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Welcome to the world of She Comes First, where the mystery of female satisfaction is solved and the tongue is proven mightier

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Come, boy, sit down and rest." The boy obliges and the tree is very happy. I am the King by Leo Timmers One morning Tortoise is suddenly wearing a crown and he is very excited, thinking he is the king. His friends really have a laugh at that, but Billy Goat, Flamingo ...

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An indispensable aid to a healthier, more fulfilling sex life for her and him, She Comes First offers techniques and philosophy that have already earned raves from the likes of bestselling author and

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Loveline co-host Dr. Drew Pinsky as well
as Playgirl magazine, which cheers,
“ Hallelujah! ”

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Tell your guy to put down the remote and pick up She Comes First . ” —

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Cosmopolitan Ian Kerner offers a radical new philosophy for pleasuring women in *She Comes First*— an essential guidebook to oral sex from the author of *Be Honest—You 're Not That Into Him Either*. The New York Times praises Kerner 's “ cool sense of humor and an obsessive desire to inform, ” as he

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“ encourages men through an act that many find mystifying. ” An indispensable aid to a healthier, more fulfilling ...

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She Comes First (Paperback) The
Thinking Man's Guide to Pleasuring a
Woman (Kerner) By Ian Kerner. William
Morrow Paperbacks, 9780060538262,

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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

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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

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Guide To Pleasuring A Woman Kerner
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

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As women everywhere will attest, men are "ill-cliterate." Most guys know more about what's under the hood of a car than under the hood of a clitoris. But in the world of She Comes First, the mystery of female satisfaction is solved and the tongue is proven mightier than the sword.

According to sex therapist (and evangelist

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of the female orgasm) Ian Kerner, oral sex isn't just foreplay, it's coreplay: simply the best way to lead a woman through the entire process of arousal time and time again. Can you say "viva la vulva"? Fun and informative, She Comes First is a virtual encyclopedia of female pleasure, detailing dozens of tried-and-true

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techniques for consistently satisfying a woman and ensuring that sexual fulfillment is mutual.

“ Every man ’ s must-read. Tell your guy to put down the remote and pick up She Comes First. ” —Cosmopolitan Ian Kerner offers a radical new philosophy for

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pleasuring women in *She Comes First*—an essential guidebook to oral sex from the author of *Be Honest—You 're Not That Into Him Either*. The *New York Times* praises Kerner 's “ cool sense of humor and an obsessive desire to inform, ” as he “ encourages men through an act that many find mystifying. ” An indispensable

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aid to a healthier, more fulfilling sex life for her and him, She Comes First offers techniques and philosophy that have already earned raves from the likes of bestselling author and Loveline co-host Dr. Drew Pinsky as well as Playgirl magazine, which cheers, “ Hallelujah! ”

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Transform Yourself from "Passion Victim" to Passionista! In the smash hit She Comes First, Ian Kerner singlehandedly waged battle against male sexual "ill-cliteracy," and women everywhere benefited from his "viva la vulva" philosophy of female pleasure. Now, in Passionista, it's time to learn all about what turns men on—and

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Guide To Pleasuring A Woman Kerner makes them stay on. In this point-by-point, "blow-by-blow" guide, Kerner makes giving as much fun as receiving as he covers every angle of male sexuality, unlocks the secrets of satisfaction, and offers knowledgeable answers to the questions every woman wonders about. His advice is the closest you'll ever come to

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waking up in a guy's skin and knowing what truly makes him sexually tick.

Written in the same witty, insightful, and utterly readable voice that has made She Comes First and Be Honest—You're Not That Into Him Either so popular, Passionista is the empowered woman's guide to enjoying sex to the fullest—and

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ensuring that he does the same. 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.

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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 women, but in today's market there are too few good men to go

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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

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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!

Love, romance, and intimacy: they ' re

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Guide To Pleasuring A fundamental to the human experience.

That ' s why it ' s important to maintain a passionate, physical connection. This guide to pleasure helps couples do just that, giving them the power to revitalize their romance and keep the sexual heat turned way up to red-hot. Lovers can get more of what they want by poring through

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the visually-charged pages together, deciding what they 'd like to recreate, try, or look into a little more. It ' s a creative aid to expressing ideas that make many blush, and a great way to check on whether their desires are fully attuned. From lingerie and lubricants to sensual massages and seductive kissing, from the

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alchemy of aphrodisiacs to Tantra and the Kama Sutra, this captures the entire world of sexuality.

An essential exploration of why and how women ' s sexuality works—based on groundbreaking research and brain science—that will radically transform your

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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

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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

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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

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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

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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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Guide To Pleasuring A
Woman Kernel

An empowering book about standing your ground while dating, in marriage, in your career, and anywhere else. As an author and a coach who has been helping women for more than a decade, I noticed some women were in trouble. Not just in their relationships, some had unfulfilling jobs, didn't get paid what they were worth, had

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always dreamt of starting their own business but never did, felt lonely even though they had a husband and kids... the list goes on and on. So many women try to be the perfect girlfriends, wives, mothers, friends, sisters, colleagues, business owners, bosses, and more. They love to serve and want to succeed in the many roles they

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Guide To Pleasuring A Woman Kenner
have to play. They are compliant, even to the people who don't really deserve that kind of treatment. They give it all they have, every single day. Regardless of their tremendous efforts, some women get little in return. They feel used. They get men that keep flaking out, careers that don't feel meaningful, and possibly a body that

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starts to feel and look more and more tired. Did you ever notice that burnout tends to afflict women much more often than men? There's a reason for that, as you'll learn. This should stop. Some women seem to have found a loophole, a backdoor in the current system. There are women out there who have designed the

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life they live. I call these women the high-value women. This value has nothing to do with money. It turns out the high-value woman follows a set of strategies and principles. I'll share them with you throughout this book. You might have seen and met her. She's the woman who is self-employed, doing the thing she loves,

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and making a living off of it. She's the woman who might have decided to have a normal career, with a twist. It's the type of career she enjoys and she is actually appreciated for the hard work and hours she puts into it. When she speaks, others listen, even the men in her office with over-inflated egos. Her job almost never feels

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like work and is deeply fulfilling. It doesn't cost her energy; she gets energy from it. When she wakes up, she can't wait to get started with her day. She is the woman who has found and created herself a loving relationship with a man she loves. She is also the woman who is happily single, the woman who doesn't need a man to be

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happy. She has a supportive circle of great friends, and she has the time to hang out with them, even when she has kids. She knows how to set the world to her hand, so it seems, and some women wonder how she does it. That's what this book is about, I'll uncover her strategies. I've been studying and interviewing her for so long

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now that I can't wait to share everything with you. We'll dive in what to do in your romantic relationships, in your career, in your personal life, and most importantly, in your own mind. I'm sure you already are a high-value woman in many ways. Some parts of the book will reaffirm that you're on the right track; others will

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provide a new way of thinking to take you to the next level. Are you curious to find out how the high-value woman does it all? Then hit the buy button at the top of this page and start your high value woman journey right away!

A leading British journalist examines both

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male and female sexual climax throughout history from a biological, psychological, and literary perspective, exploring the ways in which the search for pleasure--and the converse fear of that pleasure--has shaped diverse societies. Reprint.

Having spent most of his life managing his

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servants—many of them prisoners from Rome ' s military conquests—he decided to write a kind of owner ' s manual for his friends and countrymen. The result, *The Roman Guide to Slave Management*, is a sly, subversive guide to the realities of servitude in ancient Rome. Cambridge scholar Jerry Toner uses Falx, his fictional

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but true-to-life creation, to describe where and how to Romans bought slaves, how they could tell an obedient worker from a troublemaker, and even how the ruling class reacted to the inevitable slave revolts. Toner also adds commentary throughout, analyzing the callous words and casual brutality of Falx and his compatriots and

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Putting it all in context for the modern reader. Written with a deep knowledge of ancient culture—and the depths of its cruelty—this is the Roman Empire as you 've never seen it before.

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