



Sexual Pleasure: Reaching New Heights of Sexual Arousal and Intimacy (Positively Sexual)

Barbara Keesling Ph.D.

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SEXUAL PLEASURE is for everyone interested in experiencing a deeply satisfying sex life. To experience deep sexual pleasure, you must explore your ability to enjoy - openly and sensually - basic human touch and relaxed, anxiety-free caressing. This book shows how to fully appreciate the pleasure of touching and being touched. SEXUAL PLEASURE encourages you to focus on your own sexual desire, rather than looking for ways to please your partner. This permission to be more in touch with what you enjoy actually leads to greater passion, sensitivity, and pleasure for both you and your partner.

The book includes the latest information and exercises on achieving mutual arousal and orgasm, including advanced lovemaking techniques such as shifting focus, peaking and plateauing. The exercises in the book can be used by people of any sexual orientation, and by those who have physical limitations, or who are just learning about their sexuality.

This new edition focuses more than ever on pleasure, contains two new chapters (one on oral sex, one on intercourse) and 20 new exercises. The text has a flowing reader-friendly approach. See Publishing History for further details of this revision.

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