

Sexual Pleasure - Barbara Keesling

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First, here is what SEXUAL PLEASURE is NOT: a general, use your fantasies, get romantic, light-some-incense, create-a-mind-set-for-good-love-and-it-will-happen kind of book. SEXUAL PLEASURE is for everyone interested in experiencing lovemaking as a supremely pleasurable emotional and physical exchange, and in exploring the power of a deeply satisfying sex life. The exercises in the book can be used by people of any sexual orientation, and by those who may have physical limitations, or who are just learning about their sexuality --anyone seeking the secrets of strong and fulfilling sex. To experience deep sexual pleasure, you must explore your ability to enjoy --openly and sensually--basic human touch and relaxed, anxiety-free caressing. This book shows you how to fully appreciate the pleasure of touching and being touched. It takes you through a series of stimulating exercises done both with and without a partner to increase your sensual awareness and experience sexual ecstasy. SEXUAL PLEASURE encourages you to focus on your own sexual desire, rather than looking for ways to please your partner. This permission to be more in touch with what you enjoy leads naturally to greater passion, sensitivity, and pleasure for both you and your partner. The book includes the latest information and exercises on achieving mutual arousal and orgasm, including advanced lovemaking techniques such as shifting focus, peaking and plateauing. THIS NEW EDITION focuses more than ever on pleasure, incorporates new sex research, especially on male and female desire, contains a new chapter on oral sex, a new chapter on intercourse, and 20 new exercises, including: draw your orgasm, caress your partner's mouth with your penis, enhance female lubrication, fantasy exercises for women's orgasm, peaking, and teasing the PC muscle. The directions to the exercises have been rewritten for greater clarity, and the text has a flowing reader-friendly approach. Contents include: 1. Relaxation to Heighten Your Pleasure Response 2. The Touch That Transforms Sex 3. Self-Pleasure: Learn the Ways of your Body 4. Partner Caresses that Kindle Desire 5. Oral Pleasures 6. The Sexual Pleasure Cycle (includes both women and men) 7. Getting Better and Better (Erections) All the Time 8. Awakening Your Full Capacity for Arousal 9. Making the Pleasure Last and Last 10. The Pleasures of Intercourse 11. Sensational Orgasms 12. Ejaculation and Orgasm -- From Ordinary to Extraordinary 13. Strengthening the Bonds That

Sustain You14. Beyond Sensate Focus --Sexual Healing and EcstasyThe first edition has been a best-seller; the new edition promises to be even better.Author: Keesling, Barbara Publisher: Hunter House Illustration: N Language: ENG Title: Sexual Pleasure Pages: 00224 (Encrypted EPUB) / 00224 (Encrypted PDF) On Sale: 2011-02-15 SKU-13/ISBN: 9780897934350 Category: Self-Help : Sexual Instruction

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