

Download Karen Brody Open Her

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Open Her-Karen Brody 2014-08-11 Open Her teaches a man how to embody 7 Masculine Archetypes to engage his woman in a deeper, more passionate dance of love. Each archetype brings a power and a gift, a secret key to his woman's love and desire. Open Her will inspire a man to love his masculinity and to know the power it holds to open a woman to ever deepening states of pleasure and love.

Open Her-Karen Brody 2014-02-24 Open Her teaches a man how to embody 7 Masculine Archetypes to engage his woman in a deeper, more passionate dance of love. Each archetype brings a power and a gift, a secret key to his woman's love and desire. Open Her will inspire a man to love his masculinity and to know the power it holds to open a woman to ever deepening states of pleasure and love.

Daring to Rest-Karen Brody 2017-11-01 What if you could reboot your health, tap into your creative self, reclaim your wild nature, lead from your heart—and still feel well rested? As modern women, we’re taught that we can do it all, have it all, and be it all. While this freedom is beautiful, it’s also exhausting. Being a “worn-out woman” is now so common that we think feeling tired all the time is normal. According to Karen Brody, feeling this exhausted is not normal—and it’s holding us back. In Daring to Rest, Brody comes to the rescue with a 40-day program to help you reclaim rest and access your most powerful, authentic self through yoga nidra, a meditative practice that guides you into one of the deepest states of relaxation imaginable. It’s time to lie down and begin the journey to waking up Though it comes from the yogic tradition, yoga nidra doesn’t look like a typical yoga class—the entire practice is done lying down. As you listen to a guided meditation, you’re gently taken into complete inner stillness, effortlessly releasing into a healing state that works on both cellular and subtle body levels. With Daring to Rest, Brody presents a comprehensive yoga nidra program that unfolds in three phases: rest for physical exhaustion, release for mental and emotional exhaustion, and rise for tuning in to the “life purpose exhaustion” that can come when we’re not in our full power. Each phase includes a downloadable yoga nidra guided meditation and supportive practices. “By directly accessing your subconscious mind, yoga nidra helps shift the long-held patterns that prevent you from stepping fully into your purpose and power,” writes Brody. “Now is the time to break the cycle of fatigue and return to your truest self—the woman you are when you’re not constantly exhausted.”

Dear Lover-David Deida 2009-04 Deida explores every aspect of the feminine practice of spiritual intimacy. Written as a collection of letters from a man to his “dear lover, “ this work is an invitation to practice love as a living art.

Dear Lover-David Deida 2009-04-10 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.

The Man's Guide to Women-John Gottman 2016-02-02 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.

The Chaos of Standing Still-Jessica Brody 2017-11-28 Ryn, eighteen, trapped by a massive blizzard in the Denver airport, meets some unique characters who help her cope with survivor’s guilt on the first anniversary of her best friend’s death.

Unremembered-Jessica Brody 2013-03-05 When Freedom Airlines flight 121 went down over the Pacific Ocean, no one ever expected to find survivors. Which is why the sixteen-year-old girl discovered floating among the wreckage—alive—is making headlines across the globe. Even more strange is that her body is miraculously unharmed and she has no memories of boarding the plane. She has no memories of her life before the crash. She has no memories period. No one knows how she survived. No one knows why she wasn’t on the passenger manifest. And no one can explain why her DNA and fingerprints can’t be found in a single database in the world. Crippled by a world she doesn’t know, plagued by abilities she doesn’t understand, and haunted by a looming threat she can’t remember, Seraphina struggles to piece together her forgotten past and discover who she really is. But with every clue only comes more questions. And she’s running out of time to answer them. Her only hope is a strangely alluring boy who claims to know her from before the crash. Who claims they were in love. But can she really trust him? And will he be able to protect her from the people who have been making her forget? From popular young adult author Jessica Brody, Unremembered is the start of a compelling and suspenseful new sci-fi series, set in a world where science knows no boundaries, memories are manipulated, and true love can never be forgotten.

Mothering and Daughtering-Eliza Reynolds 2013-04-01 Mothers and daughters share, and want, a bond for life—one that can remain positive and grow stronger with each passing year. Sil and Eliza Reynolds have designed a set of tools to assist you in nurturing that bond. If you're locked in a clash of wills or fear the prospect of getting into one, with Mothering and Daughtering you can learn how to build the foundation for a deep and lasting relationship that is a source of support, joy, and love throughout your lives. Offering you two breakthrough guides in one, Mothering and Daughtering was created to help you find and protect the unique treasure that is your relationship. For moms, Sil addresses the central task of stopping the cycle of separation and anxiety that plagues so many, drawing on her clinical expertise to nurture the skills of listening, boundary setting, mirroring, containing, and more. Turn the book over, and Eliza shares empowering advice to teens looking to keep it real with Mom while also finding strength in their own intuition, friendships, and dreams. Packed with practical exercises, activities, and lifesaving insights gleaned from Sil and Eliza's workshops, Mothering and Daughtering explores these essential topics and more: Your best friend known as your intuition Navigating the treacherous territories of comparison, performance, and perfectionism Dispelling the rejection myth Sex, positive discipline, and how to prevent a technological take-over Winning the body love battle Healing your emotional legacy Humor, truth, and love—instead of trying to be perfect Repairing ruptures and getting to the bottom of misunderstandings Locating your fundamental bond that always connects you beneath your daily squabbles “No one, nowhere, connects just like you,” write Sil and Eliza. Whether you are already thriving in your relationship or merely surviving, Mothering and Daughtering is an indispensable resource to honor and strengthen that one-of-a-kind connection through the years ahead.

Kiss Me Someone: Stories-Karen Shepard 2017-09-12 A New York Times Book Review Editors' Choice A Best Book of Fall at The Washington Post, BuzzFeed, BUST, and more "Dark yet sensitive explorations of family and love—of all kinds—from a masterful writer. The women at the centers of these stories are sharp-edged and complicated and irresistible; you won't be able to look away." —Celeste Ng Bold and unapologetic, Karen Shepard's Kiss Me Someone is inhabited by women who walk the line between various states: adolescence and adulthood, stability and uncertainty, selfishness and compassion. They navigate the obstacles that come with mixed-race identity and instabilities in social class, and they use their liminal positions to leverage power. They employ rage and tenderness and logic and sex, but for all of their rationality they're drawn to self-destructive behavior. Shepard's stories explore what we do to lessen our burdens of sadness and isolation; her characters, fiercely true to themselves, are caught between their desire to move beyond their isolation and a fear that it's exactly where they belong.

All the Houses-Karen Olsson 2015-11-03 A bittersweet, biting, sharply observed family drama from the author of Waterloo After her father has a heart attack and subsequent surgery, Helen Atherton returns to her hometown of Washington, D.C., to help take care of him and, perhaps more honestly, herself. She's been living in Los Angeles, trying to work in Hollywood, slowly spiraling into a depression fueled by hours spent watching C-SPAN-her obsession with politics a holdover from a childhood interrupted by her father's involvement in the Iran-Contra scandal. "I don't know whether to think of him as a conspirator or a complicit bystander or just someone who was in the wrong place at the wrong time." Though the rest of the world has forgotten that scandal, the Atherton family never quite recovered. While living with her father in her childhood home, Helen tries to piece together the political moves that pulled her family apart. All the Houses is, at its heart, a father-daughter story. With razor-sharp prose, an alluring objectivity, and a dry sense of humor, Karen Olsson writes about the shape-shifting of our family relationships when outside forces work their way in-how Washington turns people into unnatural versions of themselves, how problematic and overbearing sisters can be, and how familial nostalgia that sets in during early adulthood can prove counterproductive to actually becoming an adult.

Dying in the Wool-Frances Brody 2012-02-14 "Reminiscent of Dorothy L. Sayers and Agatha Christie with a thoroughly likeable protagonist and a plot that held me to the end." —Mignon F. Ballard, author of the Miss Dimple Kilpatrick Mystery Series "[D]ying in the Wool" introduces a refreshingly complex heroine and adds a fine feeling for the postwar period." —Kirkus Reviews Take one quiet Yorkshire village Bridgestead is a peaceful spot: a babbling brook, rolling hills and a working mill at its heart. Pretty and remote, nothing exceptional happens... Add a measure of mystery Until the day that Master of the Mill Joshua Braithwaite goes missing in dramatic circumstances, never to be heard of again. A sprinkling of scandal No Joshua's daughter is getting married and wants one last attempt at finding her father. Has he run off with his mistress, or was he murdered for his mounting coffers? And Kate Shackleton—amateur sleuth extraordinaire! Kate Shackleton has always loved solving puzzles. So who better to get to the bottom of Joshua's mysterious disappearance? But as Kate taps into the lives of the Bridgestead dwellers, she opens cracks that some would kill to keep closed...

How to Handle a Heartbreaker-Marie Harte 2014-08-05 "The second installment of the McCauley Brothers series is just as tantalizing as the first."—RT Book Reviews, 4.5 stars HE CAN'T GET HER OUT OF HIS HEAD It's lust at first sight when Brody Singer first lays eyes on Abby Dunn. The dark-haired beauty looks a lot like a woman he once knew, who died years ago. At first, Brody fears his attraction is a holdover from that secret crush, but Abby's definitely different. She's a lot shyer, a lot sexier, and despite her attempts to dissuade his interest, absolutely mesmerizing. SHE CAN'T GET HIM OUT OF HER BOOKS Abby isn't having it. She's still trying to put her last disastrous relationship behind her and overcome the flaws her ex wouldn't let her forget. But somehow Brody isn't getting the hint. It doesn't help that when writing her steamy novels, she keeps casting Brody as the hero. Brody is more than happy to serve as her muse and eager to help make sure her "research" is authentic. But when their research turns into something real...will she choose her own happily ever after? INTRODUCING...THE McCAULEY BROTHERS Welcome to the rough-and-tumble McCauley family, a tight-knit band of four bachelor brothers who work hard, drink beer, and relentlessly tease each other. When three independent women move in next door, all hell breaks loose. The McCauley Brothers Series: The Troublemaker Next Door How to Handle a Heartbreaker Ruining Mr. Perfect What to Do with a Bad Boy Praise for The McCauley Brothers series: "Funny, addicting, and full of hot sex scenes, leaving readers eager for the next McCauley novel."-Booklist "Filled with strong-willed characters. The love scenes...will make readers sweat."-RT Book Reviews, 4.5 stars, Top Pick! Gold

She Comes First-Ian Kerner 2019-10-10 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 cunninglus 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

NOW WHAT?-Dso 2019-08-27 Why did this happen to YOU? What can you do to fix it? What can you do to make sure it never happens again? How can you get over her and start over again? How do you even start to rebuild?

Brody's Vow-Kaylea Cross 2016-07-25 A trained assassin on the run. Trinity Durant isn't accustomed to relying on anyone for help. She's the deadliest of all her Valkyrie sisters, getting up close and personal for her kills. But this time, it's different. When she's injured on a job, she has no one to turn to except the handsome stranger holding a weapon on her. Since she needs to escape the city, she reluctantly accepts his help. Too late she realizes that he poses the biggest danger to her of all, by making her question everything about her life—and threatening her jaded heart. A man unwilling to walk away. When HRT sniper team leader Brody Colebrook heads home on medical leave for a well-deserved break, the last thing he expects is to stumble upon a mysterious woman in danger. She may be a stranger to him, but she's a friend of his commander's and now that Brody knows she's in trouble, he can't just leave her to be hunted down and executed. The moment he puts her in his truck it places them both in the crosshairs of a killer bent on revenge. She might trust Brody to have her back, but he wants far more than that. He wants everything she has to give, and he'll do whatever it takes to get it.

Consequential Strangers: The Power of People Who Don't Seem to Matter. . . But Really Do-Melinda Blau 2010-07-26 An examination of everyday peripheral people and their role in helping others to exercise different aspects of human character draws on interviews with specialists in a variety of disciplines to reveal the unexpected impact of consequential strangers on all aspects of life.

Chaotic Good-Whitney Gardner 2018 Cosplay, comic shops, and college applications collide in this illustrated novel from the author of "You're Welcome, Universe" that tackles online bullying and the pressure women have to conform in male-dominated spaces.

Flirtology-Jean Smith 2018-02-08 . How can I tell when someone is flirting with me?. How can I be a more confident flirt? . How do I avoid rejection? . Where are all the good men and women hiding? Flirtology is THE dating guide for the 21st century. In an age of swiping left and right, and hiding behind online profiles, this book shows you how to replace connectivity with connection. Flirtology debunks the myths that surround flirting in order to help you find love. It helps you to analyse what you are looking for in a potential partner, shows you how to practise your interaction skills and how to unlock your inner flirt. It will give you the confidence to speak to anyone, anywhere and get results - without ever compromising who you are. It's not about games, rules and tricks - it's about presenting your real self so that you will attract the right people for you. Jean Smith is a social and cultural anthropologist who specialises in the science of flirting. For over a decade she has been helping countless clients build their confidence and find love. Her Fearless Flirting tours and Guardian Masterclasses are hugely popular and regularly sell out. In Flirtology she brings you a fun, efficient and scientifically researched guide to finding your own perfect match.

What Women Want in a Man-Bruce Bryans 2013-03-13 How to Become the Man That Women Want to Love and Obey...in Every Way In order to attract and more importantly, KEEP a good woman in your life, you must become the kind of man that she simply can't live without. This is your only job as a man when it comes to dating and relating with women. You don't need a bunch of seduction techniques, mind games, or pick-up tactics to make a woman want you. Because quite frankly, no seduction technique in the world will turn a woman on and make her want you if she does not RESPECT you as a man. If a woman cannot respect you as a man, she

won't be able to trust you. If she isn't able to place her trust in you, she simply cannot fall in love or STAY in love with you. Discover the Secrets of What Women Want in a Man Most guys simply don't know what women want in a man. Because of this, they try all kinds of "seduction tactics" to attract women, and only end up with low-quality women and terrible relationships. If you ask the average guy what women want, he may say things like confidence, money, or ridiculous good looks, but all of these things are just the tip of the iceberg. Here's what women really want from men... Security. How to Get the Respect, Desire, and Unwavering Loyalty of a Woman If you can communicate to a woman that you're a man that can offer her security in the world, she will give you her heart and more. And get this, you don't need to be ridiculously good-looking or have a big bank account to make a woman feel secure with you. There's a much better (and easier) way, and that's what you'll discover inside What Women Want In A Man. In What Women Want In A Man you're going to learn: How to understand women and the one thing that you can improve about yourself to make a woman want you more. The reason why a really great woman is HARD-WIRED by NATURE to CHASE the kind of man that possesses several qualities that are rare in most men. (Hint: This is the key to understanding how women think) Ten ways in which you can IMMEDIATELY begin working on yourself to become an overpowering magnet for the woman of your dreams. How to be decisive and become a master at dealing with conflict while staying perfectly calm and poised. The unforgivable sin that can ruin your chances of getting (and keeping) a girlfriend. This is the thing that FORCES her to either want to DUMP YOU or CHEAT ON YOU without her understanding why. How to take control of your emotions in any situation and be the rock that she needs you to be. How to make a woman happy by being THE MAN in your relationship; you know - the one that "wears the pants." The reasons why the woman you want may put you in the friend zone, and how to avoid falling into this horrifying category. Why men who suffer from the nice guy syndrome have the most difficulties attracting and keeping a phenomenal woman to build an amazing relationship with. How to become an alpha male and become more assertive with women. This is the key to transforming yourself into the kind of man that she can confidently rely on and most importantly, RESPECT. How to silence your "inner weakling" and become so secure with yourself as a man that she won't be able to entertain the thought of being with some other guy. And much, much more... Would You Like to Know More? Get started right away and learn how to become the confident man that can naturally attract a high-quality woman and keep her "well-behaved." Scroll to the top of the page and select the 'buy button' now.

Eat Her Right-Brett Blair 2014-10-23 This modern and short guide will tell you exactly what you need to know in order to please your woman through the art of oral sex. Everything is covered from the "duh" to the details. Includes simple, step by step instructions giving you the skills you need to eat her right. Includes graphic and explicit detail of sexual techniques. Do not read if you are uncomfortable with explicit content.

The Geography of Lost Things-Jessica Brody 2019-12-03 In this romantic road trip story perfect for fans of Sarah Dessen and Morgan Matson, a teen girl discovers the value of ordinary objects while learning to forgive her absent father. A lot can happen on the road from lost to found... Ali Collins doesn't have room in her life for clutter or complications. So when her estranged father passes away and leaves her his only prized possession—a 1968 Firebird convertible—Ali knows she won't keep it. Not when it reminds her too much of all her father's unfulfilled promises. And especially not when a buyer three hundred miles up the Pacific coast is offering enough money for the car to save her childhood home from foreclosure. There's only one problem, though. Ali has no idea how to drive a stick shift. But her ex-boyfriend, Nico, does. The road trip gets off to a horrible start, filled with unexpected detours, roadblocks, and all the uncomfortable tension that comes with being trapped in a car with your ex. But when Nico starts collecting items from the quirky strangers they meet along the way, Ali starts to sense that these objects aren't random. Somehow they seem to be leading her to an unknown truth about her father. A truth that will finally prove to Ali that some things—even broken things—are worth saving.

Last One Home-Debbie Macomber 2015 A standalone novel by the best-selling author of the Blossom Street series traces the reunion of three disparate sisters, one responsible, one rebellious and one free-spirited, who reveal imperfections in their respective lives while mourning their mother's death.

Female Ejaculation and the G-spot-Deborah Sundahl 2003 Like men, women also can ejaculate, enhancing and intensifying their sexual pleasure. In an open, positive style, Deborah Sundahl presents information about female ejaculation including scientific findings, anatomical illustrations, historical accounts, a chapter on how men can help their female partners to ejaculate, and women’s and men’s experiences collected during the past two decades.

Brody-Kris Michaels 2021-03-15

Tony Northrup's DSLR Book: How to Create Stunning Digital Photography-Tony Northrup 2014-11-26 The top-rated and top-selling photography ebook since 2012 and the first ever Gold Honoree of the Benjamin Franklin Digital Award, gives you five innovations no other book offers: Free video training. 9+ HOURS of video training integrated into the book's content (requires Internet access). Travel around the world with Tony and Chelsea as they teach you hands-on. Appendix A lists the videos so you can use the book like an inexpensive video course.Classroom-style teacher and peer help. After buying the book, you get access to the private forums on this site, as well as the private Stunning Digital Photography Readers group on Facebook where you can ask the questions and post pictures for feedback from Tony, Chelsea, and other readers. It's like being able to raise your hand in class and ask a question! Instructions are in the introduction.Lifetime updates. This book is regularly updated with new content (including additional videos) that existing owners receive for free. Updates are added based on reader feedback and questions, as well as changing photography trends and new camera equipment. This is the last photography book you'll ever need.Hands-on practices. Complete the practices at the end of every chapter to get the real world experience you need.500+ high resolution, original pictures. Detailed example pictures taken by the author in fifteen countries demonstrate both good and bad technique. Many pictures include links to the full-size image so you can zoom in to see every pixel. Most photography books use stock photography, which means the author didn't even take them. If an author can't take his own pictures, how can he teach you? In this book, Tony Northrup (award-winning author of more than 30 how-to books and a professional portrait, wildlife, and landscape photographer) teaches the art and science of creating stunning pictures. First, beginner photographers will master: CompositionExposureShutter speedApertureDepth-of-field (blurring the background)ISONatural lightFlashTroubleshooting blurry, dark, and bad picturesPet photographyWildlife photography (mammals, birds, insects, fish, and more)Sunrises and sunsetsLandscapesCitiScapesFlowersForests, waterfalls, and riversNight photographyFireworksRaw filesHDRMacro/close-up photography Advanced photographers can skip forward to learn the pro's secrets for: Posing men and women, including corrective posing (checklists provided)Portraits (casual, formal, and underwater)Remotely triggering flashesUsing bounce flash and flash modifiersUsing studio lighting on any budgetGiving a temporary or permanent studio at homeShooting your first weddingHigh speed photographyLocation scouting/finding the best spots and timesPlanning shoots around the sun and moonStar trails (via long exposure and image stacking)Light paintingEliminating noiseFocus stacking for infinite depth-of-fieldUnderwater photographyGetting close to wildlifeUsing electronic shutter triggersPhotographing moving carsPhotographing architecture and real estate

A Woman's Guide to Conscious Love-Ann O'Brien 2020-01-29 This post-feminist love manual offers women relationship advice, energy healing, and tools for personal transformation through awakening true feminine power.

Open Heart, Open Mind-Tsoknyi Rinpoche 2012-04-03 In Open Heart, Open Mind, Tsoknyi Rinpoche—one of the most beloved of the contemporary generation of Tibetan Buddhist meditation masters—explains that a life free of fear, pain, insecurity, and doubt is not only possible, it’s our birthright. We long for peace, for the ability to love and be loved openly and freely, and for the confidence and clarity to meet the various challenges we face in our daily lives. Within each of us resides a spark of unparalleled brilliance, an unlimited capacity for warmth, openness, and courage, which Rinpoche identifies as “essence love.” Timeless and imperishable, essence love is often layered over by patterns of behavior and belief that urge us to seek happiness in conditions or situations that never quite live up to their promise. Drawing on rarely discussed teachings of Tibetan Buddhism, Rinpoche describes how such patterns evolve and offers a series of meditation exercises to help us unravel them and, in the process, reawaken an energy and exuberance that can not only bring lasting fulfillment to our lives but ultimately serve to enliven and inspire the entire world, as well. With great humor, intelligence, and candor, Tsoknyi Rinpoche also details his own struggles to reconnect with essence love. Identified at an early age as the incarnation of a renowned Tibetan master and subjected to a rigorous monastic training, he ultimately renounced his vows, married, and is now the father of two daughters. As he recounts his own efforts to strike a balance between the promptings of his heart and an obligation to preserve and protect the teachings of Tibetan Buddhism, Rinpoche provides a bridge between ancient wisdom and modern life, and encourages each of us to rediscover the openness, fearlessness, and love that is the essence of our own life.

Risky Game-Tracy Solheim 2014-05-06 In the next sizzling sports romance from the author of Foolish Games, Brody is at the top of his game... until Shannon changes the rules. Baltimore Blaze tight end Brody Janik is a natural-born football star. At twenty-seven, his record-breaking athletic performance and his cover-boy good looks have turned him into a household name. But Brody's hiding a major secret behind his charming public persona: a health condition that may cut his career short. PhD candidate Shannon "Shay" Everett works multiple jobs to put herself through school—including an unpaid internship with the Blaze training department. Strapped for cash, Shay answers the call of an NFL gossip blogger to uncover personal details about the Blaze players. Sneaking into the locker room one night, she gets entangled in Brody's secrets... and swept up by his charm. Brody isn't sure what to make of the gawky girl with the whiskey eyes, especially when he discovers she was snooping. His first instinct is to turn her in as a snitch, but she could destroy him by sharing his secret. Instead, he decides to keep her close...perhaps closer than either of them originally intended...

Mothering Addiction: A Parent's Story of Heartache, Healing, and Keeping the Door Open-Lynda Harrison Hatcher 2017-07-18 No one dreams of raising a drug addict. In Mothering Addiction, Lynda Harrison Hatcher tells the heart-wrenching story of her turbulent journey as the mother of a child who desperately struggled with a heroin addiction-a story of the daily tests, constant trials, and unending tribulations of raising a son whose life has been derailed by drugs. The mothering instinct is to fix, smooth over, repair, cover up, bandage, or, if all else fails, beat the crap out of anything that hurts our children. We think we can control what they eat, what they wear, their school, their friends. Then addiction lumbers in, sniffs the air for signs of weakness, licks its chops, sharpens its claws, and terrorizes us before knocking us flat and ripping our hearts out. Funny, sad, compelling and brave, Hatcher brings perspective and guidance to any parent struggling with a child whose life has been turned upside down.

The Fifth Trimester-Lauren Smith Brody 2017-04-04 The first three trimesters (and the fourth—those blurry newborn days) are for the baby, but the Fifth Trimester is when the working mom is born. A funny, tells-it-like-it-is guide for new mothers coping with the demands of returning to the real world after giving birth, The Fifth Trimester is packed with honest, funny, and comforting advice from 800 moms, including: •The boss-approved way to ask for flextime (and more money!) •How to know if it's more than "just the baby blues" •How to pump breastmilk on an airplane (or, if you must, in a bathroom) •What military science knows about working through sleep deprivation •Your new sixty-second get-out-of-the-house baby routine •How to turn your commute into a mini-therapy session •Your daycare tour or nanny interview, totally decoded

Great Sex-Michael Castleman 2008-04-01 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 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.

Yoni Shakti-Uma Dinsmore-Tuli 2020-07 Revised and updated edition, includes new preface: "Author's Warning"In this courageous and radical book, Uma Dinsmore-Tuli explores the sexual politics of yoga from a perspective that sees women's spiritual transformation as the most revolutionary force. Packed with fascinating real life stories and vibrant testimony, as well as history and philosophy and practical guidance, Yoni Shakti is about freedom and power, encompassing yoga, sex, health and spirituality. Always refreshing, irreverent and inspiring, Yoni Shakti brings womb yoga, Goddess-focused tantra and vibrant feminism together in an astonishingly potent combination.

The Benefits of Bad Decisions-Lisa Suzanne 2019-03-24 Bestselling author Lisa Suzanne's newest standalone rock star romance has a forbidden twist you won't see coming.After a bad decision lands me a role on a reality show, I expect it to be my big break as a TV star. Despite getting kicked off the first night, I land on my feet again when a talent agent who saw the show offers me an audition as back-up dancer for a popular rock band.Knowing this could be my stepping stone is exciting, but the real thrill is watching Brody bang on his drums every night. It's a bad idea for a dancer to hook up with a band member, but after he kisses me, I can't stay away.Facing the consequences was inevitable, and it only takes one scandalous mistake from my past to cause our complete destruction.Bad decision or not, I always manage to come out on top... until I don't.

Bad Boy Brody-Tijan 2019-11-10 From the New York Times bestselling author Tijan comes a new stand alone romance. One punch took him from Hollywood's Golden Boy to Bad Boy Brody. The media didn't care he was grieving his brother's death. They descended on him, but to change his reputation, his manager got him a deal. Act in an indie film, one that already had Oscar buzz, and he'd get the movie roles he needed to secure his future. He took the deal. Yet he wasn't prepared for the real-life people behind the script. He wasn't prepared for the murder the movie was based on. And he really wasn't prepared for her, the biggest secret of all. She was wild. She was beautiful. She defied gravity. But was she the leading role that would tame him?

Women's Anatomy of Arousal-Sheri Winston 2010

Get Inside Her-Marni Kinrys 2013-01-23

The Shape of Night-Tess Gerritsen 2020-06-30 A woman trying to outrun her past is drawn to a coastal village in Maine—and to a string of unsolved murders—in this novel of romance and psychological suspense from New York Times bestselling author Tess Gerritsen. "Suspenseful, sexy, and soulful."-J. R. Ward, bestselling author of the Black Dagger Brotherhood series After an unspeakable tragedy in Boston, Ava Collette flees to a remote village in Maine, where she rents an old house named Brodie's Watch. In that isolated seaside mansion, Ava finally feels at peace . . . until she glimpses the long-dead sea captain who still resides there. Rumor has it that

Captain Jeremiah Brodie has haunted the house for more than a century. One night, Ava confronts the apparition, who feels all too real, and who welcomes her into his world—and into his arms. Even as Ava questions her own sanity, she eagerly looks forward to the captain's ghostly visits. But she soon learns that the house she loves comes with a terrible secret, a secret that those in the village don't want to reveal: Every woman who has ever lived in Brodie's Watch has also died there. Is the ghost of Captain Brodie responsible, or is a flesh-and-blood killer at work? A killer who is even now circling closer to Ava? Praise for *The Shape of Night* "Gerritsen is at her atmospheric best in this spine-tingling tale of a lone woman, an old house, and all the secrets everyone tries to hide."—Lisa Gardner, #1 New York Times bestselling author "With a twisty mix of dangerous passion, obsession, and suspense, Tess Gerritsen reinvents the Gothic novel, giving it a razor-sharp, modern edge."—Jayne Ann Krentz, New York Times bestselling author of *Untouchable* "Curl up in your favorite reading chair and let Tess Gerritsen whisk you away to a coastal town reminiscent of Daphne du Maurier's best settings. You are in for a dark and sexy night, and you will be up very late with Tess's twisted, haunting tale."—Iris Johansen, #1 New York Times bestselling author

Straight Talk Tools for the Desperate Husband-Horsmon 2021-02-16 A collection of essays by Steve Horsmon, *Straight Talk Tools for the Desperate Husband* helps convert the anxious, immature, and insecure energy of a hummingbird into the confident, secure, unapologetic swagger of a mountain lion.

Fed Up-Gemma Hartley 2018-11-13 From Gemma Hartley, the journalist who ignited a national conversation on emotional labor, comes *Fed Up*, a bold dive into the unpaid, invisible work women have shouldered for too long—and an impassioned vision for creating a better future for us all. Day in, day out, women anticipate and manage the needs of others. In relationships, we initiate the hard conversations. At home, we shoulder the mental load required to keep our households running. At work, we moderate our tone, explaining patiently and speaking softly. In the world, we step gingerly to keep ourselves safe. We do this largely invisible, draining work whether we want to or not—and we never clock out. No wonder women everywhere are overtaxed, exhausted, and simply fed up. In her ultra-viral article "Women Aren't Nags—We're Just Fed Up," shared by millions of readers, Gemma Hartley gave much-needed voice to the frustration and anger experienced by countless women. Now, in *Fed Up*, Hartley expands outward from the everyday frustrations of performing thankless emotional labor to illuminate how the expectation to do this work in all arenas—private and public—fuels gender inequality, limits our opportunities, steals our time, and adversely affects the quality of our lives. More than just name the problem, though, Hartley teases apart the cultural messaging that has led us here and asks how we can shift the load. Rejecting easy solutions that don't ultimately move the needle, Hartley offers a nuanced, insightful guide to striking real balance, for true partnership in every aspect of our lives. Reframing emotional labor not as a problem to be overcome, but as a genderless virtue men and women can all learn to channel in our quest to make a better, more egalitarian world, *Fed Up* is surprising, intelligent, and empathetic essential reading for every woman who has had enough with feeling fed up.