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# Mating Captivity Unlocking Erotic Intelligence

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*Mating Captivity  
Unlocking Erotic  
Intelligence*

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**EMILIE MILLS**

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**Intimacy and Desire** Harper Collins

Instant New York Times, USA Today, and Publishers Weekly bestseller! Boston Globe bestseller #1 Canadian Bestseller OB/GYN, The New York Times columnist, host of the show Jensplaining, and internationally bestselling author Dr. Jen Gunter now delivers the definitive book on vaginal health, answering the questions you've always had but were afraid to ask—or couldn't find the right answers to. She has been called Twitter's resident gynecologist, the Internet's OB/GYN, and one of the fiercest advocates for women's health...and she's here to give you the straight talk on the topics she knows best. Does eating sugar cause yeast infections? Does pubic hair have a function? Should you have a vulvovaginal care regimen? Will your

vagina shrivel up if you go without sex? What's the truth about the HPV vaccine? So many important questions, so much convincing, confusing, contradictory misinformation! In this age of click bait, pseudoscience, and celebrity-endorsed products, it's easy to be overwhelmed—whether it's websites, advice from well-meaning friends, uneducated partners, and even healthcare providers. So how do you separate facts from fiction? OB-GYN Jen Gunter, an expert on women's health—and the internet's most popular go-to doc—comes to the rescue with a book that debunks the myths and educates and empowers women. From reproductive health to the impact of antibiotics and probiotics, and the latest trends, including vaginal steaming,

vaginal marijuana products, and jade eggs, Gunter takes us on a factual, fun-filled journey. Discover the truth about: • The vaginal microbiome • Genital hygiene, lubricants, and hormone myths and fallacies • How diet impacts vaginal health • Stem cells and the vagina • Cosmetic vaginal surgery • What changes to expect during pregnancy and after childbirth • What changes to expect through menopause • How medicine fails women by dismissing symptoms Plus: • Thongs vs. lace: the best underwear for vaginal health • How to select a tampon • The full glory of the clitoris and the myth of the G Spot . . . And so much more. Whether you're a twenty-six-year-old worried that her labia are "uncool" or a sixty-six-year-old dealing with painful sex, this

comprehensive guide is sure to become a lifelong trusted resource.

**Come As You Are: Revised and Updated** Hachette UK

A respectful, erotic, uplifting, and spiritual guide to sexual and emotional fulfillment.

*The Course of Love* HarperCollins

One of the world's most respected voices on erotic intelligence, Esther Perel offers a bold, provocative new take on intimacy and sex. *Mating in Captivity* invites us to explore the paradoxical union of domesticity and sexual desire, and explains what it takes to bring lust home. Drawing on more than twenty years of experience as a couples therapist, Perel examines the complexities of sustaining desire. Through case studies and lively

discussion, Perel demonstrates how more exciting, playful, and even poetic sex is possible in long-term relationships. Wise, witty, and as revelatory as it is straightforward, *Mating in Captivity* is a sensational book that will transform the way you live and love.

*The State of Affairs* Greystone Books

In this groundbreaking book, Dr David Schnarch, one of the foremost experts on sexuality and relationships, explains why normal healthy couples in long-term relationships have sexual-desire problems, regardless of how much they love each other or how well they communicate. In-depth examples of couples he has counselled reveal his unique understanding of common but difficult sexual-desire problems that

affect couples of all ages. Combining compassion and clinical wisdom, Dr Schnarch explains how to use his revolutionary Four Points of Balance approach to resolve low desire, mismatched desire, sexual boredom, and the emotional gridlock that accompanies these problems. *Intimacy & Desire* provides a roadmap for how couples can transform common sexual-desire problems into self-exploration and personal development that leads to psychological and spiritual growth, stronger relationships, and more powerful and meaningful desire for each other. It provides time-proven, comprehensive solutions that help couples reconnect with each other sexually, and take their intimacy and passion to new, previously unexplored

heights.

Leave a Cheater, Gain a Life Yale University Press

An American anthropologist is at a loose end in Botswana. She is ferociously intelligent and wonderfully inquisitive. She is also in love with Nelson Denoon, a charismatic intellectual who runs an experimental women-only utopian village in the Kalahari. At times wildly comic but also magnificently cerebral, *Mating* is a profound exploration of the human condition and a moving love story, circling the question 'what do men and women really want?'

Passionate Marriage Routledge

A revised and updated edition of Emily Nagoski's game-changing New York Times bestseller *Come As You Are*, featuring new information and research

on mindfulness, desire, and pleasure that will radically transform your sex life. For much of the 20th and 21st centuries, women's sexuality was an uncharted territory in science, studied far less frequently—and far less seriously—than its male counterpart. That is, until Emily Nagoski's *Come As You Are*, which used groundbreaking science and research to prove that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organized but how you feel about them. In the years since the book's initial publication, countless women have learned through Nagoski's accessible and informative guide that things like stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing;

they are central to it—and that even if you don't always feel like it, you are already sexually whole by just being yourself. This revised and updated edition continues that mission with new information and advanced research, demystifying and decoding the science of sex so that everyone can create a better sex life and discover more pleasure than you ever thought possible.

*Be Honest--You're Not That Into Him*  
*Either* Routledge

When you love someone, how does it feel? And when you desire someone, how is it different? In *Mating in Captivity*, Esther Perel looks at the story of sex in committed couples. Modern romance promises it all - a lifetime of togetherness, intimacy and erotic desire. In reality, it's hard to want what you

already have. Our quest for secure love conflicts with our pursuit of passion. And often, the very thing that got us to into our relationships - lust - is the one thing that goes missing from them.

Determined to reconcile the erotic and the domestic, Perel explains why democracy is a passion killer in the bedroom. Argues for playfulness, distance, and uncertainty. And shows what it takes to bring lust home. Smart, sexy and explosively original, *Mating in Captivity* is the monogamist's essential bedside read.

Love Worth Making Rodale Books

1. Come Again? From Possibility Therapy to Sex Therapy; 2. Multicontextual Sex Therapy with Lesbian Couples; 3. Getting "In the Mood" (For a Change): Stage-Appropriate Clinical Work for Sexual

Problems; 4. Shining Light on Intimacy and Sexual Pleasure; 5. Premature Ejaculation of "Sexual Addiction" Diagnoses; 6. Out of My Office and Into the Bedroom; 7. Unique Problems, Unique Resolutions: Brief Treatment of Sexual Complaints; 8. Just Between Us: A Relational Approach to Sex Therapy; 9. Who Really Wants to Sleep With the Medical Model? An Eclectic / Narrative Approach to Sex Therapy; 10. How Do Therapists of Same-Sex Couples "Do It"?; 11. A Catalytic Approach to Brief Sex Therapy; 12. Don't Get Too Bloody Optimistic - John Weakland at Work; 13. Transforming Stories: A Contextual Approach to Treating Sexual Offenders; 14. Re-Membering the Self: A Relational Approach to Sexual Abuse Treatment. Sexy Mamas Running Press Adult

For the 70 percent of couples who have been affected by extramarital affairs, this is the only book to offer proven strategies for surviving the crisis and rebuilding the relationship -- written by a nationally known therapist considered an expert on infidelity. When I was 15, I was raped. That was nothing compared to your affair. The rapist was a stranger; you, I thought, were my best friend. There is nothing quite like the pain and shock caused when a partner has been unfaithful. The hurt partner often experiences a profound loss of self-respect and falls into a depression that can last for years. For the relationship, infidelity is often a death blow. After the Affair is the first book to help readers survive this crisis. Written by a clinical psychologist who has been

treating distressed couples for 22 years, it guides both hurt and unfaithful partners through the three stages of healing: Normalizing feelings, deciding whether to recommit and revitalizing the relationship. It provides proven, practical advice to help the couple change their behavior toward each other, cultivate trust and forgiveness and build a healthier, more conscious intimate partnership.

*Real-time Relationships* Chronicle Books  
By the team behind the bestselling *NLP: The New Technology of Achievement* comes an essential new guide to NLP techniques—for self-development and influencing others—in a focused, step-by-step handbook. NLP (Neuro-Linguistic Programming) has already helped millions of people overcome fears,

increase confidence, enrich relationships, and achieve greater success. Now, from the company and training team behind *NLP: The New Technology of Achievement*, one of the bestselling NLP books of all time, comes *NLP: The Essential Guide to Neuro-Linguistic Programming* \. Written by three NLP Master Practitioners and training coaches, including the president of NLP Comprehensive, with an introduction from the President of NLP Comprehensive, *NLP: The Essential Guide to Neuro-Linguistic Programming* guides users to peak performance in business and life, and gets specific results. In twelve illuminating sections, *NLP: The Essential Guide to Neuro-Linguistic Programming* leads you through dozens of



“discoveries”—revelations of NLP practice that enable you to explore your own personal thinking patterns, to manage them—and to transform them. Divided into two categories, “All About You” and “All About the Other Guy,” these strategies offer a personal and interpersonal program that frees you to become better at managing your feelings instead of being dominated by them, managing your motivations, being less judgmental, more productive, more confident, more flexible, more persuasive, liked, and respected. Chapters on “Personal Remodeling” (Discovery 9: No inner enemy) and “Secrets of Making Your Point” (Discovery 31: Convey understanding and safety without talking), enhance creativity, collaboration, cooperation,

and communication. Through “mind reading” techniques—non-verbal communication, and “hearing what’s missing”—learn the secrets of relating with others, understanding how they are thinking—and influencing them. A streamlined all-purpose guide for both newcomers and NLP veterans, *NLP: The Essential Guide to Neuro-Linguistic Programming* is the new all-in-one, eye-opening blueprint for your own ultimate success.

[Sex at Dawn](#) Granta Books

In the newest edition of this classic text, veteran authors Barry and Emily McCarthy explain how desire, pleasure, and satisfaction can enrich your relationship. As the premier book on the subject, *Sexual Awareness* focuses on factors that promote and subvert healthy

couple sexuality. Reading this book and partaking in the psychosocial skill exercises it contains will help couples learn how to value sexuality as a positive and satisfying part of their lives. Couples at any stage of their relationship will learn how to enhance sexual awareness, communication, feelings, and function. The result will be enhanced desire and eroticism that will help couples understand themselves and each other better.

*Mating in Captivity* Vintage

New York Times bestseller It just may be the most pejorative word in the English language. It's the ultimate salacious smack to a woman's dignity, used to hurt, humiliate, and dehumanize. No one calls you a "pussy" when they want to tell you how radiant you look, how

capably you work, or what an inspiring life you lead. That's about to change. In this remarkable book, Regena Thomashauer, founder of Mama Gena's School of Womanly Arts, reclaims the word for what it rightly is: the highest of all possible compliments, a sacred living prayer. Pussy has been written to reacquaint you with your own power source —both figuratively and literally. Drawing on Mama Gena's 25 years of research into women's history, experience, and potential, you'll ramp up your "cliteracy" and learn to awaken a part of yourself you've been taught to repress or even despise. You'll see that pussy is anything but pornographic —it's actually the seat of all feminine power and pleasure. And you'll discover how a woman's sensual awareness is critical

for her spiritual, intellectual, and emotional health. In these pages, Mama Gena reveals: • The secret ingredient every woman is missing • How to crack the confidence code • Why sex appeal is an inside job • What's ahead on the next frontier of feminism —and how you can help make it happen • And much more When you open this book, you're being handed the keys to a turned-on life —which simply means authentic, radiant, and open to pleasure and joy. By turns earthy and erudite, passionately argued and laugh-out-loud funny, *Pussy* is your call to tune in, turn on, and live more richly and fully than you ever thought you could.

**Erotic Orientation** Simon and Schuster From beloved, RITA-award-winning author Kennedy Ryan comes the

gripping, passionate finale of the All the King's Men duology. Though surrender is what Maxim Cade demanded of Lennix Hunter's body and heart, she had other plans. They were fast-burning fascination and combustible chemistry, the son of an oil baron and the Apache daughter at war with his family, but she trusted him, and he turned out to be a thief who stole her love. Still, if what they had was a lie, why had it felt so real? Now, the man she swore to hate is about to have it all, and he wants Lennix at his side. But when the two of them are forced to face the unthinkable, their rocky foundation is tested, as is the invisible thread that seems to wind their fates together. As they navigate a treacherous political landscape in their quest for justice, Maxim and Lennix soon learn that power

is a game, and they are merely the pawns and players. Facing insurmountable odds, will they win the world, or will they lose it all?

### **Better Sex Through Mindfulness**

Harper Collins

There is no shame in erotic orientation. As a heterosexual couple or individual, learn how to have a sex-positive attitude toward your sexual fantasies and minimize any shame you carry about your erotic interests. From the taboo topic of masturbation to more complex subjects such as emotional landscape and attachment, Dr. Joe Kort sheds light in the dark by sharing his more than thirty years experience in sex therapy. The key to happy, healthy sexuality is to not deny ones core erotic orientation.  
Ethical Wisdom Harper Collins

When a career-ending injury left elite athlete and professional football player Lewis Howes out of work and living on his sister's couch, he decided he needed to make a change for the better. He started by reaching out to people he admired, searching for mentors, and applying his past coaches' advice from sports to life off the field. Lewis did more than bounce back: He built a multimillion-dollar online business and is now a sought-after business coach, speaker, and podcast host. In *The School of Greatness*, Howes shares the essential tips and habits he gathered in interviewing "the greats" on his wildly popular podcast of the same name. In discussion with people like Olympic gold medalist Shawn Johnson and Pencils of Promise CEO Adam Braun, Howes

figured out that greatness is unearthed and cultivated from within. The masters of greatness are not successful because they got lucky or are innately more talented, but because they applied specific habits and tools to embrace and overcome adversity in their lives. A framework for personal development, *The School of Greatness* gives you the tools, knowledge, and actionable resources you need to reach your potential. Howes anchors each chapter with a specific lesson he culled from his greatness "professors" and his own experiences to teach you how to create a vision, develop hustle, and use dedication, mindfulness, joy, and love to reach goals. His lessons and practical exercises prove that anyone is capable of achieving success and that we can all

strive for greatness in our everyday lives.

[The Relationship Cure](#) New World Library  
This new book from anger expert Potter-Efron offers powerful, emergency help to anyone whose extreme and volatile rages cause him or her to lose control of emotions, behaviors, and even conscious awareness--causing sometimes irreparable emotional and physical harm to themselves, their loved ones, and, occasionally, to innocent by-standers....

**Polysecure** Bloom Books

"An engrossing tale [that] provides plenty of food for thought" (People, Best New Books pick), this playful, wise, and profoundly moving second novel from the internationally bestselling author of *How Proust Can Change Your Life* tracks the beautifully complicated arc of a

romantic partnership. We all know the headiness and excitement of the early days of love. But what comes after? In Edinburgh, a couple, Rabih and Kirsten, fall in love. They get married, they have children—but no long-term relationship is as simple as “happily ever after.” The *Course of Love* explores what happens after the birth of love, what it takes to maintain, and what happens to our original ideals under the pressures of an average existence. We see, along with Rabih and Kirsten, the first flush of infatuation, the effortlessness of falling into romantic love, and the course of life thereafter. Interwoven with their story and its challenges is an overlay of philosophy—an annotation and a guide to what we are reading. As *The New York Times* says, “The *Course of Love* is a

return to the form that made Mr. de Botton’s name in the mid-1990s....love is the subject best suited to his obsessive aphorizing, and in this novel he again shows off his ability to pin our hopes, methods, and insecurities to the page.” This is a Romantic novel in the true sense, one interested in exploring how love can survive and thrive in the long term. The result is a sensory experience—fictional, philosophical, psychological—that urges us to identify deeply with these characters and to reflect on his and her own experiences in love. Fresh, visceral, and utterly compelling, *The Course of Love* is a provocative and life-affirming novel for everyone who believes in love. “There’s no writer alive like de Botton, and his latest ambitious undertaking is as

enlightening and humanizing as his previous works" (Chicago Tribune).

A Happy Life in an Open Relationship

Simon and Schuster

A great "philosopher" once said, "Trying to understand women is like trying to smell the color 9." But the fact is, men can understand women to their great benefit. All they need is the right teacher. And arguably there is no better teacher than John Gottman, PhD, a world-renowned relationships researcher and author of the bestselling 7 principles of Making Marriage Work. His new book, written with wife Julie Gottman, a clinical psychologist, and Doug Abrams and Rachel Carlton Abrams, MD, is based on 40 years of scientific study, much of it gleaned from the Gottman's popular couple's workshops and the "love lab" at

the University of Washington. It's written primarily for men because new research suggests that it is the man in a relationship who wields the most influence to make it great or screw it up beyond repair. The Man's Guide to Women offers the science-based answers to the question: What do women really want in a man? The book explains the hallmarks of manhood that most women find attractive, and helps men hone those skills to be the man she desires.

**Love** Minotaur Books

The first commandment of Socrates was: "Know Thyself." Real-Time Relationships provides the second commandment: "Speak Thy Truth." The first virtue is always honesty, but speaking immediate emotional experiences in intimate

relationships can be enormously challenging. Real-Time Relationships addresses the how and the why of true intimacy in love, friendship, politics and work. Bring the power of authentic honesty to all of your personal relationships, and reap the rewards of love, loyalty and security for the rest of your life!

*Sexual Intelligence* Createspace  
Independent Publishing Platform

Can sex survive monogamy? Yes, once you understand how sexual emotions

really work. This acclaimed, paradigm-shifting guide turns traditional sex therapy inside-out to reveal the hidden rules for great sex. Gentle, compassionate, and filled with compelling stories from Dr. Stephen Snyder's thirty years as a sex therapist working with over 1,500 individuals and couples, *Love Worth Making* is essential reading for anyone hoping to keep sexual inspiration alive in a committed relationship.