New York Times bestselling author of *Pucked* and *A Lie for a Lie*, a new stand-alone romance about trading favors, battling wills, and winning love. When I joined Seattle's NHL expansion team, I thought it was the start of something great. But nothing ever goes the way you expect. Take my introduction to my new neighbor. She came rolling in on the hot mess express at midnight, making a racket while she tried to get into my team captain's apartment. Did I mention that he's married to a woman who definitely was not her? Imagine my surprise when I end up with an injury that has me out of the game for weeks, and she's the one to offer to help me. I should probably add that she's not the captain's mistress. She's his sexy, pastel-haired younger sister. So we come up with an arrangement: she rehabs me so that I can get back on the ice sooner, and she can add a professional athlete that isn't her brother to her client list. Seems simple enough. As long as I can keep my hands to myself and my hormones in check.

Truly - Carmel Rhodes 2020-06-07

The summer after senior year was supposed to be the best summer of my life. It was supposed to be full of adventure and self-discovery and making love under the stars. It was supposed to be about losing myself and finding my way. Only, it wasn't supposed to start like this. I wasn't supposed to go to that party. He wasn't supposed to notice me. The hot jock with the trust fund and chip on his shoulder. My ex-boyfriend's half-brother. Noah Tedesco is so far out of my league he might as well be playing a different game. Noah wasn't supposed to look twice at a girl like me, but he did. Now that I'm on his radar, my life will never be the same.

Better Sex Through Mindfulness - Lori A. Brotto 2018-04

A groundbreaking look at improving desire, arousal, and sexual satisfaction through mindfulness. Studies show that approximately half of all women experience some kind of sexual difficulty at one point in their lives, with lack of interest in sex being by far the most common--and the most distressing. And when sex suffers, so do all other areas of life. But it doesn't have to be that way. In *Better Sex through Mindfulness*,

acclaimed psychologist and sex researcher Lori A. Brotto, offers a groundbreaking approach to improving desire, arousal, and satisfaction inside--and outside of--the bedroom. A pioneer in the use of mindfulness for treating sexual difficulties, Brotto has helped hundreds of women cultivate more exciting, fulfilling sexual experiences. In this accessible, relatable book, she explores the various reasons for sexual problems, such as stress and incessant multitasking, and tells the stories of many of the women she has treated over the years. She also provides easy, effective exercises that readers can do on their own to increase desire and sexual enjoyment, whether their goal is to overcome a sexual difficulty or simply give their love life a boost.

It's Perfectly Normal - Robie H. Harris 2004

Introduces human sexuality, describes the changes brought about by puberty, and discusses sexual abuse, sexually transmitted diseases, AIDS, and pregnancy.

Fair Play - Eve Rodsky 2021-01-05

AN INSTANT NEW YORK TIMES BESTSELLER

A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner?

Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List.

Tired of being the "shefault" parent responsible

for all aspects of her busy household, Eve

Rodsky counted up all the unpaid, invisible work she was doing for her family--and then sent that list to her husband, asking for things to change.

His response was...underwhelming. Rodsky

realized that simply identifying the issue of unequal labor on the home front wasn't enough:

She needed a solution to this universal problem.

Her sanity, identity, career, and marriage

depended on it. The result is *Fair Play*: a time-

and anxiety-saving system that offers couples a

completely new way to divvy up domestic

responsibilities. Rodsky interviewed more than

five hundred men and women from all walks of life to figure out what the invisible work in a

family actually entails and how to get it all done

efficiently. With 4 easy-to-follow rules, 100

household tasks, and a series of conversation

starters for you and your partner, *Fair Play* helps

you prioritize what's important to your family

and who should take the lead on every chore,

from laundry to homework to dinner. "Winning"

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this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space--the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try Fair Play? Let's deal you in.

Call of the Wild - Kimberly Ann Johnson
2021-04-13

From trauma educator and somatic guide Kimberly Ann Johnson comes a cutting-edge guide for tapping into the wisdom and resilience of the body to rewire the nervous system, heal from trauma, and live fully. In an increasingly polarized world where trauma is often publicly renegotiated, our nervous systems are on high alert. From skyrocketing rates of depression and anxiety to physical illnesses such as autoimmune diseases and digestive disorders, many women today find themselves living out of alignment with their bodies. Kimberly Johnson is a somatic practitioner, birth doula, and postpartum educator who specializes in helping women recover from all forms of trauma. In her work, she's seen the same themes play out time and again. In a culture that prioritizes executive function and "mind over matter," many women are suffering from deeply unresolved pain that causes mental and physical stagnation and illness. In *Call of the Wild*, Johnson offers an eye-opening look at this epidemic as well as an informative view of the human nervous system and how it responds to difficult events. From the "small t" traumas of getting ghosted, experiencing a fall-out with a close friend, or swerving to avoid a car accident to the "capital T" traumas of sexual assault, an upending natural disaster, or a life-threatening illness—Johnson explains how the nervous system both protects us from immediate harm and creates reverberations that ripple through a lifetime. In this practical, empowering guide, Johnson shows readers how to metabolize these nervous system responses, allowing everyone to come home to their deepest, most intuitive and whole selves. Following her supportive advice, readers will learn how to move from wholeness, tapping into the innate wisdom of their senses, soothing frayed nerves and reconnecting with their "animal selves." While we cannot cure the

painful cultural rifts inflicting our society, there is a path forward—through our bodies.

Make Me - Lee Child 2015-09-10

"Child's best for some time...with detective-story and romcom elements (even sly humour) on top of the psychological duels and set-piece violence." (Sunday Times) Jack Reacher has no place to go, and all the time in the world to get there. A remote railroad stop on the prairie with the curious name of Mother's Rest seems perfect for an aimless one-day stopover. He expects to find a lonely pioneer tombstone in a sea of nearly-ripe wheat. Instead there is a woman waiting for a missing colleague, a cryptic note about two hundred deaths, and a small town full of silent, watchful people. Reacher's one-day stopover turns into an open-ended quest leading to the most hidden reaches of the internet, and right into the nightmare heart of darkness.

Although the Jack Reacher novels can be read in any order, *Make Me* is 20th in the series. And be sure not to miss Reacher's newest adventure, no.26, *Better off Dead!* ***OUT NOW***

You Deserve Each Other - Sarah Hogle
2020-04-07

When your nemesis also happens to be your fiancé, happily ever after becomes a lot more complicated in this wickedly funny, lovers-to-enemies-to-lovers romantic comedy debut. Naomi Westfield has the perfect fiancé: Nicholas Rose holds doors open for her, remembers her restaurant orders, and comes from the kind of upstanding society family any bride would love to be a part of. They never fight. They're preparing for their lavish wedding that's three months away. And she is miserably and utterly sick of him. Naomi wants out, but there's a catch: whoever ends the engagement will have to foot the nonrefundable wedding bill. When Naomi discovers that Nicholas, too, has been feigning contentment, the two of them go head-to-head in a battle of pranks, sabotage, and all-out emotional warfare. But with the countdown looming to the wedding that may or may not come to pass, Naomi finds her resolve slipping. Because now that they have nothing to lose, they're finally being themselves—and having fun with the last person they expect: each other.

Gender Queer: A Memoir Deluxe Edition -
Maia Kobabe 2022-05-31

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2020 ALA Alex Award Winner 2020 Stonewall — Israel Fishman Non-fiction Award Honor Book In 2014, Maia Kobabe, who uses e/em/eir pronouns, thought that a comic of reading statistics would be the last autobiographical comic e would ever write. At the time, it was the only thing e felt comfortable with strangers knowing about em. Now, Gender Queer is here. Maia's intensely cathartic autobiography charts eir journey of self-identity, which includes the mortification and confusion of adolescent crushes, grappling with how to come out to family and society, bonding with friends over erotic gay fanfiction, and facing the trauma and fundamental violation of pap smears. Started as a way to explain to eir family what it means to be nonbinary and asexual, Gender Queer is more than a personal story: it is a useful and touching guide on gender identity—what it means and how to think about it—for advocates, friends, and humans everywhere. This special deluxe hardcover edition of Gender Queer features a brand-new cover, exclusive art and sketches, and a TK from creator Maia Kobabe.

A Long Walk to Water - Linda Sue Park 2010 When the Sudanese civil war reaches his village in 1985, 11-year-old Salva becomes separated from his family and must walk with other Dinka tribe members through southern Sudan, Ethiopia and Kenya in search of safe haven. Based on the life of Salva Dut, who, after emigrating to America in 1996, began a project to dig water wells in Sudan. By a Newbery Medal-winning author.

Leave the World Behind - Rumaan Alam 2020-10-06

A Read with Jenna Today Show Book Club Pick! Finalist for the 2020 National Book Award (Fiction) One of Barack Obama's Summer Reads A Best Book of the Year From: The Washington Post * Time * NPR * Elle * Esquire * Kirkus * Library Journal * The Chicago Public Library * The New York Public Library * BookPage * The Globe and Mail * EW.com * The LA Times * USA Today * InStyle * The New Yorker * AARP * Publisher's Lunch * LitHub * Book Marks * Electric Literature * Brooklyn Based * The Boston Globe A magnetic novel about two families, strangers to each other, who are forced together on a long weekend gone terribly wrong. From the bestselling author of Rich and Pretty

comes a suspenseful and provocative novel keenly attuned to the complexities of parenthood, race, and class. Leave the World Behind explores how our closest bonds are reshaped—and unexpected new ones are forged—in moments of crisis. Amanda and Clay head out to a remote corner of Long Island expecting a vacation: a quiet reprieve from life in New York City, quality time with their teenage son and daughter, and a taste of the good life in the luxurious home they've rented for the week. But a late-night knock on the door breaks the spell. Ruth and G. H. are an older couple—it's their house, and they've arrived in a panic. They bring the news that a sudden blackout has swept the city. But in this rural area—with the TV and internet now down, and no cell phone service—it's hard to know what to believe. Should Amanda and Clay trust this couple—and vice versa? What happened back in New York? Is the vacation home, isolated from civilization, a truly safe place for their families? And are they safe from one other?

Good Sex - Jessica Graham 2017-05-16 Mindfulness will make sex better, more exciting, and more fulfilling. Good Sex shows you how. Jessica Graham is passionate about two things: sex and meditation. In Good Sex: Getting Off Without Checking Out, she shares mindfulness practices that will make sex better, more exciting, and more fulfilling. Good Sex begins with basic meditation instructions from a variety of techniques, followed by mindfulness exercises delving into communication difficulties, and the fear, attachment, and shame that can come up around sex. By exploring how mindfulness can heal these emotional wounds, readers will bring about big spiritual awakenings and increase intimacy. Unafraid to touch on a wide variety of ways to be sexual, Good Sex includes issues such as open-eyed orgasms and threesomes and how to handle a partner with a low sex drive. The book comes from a down-to-earth and inclusive perspective, borrowing from Buddhism, Hinduism, and Christianity, but easily accessible to the secular community and those with no spiritual or mediation background. Good Sex is also for people who already have great sex and want to explore new ways of loving. Though a blend of personal stories, mindfulness teachings and techniques, and exercises putting the

practices into action, this book is a tool kit for creating a rich and deeply satisfying sex life. Good Sex is fun, dirty, gentle, transcendent, simple, exciting, and transformative. Good Sex is an adventure. No matter what sexual challenges you are facing, Good Sex can help you grow, heal, and awaken. "Good Sex allows for evolution and flexibility. Humans are amazing creatures and what turns us on and gets us off can change many times throughout a life. Good Sex requires us to be willing to look with eyes wide open at our shadow self, our trauma, and our ingrained beliefs. Good Sex is neither being attached or indifferent. It is being fully present, without grasping, for the amazing thing that happens when people decide to come together to do what we have been doing since the beginning of humankind. And Good Sex is hot as hell, let's not forget that."

Sit, Walk, Don't Talk - Jennifer Howd
2017-05-30

Jennifer Howd had been building a mindfulness practice for a few years before taking on the challenge of her first nine-day silent meditation retreat. In this debut memoir, she chronicles the humorous--and often harrowing--adventures of the dueling inner voices that emerge in the silence: one intent on focusing on the seemingly negative aspects of her experiences, and the other on helping her see the positivity that can come from them. Illuminating for those who are new to mindfulness and resonant for those with established practices, *Sit, Walk, Don't Talk: How I Survived a Silent Meditation Retreat* also includes a helpful appendix listing tips for preparing for a silent meditation retreat, including a section for undertaking a retreat on your own. *Sit, Walk, Don't Talk* is written from a secular perspective and will appeal to folks who've never attended a residential retreat but are curious about the experience and want to get a taste of what to expect before possibly taking the plunge. Practitioners who dream of going on retreat but cannot make the time will also get a lot out of Howd's story, as well as folks who've been on many retreats and want to recapture the feeling without leaving home.

Slow Sex - Nicole Daedone 2014-07-02

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

satisfaction.

Erotic Intelligence - Alexandra Katehakis
2010-05-03

ENJOYABLE, EXCITING SEX IS POSSIBLE AFTER SEX ADDICTION In the journey to sexual sobriety, many sex addicts find 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 behavior?' and 'Will I ever have great sex again?' As a sex, marriage, and family therapist, Alexandra Katehakis introduces a successful program for 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, and looking toward a more intimate relationship that nurtures honesty and closeness. With Katehakis's help, sex addicts can get in touch 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 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 cornerstones of intimacy that are essential for healthy relationships

Get Off Your "But" - Sean Stephenson
2009-04-20

A hands-on guide for overcoming the forces of negativity and self-sabotage Written for the active, not passive participant, this book offers an inspiring program for overcoming big bumps in the road, eliminating excuses, ending insecurities, and standing up for happiness and success in life. Based on the author's personal story, clinical training and work as a therapist, and extensive experience speaking and teaching, *Get Off Your "But"* shows how to overcome excuses for emotional paralysis, build self-confidence at work and at home, and achieve a higher level of success in career and relationships.

Girl in Pieces - Kathleen Glasgow 2018-04-10
Fans of *Girl, Interrupted*, *Thirteen Reasons Why*, and *All the Bright Places* will love this New York Times bestseller. "A haunting, beautiful, and necessary book that will stay with you long after you've read the last page."—Nicola Yoon, #1 New York Times bestselling author of *Everything, Everything* and *The Sun Is Also a*

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Star Charlotte Davis is in pieces. At seventeen she's already lost more than most people do in a lifetime. But she's learned how to forget. The broken glass washes away the sorrow until there is nothing but calm. You don't have to think about your father and the river. Your best friend, who is gone forever. Or your mother, who has nothing left to give you. Every new scar hardens Charlie's heart just a little more, yet it still hurts so much. It hurts enough to not care anymore, which is sometimes what has to happen before you can find your way back from the edge. A deeply moving portrait of a girl in a world that owes her nothing, and has taken so much, and the journey she undergoes to put herself back together. Kathleen Glasgow's debut is heartbreakingly real and unflinchingly honest. It's a story you won't be able to look away from. And don't miss Kathleen Glasgow's novels *You'd Be Home Now* and *How to Make Friends with the Dark*, both raw and powerful stories of life.

The 14th Reinstated - Bryce M. Towsley
2012-11-01

"As the protagonist figures out how to survive the hordes bent on destruction, the lessons he learns serve as illustrations for those who worry that we may be headed for a real collapse. The 14th reinstated then morphs into an epic adventure as the small group struggles against all odds to save the world from a terrible bleak and dark future"--Page [4] of cover.

Hookup Without Heartbreak - Lia Holmgren
2021-10-26

Most women want sex. Not just love. Sex. But the same desire that our culture celebrates in men can leave women feeling anxious, insecure, emotionally attached, or even ashamed. Enough. In *Hookup Without Heartbreak*, world-renowned intimacy and relationship coach Lia Holmgren teaches women how to let go of those negative feelings and reclaim their sexual freedom. Learn how to deal with hookups who ghost you, multiple partners, unclear communication, lousy sex, that crush on your friend with benefits, exploring your fantasies while managing your expectations—even how to know who's worth hooking up with in the first place. With signature humor and honesty, Lia offers straightforward advice as only Lia can. From the history and science behind hooking up to the do's and don'ts of casual sex, *Hookup Without Heartbreak*

covers everything you need to know before you slip into that little black dress for your next date.

Le Deuxième Sexe - Simone de Beauvoir 1989
The classic manifesto of the liberated woman, this book explores every facet of a woman's life.

Burn for Me - Ilona Andrews 2014-10-28
#1 New York Times bestselling author Ilona Andrews launches a brand-new Hidden Legacy series, in which one woman must place her trust in a seductive, dangerous man who sets off an even more dangerous desire . . . Nevada Baylor is faced with the most challenging case of her detective career—a suicide mission to bring in a suspect in a volatile situation. Nevada isn't sure she has the chops. Her quarry is a Prime, the highest rank of magic user, who can set anyone and anything on fire. Then she's kidnapped by Connor "Mad" Rogan—a darkly tempting billionaire with equally devastating powers. Torn between wanting to run and wanting to surrender to their overwhelming attraction, Nevada must join forces with Rogan to stay alive. Rogan's after the same target, so he needs Nevada. But she's getting under his skin, making him care about someone other than himself for a change. And, as Rogan has learned, love can be as perilous as death, especially in the magic world.

True Love Dates - Debra K. Fileta 2013-10-08
In *True Love Dates*, Debra Fileta encourages singles not to "kiss dating goodbye" but instead to experience a season of dating as a way to find real love. Through reading powerful, real-life stories (including the author's personal journey) and gaining insights from Fileta's experience as a professional counselor, readers will discover that it is possible to find true love through dating. Christians are looking for answers to finding true love. They are disillusioned with the church that has provided little practical application in the area of love and relationships. They've been bombarded by Christian books that shun dating, idolize courting, fixate on spirituality, and in the end offer little real relationship help. *True Love Dates* provides honest help for dating by guiding readers into vital relationship essentials for finding true love. Debra is a young, professional Christian counselor, and *True Love Dates* offer sound advice grounded in Christian spirituality. It delivers insight, direction, and counsel when it

comes to entering the world of dating and learning to do it right the first time around. Drawing on the stories and struggles of hundreds of young men and women who have pursued finding true love, Fileta helps readers bypass unnecessary pain while focusing on the things that really matter in the world of dating.

Come as You Are - Emily Nagoski 2015-04-09
A NEW YORK TIMES BESTSELLER An essential exploration of women's sexuality that will radically transform your sex life into one filled with confidence and joy. After all the books that have been written about sex, all the blogs and TV shows and radio Q&As, how can it be that we all still have so many questions? The frustrating reality is that we've been lied to — not deliberately, it's no one's fault, but still. We were told the wrong story. *Come as You Are* reveals the true story behind female sexuality, uncovering the little-known science of what makes us tick and, more importantly, how and why. Sex educator Dr Emily Nagoski debunks the common sexual myths that are making women (and some men!) feel inadequate between the sheets. Underlying almost all of the questions we still have about sex is the common worry: 'Am I normal?' This book answers with a resounding Yes! We are all different, but we are all normal — and once we learn this, we can create for ourselves better sex and more profound pleasure than we ever thought possible. PRAISE FOR EMILY NAGOSKI 'As a literary work, Nagoski's book deserves plaudits for the rare achievement of merging pop science and the sexual self-help genre in prose that's not insufferably twee ... "You are normal!" doesn't sound much like a battlecry, but in a world keen to sexually homogenise women from the gap of their thighs to the shape of their mons pubis, the sentiment lands like a bomb.' The Guardian 'Come As You Are screams female empowerment loud and proud.' The Independent

Harlem Boyz - Armani Williams 2013-12-03

In Deep Voodoo - Stephanie Bond 2005-10
As the annual voodoo festival gets underway in tiny Mojo, Louisiana, health food proprietor Penny Francisco is eager to celebrate her upcoming divorce from her adulterous husband Deke, but when Deke turns up murdered and she becomes the prime suspect in the crime,

Penny is forced to rely on the expertise of a sexy, junk-food-loving private detective to avoid a murder rap. Original.

In Five Years - Rebecca Serle 2020-03-10

A NEW YORK TIMES BESTSELLER A Good Morning America, FabFitFun, and Marie Claire Book Club Pick "In Five Years is as clever as it is moving, the rare read-in-one-sitting novel you won't forget." —Chloe Benjamin, New York Times bestselling author of *The Immortalists* Perfect for fans of *Me Before You* and *One Day*—a striking, powerful, and moving love story following an ambitious lawyer who experiences an astonishing vision that could change her life forever. Where do you see yourself in five years? Dannie Kohan lives her life by the numbers. She is nothing like her lifelong best friend—the wild, whimsical, believes-in-fate Bella. Her meticulous planning seems to have paid off after she nails the most important job interview of her career and accepts her boyfriend's marriage proposal in one fell swoop, falling asleep completely content. But when she awakens, she's suddenly in a different apartment, with a different ring on her finger, and beside a very different man. Dannie spends one hour exactly five years in the future before she wakes again in her own home on the brink of midnight—but it is one hour she cannot shake. *In Five Years* is an unforgettable love story, but it is not the one you're expecting.

Coming Soon - Dania Schifftan 2021-02-09

"Psychologist and sexologist Dania Schifftan says it is possible for ALL of us to achieve the Big O during penetrative sex—if we simply hone our skills." —The Sun This simple yet effective program empowers women with tools to explore their bodies, achieve better orgasms, and have more enjoyable sex. Just like with anything else in life, if you want to get better at sex, you need to practice. And if you want to understand the female orgasm, you need to start by understanding the female body. In *Coming Soon*, sexologist and psychotherapist Dania Schifftan shares her ten-step program for women to increase sexual responsiveness and deepen their awareness of their body's sensations, leading to more satisfying orgasms through penetration, the ability to control when and how to orgasm, and more empowering sex with a partner. Throughout the book, Schifftan imparts real client stories to show how readers can talk with

their partners and incorporate her tips into their own sex lives. Orgasms often provoke questions. With her ten-step plan, Schifftan brings light to the dark and shows how to have more fun with sex—and your own body—at your fingertips.

The New Male Sexuality - Bernie Zilbergeld
1999-07-06

The New Male Sexuality addresses the most urgent questions of men today--and of the women who love them. Bernie Zilbergeld reports findings from his twenty years as a psychologist specializing in human sexuality, as well as those of other experts in the field, and shares his own and his clients' experiences. The result is the most comprehensive guide ever to enhancing desire and arousal, focusing on pleasure rather than performance, and keeping sex exciting and fulfilling. Clear, comprehensive, witty, and refreshingly realistic, The New Male Sexuality is destined to be a classic of the nineties and beyond.

Three Women - Lisa Taddeo 2020-11-12

The International No. 1 Bestseller 'Cuts to the heart of who we are' Sunday Times 'A book that begs discussion' Vanity Fair All Lina wanted was to be desired. How did she end up in a marriage with two children and a husband who wouldn't touch her? All Maggie wanted was to be understood. How did she end up in a relationship with her teacher and then in court, a hated pariah in her small town? All Sloane wanted was to be admired. How did she end up a sexual object of men, including her husband, who liked to watch her have sex with other men and women? 'I will probably re-read it every year of my life' Caitlin Moran 'Will have millions nodding in recognition' The Times 'As gripping as the most gripping thriller' Marian Keyes 'When I picked it up, I felt I'd been waiting half my life to read it' Observer 'The kind of bold, timely, once-in-a-generation book that every house should have a copy of, and probably will before too long' New Statesman The book Phoebe Waller-Bridge, Alexa Chung, Jodie Comer, Reese Witherspoon, Harry Styles, Fearne Cotton, Caitriona Balfe, Gwyneth Paltrow, Sharon Horgan, Zoe Ball, Rosie Huntington-Whiteley, Davina McCall, Gemma

Chan, Christine and the Queens and Gillian Anderson are all reading

Only Rivals - Charity Ferrell 2022-05-17

The first boy I ever hated was Jax Bridges. The first man I loved was his best friend. My plan was to meet a boy, fall in love, and live happily ever after. That ended when my boyfriend died and left me half of his business. Now, his best friend and I are business partners. There's just one problem: We hate each other. Jax and I have been rivals since childhood. He wants me out of the business, but it's all I have left. The more time we spend together, the more we question if we were ever rivals at all. Will my last love be his best friend? Or will we destroy each other?

The Score - Elle Kennedy 2016-01-11

New York Times bestseller! Get ready for another binge-worthy romance from international bestselling author Elle Kennedy! He knows how to score, on and off the ice Allie Hayes is in crisis mode. With graduation looming, she still doesn't have the first clue about what she's going to do after college. To make matters worse, she's nursing a broken heart thanks to the end of her longtime relationship. Wild rebound sex is definitely not the solution to her problems, but gorgeous hockey star Dean Di Laurentis is impossible to resist. Just once, though, because even if her future is uncertain, it sure as heck won't include the king of one-night stands. It'll take more than flashy moves to win her over Dean always gets what he wants. Girls, grades, girls, recognition, girls...he's a ladies man, all right, and he's yet to meet a woman who's immune to his charms. Until Allie. For one night, the feisty blonde rocked his entire world—and now she wants to be friends? Nope. It's not over until he says it's over. Dean is in full-on pursuit, but when life-rocking changes strike, he starts to wonder if maybe it's time to stop focusing on scoring...and shoot for love. The Briar U Series of Standalone Novels The Chase (Briar U Book 1) The Risk (Briar U Book 2) The Play (Briar U Book 3) The Off-Campus Series of Standalone Novels The Deal (Off-Campus Book 1) The Mistake (Off-Campus Book 2) The Score (Off-Campus Book 3) The Goal (Off-Campus Book 4)