

Sex A Mans Guide

Searching for a more intimate connection? It's time to get creative!

Fawcett provides a practical resource for recovery from methamphetamine and the restoration of healthy sex and intimacy. He outlines a path toward healing, describing the phases of physical, emotional, and sexual recovery and provides a broad range of supportive tools from managing triggers to mindfulness.

Discusses male reproductive anatomy and hormones, sexual behavior and technique, family planning, and STDs

Oral sex can add a much-needed spice to your relationship! The Secrets of Great Sex: A Man's Guide To Oral Sex answers all the questions men have ever had about performing this delicate act. With creative and exciting ways to enhance intimacy, you'll never want it to end. Do you want to be a great lover and enjoy consistently great sex? Would you like reliable erections that don't wilt in the middle of lovemaking? Would you like superb ejaculatory control? Would you like your penis to be as large as it possibly can be? Do you want women to sing your sexual praises? All these sexual benefits can be yours if you read Great Sex and take its message to heart. Author Michael Castleman is the nation's top journalist specializing in men's sexuality. He has been a sex educator, counselor, and writer for 30 years, including 5 years as the expert who answered the sex questions submitted to the Playboy Advisor. Written with the help of an advisory board that includes some of the nation's leading sex therapists, Great Sex is certain to help you overcome your sex problems; become a better, more confident lover; and enjoy the sex of your dreams. Castleman's message is surprisingly simple: Stop

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imitating the rushed, all-genital sex you see in pornography. Instead, cultivate the opposite: leisurely, playful, total-body, massage-based lovemaking that includes the genitals, of course, but is not focused on them. Sex inspired by pornography is a major reason why men think their penises are too small and why they have erection and ejaculatory problems. With wit, wisdom, and down-to-earth sympathy for men, Castleman discusses his own penis--like yours, it's a little too small--and his own struggles with balky erections, rapid ejaculation, and not expressing orgasm at all. Then, based on state-of-the-art sex therapy techniques, leading sexology texts, and almost 400 medical journal articles, he reveals how to overcome these issues and enjoy a satisfying and exciting sex life. What's more, the sexual style Castleman advocates is the way most women prefer to make love. Take Castleman's advice and you'll benefit by having a lover who is more arousable, responsive, enthusiastic, and complimentary. In other words, when you embrace sensual, creative, whole-body lovemaking, everybody wins. You have fewer sex problems. The woman you love gets what she wants in bed. And you both enjoy sex that's hotter, more erotic, and more fulfilling.

An edgy yet accessible “bad bitch” guide to life, love, and success from Amber Rose, renowned model, entrepreneur, and pop culture personality. Bad Bitch (n.): A self-respecting, strong female who has everything together. This consists of body, mind, finances, and attitude; a woman who gets her way by any means necessary. Amber Rose didn't let her early years in the tough neighborhood of South Philly keep her from achieving her star-studded goals. From the sets of music videos, to high fashion runways and magazines, to life at home with her beautiful son, Amber doesn't hesitate to command her personal stage with confidence, edge, attitude, and her own form of grace. For the first time, this renowned model, actress, socialite,

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pop culture maven, and self-proclaimed “bad bitch” is sharing her secrets on how to lead a powerful life in this edgy yet accessible guide to life, love, and success. With unparalleled candor, “Muva” pulls back the curtain on her rollercoaster of a journey from a young trailblazer to a worldwide phenomenon—and it’s this evolution that has influenced her intoxicating, authoritative outlook on life and love. Filled with expert advice and personal anecdotes, *How to Be a Bad Bitch* covers finances, career, love, beauty, and fashion while emphasizing confidence, positive self-acceptance, and authenticity. Above all, Amber delivers a message to all women in this fiercely fearless guide: work hard, love yourself, embrace your femininity and sexuality, and most importantly, chase the best vision of you possible.

In this practical guidebook filled with straight talk, psychologist and bestselling author Dr. Les Parrott shares six secrets to help men and their wives experience the best sex they've ever had.

My goal in the Bro Code Series is to straight-talk you into an understanding of just how dangerous the consequences of sexual sin are. As men we grow up in a culture of promiscuity where sexual conquest is our rite of passage. The problem is, we aren't mentored in truth or reality. I want to show you that freedom is yours through Christ.

Keep the sizzle in your marriage. Sex matters in a marriage—a lot! Yet many men secretly wonder: Is she really satisfied? What do we do when our desires don't match? How can we get back the passion we used to feel? *The Married Guy's Guide to Great Sex* will tell you what you really want to know: how to make sex meaningful to your wife, build desire, get past sexual problems, and enjoy guilt-free sex. Noted sex therapists

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Clifford and Joyce Penner also unveil the mystery of “what women want” and how simple it is to boost your love life by letting your wife lead. Their candid, clear style will encourage you to make great sex happen—or happen more often—in your marriage. This title is a repackage of *The Way to Love Your Wife*, and is a companion to the new title *Enjoy: God’s Gift of Sexual Pleasure for Women*, also by the Penners.

Looks at testosterone replacement therapy to help improve sexual function, stamina, body composition, and vitality in men.

A comprehensive guide to sex and sexuality, especially for young men, with discussions of sexual truths and lies, masturbation, AIDS, pregnancy, abortion, heterosexuality and homosexuality, and the importance of open communication.

Good health and a fit body are inextricably entwined with great sex. On a physical level, fitness makes one a more attractive and skilled lover. On an emotional level, studies show that body image plays a key role in sexual desire and satisfaction. Research has linked a healthy sex life to lower risks of cardiovascular disease, diabetes, depression, and obesity. Based on the latest research on sexual health, behavioral psychology, fitness, and nutrition, *The Men's Health and Women's Health Big Book of Sex* is brimming with useful tips, exercise photos, practical sidebars, and more. The two-sided book also features the Better-Sex Workout, the Better-Sex Diet, a Trouble-Shooter's Guide to Sexual Health, and Q&A columns from the Men's Health "Girl Next Door" and Women's Health "Guy Next Door" and leading sexual health experts.

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A Guy's Guide to Life: How to Become a Man in 224 Pages or Less is a teenage guy's handbook to becoming a man with a healthy mind, body, and soul. What does society want of teen guys? To be independent, tough, and macho? To be a sensitive, caring metrosexual? To excel in school and sports and business? The challenges are many, and we haven't even mentioned the most important-and most frightening-topic of conversation: girls. The road to manhood is a perilous one. Guys need a guidebook, one that asks and answers the questions they're reluctant to discuss. They need a book that addresses the myths of manhood with a straightforward approach teenage guys will appreciate and absorb. Author Jason Boyett understands what many fail to realize—that somewhere between the awkwardness and braggadocio, the goofiness and the developing body, there is a real person struggling to make his mark on the world. Offers up-to-date information for men on more than 130 sexual topics from techniques to sexual harassment, presenting advice on such areas as reading a woman's body signals, how to avoid crossing the line, and more. Reprint.

Avoid the booty call blues and get the love -- and sex -- you deserve! Come on. Admit it. He may not be that into you, but were you ever really that into him? He was never "the one," but you lowered your standards and dated him in the meantime. Why? For any number of reasons: you were lonely, you were horny, you thought dating him was better than being alone, all your friends are getting married -- you name it. And before you knew it, you got hung up on the jerk. Go figure. The world is full of sensational

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women, but in today's market there are too few good men to go around (or so it appears). Now Dr. Ian Kerner, clinical sexologist and author of the smash hit *She Comes First*, explores the battlefield of sex, hook ups, go-nowhere relationships, and the dismal dating treadmill, simultaneously arming women with a sharper set of insights and the tools for change. With humor and sincerity, Kerner shows women how to break the cycle of dating defeat and use the power of sex to find love, "with a great guy who is into you." So raise your standards -- and reach for the love you deserve!

In *Dear Lover: A Woman's Guide to Men, Sex, and Love's Deepest Bliss*, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment. Written as a collection of letters from a man to his "dear lover," here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover.

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

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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.

One woman's secret journal completely changes her marriage in this hilarious and biting memoir—the inspiration for the Netflix Original Series SEX/LIFE. School psychologists aren't supposed to write books about sex. Doing so would be considered "unethical" and "a fireable offense." Lucky for you, ethics was never my strong suit. Sex/Life: 44 Chapters About 4 Men is a laugh-out-loud funny and brutally honest look at female sexuality, as told through the razor-sharp lens of domesticated bad girl BB Easton. No one and nothing is off limits as BB revisits the ex-boyfriends—a sadistic tattoo artist, a punk rock parolee, and a heavy metal bass player—that led her to finally find true love with a straight-laced, drop-dead-gorgeous . . . accountant. After settling down and starting a family with her perfectly vanilla "husbot," Ken, BB finds herself longing for the reckless passion she had in her youth. She begins to write about these escapades in a secret journal, just for fun, but when Ken starts to act out the words on the pages, BB realizes that she might have stumbled upon the holy grail of behavior modification techniques. The psychological dance that ensues is nothing short of

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hilarious as BB wields her journal like a blowtorch, trying to light a fire under her cold, distant partner. Sometimes it works, sometimes it doesn't, but in the end, BB learns that the man she was trying so hard to change was perfect for her all along.

“A terrific debut novel . . . Mountford’s parable of the voracious global economy reminds me of Graham Greene’s *The Quiet American*.” —Jess Walter, #1 New York Times bestselling author of *The Cold Millions* On his first assignment for a rapacious hedge fund, Gabriel embarks to Bolivia at the end of 2005 to ferret out insider information about the plans of the controversial president-elect. If Gabriel succeeds, he will get a bonus that would make him secure for life. Standing in his way are his headstrong mother, a survivor of Pinochet’s Chile, and Gabriel’s new love interest, the president’s passionate press liaison. Caught in a growing web of lies and questioning his own role in profiting from an impoverished people, Gabriel sets in motion a terrifying plan that could cost him the love of all those he holds dear. Set against the stunning mountainous backdrop of La Paz and interspersed with Bolivia’s sad history of stubborn survival, this examines the critical choices a young man makes as his world closes in on him. “Both of the book’s settings—desperately poor but proud La Paz, the world’s highest-altitude capital, and the world of go-go high finance, a realm about which Mountford clearly knows his stuff—are well rendered. The author is especially good at conveying the visceral and intellectual thrills of stock speculation/manipulation . . . smart, intricate, fast-paced.” —Kirkus Reviews “One of the most compelling and

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thought-provoking novels I've read in years." —David Shields, author of *Other People*
Winner of the Washington State Book Award

It's an unfortunate reality that many men grow up in churches that suppress their God-given sexual urges. As a result, many Christian men, single and married, are frustrated with their love lives and their sex lives. The authors of this book claim that Christian men should be the greatest lovers in the world and then work to show men how to do it. They help men: -learn what the Bible says about a healthy sex life -discover how to relate to women as men instead of as boys -address psychological and spiritual issues that interfere with healthy sexuality -learn specific techniques that create a strong relationship, great foreplay, and passionate sex Solidly based in Scripture and informed by the experiences of the authors, all respected sex therapists, *What Wives Wish Their Husbands Knew about Sex* dispels the myths that keep good Christian men from experiencing sex as God meant it to be. Perfect for any man, it is also a great book for counselors and pastors who work with men.

Islamic Guide To Sexual Relations by Mufti Muhammad Ibn Adam al-Kawthari. 2010 edition. Fulfilment of sexual desire and needs are key in sustaining a harmonious marital relationship. However, in today's society, sexual boundaries are being pushed further and further, and often, sexual deviance is openly practised. In such circumstances, there is a need to identify which sexual activities are permissible in Shariah. *Islamic Guide to Sexual Relations* is a serious endeavour to tackle these

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sensitive matters in a clear and concise manner. While being respectful and dignified in the language he employs, the author does not shy away from discussing sensitive issues. He records, in thorough detail, the guidance Islam provides regarding sexual encounters with one spouse. The book covers a wide range of issues, and thus, answers many frequently asked questions on the topic of sexual relations. It concludes with a short chapter addressing Islamic etiquettes and practises pertaining to newlyweds on their first night. I have found this work to be beneficial and highly informative, and strongly recommend the study of this book to all prospective couples, and indeed, to all couples. – Mufti Zubair Bayat, Director: Darul Ihsan centre, Durban, South Africa I highly recommend this excellent, thorough book by Mufti Muhammad ibn Adam on an important and sensitive topic that many “if not most Muslim couples are woefully unaware of. – Shaykh Faraz Rabbani, Seekers Guidance.” This guide essentially aimed at Muslims reveals a surprisingly liberal view on sexuality considering many of the rules and etiquettes for matrimonial relationship were established 1400 years ago. Modern psychosexual medicine has been a relatively young member of the field of medicine and echoes much of the Islamic view contained in this book. Muslims will no doubt be surprised by some of the legal rulings regarding intimate relationships between the married couple which has in essence removed many cultural concretio

BE PART OF THE SOLUTION Engage female bosses and colleagues in a way that builds cohesion instead of division Movements such as Time’s Up and #MeToo have

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done an incredible job of bringing to light the issues women face in the workplace. Now, it's time to give men the tools they need to be part of the solution. Studies have shown that 60% of male managers feel uncomfortable working one-on-one with their female colleagues. This means over half of American male managers lack the confidence in their ability to create an inclusive environment for all of their team members. That's where *The Man's Guide to Corporate Culture* comes in. Heather Zumarraga, a business journalist who has spent much of her career in testosterone-filled work environments, wants to make sure that any male leader who wants to be part of the solution knows how to do it the right way. *The Man's Guide to Corporate Culture* teaches readers: Which behaviors to adopt (and which to avoid) to create and maintain a comfortable work environment for their female co-workers. How to create an environment that is not only welcoming to both women and men but also encourages healthy and respectful collaboration. Strategies to ensure that female employees are being treated fairly by all team members. And much, much more real-world tested advice and approaches to help ensure every employee (and the company as a whole) is best situated for success. There are numerous books that coach women to deal with bias and harassment in a male-dominated workplace. However, *The Man's Guide to Corporate Culture* is one of the only books that coaches men on how to be a part of the solution so they can engage female bosses, subordinates, and peers in a way that builds cohesion instead of division. The only way for male managers to feel confident in

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their ability to create an inclusive environment is to give them the tools they need for success. The Man's Guide to Corporate Culture does exactly that.

Did you know that the clitoris has 8000 nerve endings, twice as many as the penis? Here is everything you've wondered about the female orgasm and how to make it happen. A witty, well-researched and revealing guide to giving your lover an orgasm every time. More than just foreplay, Ian Kerner argues that oral sex is the key to a great sex life for both partners. Short sections cover philosophy, technique, step-by-step instructions and detailed anatomical information, essential to both beginners and experienced lovers. 'It's time to close the sex gap and create a level playing field in the exchange of pleasure, and cunnilingus is far more than just a means for achieving this noble end; it's the cornerstone of a new sexual paradigm, one that exuberantly extols a shared experience of pleasure, intimacy, respect and contentment. It's also one of the greatest gifts of love a man can bestow upon a woman.' Ian Kerner

A practical, step-by-step guide to help men know themselves deeply, root out weaknesses, enhance strengths, and upgrade their experience of life So many self-help books encourage men to get in touch with their feminine side if they truly want to embrace change. This book blows this theory out of the water, enabling men to transform themselves entirely—to find their mission; to live a life of strength, wisdom, and honor—while working with their positive masculinity instead of against it. Straight talking, down-to-earth, and humorous life coach David Wagner addresses the

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challenges that modern men typically face. He asks the reader to join him in a series of profound self-examination exercises and questions covering life purpose, male identity, spirituality, self-limitation, sexuality, relationships, fatherhood, and more. Every chapter offers practical advice and also includes observations and examples from David's own life as well as insights gained from the many clients and men's groups he has worked with over the years. Combining no-nonsense wisdom with brutally honest exercises, Backbone is the ultimate man's handbook to understanding himself, his purpose, his passion, and his power.

Witty sex guide which will appeal to watchers of Sex and the City and Will and Grace. A huge word-of-mouth success in the States.

When it comes to sex and sexuality, men often find themselves in a losing battle against temptation. Whether it's overt pornography or simply oversexualized images of women, media can be a man's worst enemy. In this straightforward book, Craig Gross and Steven Luff help men understand and embrace the true purpose and role of sex in their lives. Whether single or married, all men must cope with sexual temptation--sometimes on a daily basis. This honest treatment of an uncomfortable issue will free men to experience forgiveness and renewal. What is your true purpose in life? What do women really want? What makes a good lover? If you're a man reading this, you've undoubtedly asked yourself

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these questions but you may not have had much luck answering them. Until now. In *The Way of the Superior Man* David Deida explores the most important issues in men's lives from career and family to women and intimacy to love and spirituality to offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom. Join this bestselling author and internationally renowned expert on sexual spirituality for straightforward advice, empowering skills, body practices, and more to help you realize a life of fulfillment, immediately and without compromise.

MONOGAMY HAS MET ITS MATCH When it comes to scoring on the side, this book is your best friend. Comedians Bill Burr, Joe DeRosa, and Robert Kelly have experienced the rich pleasures and unspeakable risks of romantic infidelity, and survived to tell their tales. Now, they impart all the wisdom, advice, and humor they picked up along the way, including how to: * Wipe away your shame and guilt—and get smart before you get hard * Conduct your filth with the right chick, in the right place, at the right time * Take an hour to shower and scour—and fight your worst enemy: glitter * Explain a strange scrunchy, hair extension, or pair of earrings to your girl * Navigate strip clubs, massage parlors, and women of the night Lie like a woman—and call it quits without getting caught Featuring ten true stories from men who've lived the life and a link to watch Burr, DeRosa, and

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Kelly's hilarious short film of the same name, *Cheat* is a wickedly smart field guide to philandering that will revolutionize your game.

In "Sex Machine: A Man's Guide to What Really Pleases a Woman in Bed," Kane gives advice to men about what women really want in bed.

Ethical PORN for DICKS A Man's Guide to Responsible Viewing Pleasure A Non-Judgmental Way of Thinking and Talking- for Men, Partners, and Therapists with a Foreword by Tristan Taormino and an Afterword by Chanel Preston "There's a lot of screaming, yelling, and smut-shaming out there about porn. David Ley's reasonable, calm, informed writing should be read by anyone interested in porn- and it should be required reading for anyone tempted to legislate about it."-Dan Savage "An important book for men of all ages, written by an expert in men's (and couples') sexualities."-Debby Herbenick, Ph.D. President-Elect of AASECT Our media are filled with cautionary, polarizing messages about the dangers of porn, even while sexually explicit images are exploited deliberately and persuasively in ads and entertainment. With a casual style and topical format, this accessible, funny, and evidence-based book offers anyone feeling shame and anxiety about their own or their partner's behavior a nonjudgmental way to view and use pornography responsibly.

The author of the innovative sex and marriage blog "Married Man Sex Life"

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brings together his edgy and brilliant advice in a single volume primer delivering the motherload of substance. The Married Man Sex Life Primer 2011 cherry picks the best ideas of books like "The Mystery Method," "No More Mr. Nice Guy," and the volatile online world of the Pickup Artist a.k.a. "Game" community and merges them with a solid grounding in evolutionary psychology, sociology, biology and behavior modification. The result is a simple, effective plan for men to create sexually exciting marriages for themselves and their wives. The opening covers the underlying ancient "hard-wired" biological and modern social reasons women find men attractive. Athol pulls no punches here and the sexual motivations of women are laid bare. Though rather than framing women as sexually devious and seeking to advantage themselves over men, he explains how their sexual behavior is entirely rational in nature and once understood as such, it becomes very useful information. The second part of the book takes the framework developed in the first part and offers a wealth of tools to put it to practical use. The most important tool is The Male Action Plan, which charges the husband with the task of becoming a better, sexier man and thereby leveraging his increased attractiveness for a better sex life with his wife. As Athol says, "whoever is the most attractive in the relationship is in charge." The third part of the book is a treasure trove of playful sexy and romantic moves women

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will find charming and engaging. It's clear that Athol could have a harem of young ladies, but here he displays an endless variety of playful instigation to continually charm just one. The final section is a catchall of serious topics on what not to do, how to choose a wife, the current state of marriage law and a crushingly simple approach to dealing with being cheated on. (Want a better man? Leave it where he can find it.)

Sex A Man's Guide Berkley

A thirtieth anniversary edition of the guide first published in 1972 features updated text and illustrations and covers such topics as sexually transmitted diseases and achieving healthy intimacy. Reprint.

Winner of the Alex Award "Mike Muñoz Is a Holden Caulfield for a New Millennium--a '10th-generation peasant with a Mexican last name, raised by a single mom on an Indian reservation' . . . Evison, as in his previous four novels, has a light touch and humorously guides the reader, this time through the minefield that is working-class America." --The New York Times Book Review For Mike Muñoz, life has been a whole lot of waiting for something to happen. Not too many years out of high school and still doing menial work--and just fired from his latest gig as a lawn boy on a landscaping crew--he's smart enough to know that he's got to be the one to shake things up if he's ever going to change his life. But how? He's not qualified for much of anything. He has no particular talents, although he is stellar at handling a lawn mower and wielding clipping shears. But now that career seems to be behind him. So what's next for Mike Muñoz? In this funny, biting, touching, and ultimately inspiring novel,

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bestselling author Jonathan Evison takes the reader into the heart and mind of a young man determined to achieve the American dream of happiness and prosperity--who just so happens to find himself along the way.

Many gay men find ourselves trapped in a series of no-win situations. If we don't live honestly and openly, we won't have the skills, wisdom, or relationships necessary to manifest our dreams. But when we do come out, we must confront the full force of societal homophobia, and consider a variety of questions: Can we create family without mimicking the norms of straight society? How do we cultivate sustainable gay friendships amidst our internalized homophobia? In a world of hook-up apps and disposable relationships, how do we find lasting love? *A Gay Man's Guide to Life* answers these questions. Britt East presents an approachable, no-nonsense path for gay men, to set down the excuses and get to the business of improving their lives. No new-age mumbo jumbo or wishy washy self-help jargon. Just real work focused on real results to unleash our true selves and unlock our best lives. Addresses each aspect of men's sexuality and offers advice for achieving optimum sexual and emotional health.

The facts of life have never been more complicated for gay men. While the threat of AIDS has been diminished by new treatments and longer life expectancy, HIV remains a serious and intractable foe. In this affirming guide, therapist Michael Mancilla, himself HIV-positive, helps fellow gay men, both single and partnered, pursue the happy and fulfilling love life they deserve. Readers will find advice on everything from meeting Mr. Right and talking about HIV status to building the long-term relationships that many never expected to have. Candid first-hand accounts reveal how others in the community are negotiating safer sex, overcoming legal

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and financial hurdles to plan for the future, learning to accept care as well as give it, and crafting the kinds of intimate relationships they want, whether that means casual sex, dating, or permanent commitment. Smart, honest, and insightful, this book is written from the heart. Results from world-renowned relationship expert John Gottman's famous Love Lab have proven an incredible truth: Men make or break relationships. Based on 40 years of research, *The Man's Guide to Women* unlocks the mystery of how to attract, satisfy, and succeed with a woman for a lifetime. For the first time ever, there is a science-based answer to the age-old question: What do women really want in a man? Dr. Gottman, author of the New York Times bestseller *The Seven Principles for Making Marriage Work*, and his wife and collaborator, clinical psychologist Julie Schwartz Gottman, PhD, have pored over the research along with bestselling coauthors Douglas Abrams and Rachel Carlton Abrams, MD. Together, they have written this definitive guide for men, providing answers on everything from how to approach a woman and build a connection with her to how to truly satisfy her in bed and know when the relationship is on the right track. *The Man's Guide to Women* is a must-have playbook for how to play—and win—the game of love.

Just because she's going down doesn't mean he's having all the fun. "Sexpert" author Yvonne K. Fulbright gets real with women in this bold book on giving and getting oral sex. This guide tackles the dirty taboos and awkward assumptions that keep fellatio from being seductive and satisfying. You will enjoy giving oral sex as much as men enjoy getting it when you learn: Breathing techniques to last longer Positions he'll love, like "The Starfish" and "Deep-Throating" How to give (and receive) multiple orgasms from oral sex How to talk about what they feel is right and wrong Armed with sexy self-confidence and an arsenal of tongue-twisting

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tips, you will discover exactly how delightful the plunder down-under can be.

An essential exploration of why and how women's sexuality works—based on groundbreaking research and brain science—that will radically transform your sex life into one filled with confidence and joy. Researchers have spent the last decade trying to develop a “pink pill” for women to function like Viagra does for men. So where is it? Well, for reasons this book makes crystal clear, that pill will never be the answer—but as a result of the research that's gone into it, scientists in the last few years have learned more about how women's sexuality works than we ever thought possible, and *Come as You Are* explains it all. The first lesson in this essential, transformative book by Dr. Emily Nagoski is that every woman has her own unique sexuality, like a fingerprint, and that women vary more than men in our anatomy, our sexual response mechanisms, and the way our bodies respond to the sexual world. So we never need to judge ourselves based on others' experiences. Because women vary, and that's normal. Second lesson: sex happens in a context. And all the complications of everyday life influence the context surrounding a woman's arousal, desire, and orgasm. Cutting-edge research across multiple disciplines tells us that the most important factor for women in creating and sustaining a fulfilling sex life, is not what you do in bed or how you do it, but how you feel about it. Which means that stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it. Once you understand these factors, and how to influence them, you can create for yourself better sex and more profound pleasure than you ever thought possible. And Emily Nagoski can prove it.

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