

Free Reading Couples Massage Handbook Deepen Your Relationship With The Healing Power Of Touch

Couples Massage Handbook Deepen Your Relationship With The Healing Power Of Touch

Bones Would Rain from the Sky
The Heart of Tantric Sex
Connecting Through Touch
The Happy Couple
The New Art of Erotic Massage
An Essential Guidebook On Massage For Couples
The 80/80 Marriage
The Massage Bible
Sensual Massage
Tantric Massage
The Complete Idiot's Guide to Sensual Massage
The Multi-Orgasmic Woman
Tantric Massage for Beginners
Erotic Massage for Couples
The Book of Massage
The Complete Guide to Massage
The Massage Therapist's Guidebook
Complete Massage
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Clinical Casebook of Couple Therapy
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Tantric Sex
The Art of Sensual Massage
Couple's Massage Handbook
Erotic Massage for Couples Who Have Been Together for a Long Time
Sensual Massage Made Simple
The New Sensual Massage
The Complete Guide to Modern Massage

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Bones Would Rain from the Sky

This comprehensive manual is an invitation to discover the secrets of erotic massage for couples. Erotic Massage for Couples teaches you, step-by-step—with the help of one hundred color photos—how to unleash your new sensual experiences onto your partner. This comprehensive, practical book includes:

- A guide to the points of greatest pleasure
- Advanced techniques for couples
- Homemade recipes for massage oils
- Aromatherapy to awaken the five senses
- Bedroom feng shui
- Tricks to convert your bathroom to a spa
- Aphrodisiac dishes and beverages
- Automassage techniques
- And much more!

The Heart of Tantric Sex

When "The Art of Sensual Massage" appeared on the cover of Rolling Stone Magazine a massage revolution. Here at last was a way to do massage in your own home. Employing easy-to-learn techniques and award-winning photography, "The Art of Sensual Massage" will have you massaging in a single evening. The 40th Anniversary edition features new color plates taken from the original photo sessions, gorgeous photo quality throughout—far better than any previous edition— and

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many text updates. Learn to give pleasure with your hands!

Connecting Through Touch

A guide to the relaxing and healing skills of massage, the ancient Japanese art of shiatsu and reflexology. With step-by-step instructions, the book guides the reader through the complete working sequence for each skill and provides detailed descriptions of appropriate strokes for each part of the body. The book also explains what the body can tell you and shows how massage can be used to soothe, to invigorate, to relieve aches and tensions and to help in difficult circumstances, from work to leisure, from pregnancy to old age.

The Happy Couple

Are you ready to feel on top of the world and let the stress of daily life drift away? Experience the healing power of touch through massage from someone you already know and trust--your partner! In this Massage For Couples Book, you will discover: - Naturally healing together--Practice a holistic method of experiencing pleasure and

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providing relief from stress and fatigue. - Body wisdom--Educate yourself on some light biology and anatomy lessons that will help you refine your skills and give truly transformative, bliss-inspiring massages. - Comfort and connection--Master instructions for resolving specific aches and pains as well as tips for connecting with a partner emotionally. If you are enthusiastic about deepening relationships through the power of touch, purchase this book!

The New Art of Erotic Massage

Over two million people discovered the joy of easy relaxation and sensuality in Gordon Inkeles groundbreaking books The Art Of Sensual Massage and The New Massage. 20 years later he has selected his all-time favourite massage techniques to provide a sensual feast of the strokes that everyone loves. Written in a reassuring and intimate tone, lavishly illustrated and beautifully designed, The New Sensual Massage ensures readers can start massaging in a single evening.

An Essential Guidebook On Massage For Couples

One hour DVD with techniques matched scene by scene with pages from

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the book SENSUAL MASSAGE MADE SIMPLE. Rhythms and pressures are clearly illustrated. Common errors are shown in split screen views with correct techniques. This DVD is the most effective presentation on the market of the author's trademark: the easy-to-learn sensual massage program.

The 80/80 Marriage

An accessible, transformative guide for couples seeking greater love, connection, and intimacy in our modern world Nate and Kaley Klemp were both successful in their careers, consulting for high-powered companies around the world. Their work as mindfulness and leadership experts, however, often fell to the wayside when they came home in the evening, only to end up fighting about fairness in their marriage. They believed in a model where each partner contributed equally and fairness ruled, but, in reality, they were finding that balance near impossible to achieve. From this frustration, they developed the idea of the 80/80 marriage, a new model for balancing career, family, and love. The 80/80 Marriage pushes couples beyond the limited idea of "fairness" toward a new model grounded on radical generosity and shared success, one that calls for each partner to contribute 80 percent to build the strongest possible relationship. Drawing from

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more than one hundred interviews with couples from all walks of life, stories from business and pop culture, scientific studies, and ancient philosophical insights, husband-and-wife team Nate and Kaley Klemp pinpoint exactly what's not working in modern marriage. Their 80/80 model of marriage provides practical, powerful solutions to transform your relationship and open up space for greater love and connection.

The Massage Bible

This text demonstrates key techniques through descriptive language and detailed photography, unravelling the best ways to sensually massage your partner.

Sensual Massage

Akin to Monty Roberts's *The Man Who Listens to Horses* and going light-years beyond *The Hidden Life of Dogs*, this extraordinary book takes a radical new direction in understanding our life with canines and offers us astonishing new lessons about our pets. From changing the misbehaviors and habits that upset us, to seeing the world from their unique and natural perspective, to finding a deep connection with

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another being, BONES WOULD RAIN FROM THE SKY will help you receive an incomparable gift: a profound, lifelong relationship with the dog you love.

Tantric Massage

The Complete Idiot's Guide to Sensual Massage

Have you noticed that passion in your relationships has subsided over the years, and you wanted to change something? Do you think you know your own and your partner's body well enough? How many erogenous zones do you know? You must read this book about massage for couples, to find out the answers to these questions and to awaken the former desire. Touch is the most intimate sense. Couple massage makes you understand each other without words on the most intimate level. Touch can carry passion and love, confidence, and empathy. It promotes relaxation and healing, is central to our erotic experiences. Touching the body of another person, feeling the skin of your loved one with your skin gives you much more pleasure than any other feeling known to man. However, oddly enough, even lovers rarely use this gift of nature

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to the full. This couples massage book is a kind of textbook in how to bring your body and your partner's body into a comfortable state through massage, so that it flies away, relaxes, recuperates, and experiences an unearthly pleasure. You will not need any massage accessories for couples, no couple's massage ball, couple's massage toys. Only music, couples massage oil or lotion, and incense will give your communication a special feeling. We'll tell you how to give your partner the greatest possible pleasure! This book is the result of more than a decade of practical experience in performing massage and years of teaching experience. Everything you read in this book is based on knowledge of anatomy, physiology, psychology, sexology, and various types of massage. In the book, there will be no useless information, only the most important practical knowledge about couples sensual massage. So if you want to know all of the secrets about excellent couple massage, and bring back your passion and desire. You should buy this book! Your partner will thank you!

The Multi-Orgasmic Woman

In Cold Blood meets Adrian Nicole LeBlanc's Random Family: A harrowing, profoundly personal investigation of the causes, effects, and communal toll of a deeply troubling crime—the brutal murder of

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three young children by their parents in the border city of Brownsville, Texas. On March 11, 2003, in Brownsville, Texas—one of America's poorest cities—John Allen Rubio and Angela Camacho murdered their three young children. The apartment building in which the brutal crimes took place was already rundown, and in their aftermath a consensus developed in the community that it should be destroyed. It was a place, neighbors felt, that was plagued by spiritual cancer. In 2008, journalist Laura Tillman covered the story for The Brownsville Herald. The questions it raised haunted her, particularly one asked by the sole member of the city's Heritage Council to oppose demolition: is there any such thing as an evil building? Her investigation took her far beyond that question, revealing the nature of the toll that the crime exacted on a city already wracked with poverty. It sprawled into a six-year inquiry into the larger significance of such acts, ones so difficult to imagine or explain that their perpetrators are often dismissed as monsters alien to humanity. With meticulous attention and stunning compassion, Tillman surveyed those surrounding the crimes, speaking with the lawyers who tried the case, the family's neighbors and relatives and teachers, even one of the murderers: John Allen Rubio himself, whom she corresponded with for years and ultimately met in person. The result is a brilliant exploration of some of our age's most important social issues, from poverty to mental

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illness to the death penalty, and a beautiful, profound meditation on the truly human forces that drive them. It is disturbing, insightful, and mesmerizing in equal measure.

Tantric Massage for Beginners

A tantric massage practice for awakening and honoring male creative energy and allowing a man conscious, loving contact with his own masculinity • Empowers men to expand and deepen their experience of arousal and sensuality • Demonstrates how deep relaxation is important to a strong and lasting erection • Shows how the lingam connects a man to his dynamic strength while the prostate is linked to his more receptive side Lingam is the Sanskrit word for the male generative organ, the penis. In India, the lingam is revered as an expression of Shiva's clarity, symbolizing the fine sword that differentiates between truth and falsehood. The goal of a lingam massage is to provide a man conscious, loving contact with his own masculinity. Western cultural expectations around sexual "performance" have created sexual difficulties for many men, including erectile dysfunction and premature ejaculation. Through loving touch, lingam massage provides the deep relaxation that supports sustained erection, putting a man in touch with less familiar aspects of his sexuality, including the

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energetic responses of his perineum, prostate gland, and anus. Lingam massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body. It allows men to savor longer, deeper orgasms and teaches taoist and tantric practices for conserving sexual energy. Over time, as his consciousness deepens, these practices give a man complete control over his ejaculation.

Erotic Massage for Couples

The Massage Therapist's Guidebook is approved by NCBTMB as a home study course toward continuing education credits (CEU's) for massage therapists. Diane Matkowski shares invaluable insights into the business world of massage. As a leader in the field she gives an authentic and realistic view about how she has thrived as a massage therapist. Drawing on her decades of experience she explains how to: - understand massage as a business - provide excellent client care - continue growing in all aspects of your work - increase self-care awareness as a massage therapist - balance emotional, physical, and financial energy - be more conscious of the human body on many levels - deepen your appreciation for your work and lifestyle By recognizing the value that touch brings, you'll be able to enjoy your work more and become a better (and more successful) massage therapist. Help your

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community and make a quantum leap in the booming business of massage with The Massage Therapist's Guidebook.

The Book of Massage

The power of touch between lovers is what binds us to one another. There is nothing more loving or intimate for couples than bringing comfort, relaxation, stress relief and sensual pleasure to your partner with a simple touch. In this book, written by me, a licensed massage therapist, you will learn how to perform an hour-long, full-body massage without your back or hands hurting. This is the same massage therapy techniques performed by the professionals and the massage style that I used in my own professional massage therapy practice. Included: 1. How to prepare for your session 2. The best location for your lover 3. Oil vs Lotion 4. How to set up your room 5. Music recommendations to set the mood 6. How to approach different personality types and their response to massage 7. Advice for different body-types 8. The complete one-hour massage routine Now, when your partner asks you to rub their back or shoulders, you can massage them with confidence. This how-to massage therapy guide will bring you from a beginner to massage mastery to please your loved one. Please note, this book is not to be used as a textbook for massage

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professionals. It is designed for the beginner or non-professional and is meant to enhance massage and loving touch between partners. Perfect gift for birthdays, Valentine's Day, and Christmas! Kandace Blevin is a massage therapist licensed in both Florida and South Carolina. She was the owner of a successful massage therapy practice in Fort Myers, FL from 2013-2017 before moving to her hometown in Charleston, SC. She has worked in exclusive spas such as Playa Largo in Key Largo, FL and the Forbes 5 Star Sanctuary Spa in Kiawah Island, SC. Testimonials:

"Kandace is a phenomenal massage therapist! She possesses the knowledge and understanding to help with any ailment. More importantly, she has compassion and empathy to understand your situation. I highly recommend Kandace!" Frank S. "Kandace is an amazing massage therapist. She takes the time prior to the appointment to find out more about the areas you need relief. I always leave feeling relaxed as she has been able to find the tension areas offering me much needed relief from the pain caused by stress or pressure points. After the session, she will give you tips and pointers on stretches and exercises to do to help you feel better and recover faster. I highly recommend Kandace!" Elizabeth D. Kandace has "magic" hands to soothe away anyone's aches and pains! She takes particular care to tailor her massages to fit each client's needs. I have been a client for over 2 years and really cannot live without my

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weekly "Kandace fix!" She has truly worked a miracle in helping me to achieve a more flexible and functioning body. I highly recommend her to anyone in need of a professional massage therapist." "Kandace is by far one of the best massage therapists that I have ever been to. She is always professional, kind and really knows how to find those knots that I seem to always have way down deep :) Finding someone who really knows how to give a deep tissue massage is always a challenge and she is incredible!" Jennifer D. "As a massage therapist myself it is very integral for me to have deep therapeutic massages for my wellness. Kandace is my go-to girl! Her knowledge of the anatomy and physiology mixed with her positive and influencing mood makes her one of the best!" Valerie J. "I have had many massages during my adult life.in many places.and Kandace was by far the best masseuse I have ever had! She immediately assessed my "trouble areas" and expertly eased the pain and spasms that have plagued me for weeks. I will be back..again and again!" Julia W.

The Complete Guide to Massage

Tantric Massage For Beginners! (Updated March 2016!) The Ultimate Beginners Crash Course To The Art Of Tantric Massage! Are You Ready To Learn All About Tantra? If So You've Come To The Right Place -

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Regardless Of How Little Experience You May Have! Here's A Preview Of What This Amazing Book Contains An Introduction To What Tantra Is All About The Promises Of Tantra Tantric Breathing Techniques Setting the Tantric Mood Additional Tantric Preparation Tips Balancing of the Chakras Performing the Tantric Massage The Lingam Massage The Yoni Massage Tantric Positions For The Bedroom And Much, Much More! Order Your Copy Now And Let's Get Started Today!

The Massage Therapist's Guidebook

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.

Complete Massage

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Beautifully optimized for ebook reading, *Sensual Massage for Couples* makes learning sensual massage easy. Romantic, sensual and immensely relaxing, this is one of the world's best selling massage books. The book features a full body massage--with step-by-step instructions for every part of the body from head to toes. You'll learn proven recipes for pleasure that last a few minutes or linger for more than an hour. Special sections for stress control, erotic massage and powerful massage techniques that will enhance an exercise program make this book an essential volume for anyone interested in massage and drug-free relaxation. With literally hundreds of proven sensual massage techniques, the book is both comprehensive and easy-to learn. Nothing in life will relax you more thoroughly than a well-executed full body massage. *Sensual Massage for Couples*, was a Literary Guild selection for more than 8 years.

Massage for Couples

Explore and Invigorate Your Relationship With Tantric Massage! *Tantric Massage for Couples: Essential Guide to Love Making and Couples Massage* can increase the pleasure you experience during sex, develop greater intimacy between partners, and even make your orgasms last longer. You can even develop a spiritual bond with your partner that

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transcends time and space! Many people have found that a sexual encounter is more powerful and more pleasing when you have a spiritual connection and not just a physical connection. With tantric massage, you can reignite that spiritual connection! When you purchase *Tantric Massage for Couples: Essential Guide to Love making and Couples Massage*, you'll learn the basis of massage, tantric touch, and tantric sex. This insightful book helps you understand the female erogenous areas so you can give a successful tantric massage to your sensual woman! *Tantric Massage for Couples: Essential Guide to Love making and Couples Massage* will even help you increase the intensity of your lovemaking. You'll discover special techniques to "fire up" your love life, including the "Stroke of Compassion and Love"! Order Your Copy of *Tantric Massage for Couples: Essential Guide to Love making and Couples Massage Today!*

Kama Sutra

Experience the Healing Power of Massage With more than 650,000 copies sold, *The Book of Massage* is the classic guide to the relaxing and healing skills of the hands. Featuring both Eastern and Western methods, it presents step-by-step, beautifully illustrated instructions on everything from traditional massage to shiatsu and

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reflexology. The Book of Massage offers easy-to-follow techniques for giving the perfect massage, including advice on creating the right setting and suggestions for using aromatic oils and lotions. In the comfort of your own home, you can Soothe away stress and tension Develop your body's unique healing powers Banish headaches and back pain Share the language of touch Experience optimum health and vitality Now revised and updated with fresh color photos and drawings throughout, The Book of Massage is a simple and comprehensive handbook that reveals how you can experience the myriad benefits of giving and receiving a soothing massage.

Fear

Want to really understand the health and wellness benefits of massage? Interested in practicing massage at home or considering taking a course? Let this be your guide on everything from effleurage to epineuria. Annotated anatomy and physiology illustrations show you how different levels of pressure work the muscles, and the profound effect massage can have on the nervous system and on cardio and lymphatic health. Learn how to prepare physically and mentally, and get the lowdown on oils and massage beds, diffusers and candles. And if you're receiving a massage, find out why drinking water before and after is

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important and how focusing on breathing enhances muscle relaxation. All the core strokes and massage techniques that form the foundation of massage practice are shown photographically with detailed annotations and integrated arrows showing the direction and application of pressure. Familiarize yourself with the key disciplines, from Swedish to shiatsu, reflexology and hot stone therapy. Access over 30 bespoke massage sequences, tailored to treat specific complaints and special client groups, such as pregnant women, babies, and those recovering from surgery. Become an expert in the simple but profoundly effective power of touch and share its miraculous health benefits.

Press Here! Massage for Beginners

Discover the healing power of massage therapy! With The Complete Guide to Massage, you can use the power of touch to soothe aches and wash away worries. Each page guides you through the time-honored practice with step-by-step instructions and photographs for massaging yourself and others. You'll learn the different strokes and movements within a massage as well as techniques for popular methods, including prenatal massage, Swedish massage, and trigger point therapy. Whether you're looking to relieve muscle tension, alleviate pain, or simply de-

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stress, The Complete Guide to Massage will help you uncover a whole new world of healing and relaxation.

The Book of Massage

A holistic guide to female sexuality integrates the latest in Western medical research with the wisdom of the East to explain how any woman can enhance her pleasure in lovemaking and reach her full sexual potential. Reprint. 20,000 first printing.

Sensual Massage for Couples

Discover a deeper connection with your partner through the healing power of massage There's nothing like the stress-relieving, mood-lifting comfort of physical touch to bring out the best in your relationship. Whether you are helping a partner with aches and pains or looking to foster intimacy, Massage for Couples will teach you time-honored techniques from around the world that have made massage a staple for relaxation and relationship longevity since ancient times. Begin by gaining confidence in using your hands to provide a healing touch. Then discover guided massage sequences to soothe, inspire,

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uplift, relax, or resolve a specific pain point. Support your partner's well-being and enjoy a healthy, enriching way to spend quality time together. Inside *Massage for Couples*, you'll find: Naturally healing together--Practice a holistic method of experiencing pleasure and providing relief from stress and fatigue. Body wisdom--Educate yourself on some light biology and anatomy lessons that will help you refine your skills and give truly transformative, bliss-inspiring massages. Comfort and connection--Master instructions for resolving specific aches and pains as well as tips for connecting with a partner emotionally. Learn the healing power of touch to promote wellness and heighten intimacy with *Massage for Couples*.

The Long Shadow of Small Ghosts

Starting with a simple setting that can easily be accomplished with few special preparations, readers will learn, step-by-step, how to make a deep and meaningful connect with their partner's body. Using a combination of strokes from the most time-honored massage traditions, they will learn to be mindful of where their partner holds stress and tension. As the massage continues, readers will enter into a profound nonverbal dialogue with their partner, learning much from the simple act of contact with another body. All of the techniques are

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illustrated with black-and-white photographs. Elegant and refined, this book is a perfect gift for a special someone or a friend in love.

Rock the Boat

Relieve pain, alleviate tension, increase relaxation, and recover and prepare for physical activities. Fun, modern illustrations and intuitive organization combined with the expertise of licensed massage therapist Rachel Beider allow you to quickly implement this powerful wellness tool. Massage therapy is a great way to connect and engage with your loved ones, applying healing techniques to reduce pain and tension while increasing relaxation and enjoyment. With this guide, learn how to give a deeply enjoyable therapeutic massage to family members, friends, or oneself. Beautifully illustrated and designed and with easy-to-follow instructions, *Massage for Beginners* is the perfect guide for learning the fundamentals of giving a really great massage. The *Press Here!* series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other *Press Here!* topics include reiki, reflexology, and acupressure.

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Fit 2 Love

The Couple's Massage Handbook takes readers from bumbling beginners to passionate pros in no time! This step-by-step guide covers the best tools, oils, music, and locations for giving a massage, including a sequence readers can use to stay focused.

Tantric Massage Beginner's Guide

“Written in words so intimate, calm, kind, and immediate, this extraordinary book feels like a message from our very own heart....Thich Nhat Hanh is one of the most important voices of our time, and we have never needed to listen to him more than now.” –Sogyal Rinpoche Fear is destructive, a pervasive problem we all face. Vietnamese Buddhist Zen Master, poet, scholar, peace activist, and one of the foremost spiritual leaders in the world—a gifted teacher who was once nominated for the Nobel Peace Prize by Martin Luther King Jr.—Thich Nhat Hanh has written a powerful and practical strategic guide to overcoming our debilitating uncertainties and personal terrors. The New York Times said Hanh, “ranks second only to the Dalai Lama” as the Buddhist leader with the most influence in the West. In *Fear: Essential Wisdom*

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for Getting through the Storm, Hanh explores the origins of our fears, illuminating a path to finding peace and freedom from anxiety and offering powerful tools to help us eradicate it from our lives

Tantric Massage for Couples

Offering your partner the sensual pleasure of a massage brings special feelings of satisfaction. Do it with skill, passion, and creativity with these intimate, beautiful photos and instructions. Learn the different strokes (effleurage, petrissage, friction, others), and when and how to use each one. Vary your touch to make it loving, erotic, or playful. Give the 20-minute relaxing massage or indulge in a longer, stimulating one where senses heighten and bodies make full contact. "Mix romance with relaxation or upgrade your seduction skills."--www.HoneyMag.com.

How To Massage Your Lover

After many years of exploration, Diana Richardson found that the ancient practice of Tantra, with its unique, intelligent approach to sex, had the effect of enhancing intimacy and deepening love. Here she

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has adapted Tantra for modern Western lovers in a practical, sympathetic way. Tantric Sex can transform your experience into a more sensual, loving and fulfilling one.

Lingam Massage

Massages to relax, delight, and arouse 'If there ever was a manual that offered a step-by-step approach to putting the pep back into marriage or bringing new lovers closer, it's this one.'-Laurie Sue Brockway, author of A Goddess is a Girl's Best Friend- A Divine Guide to Finding Love, Success and Happiness Features- In touch massage techniques that help you relax-or stimulate-one another Pleasure zones for you to explore-from head to toe Ambient ideas to create the perfect space for sensuality

Clinical Casebook of Couple Therapy

From Chinese massage to Shiatsu to Indian head massage, this lavishly illustrated "bible" presents all the techniques needed to master the basics. Every spread features large and easy-to-follow photos, while the text guides beginners on what pressure to exert, what part of the

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hand makes contact with the body, and exactly what to do--whether they're feathering the back, working on the neck and scalp, or performing a sequence on the arms and hands. In addition to holistic and sports massages, there are suggestions for special situations (including massaging a baby); advice on massages to relieve common ailments; and lifestyle tips.

Tantric Sex for Busy Couples

"The Couples' Kama Sutra offers a fresh, playful, and educational take on the sexual positions of the Kama Sutra. With drawings and simple exercises, any couple or individual can use the tools in this book to turn the heat up and deepen connection." --Keeley Rankin, sex and relationship coach, co-founder of BetterSexEd.org, co-founder of SexAsMeditation.com Sex is fun. It feels good and brings us closer together. But for many of us, the sex we're having doesn't deliver the excitement and connection it used to. For hundreds of years, the Kama Sutra has offered a timeless structure for exploring sex. The Couples' Kama Sutra goes one step further by introducing you to sexual experimentation, inspiring confidence in your body, and laying the foundation for incredible sex that deepens your relationship. 41 beautifully illustrated, intensely erotic sex positions help you delve

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into the deepest layers of your relationship Expert guidance from a practicing sex therapist with more than a decade of experience combines the principles of the Kama Sutra with the latest research in sexuality Simple exercises explore the 5 most preferred modes of Kama Sutra sex --Intimate, Powerful, Energetic, Racy, Playful Straightforward advice for openly communicating your desires and introducing new pleasures such as sex toys, bondage, and role-play Stop waiting for things to change and start having sex that makes you feel the way you want to feel with The Couples' Kama Sutra. Let sex therapist Elizabeth McGrath show you how she has helped more than a thousand clients unlock new passions in their sex livesand how you can do the same.

Tantric Sex

TANTRIC MASSAGE FOR BEGINNERS 3rd EDITION Discover The Best Essential Tantric Massage- and Tantric Love Making Techniques! Bonus Inside Are you and your partner starting to feel distant with one another when you're in the bedroom together? Do you oftentimes wonder if there isn't something more that the two of you could be doing that would make you feel closer to one another? Has someone maybe mentioned tantric sex to you in passing? If you've answered yes to one or more

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of those questions or you're just looking for a way to spice things up in the bedroom as you deepen the connection between you and your partner, then this might be the book for you! You'll find information as to how the tantric sex movement got started over six thousand years ago, and how you can start practicing it today with your partner without feeling the pressure of having sexual intercourse! At the end of the book, you'll be introduced to some easy and a few not so easy positions that maximize the tantric sex experience! In this book, you'll find the following: What is Tantric Sex? The Benefits of Tantric Sex Importance of Sex in a Relationship Types of Intimacy Beginning Exercises Basic Tantric Sex Techniques Tantric Massage Tantric Sex Positions for Beginners And much, much more Want to find out more ? Buy your copy today!

The Art of Sensual Massage

An honest look at what really works to bring more intimacy and deeper trust into your relationship. Couples therapist Resmaa Manakem challenges couples not to avoid conflict—Don't be afraid to rock the boat! The emotional transformation that results can forge a greater, more mature intimacy; a deeper trust; and a stronger bond. Conflict is a natural part of any intimate relationship. Yet most couples either

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avoid it or try to smooth over their differences. This results in at least one partner compromising their integrity—and stunting their own growth. Gritty, often irreverent, and always practical, *Rock the Boat* challenges couples not to flee from conflicts, because the emotional stalemate that conflicts produce creates an opportunity for profound transformation. This transformation affirms each partner's individuality while forging a more mature intimacy, a greater trust, and a deeper bond. *Rock the Boat* challenges the idea that conflict between partners is unhealthy or something to avoid. Instead, it encourages both people to stand by what they need and who they are—but to do so with compassion rather than competitiveness or vengefulness. This is the purpose of an intimate relationship: to create an atmosphere where both people learn to grow up and mature in their relationship by appreciating each other's individual needs in a caring and mature way. Author Resmaa Menakem, a licensed clinical social worker specializing in couples therapy, addresses key factors in making this happen, including accepting discomfort and uncertainty; honesty and openness about sex, money, kids, and in-laws; recognizing when conflict might escalate into violence or abuse; and, when appropriate, finding and working with a good therapist. *Rock the Boat* is not about ideals, or what we hope or imagine relationships to be. It's an honest, unflinching look at what actually works.

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Couple's Massage Handbook

An ideal supplemental text, this instructive casebook presents in-depth illustrations of treatment based on the most important couple therapy models. An array of leading clinicians offer a window onto how they work with clients grappling with mild and more serious clinical concerns, including conflicts surrounding intimacy, sex, power, and communication; parenting issues; and mental illness. Featuring couples of varying ages, cultural backgrounds, and sexual orientations, the cases shed light on both what works and what doesn't work when treating intimate partners. Each candid case presentation includes engaging comments and discussion questions from the editor. See also *Clinical Handbook of Couple Therapy, Fourth Edition*, also edited by Alan S. Gurman, which provides an authoritative overview of theory and practice.

Erotic Massage for Couples Who Have Been Together for a Long Time

Learn the healing power of touch with a new, up-to-date reference from *The Complete Guide to Modern Massage*. Massage is a natural method to

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relieve pain and reduce stress--and anyone can learn how to do it. The Complete Guide to Modern Massage offers an updated reference to learn popular techniques and feel the physical and emotional benefits of massage. From classic styles such as Swedish or Shiatsu to new favorites like Ayurvedic and Thai, this massage guide offers illustrated, step-by-step instruction to master techniques from around the world. Complete with massage practices for pain relief, you'll learn how to heal your family, friends, partners, and even yourself of common ailments with your own two hands. The Complete Guide to Modern Massage includes: An introduction to massage that outlines the history and basic principles of massage and how they relate to modern practice. World-famous massage techniques that include Deep Tissue, Reflexology, Tui Na, Cranialsacral, Reiki, and more! Restorative applications for healing common ailments including headaches, neck pain, PMS, lower back pain, and more. Easy-to-follow guidance with illustrations, and simple step-by-step directions to master every technique. Give and receive rejuvenating massages with world-famous techniques and step-by-step instructions from The Complete Guide to Modern Massage.

Sensual Massage Made Simple

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Bad habits: we all have them! But what happens when these bad habits extend to our relationships? Whether it's interrupting your partner mid-sentence, acting bored when they are speaking, or teasing them in hurtful ways—over time these bad habits can lead to resentment, and can mean the difference between a wonderful, close relationship, and one characterized by conflict or unhappiness. Fortunately, for all of us, good relationship habits can be learned (or re-learned), and bad habits can be un-learned. Named one of “America’s Top Therapists” by Cosmopolitan magazine, prominent Los Angeles-based psychologist and radio talk show host Barton Goldsmith, PhD, offers readers simple, accessible tips and tools for developing and strengthening positive relationship habits such as gratitude, humor, togetherness, and honesty. Habits can be hard to break, but if you love someone, you’ve got to make sacrifices. When you consider that 50 percent of marriages end in divorce, it becomes clear that many of us may need help in making a relationship thrive. The Happy Couple shows how simple acts of kindness and generosity can increase the likelihood of a relationship being happy, healthy, and long-lasting.

The New Sensual Massage

Take the guesswork out of improving your love life, enhance your

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bedroom skill and take your sex life to the next level with Tantra! Do you sometimes feel that there is no more intimacy between you and your partner? Are you looking for a comprehensive guide that will help you and your partner achieve intense orgasms and forge intimacy between you two? If yes, then Tantra might be the answer you're looking for. In this guide, you're going to discover how to unleash the power of Tantra to enhance intimacy, deepen your connection with your romantic partner and create an intense experience you and your lover will cherish for the rest of your lives. Here's a preview of the things you're going to discover in Tantric Sex How Tantric orgasm is different, and much better than a regular orgasm Reasons why you should get started with Tantric sex as soon as you can 9 essential Tantric communication essentials that will help you deepen the bond with your romantic partner 5 surefire tips to help you enhance your love life and have better sex using Tantra Step-by-step instruction to Tantric touch and massage How to get rid of premature ejaculation and lengthen the pleasure for both you and your lover Over 20 of the most intensely sexy and erotic Tantric sex positions that will maximize pleasure The core principles of Tantric sex It doesn't matter whether you're new to Tantra or you have some experience with Tantra sex, you're going to find new insights and techniques that will help you become a better lover very quickly! Scroll up to the top of the page

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and click the "Add to Cart" button to get started today!

The Complete Guide to Modern Massage

DISCOVER THE ART OF INTIMACY WITH TANTRIC MASSAGE! Being touched by the hands of another is a fundamental human need. In this book, discover the ancient, practice of Tantric massage and how it takes touch to a whole new level. Through the ages, sensual massage has been a widely practiced form of intimate connection between those who know its secrets. With a long and fascinating past, sensual massage is found all over the world, it secrets delighting the initiated with a whole new level of touch. Tantric massage, especially, is an erotic font of mutual delight and ecstasy. Science is now proving that the need to be touched is a vital part of our ability to communicate. In fact, touch is a language that transcends all other forms of communicating. It needs no words. In these pages, you'll find out how your hands can learn to speak it with eloquence and sensitivity, by connecting with Tantric massage. In this book, you'll be initiated into the art of sensual massage and reading about: How the human sense of touch is the first we develop, in the womb. The sometimes colorful history of sensual massage. Touch as a communicative superpower. The secrets of ancient Tantric massage and the roles of Yoni and Lingam.

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The Japanese art of Nuru and other forms of sensual massage, today. Male and female erogenous zones. Some handy helpers to enhance your sensual massage experience. What makes the male prostate so super special. All about lubes and oils to make you Tantric massage experience even better. Discover the eroticism of Tantric massage in this unique exploration of its sensual wonders. Deepen your sexual IQ, by getting to know the wild world of sensual, Tantric massage; a world in which your fingers do the talking. Buy your copy today!

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