

Cupids Poisoned Arrow From Habit To Harmony In Sexual Relationships

One of the preeminent political philosophers of the 20th century makes a compelling argument for the political cogency of literary writing in this book which among to his intellectual autobiography and an introduction to his work.

Bill Wells wasn't a famous man, but he left an invaluable legacy for those who knew him. He lived his life by a few simple words of wisdom-recorded in a little black notebook-and taught his children to do the same. Now, with this collection of mini-memoirs, his daughter Yvonne Swinson shares his legacy with you. 33 Habits of a Really Good Man includes Bill's favorite memories and experiences and shares ideas on how these habits can lead to a really good life. Available just in time for Father's Day, 33 Habits is the perfect way to show your appreciation for the most important men in your life.

There's a version of you that's happier, more vibrant, more in love, more socially free, more successful, more sexually satisfied, seizing every opportunity and making the most of it. Karezza sex is the most direct and powerful way to that better you. The Gentleman's Guide To Karezza Sex is your complete guide to semen retention in bed for a richer, stronger, happier life. This landmark book brings something entirely new to the table: a step-by-step men's playbook to sexual transmutation in the bedroom. Packed with easy-to-follow gameplans, illustrations, positions, advanced strategies, and pro tips, The Gentleman's Guide To Karezza Sex is a must read for any man interested in leveling up in life and achieving his full potential. Karezza sex brings together the unrivaled power of sexual transmutation with the unparalleled benefits of a rock solid relationship. But there's more to it than that. This is the next-level, supercharged life hack that currently empowers an elite few but deserves to be discovered by worthy men everywhere. The technology to achieve unlimited success and happiness is now in your hands.

1896. Karezza was a name coined (from the Italian for caress) by the Victorian reformer Alice Bunker Stockham. It refers to non-religious spiritual sexual practices that draw upon tantric techniques of body control but do not involve any of tantra's cultural or iconographic symbolism. Stockham, an Ob-Gyn from Chicago, and the fifth woman to be made a doctor in the United States, traveled to northern India to learn the secrets of tantra-for example, control of the orgasm response-but she did not have any interest in Eastern religions and she felt that such addenda to the methods were not essential. Her view of spirituality was basically Quaker-Christian, and she fitted sacred sexuality into a Christian paradigm with no apparent difficulty. A most interesting read.

Cupid's Poisoned Arrow From Habit to Harmony in Sexual Relationships North Atlantic Books

Bridging the fields of conservation, art history, and museum curating, this volume contains the principal papers from an international symposium titled "Historical Painting Techniques, Materials, and Studio Practice" at the University of Leiden

in Amsterdam, Netherlands, from June 26 to 29, 1995. The symposium—designed for art historians, conservators, conservation scientists, and museum curators worldwide—was organized by the Department of Art History at the University of Leiden and the Art History Department of the Central Research Laboratory for Objects of Art and Science in Amsterdam. Twenty-five contributors representing museums and conservation institutions throughout the world provide recent research on historical painting techniques, including wall painting and polychrome sculpture. Topics cover the latest art historical research and scientific analyses of original techniques and materials, as well as historical sources, such as medieval treatises and descriptions of painting techniques in historical literature. Chapters include the painting methods of Rembrandt and Vermeer, Dutch 17th-century landscape painting, wall paintings in English churches, Chinese paintings on paper and canvas, and Tibetan thangkas. Color plates and black-and-white photographs illustrate works from the Middle Ages to the 20th century.

You can have the same wonderful, mind-blowing, and satisfying orgasms without ejaculating. Google it. Ejaculating and orgasms are two separate things. Google it. You can have either one without the other one. Many books teach how to have dry orgasms, also known as non-ejaculatory orgasms and male multiple orgasms. Why bother having orgasms without ejaculating? Because instead of going limp and falling asleep, you'll stay hard and full of energy. Why buy this particular book? Love Satisfies is a picture book. Creatively-drawn illustrations (one for every page of writing) teach dry orgasms. It's written at the fifth grade level - simple and easy to understand. "Do dry orgasms feel the same?" Yes, you'll feel the same wonderful feelings of release. Your throbbing, pulsing, contractions just won't pump anything out. "Will I still be able to ejaculate?" Yes, you'll ejaculate whenever you want to, but you probably won't want to. - Not ejaculating eliminates premature ejaculation. - Dry orgasms are more powerful than ejaculatory orgasms. - After a dry orgasm, there's no letdown. I have 10,000 times more sexual energy. - After having ten orgasms in a row and withdrawing hard, I feel fantastic! I feel stronger, and I feel more alert. Not only am I better in bed, but I feel better in bed. I feel better out of bed too! Not only has my pleasure increased; my energy levels have also increased since learning to have non-ejaculatory orgasms. I can have sex all day long if I want to. - When I don't ejaculate, my testosterone level increases. I sleep better, I heal faster, I think more clearly, and I can have all the sex I want. After sex, I feel satisfied instead of tired. Try it, you'll like it. Once a man tastes honey, he is no longer content to eat shi_. Don't believe me, experience dry orgasms for yourself. Experience all of the pleasure with none of the loss of energy. What on Earth are you waiting for? Since Darwin's day, we've been told that sexual monogamy comes naturally to our species. Mainstream science—as well as religious and cultural institutions—has maintained that men and women evolved in families in which a man's possessions and protection were exchanged for a woman's fertility and fidelity. But this narrative is collapsing. Fewer and fewer couples are getting married, and divorce rates keep

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climbing as adultery and flagging libido drag down even seemingly solid marriages. How can reality be reconciled with the accepted narrative? It can't be, according to renegade thinkers Christopher Ryan and Cacilda Jethå. While debunking almost everything we "know" about sex, they offer a bold alternative explanation in this provocative and brilliant book. Ryan and Jethå's central contention is that human beings evolved in egalitarian groups that shared food, child care, and, often, sexual partners. Weaving together convergent, frequently overlooked evidence from anthropology, archaeology, primatology, anatomy, and psychosexuality, the authors show how far from human nature monogamy really is. Human beings everywhere and in every era have confronted the same familiar, intimate situations in surprisingly different ways. The authors expose the ancient roots of human sexuality while pointing toward a more optimistic future illuminated by our innate capacities for love, cooperation, and generosity. With intelligence, humor, and wonder, Ryan and Jethå show how our promiscuous past haunts our struggles over monogamy, sexual orientation, and family dynamics. They explore why long-term fidelity can be so difficult for so many; why sexual passion tends to fade even as love deepens; why many middle-aged men risk everything for transient affairs with younger women; why homosexuality persists in the face of standard evolutionary logic; and what the human body reveals about the prehistoric origins of modern sexuality. In the tradition of the best historical and scientific writing, *Sex at Dawn* unapologetically upends unwarranted assumptions and unfounded conclusions while offering a revolutionary understanding of why we live and love as we do. This is a new release of the original 1939 edition.

The Six Healing Sounds that keep the vital organs in optimal condition • Presents vocalizations and accompanying postures that dissolve the tensions at the root of unhealthy chi flow and organ malfunction • Shows how to release excess heat trapped around the organs and redistribute it to cooler regions of the body to bring balance, health, and calmness to the entire system Thousands of years ago Taoist masters discovered that a healthy organ vibrates at a particular frequency. They found six sounds with the correct frequencies to keep each organ in optimal condition. To accompany these Six Healing Sounds, six postures were developed to activate the acupuncture meridians, or energy channels, of the corresponding organs. In *The Six Healing Sounds* Master Mantak Chia explains how the pressures of modern life can cause excess heat to become trapped around the organs, causing energy blockages and sickness. He shows readers how the vibrations of the Six Healing Sounds and their accompanying postures redistribute this excess heat to the cooler regions of the body, thereby stimulating and balancing chi energy and restoring the vital organs. Regular practice of the Six Healing Sounds promotes optimal health for the organs, increased sexual pleasure, emotional balance, and the prevention of illness.

"The first taste I had for books came to me from my pleasure in the fables of the *Metamorphoses* of Ovid. For at about seven or eight years of age I would steal away from any other pleasure to read them, inasmuch as this language was my mother tongue, and it was the easiest book I knew and the best suited by its content to my tender age." —Michel de Montaigne
The Amores (16 BC) is a book of love elegies by Ovid. Divided into three books, *The Amores* was one of the Roman poet's first published works, an ambitious and often scorned attempt at achieving fame which tapped into the ancient tradition of romantic poetry while exhibiting its author's keen sense for outrage and social satire. Far from relatable, Ovid's poet-narrator is a caricature of the desperate lover, an example of what not to do in romance, or rather of how to guarantee public embarrassment for oneself and one's horrified friends and family. At times serious, at others humorous, *The Amores* uses a mix of down-to-earth examples and relatable references to mythology in its dedicated portrayal of a man brought low with desire. Struck by Cupid himself, he longs for the lovely Corinna, a woman of higher class and of clearly higher grace. Despite his numerous efforts—begging at her door, threatening suicide, bribing her servants, and driving himself to the brink of insanity—the poet fails time and again

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to convince Corinna to be his constant companion. Consistently failing to use discretion, he illuminates the cruel and often one-sided nature of love, while also providing an unintentionally critical analysis of the role social class plays in policing desire. In passages ranging from the lofty to the bawdy, Ovid proves himself a poet on the doorstep of fame, a man both sure of his talent and desperate for success and affirmation. With a beautifully designed cover and professionally typeset manuscript, this edition of Ovid's *The Amores* is a classic work of Roman literature reimagined for modern readers.

Discover how your greatest creative power is also your greatest spiritual power. "All of us possess some electrical and magnetic forces within, and, just like a magnet, we exert a force of attraction and repulsion... Between lovers that magnetic force is particularly powerful and its action has a far-reaching effect." - Samael Aun Weor In the heart of every religion there are teachings about intimate human relationships, a sacred knowledge about the transformative power of sex, which states that true spiritual mastery is a result of conquering base desires and transforming them into conscious virtues. Harnessing and transforming the most powerful forces within places us on a revolutionary path to spiritual awakening. Every birth is a magical act, performed through sex. Spiritual birth is no exception, and is accomplished through a divine form of sexuality. "The physical union of a man and a woman, in essence, is a supernatural act, a reminiscence of paradise, the most beautiful of all the hymns of praise dedicated to the Creator by the creature; it is the alpha and the omega of all creation." - Samael Aun Weor

* Enter into the sacred mysteries hidden in all major religions * Learn to practice the ancient science that inspired Tantra, Alchemy, Taoism, and other traditions * Filled with lively, entertaining stories, and practical exercises and guidance for personal development

History of sex in the West from the ancients to the moderns by describing the developments in reproductive anatomy and physiology.

The brain is a fearsomely complex information-processing environment--one that often eludes our ability to understand it. At any given time, the brain is collecting, filtering, and analyzing information and, in response, performing countless intricate processes, some of which are automatic, some voluntary, some conscious, and some unconscious. Cognitive neuroscience is one of the ways we have to understand the workings of our minds. It's the study of the brain biology behind our mental functions: a collection of methods--like brain scanning and computational modeling--combined with a way of looking at psychological phenomena and discovering where, why, and how the brain makes them happen. Want to know more? *Mind Hacks* is a collection of probes into the moment-by-moment works of the brain. Using cognitive neuroscience, these experiments, tricks, and tips related to vision, motor skills, attention, cognition, subliminal perception, and more throw light on how the human brain works. Each hack examines specific operations of the brain. By seeing how the brain responds, we pick up clues about the architecture and design of the brain, learning a little bit more about how the brain is put together. *Mind Hacks* begins your exploration of the mind with a look inside the brain itself, using hacks such as "Transcranial Magnetic Stimulation: Turn On and Off Bits of the Brain" and "Tour the Cortex and the Four Lobes." Also among the 100 hacks in this book, you'll find: Release Eye Fixations for Faster Reactions See Movement When All is Still Feel the Presence and Loss of Attention Detect Sounds on the Margins of Certainty Mold Your Body Schema Test Your Handedness See a Person in Moving Lights Make Events Understandable as Cause-and-Effect Boost Memory by Using Context Understand Detail and the Limits of Attention Steven Johnson, author of "Mind Wide Open" writes in his foreword to the book, "These hacks amaze because they reveal the brain's hidden logic; they shed light on the cheats and shortcuts and latent assumptions our brains make about the world." If you want to know more about what's going on in your head, then *Mind Hacks* is the key--let yourself play with the interface between you and the world.

Few of us have been spared the agonies of intimate relationships. They come in many shapes: loving a man or a woman who will not commit

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to us, being heartbroken when we're abandoned by a lover, engaging in Sisyphean internet searches, coming back lonely from bars, parties, or blind dates, feeling bored in a relationship that is so much less than we had envisaged - these are only some of the ways in which the search for love is a difficult and often painful experience. Despite the widespread and almost collective character of these experiences, our culture insists they are the result of faulty or insufficiently mature psyches. For many, the Freudian idea that the family designs the pattern of an individual's erotic career has been the main explanation for why and how we fail to find or sustain love. Psychoanalysis and popular psychology have succeeded spectacularly in convincing us that individuals bear responsibility for the misery of their romantic and erotic lives. The purpose of this book is to change our way of thinking about what is wrong in modern relationships. The problem is not dysfunctional childhoods or insufficiently self-aware psyches, but rather the institutional forces shaping how we love. The argument of this book is that the modern romantic experience is shaped by a fundamental transformation in the ecology and architecture of romantic choice. The samples from which men and women choose a partner, the modes of evaluating prospective partners, the very importance of choice and autonomy and what people imagine to be the spectrum of their choices: all these aspects of choice have transformed the very core of the will, how we want a partner, the sense of worth bestowed by relationships, and the organization of desire. This book does to love what Marx did to commodities: it shows that it is shaped by social relations and institutions and that it circulates in a marketplace of unequal actors. A sampling of the writings of Chinese women poets from ancient times to the twentieth century is accompanied by brief biographies and a discussion of their influence on Chinese literature.

Is your love-life heaven or hell? Where is God in the act of love? Divine love is not an elusive dream. With this program of tantric teaching, you can practice freedom from sexual unhappiness and obtain mutual joy in sexual union. Barry Long's western tantra is a step-by-step revelation to woman of what she knows love to be -- but so rarely and fleetingly embodies. It is a reeducation of male sexuality to make man more worthy of woman's love. Dealing frankly with common sexual problems, the author offers a practical, down-to-earth guide to the transcendent mystery of sexual union.

There are countless books on sex and an endless fascination with the subject. Varieties and vagaries of sexual desire have long been documented, but there has been little engagement with cutting-edge scientific research to uncover the biological and psychological bases of sexual desire. Here, Frederick Toates uses the insights of modern science to show how a wide range of desire-related phenomena - fantasy, novelty-seeking, sexual addiction, sex-drug interactions, fetishes, voyeurism, and sexual violence and killing - start to make sense. For example, the role of the brain's neurochemical dopamine can now be much better understood in terms of wanting, and a distinction between wanting and liking has been established. Also, an understanding of the layered organization of the brain, sometimes described as hierarchical, can be used to explain temptation and conflict. This is a fascinating book with great social relevance to society and its problems with sexuality.

Reveals techniques for achieving spiritual immortality through an in-depth exploration of Lao-tzu's Tao Te Ching • Includes practices and meditations for living in harmony with the Tao (universal essence) and Te (kind action) • Reveals the integration of heavenly and human power in the mystic field within us • Presents Tao Huang's English translation of the Tao Te Ching from the original Chinese Mawangdui text unearthed in 1973 For over 2,500 years the words of the Tao Te Ching, the primary scripture of Laoism and Taoism, have been regarded as among the greatest treasures of the world. Lao-tzu, whose name means "the ancient child," wrote these brief but essential verses that have both confounded and conferred blessings on humankind. Now Taoist masters Mantak Chia and Tao Huang guide readers through the origins

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of this philosophy, the meaning behind its 5,000 pictographs, and the way of living that generations have followed. While the text of the Tao Te Ching has been passed down in literary form for generations, the essence of the text can be understood only through heart awakening--a true integration of body and mind--made possible with the insights and exercises in this book. The authors analyze Lao-tzu's teachings, line by line, and offer meditations, interpretations, and practical illustrations that clarify the true meaning and purpose of this classic text.

The critically acclaimed, award-winning, modern classic *Speak* is now a stunning graphic novel. "Speak up for yourself—we want to know what you have to say." From the first moment of her freshman year at Merryweather High, Melinda knows this is a big fat lie, part of the nonsense of high school. She is friendless—an outcast—because she busted an end-of-summer party by calling the cops, so now nobody will talk to her, let alone listen to her. Through her work on an art project, she is finally able to face what really happened that night: She was raped by an upperclassman, a guy who still attends Merryweather and is still a threat to her. With powerful illustrations by Emily Carroll, Laurie Halse Anderson's *Speak: The Graphic Novel* comes alive for new audiences and fans of the classic novel. This title has Common Core connections.

"Dictionary, n: A malevolent literary device for cramping the growth of a language and making it hard and inelastic. This dictionary, however, is a most useful work." Bierce's groundbreaking *Devil's Dictionary* had a complex publication history. Started in the mid-1800s as an irregular column in Californian newspapers under various titles, he gradually refined the new-at-the-time idea of an irreverent set of glossary-like definitions. The final name, as we see it titled in this work, did not appear until an 1881 column published in the periodical *The San Francisco Illustrated Wasp*. There were no publications of the complete glossary in the 1800s. Not until 1906 did a portion of Bierce's collection get published by Doubleday, under the name *The Cynic's Word Book*—the publisher not wanting to use the word "Devil" in the title, to the great disappointment of the author. The 1906 word book only went from A to L, however, and the remainder was never released under the compromised title. In 1911 the *Devil's Dictionary* as we know it was published in complete form as part of Bierce's collected works (volume 7 of 12), including the remainder of the definitions from M to Z. It has been republished a number of times, including more recent efforts where older definitions from his columns that never made it into the original book were included. Due to the complex nature of copyright, some of those found definitions have unclear public domain status and were not included. This edition of the book includes, however, a set of definitions attributed to his one-and-only "Demon's Dictionary" column, including Bierce's classic definition of A: "the first letter in every properly constructed alphabet." Bierce enjoyed "quoting" his pseudonyms in his work. Most of the poetry, dramatic scenes and stories in this book attributed to others were self-authored and do not exist outside of this work. This includes the prolific Father Gassalasca Jape, whom he thanks in the preface—"jape" of course having the definition: "a practical joke." This book is a product of its time and must be approached as such. Many of the definitions hold up well today, but some might be considered less palatable by modern readers. Regardless, the book's humorous style is a valuable snapshot of American culture from past centuries. This book is part of the Standard Ebooks project, which produces free public domain ebooks.

In *Tantric Sex for Busy Couples*, Diana Daffner offers readers a modern approach to intimacy based on ancient techniques. Combining age-old tantric teachings, the peaceful exercise program of t'ai chi, and meditation, the book shows couples how to energize their relationship. The basic exercises include "Solo Stillness," which helps readers embrace the inner self; "Connected Pose," a way for couples to simply be together; and the "Tantra T'ai Chi Trilogy," a tri-partite system for moving sexual energy throughout the body. The author's foundational tantra t'ai chi exercises help readers prepare.

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Teaches critical thinking and focuses on the question "Why do myths endure?" with selections by Jane Yolen, Rita Dove, Barbara McBride-Smith, Olivia Coolidge, Bernard Evslin, Margaret Atwood, and more. Literature & Thought Series.

A professor of classics and visiting scholar at the Harvard Divinity school presents modern interpretations of traditional Greek and Roman myths that render classic themes accessible to a new generation of readers. By the author of *Alexander the Great*.

Dr. Bass describes the 3 stages of sex, and shows why standard sex (that most Americans practice), is only the first baby-step in sex. Every adult can reach much higher levels with minimal efforts. And it is fun!

Learn to Read Latin helps students acquire an ability to read and appreciate the great works of Latin literature as quickly as possible. It not only presents basic Latin morphology and syntax with clear explanations and examples but also offers direct access to unabridged passages drawn from a wide variety of Latin texts. As beginning students learn basic forms and grammar, they also gain familiarity with patterns of Latin word order and other features of style. Learn to Read Latin is designed to be comprehensive and requires no supplementary materials. Explains English grammar points and provides drills especially for today's students. Offers sections on Latin metrics. Includes numerous unaltered examples of ancient Latin prose and poetry. Incorporates selections by authors such as Caesar, Cicero, Sallust, Catullus, Vergil, and Ovid, presented chronologically with introductions to each author and work. Offers a comprehensive workbook that provides drills and homework assignments. This enlarged second edition improves upon an already strong foundation by streamlining grammatical explanations, increasing the number of syntax and morphology drills, and offering additional short and longer readings in Latin prose and poetry.

"Atkinson and Jewell invite each of us to reimagine one's connection to the land while cultivating nature close to home. A must-read for anyone searching for inspired solutions for designing or refining a garden." —Emily Murphy, founder of *Pass the Pistil* From windswept deserts to misty seaside hills and verdant valleys, the natural landscapes of the American West offer an astounding variety of climates for gardens. *Under Western Skies* reveals thirty-six of the most innovative designs—all embracing and celebrating the very soul of the land on which they grow. For the gardeners featured here, nature is the ultimate inspiration rather than something to be dominated, and *Under Western Skies* shows the strong connection each garden has with its place. Packed with Atkinson's stunning photographs and illuminated by Jewell's deep interest in the relationships between people and the spaces they inhabit, *Under Western Skies* offers page after page of encouraging ingenuity and inventive design for passionate gardeners who call the West home.

Sex is very close to soul. Whoso touches sex touches the secrets and centers of life. This is the Mid-Spot, the Origin, the Crux, the Mystery. In sex the soul is naked. At the contacts of sex the soul trembles, quivers, is shaken to its midmos

Do you have a real relationship with God, or do you just have a religion? Do you know God, or do you just know about God? In *How Big Is Your God?* Paul Coutinho, SJ, challenges us to grow stronger and deeper in our faith and in our relationship with God—a God whose love knows no bounds. To help us on our way, Coutinho introduces us to people in various world religions—from Hindu friends to Buddhist teachers to St. Ignatius of Loyola—who have shaped his spiritual life and made possible his deep, personal relationship with God.

Zing! Cupid's arrow skewers a primitive part of the brain. Obediently, we fall in love amid showers of passionate fireworks, bond for a time ... and then often get fed up with each other and grow irritable or numb. Perhaps we try to remodel our mate, seek solace online, or pursue a new love interest. Ancient sages recognized this biological snare and hinted at a way to dodge it: use lovemaking to balance one another and harmony arises naturally. With an entertaining blend of personal experiences, the latest neuroscience, and forgotten insights from around the

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globe, Cupid's Poisoned Arrow confronts current assumptions about sex and love and offers a refreshing, practical approach to sexuality. Love and tragedy dominate book four of Virgil's most powerful work, building on the violent emotions invoked by the storms, battles, warring gods, and monster-plagued wanderings of the epic's opening. Destined to be the founder of Roman culture, Aeneas, nudged by the gods, decides to leave his beloved Dido, causing her suicide in pursuit of his historical destiny. A dark plot, in which erotic passion culminates in sex, and sex leads to tragedy and death in the human realm, unfolds within the larger horizon of a supernatural sphere, dominated by power-conscious divinities. Dido is Aeneas' most significant other, and in their encounter Virgil explores timeless themes of love and loyalty, fate and fortune, the justice of the gods, imperial ambition and its victims, and ethnic differences. This course book offers a portion of the original Latin text, study questions, a commentary, and interpretative essays. Designed to stretch and stimulate readers, Ingo Gildenhard's incisive commentary will be of particular interest to students of Latin at both A2 and undergraduate level. It extends beyond detailed linguistic analysis to encourage critical engagement with Virgil's poetry and discussion of the most recent scholarly thought.

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."

Celebrated scientists Nicholas Christakis and James Fowler explain the amazing power of social networks and our profound influence on one another's lives. Your colleague's husband's sister can make you fat, even if you don't know her. A happy neighbor has more impact on your happiness than a happy spouse. These startling revelations of how much we truly influence one another are revealed in the studies of Dr. Christakis and Fowler, which have repeatedly made front-page news nationwide. In Connected, the authors explain why emotions are contagious, how health behaviors spread, why the rich get richer, even how we find and choose our partners. Intriguing and entertaining, Connected overturns the notion of the individual and provides a revolutionary paradigm—that social networks influence our ideas, emotions, health, relationships, behavior, politics, and much more. It will change the way we think about every aspect of our lives.

Peace Between the Sheets offers a simple but revolutionary analysis: modern relationships often founder because of dysfunctional sexual

habits. But when couples shift away from "heat-centered" toward "heart-centered" sexual interactions, they gain a mutual satisfaction that transcends physical gratification. Robinson advocates teaching the body a different response to sexual arousal that is driven by love over biology. The benefits include reducing stress, rejuvenating the body, helping overcome addictions, and developing a positive outlook. Over two parts, "Why" and "How," the book devotes twelve chapters to topics like "Why do We Fall Out of Love?," "Outwitting Biology," "Want to Try It?," and "The Ecstatic Exchanges." *Peace Between the Sheets* tackles a delicate issue with sound reasoning, solid research, and a healthy dose of humor.

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