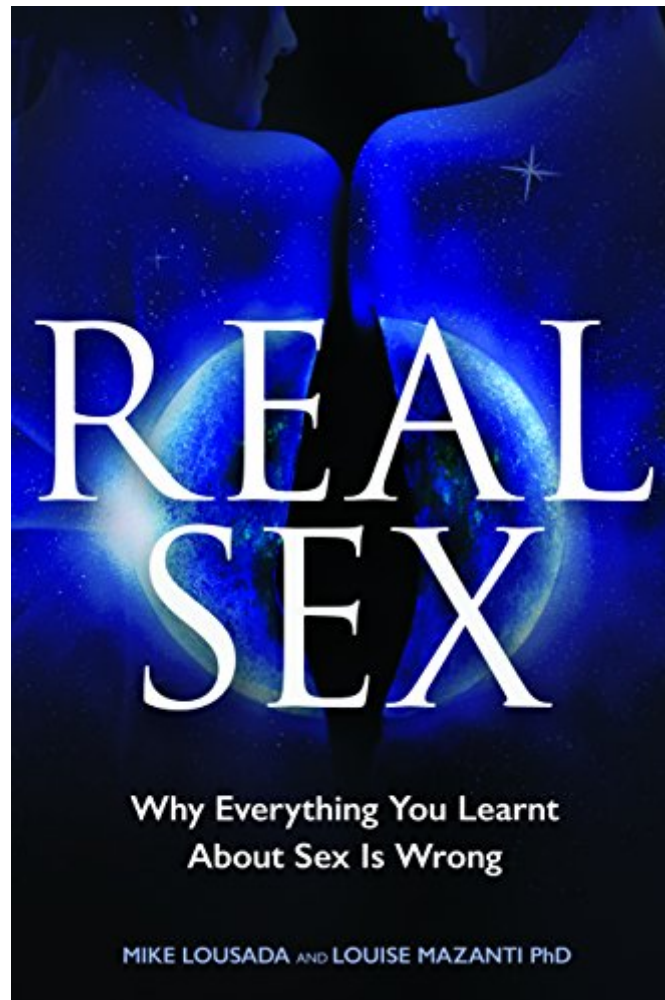




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Real Sex: Why Everything You Learnt About Sex Is Wrong



Synopsis

The more modern culture shines its light on sex, the longer the shadow it casts. This shadow is commercialism, pornography and shame. This approach to sexuality distorts it to create performance pressure, increasing numbers of sexual 'dysfunctions' and a fundamental disconnect from ourselves and others. Yet sexuality is one of the most important paths to happiness, simply because it requires us to engage all the other aspects of ourselves. To have deeply satisfying sex we must engage the mind, the body and our feelings. *Real Sex* will show you how almost everything that our society has tried to teach you about your sexuality is misleading or simply wrong. *Real Sex* is a journey into the heart of your sexual self; a way of creating meaningful and fulfilling intimacy. It sets out seven keys that will teach you how to love and accept your mind, body, feelings, desires and sexuality at a deeper level, leaving behind feelings of guilt, insecurity and shame. *Real Sex* offers a new, integrated idea of sexuality that holds a positive perspective of the sexual beings that we are; longing for intimacy and aliveness that we know deep down makes our lives meaningful.

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Customer Reviews

A very helpful book, new and unique ideas. I would recommend to anyone who wants to improve their relationship with their body and their desires.

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