

# Sex Talk - Carole Ph.d

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All the communication tools couples need to take their sex life to a new level. There you are, in the throes of passion, when suddenly, your partner shifts, just a tiny bit. Instead of plateauing, you begin to plummet. Communication is so important, but it's so difficult to tell your lover exactly what you want, exactly when you want it. Maybe you don't want to hurt his feelings, or make him think he isn't a good lover. Maybe you just don't know what words to use. Or maybe you don't even know what you want yourself, or you're embarrassed, or shy, or reluctant to ask. But sharing our sexual needs and wants will not only enhance sexual pleasure, it will enhance the love and the overall relationship as well. When we know what to say and feel comfortable enough to say the words needed to stimulate particular sexual activity, we feel safer and more contented. On the other hand, when we hold ourselves back, we may feel frustrated and even angry, feelings that are destructive to any relationship. Written by sex therapist Carole Altman (Electrify Your Sex Life), Sex Talk will give couples all the tools they need to communicate everything, including fantasies and fetishes, preferences and desires, in a way that will make their sex life even more exciting and explosive. Author: Ph.D, Carole Publisher: Sourcebooks Illustration: N Language: ENG Title: Sex Talk Pages: 00000 (Encrypted EPUB) On Sale: 2004-11-01 SKU-13/ISBN: 9781402251207 Category: Self-Help : Sexual Instruction

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