

Access Free She Comes First  
The Thinking Man S Guide To  
Pleasuring A Woman Rar

***She Comes First  
The Thinking Man  
S Guide To  
Pleasuring A***

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The Thinking Man S Guide To

## ***Woman Rar***

*BECOMING ORGASMIC is the ideal book for any woman who has inhibitions about sex and wants to enhance the pleasure she gets from it. Whether*

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*you're married, or single,  
divorced or widowed, under 30  
or over 60, or somewhere in  
between, the programme  
presented in this book will help  
you feel comfortable with  
yourself and your ideas about*

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*sex. It will help you to:*

*Evaluate your sexual history  
and put it in perspective;  
explore your body through  
touch; understand the effects  
of pregnancy, menstruation,  
and menopause on sexual*

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*desire and response; be comfortable with your body and yourself as a woman; share self-discovery with your partner; overcome the fear of orgasm; explore ways to trigger an orgasm and learn*

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*about sex in the modern world  
- social expectations, personal  
values, and choosing a partner  
in the age of AIDS. A personal  
and sensitively written book,  
BECOMING ORGASMIC is  
designed to make you feel*

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*good about your sexuality and yourself.*

*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*

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*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 always dreamt of starting*



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*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,*

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*colleagues, business owners, bosses, and more. They love to serve and want to succeed in the many roles they have to play. They are compliant, even to the people who don't really deserve that kind of treatment.*

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*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*

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*possibly a body that 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.*

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*Some women seem to have found a loophole, a backdoor in the current system. There are women out there who have designed the life they live. I call these women the high-value women. This value has*

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*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.*

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*She's the woman who is self-employed, doing the thing she loves, 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*

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*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 like work and is*



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*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*

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*with a man she loves. She is also the woman who is happily single, the woman who doesn't need a man to be happy. She has a supportive circle of great friends, and she has the time to hang out with them, even*

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*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*

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*and interviewing her for so long 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*

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*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 provide a new way of thinking to take you to the next level.*

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*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!*

*Happy Couples Know How to*

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*Talk About Money The number one cause for divorce is financial infidelity. Now "The Money Couple" reveals the missing ingredient needed before any financial program or plan can work: healthy*

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*financial communication. This book tells you how to:  
Diagnose your level of financial infidelity Identify your individual Money Personality Master the Money Huddle and the Money Dump Achieve*



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*financial goals once and for all  
Written in the tone of a  
supportive and savvy friend  
who just happens to be a top  
sex expert, this invaluable  
guide explores: Redefining  
pleasure: why the quest for*

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*female orgasms is overhyped -  
and how to relax and truly  
enjoy sex, with or without them  
Discovering the female body's  
pleasure zones Communicating  
with a partner about what feels  
good (and what doesn't)*

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*Exercising and eating to  
improve your sex life Sex  
positions 101...and 201 A  
lifetime of pleasure: great sex  
after pregnancy, after fifty, and  
more  
Unrequited*

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*So Tell Me about the Last Time  
You Had Sex*

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

*The Secrets of Sexual  
Satisfaction*

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*A Man's Guide*

*Beautiful World, Where Are You*

**Love, romance, and intimacy:  
they're fundamental to the  
human experience. That's  
why it's important to  
maintain a passionate,  
physical connection. This**

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**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 the visually-charged**

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**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.**

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**From lingerie and lubricants to sensual massages and seductive kissing, from the alchemy of aphrodisiacs to Tantra and the Kama Sutra, this captures the entire world of sexuality.**

**As women everywhere will**



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**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**

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**proven mightier than the sword. According to sex therapist (and evangelist 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**

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**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 techniques for  
consistently satisfying a**

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**woman and ensuring that  
sexual fulfillment is mutual.  
The complete self-help book  
on cunnilingus for everyone  
who would like to enjoy  
cunnilingus—women and men!  
Sex educator Violet Blue tells  
you all you need to know to**

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**give and receive exquisite  
oral pleasure: \* For all  
women—heterosexual,  
lesbian, bisexual—and men  
who desire hot oral  
encounters \* How to  
introduce cunnilingus into  
your sexual repertoire \* How**

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**to negotiate oral sex with a  
reluctant partner \* Clear,  
illustrated guide to women's  
anatomy \* Helpful tips on  
preparation and  
hygiene—including shaving  
and waxing \* Building trust  
and talking about your**

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**desires \* Advanced positions  
and techniques \* Toys,  
games, fantasy and power  
play \* Complete guide to  
helpful resources—videos,  
books, and websites \* Plus,  
explicit stories of women  
enjoying cunnilingus by best-**

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**selling erotica author Alison  
Tyler**

**Ever wondered how to make a  
girl satisfied? How to make  
her scream with pleasure?  
How to get her super ready  
for you in in bed? Well,  
wonder no more! Ricky**

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**Santos got you covered with a simple and concise instruction into a woman's heart and body in HOW TO MAKE HER ORGASM.**

**Reminders of Him**

**Guide to Getting it On!**

**A Couple's Guide to Financial**

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**Communication**

**The Female Orgasm**

**Project: Happily Ever After**

**How to Go Down on a Women  
and Give Her Exquisite  
Pleasure**

**A Book about the Wonders of  
Sex**

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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*

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*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,*

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*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*

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*pleasure, and cunnilingus 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*

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*and contentment. It's also  
one of the greatest gifts of  
love a man can bestow upon a  
woman.' Ian Kerner*

*Now in paperback, renowned  
sex therapist Ian Kerner  
shares the unique and  
indispensable methodology he*

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*uses to help thousands of couples get unstuck and into sexual sync. Dr. Ian Kerner is a Sherlock Holmes of the bedroom--a sexual detective helping individuals and couples solve the mystery of their sexual distress. His*



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*secret weapon? Analyzing  
your "sex script." Kerner  
takes a magnifying glass to  
a recent sexual event,  
examining the entire  
sequence of  
interactions--beginning,  
middle, and end--from*

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*multiple angles. In those details--the what, where, when, and why of the last time you had sex--all the clues of what went wrong are revealed and the mystery of how to create mutual pleasure can be solved. When*

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*our sex scripts work, we lose ourselves in mutual pleasure; but when they fail, it's all we can do not to ruminate over the details. What can be learned by looking at your sex life in action? With wit and*

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*warmth, the nationally  
recognized sex therapist and  
author of the smash hit She  
Comes First shows readers  
how to tap into their erotic  
personalities and realize  
their sexual potential. Dr.  
Kerner provides the tools*

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*and techniques you need to assess, fix, and expand your sex scripts, as well as discuss many common sexual problems that get in the way of happy endings. With the help of decades of clinical insight, the latest sexual*

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*science and research,  
valuable homework  
assignments, case studies,  
and more, this insightful  
and original book strips  
away discomfort and offers  
couples not just the ability  
to talk about sex, but the*

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*ability to actually do  
something about it.*

*From the creator of the  
popular website Ask a  
Manager and New York's work-  
advice columnist comes a  
witty, practical guide to  
200 difficult professional*

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*conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations*



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*in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to*

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*say when • coworkers push  
their work on you—then take  
credit for it • you  
accidentally trash-talk  
someone in an email then hit  
“reply all” • you’re being  
micromanaged—or not being  
managed at all • you catch a*

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*colleague in a lie • your  
boss seems unhappy with your  
work • your cubemate's loud  
speakerphone is making you  
homicidal • you got drunk at  
the holiday party Praise for  
Ask a Manager "A must-read  
for anyone who works . . .*

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*[Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you*

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*work.”—Booklist (starred review) “The author’s friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers’ lives. Ideal for*

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*anyone new to the job market  
or new to management, or  
anyone hoping to improve  
their work  
experience.”—Library Journal  
(starred review) “I am a  
huge fan of Alison Green’s  
Ask a Manager column. This*

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*book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor.”—Robert Sutton, Stanford professor*

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*and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."*—Erin Lowry, author of



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*Broke Millennial: Stop  
Scraping By and Get Your  
Financial Life Together*  
A new, practical workbook  
from the New York Times  
bestselling author of *Come  
As You Are* that allows you  
to apply the book's

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*groundbreaking research and understanding of why and how women's sexuality works to everyday life. In the twentieth century, women's sexuality was seen as "Men's Sexuality Lite": basically the same, but not quite as*

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*good. From genital response to sexual desire to orgasm, we just couldn't understand that complicated, inconsistent, crazy-making "lady business." That is, until Emily Nagoski changed the game with her New York*

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*Times bestseller, Come As You Are. Using groundbreaking science and research, she proved that the most important factor in creating and sustaining a sex life filled with confidence and joy is not*

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*what the parts are or how they're organized, but how you feel about them. Which means that things like stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing;*

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*they are central to it. And, that even if you don't yet feel that way, you are already sexually whole. Nagoski's book changed countless women's lives and approaches to sex, and now she offers the next step.*

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*The Come As You Are Workbook is a practical companion to this bestselling guide, filled with new activities, prompts, and thought-provoking examples to help you exercise and expand on the knowledge you've*

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*learned. This collection of worksheets, journaling prompts, illustrations, and diagrams is a practical and engaging companion for anyone who wants to further their understanding of their own bodies and sex lives.*



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*Raise Your Standards and  
Reach for the Love You  
Deserve*

*The Silent Patient*

*How to Navigate Clueless  
Colleagues, Lunch-Stealing  
Bosses, and the Rest of Your  
Life at Work*

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*The Universe's Coolest and  
Most Informative Book about  
Sex for Adults of All Ages  
A Practical Guide to the  
Science of Sex  
Guide to Getting it on  
Why Orgasm Equality  
Matters--And How to Get It*

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**A fully revised and  
updated edition of the  
category leader.**

**Includes two new  
chapters and 5 new  
illustrations.**

**Meet Dolores Price.**

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**She's thirteen, wise-  
mouthed but wounded.  
Beached like a whale in  
front of her bedroom TV,  
she spends the next few  
years nourishing herself  
with the chocolate,**

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**crisps and Pepsi her  
anxious mother supplies.  
When she finally rolls  
into young womanhood at  
257 pounds, Dolores is  
no stronger and life is  
no kinder. But this time**

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she's determined to rise  
to the occasion and give  
herself one more chance  
before really going  
belly up. In his  
extraordinary coming-of-  
age odyssey, Wally Lamb

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**invites us to hitch an  
incredible ride on a  
journey of love, pain,  
and renewal with the  
most heartbreakingly  
comical heroine to come  
along in years. At once**

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**a fragile girl and a  
hard-edged cynic, so  
tough to love yet so  
inimitably loveable,  
Dolores is as poignantly  
real as our own  
imperfections.**

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**She Comes First: The  
Thinking Man's Guide to  
Pleasuring a Woman  
(2004) is a complete and  
detailed guidebook for  
performing cunnilingus.  
Author and sex counselor**

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**Ian Kerner argues that women require prolonged and consistent clitoral stimulation to achieve orgasm, which can best be provided through oral sex...Purchase this in-**

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**depth analysis to learn  
more.**

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Pleasuring a Woman  
The Thinking Woman's  
Guide to Romantic**

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**Obsession**

**The Empowered Woman's  
Guide to Pleasuring a  
Man**

**She Comes First**

**Mind the Gap**

**Laying Bare and Learning**

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**to Repair Our Love Lives**

**Pleasure**

**The Ultimate Guide to  
Cunnilingus**

*Alice in Wonderland (also  
known as Alice's*

*Adventures in Wonderland),*

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*from 1865, is the peculiar and imaginative tale of a girl who falls down a rabbit-hole into a bizarre world of eccentric and unusual creatures. Lewis Carroll's prominent*

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*example of the genre of  
"literary nonsense" has  
endured in popularity with  
its clever way of playing  
with logic and a narrative  
structure that has  
influence generations of*

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*fiction writing.*

**THE NEW YORK TIMES**

**BESTSELLER** *One of The New  
York Times Book Review's  
10 Best Crime Novels of  
2016! The blockbuster  
thriller for those who*



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*loved The Girl on the  
Train and The Widow... "[A]  
finely crafted novel with  
a killer twist."--#1 New  
York Times bestselling  
author Paula Hawkins On a  
rainy afternoon, a*

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*mother's life is shattered  
as her son slips from her  
grip and runs into the  
street... I Let You Go  
follows Jenna Gray as she  
moves to a ramshackle  
cottage on the remote*

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*Welsh coast, trying to  
escape the memory of the  
car accident that plays  
again and again in her  
mind, desperate to heal  
from the loss of her child  
and the rest of her*

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*painful past. At the same time, the novel tracks the pair of Bristol police investigators trying to get to the bottom of this hit-and-run. As they chase down one hopeless lead*

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*after another, they find themselves as drawn to each other as they are to the frustrating, twist-filled case before them. Covers many aspects of adult human sexuality,*

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*with a brief historical  
and educational overview  
of the body and detailed  
descriptions of various  
techniques, acts, and  
fantasies.*

*“Readers curious about the*

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*making of Renaissance art,  
its cast of characters and  
political intrigue, will  
find much to relish in  
these pages.” –Wall Street  
Journal Giorgio Vasari  
(1511–1574) was a man of*

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*many talents—a sculptor,  
painter, architect,  
writer, and scholar—but he  
is best known for Lives of  
the Artists, which  
singlehandedly established  
the canon of Italian*



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*Renaissance art. Before Vasari's extraordinary book, art was considered a technical skill, and artists were mere decorators and craftsmen. It was through Vasari's*

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*visionary writings that  
Raphael, Leonardo, and  
Michelangelo came to be  
regarded as great masters  
of life as well as art,  
their creative genius  
celebrated as a divine*

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*gift. Lauded by Sarah  
Bakewell as "insightful,  
gripping, and thoroughly  
enjoyable," The Collector  
of Lives reveals how one  
Renaissance scholar  
completely redefined how*

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we look at art.

*A Novel*

*Saving Your Marriage When  
the Fairytale Falters  
Totally explicit  
techniques every woman  
wants her man to know*

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*Come as You Are*

*Psychology, Physiology,  
Fantasy*

*He Comes Next*

*First Comes Love, Then  
Comes Money*

Transform Yourself from

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"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"

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philosophy of female pleasure. Now, in *Passionista*, it's time to learn all about what turns men on and makes them stay on. In this point-by-point, "blow-by-blow" guide, Kerner makes giving as much fun as receiving

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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 so popular, Passionista

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is the empowered woman's  
guide to enjoying sex to the  
fullest

A totalitarian regime has  
ordered all books to be  
destroyed, but one of the book  
burners suddenly realizes their

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merit.

**\*\*THE INSTANT #1 NEW YORK  
TIMES BESTSELLER\*\*** "An  
unforgettable—and Hollywood-  
bound—new thriller... A mix of  
Hitchcockian suspense, Agatha  
Christie plotting, and Greek

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tragedy." —Entertainment Weekly The Silent Patient is a shocking psychological thriller of a woman's act of violence against her husband—and of the therapist obsessed with uncovering her motive. Alicia

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Berenson's life is seemingly perfect. A famous painter married to an in-demand fashion photographer, she lives in a grand house with big windows overlooking a park in one of London's most desirable

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areas. One evening her husband Gabriel returns home late from a fashion shoot, and Alicia shoots him five times in the face, and then never speaks another word. Alicia's refusal to talk, or give any kind

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of explanation, turns a domestic tragedy into something far grander, a mystery that captures the public imagination and casts Alicia into notoriety. The price of her art skyrockets, and she,

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the silent patient, is hidden away from the tabloids and spotlight at the Grove, a secure forensic unit in North London. Theo Faber is a criminal psychotherapist who has waited a long time for the



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opportunity to work with Alicia. His determination to get her to talk and unravel the mystery of why she shot her husband takes him down a twisting path into his own motivations—a search for the truth that

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threatens to consume him....

Blending memoir, literary exposition, and revealing case studies, *Unrequited* is a powerful, surprising, and empathetic cultural and psychological exploration of

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one-sided romantic obsession. The summer Lisa A. Phillips turned thirty, she fell in love with someone who didn't return her feelings. She soon became obsessed. She followed him around, called

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him compulsively, and talked about him endlessly. One desperate morning, after she snuck into his apartment building, he picked up a baseball bat to protect himself and began to dial 911. Her

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unrequited love had changed her from a sane, conscientious college teacher and radio reporter into someone she barely recognized—someone who was taking her yearning much too far. In *Unrequited*,

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Phillips explores the tremendous force of obsessive love in women's lives. She argues that it needs to be understood, respected, and channeled for personal growth—yet it also has the

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potential to go terribly awry. Interweaving her own story with frank interviews and in-depth research in science, psychology, cultural history, and literature, Phillips describes how romantic

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obsession takes root, grows, and strongly influences our thoughts and behaviors. Going beyond images of creepy, fatally attracted psychos, male fantasies of unbridled female desire, and the platitudes of



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self-help books, Phillips reveals a powerful, troubling, and surprisingly common phenomenon. As she illuminates this mysterious psychological experience, placing it in a rich and nuanced

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context, she offers compelling insights to help any woman who has experienced unrequited obsessive love and been mystified and troubled by its grip.

Analysis of Ian Kerner's She

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Comes First by Milkyway Media  
Pleasuring  
Period  
The Truth about Desire, and  
How to Futureproof Your Sex  
Life  
An Extraordinary Orgasm

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Guide**

the bestselling guide to the  
new science that will transform  
your sex life

Becoming Cliterate

**A bookburner official in a future  
fascist state finds out books are a**

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vital part of a culture he never knew.  
He clandestinely pursues reading,  
until he is betrayed.

A troubled young mother yearns for a  
shot at redemption in this  
heartbreaking yet hopeful story from  
#1 New York Times bestselling author  
Colleen Hoover. After serving five

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years in prison for a tragic mistake, Kenna Rowan returns to the town where it all went wrong, hoping to reunite with her four-year-old daughter. But the bridges Kenna burned are proving impossible to rebuild. Everyone in her daughter's life is determined to shut Kenna out,

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no matter how hard she works to prove herself. The only person who hasn't closed the door on her completely is Ledger Ward, a local bar owner and one of the few remaining links to Kenna's daughter. But if anyone were to discover how Ledger is slowly becoming an

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important part of Kenna's life, both would risk losing the trust of everyone important to them. The two form a connection despite the pressure surrounding them, but as their romance grows, so does the risk. Kenna must find a way to absolve the mistakes of her past in



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order to build a future out of hope and healing.

Ever felt confused about female sensuality? Puzzled as to what women really want? Now there is no need for guesswork. Packed full of tips and tricks How to Give Her Absolute Pleasure is sure to produce

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mind-blowing sex for both you and your partner. Written by one of America's most popular sexperts' Lou Paget, How to Give Her Absolute Pleasure will guide you all the way from foreplay to orgasm. Drawing on the experiences of real clients, Paget explains the best toys, lubricants and

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positions so you can start enjoying safe, breath-taking sex today.

A heartbreaking and hilarious memoir by iCarly and Sam & Cat star Jennette McCurdy about her struggles as a former child actor—including eating disorders, addiction, and a complicated relationship with her

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overbearing mother—and how she retook control of her life. Jennette McCurdy was six years old when she had her first acting audition. Her mother's dream was for her only daughter to become a star, and Jennette would do anything to make her mother happy. So she went along

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with what Mom called “calorie restriction,” eating little and weighing herself five times a day. She endured extensive at-home makeovers while Mom chided, “Your eyelashes are invisible, okay? You think Dakota Fanning doesn’t tint hers?” She was even showered by Mom until age

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sixteen while sharing her diaries, email, and all her income. In I'm Glad My Mom Died, Jennette recounts all this in unflinching detail—just as she chronicles what happens when the dream finally comes true. Cast in a new Nickelodeon series called iCarly, she is thrust into fame. Though Mom

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is ecstatic, emailing fan club moderators and getting on a first-name basis with the paparazzi (“Hi Gale!”), Jennette is riddled with anxiety, shame, and self-loathing, which manifest into eating disorders, addiction, and a series of unhealthy relationships. These issues only get

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worse when, soon after taking the lead in the iCarly spinoff Sam & Cat alongside Ariana Grande, her mother dies of cancer. Finally, after discovering therapy and quitting acting, Jennette embarks on recovery and decides for the first time in her life what she really wants. Told with



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refreshing candor and dark humor,  
I'm Glad My Mom Died is an inspiring  
story of resilience, independence,  
and the joy of shampooing your own  
hair.

Ask a Manager

An Empowering Book About Standing  
Your Ground While Dating, in

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Marriage, in Your Career and  
Anywhere Else.

The Come as You Are Workbook

Secret Maps to Buried Pleasure

I'm Glad My Mom Died

Becoming Orgasmic

Passionista

Transform Yourself from

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"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

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female pleasure. Now, in  
Passionista, it's time to learn all  
about what turns men on—and  
makes them stay on. In this point-  
by-point, "blow-by-blow" guide,  
Kerner makes giving as much  
fun as receiving as he covers

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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 waking up in

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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,

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Passionista is the empowered woman's guide to enjoying sex to the fullest—and ensuring that he does the same.

A NEW YORK TIMES  
BESTSELLER An essential  
exploration of women ' s sexuality

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that will radically transform your sex life into one filled with confidence and joy. After all the books that have been written about sex, all the blogs and TV shows and radio Q&As, how can it be that we all still have so



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many questions? The frustrating reality is that we 've been lied to – not deliberately, it ' s no one ' s fault, but still. We were told the wrong story. Come as You Are reveals the true story behind female sexuality, uncovering the

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little-known science of what makes us tick and, more importantly, how and why. Sex educator Dr Emily Nagoski debunks the common sexual myths that are making women (and some men!) feel inadequate

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between the sheets. Underlying almost all of the questions we still have about sex is the common worry: ‘ Am I normal? ’ This book answers with a resounding Yes! We are all different, but we are all normal –

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and once we learn this, we can  
create for ourselves better sex  
and more profound pleasure  
than we ever thought possible.  
PRAISE FOR EMILY NAGOSKI  
' As a literary work, Nagoski ' s  
book deserves plaudits for the

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rare achievement of merging pop science and the sexual self-help genre in prose that 's not insufferably twee ... "You are normal!" doesn ' t sound much like a battlecry, but in a world keen to sexually homogenise women

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from the gap of their thighs to the  
shape of their mons pubis, the  
sentiment lands like a bomb. ’

The Guardian ‘ Come As You Are  
screams female empowerment  
loud and proud. ’ The  
Independent

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“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 pleasuring women in She Comes First—an essential

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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



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act that many find mystifying.” 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

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

AN INSTANT #1 NEW YORK TIMES BESTSELLER Beautiful World, Where Are You is a new

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novel by Sally Rooney, the  
bestselling author of Normal  
People and Conversations with  
Friends. Alice, a novelist, meets  
Felix, who works in a warehouse,  
and asks him if he 'd like to travel  
to Rome with her. In Dublin, her

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best friend, Eileen, is getting over a break-up, and slips back into flirting with Simon, a man she has known since childhood. Alice, Felix, Eileen, and Simon are still young—but life is catching up with them. They

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desire each other, they delude  
each other, they get together,  
they break apart. They have sex,  
they worry about sex, they worry  
about their friendships and the  
world they live in. Are they  
standing in the last lighted room

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before the darkness, bearing  
witness to something? Will they  
find a way to believe in a  
beautiful world?

Alice in Wonderland

Women's Anatomy of Arousal

She's Come Undone

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She Comes First - Reclaim Your  
Power! - a Guide for Sassy  
Women Who Want to Get Back  
in Control of Their Life  
I Love Female Orgasm  
A Woman's Guide to Getting the  
Sex You Want, Need and

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Deserve

The Thinking Man's Guide to  
Pleasuring a Woman  
**Offers up-to-date information for men  
on more than 130 sexual topics from  
techniques to sexual harassment,  
presenting advice on such areas as**



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The Thinking Man S Guide To  
Pleasuring A Woman Bar**

**reading a woman's body signals, how to  
avoid crossing the line, and more.**

**Reprint.**

**Whether you're celebrating your  
thousandth female orgasm, searching  
for your first, or cheering on your  
girlfriend or wife, women and men  
across the country agree: I Love Female**

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**Orgasm! I Love Female Orgasm is  
crammed with everything you want to  
know about the big O, including: How  
to have an orgasm during  
intercourse--and why most women don't  
Directions on finding your way to the G-  
spot Detailed advice on how to have  
your first orgasm Advice for better oral**

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**sex Tips on surfing waves of multiple orgasms (even if you usually have just one) The truth about female ejaculation (yes, it exists!) Answers to your questions about vibrators, sex toys, piercings, and more The real deal on orgasms for lesbian, bisexual, and queer women An entire chapter for men on**

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**how to turn her on and get her off Plus tips for partners in every chapter Solot and Miller have spoken to thousands of men and women and surveyed thousands more about their experiences with female orgasm. Here they share all that they've learned--plus give you a sneak peek behind bedroom doors as**

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**women and men share their favorite moves, mistakes to avoid, and best "oh, yeah!" moments. span**

**We've been thinking about sex all wrong. Mainstream media, movies, and porn have taught us that sex = penis + vagina, and everything else is just secondary. Standard penetration is how**

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**men most reliably achieve orgasm. The problem is, women don't orgasm this way. We've separated our most reliable route to orgasm—clitoral stimulation—from how we feel we should orgasm—penetration. As a result, we've created a pleasure gap between women and men: 50% of 18-35-year-old women**

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**say they have trouble reaching orgasm with a partner 64% of women vs 91% of men said they had an orgasm at their last sexual encounter 55% of men vs. 4% of women say they usually reach orgasm during first-time hookup sex In Becoming Cliterate, psychology professor and human sexuality expert**

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**Dr. Laurie Mintz exposes the broader cultural problem that's perpetuating this gap, and what we can do about it. Pulling together evidence from biology, sociology, linguistics, and sex therapy into one comprehensive, accessible, and prescriptive book, *Becoming Cliterate* features: Cultural & historical analysis**

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**of female orgasm (spoiler: the  
problem's been going on for ages) An  
anatomy section (it's all custom under  
the hood) Proven techniques for  
cliterate sex (it starts with training the  
sex organ between your ears) A  
comprehensive final chapter for men  
(because you don't have to have a**

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**clitoris to be cliterate) By dispelling the lies, misunderstandings, and myths that have been holding us back, Becoming Cliterate tackles both personal and political problems and replaces them with updated outlooks and practical skills needed to change our collective perspective on sex. It's time to finally**

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**inform women and men on how to have satisfying experiences in bed that benefit both parties. The revolution is cuming—and Becoming Cliterate offers a radical, simple solution to progress and pleasure for all.**

**'This book taught me so much about female desire. A must read!' Cherry**

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**Healey Did you know that there is an orgasm gap of around 30% between heterosexual couples when they have sex? In Mind The Gap, Dr Karen Gurney, a clinical psychologist and certified psychosexologist, explores not just this gap, but the gaps in our knowledge of so much of the most**

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**important new science around sex and desire. In this book, you will learn that nearly everything that you've been led to believe about female sexuality isn't actually true. And that, despite what you might think, it is possible to simultaneously feel little to no spontaneous desire and have a happy**

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**and mutually satisfying sex life long term. Exploring the mismatch between ideas about sex in our society and what the science tells us, Mind The Gap also explains how this disconnect lies at the root of many of our sexual problems. Combining science with case studies, practical exercises and tips, this is a**

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**book for anyone who wants to better  
understand the mechanics of desire and  
futureproof their sex life, for life.**

**The Collector of Lives: Giorgio Vasari  
and the Invention of Art**

**I Let You Go**

**A sexual and personal growth  
programme for women**

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**How To Give Her Absolute Pleasure**

**How to Make Her Orgasm**

**Fahrenheit 451**

**Sex**

What do you do when your marriage is so unhappy that you begin to fantasize about your



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husband's funeral? That's how bad it got for Alisa Bowman. . . So she launched a last-ditch effort to save her marriage. Project: Happily Ever After is her fearlessly honest and humorous account of how she went from being a “divorce daydreamer”

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to renewing her wedding  
vows—and all of the steps in  
between. From bikini waxes to  
erotica, romance instruction  
manuals to second honeymoons,  
the silent treatment to power  
struggles, she goes where many

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marriage-improvement gurus have feared to tread. Equal parts funny, poignant, and most importantly, useful, Bowman's story will give other miserably-married folks courage and hope. And in addition to telling her own story, she packs

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straightforward prescriptive  
guidance, including a “10-Step  
Marital Improvement Guide.”

Readers will laugh. They'll cry. And  
they can start on the road toward  
their own happy ending!

'I wish this book had been written

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before I stopped having them. I might have enjoyed them more! It's brilliant, informative and funny. Period.' Jennifer Saunders 'I want to hear what Emma Barnett says about everything, and this terrific and timely book proves to be no

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exception.' Elizabeth Day

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

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standards and dated him in the meantime. 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

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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 around (or so it appears). Now Dr. Ian Kerner, clinical sexologist and author of the smash



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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!