

Existential Kink Unmask Your Shadow And Embrace Your Power A Method For Getting What You Want By Getting Off On What You Dont

The Coitus Chronicles Astrology for Real Life Existential Kink Pussy Embrace Your Weird Divine Nature The Ultimate Guide to Kink Trauma and Addiction Aphrodite's Daughters Decoding Your Kink Rocket Fuel A Century of Spells Becoming a Kink Aware Therapist Mental Wealth F*ck Like a Goddess Unbound Liberation Into Orgasm Prerequisites to Ecstasy I Can't Believe It's Not Better How to Not Always Be Working Sudden Awakening The Book of the Courtesans Thinking Kink The Dark Secret Century of Spells The Book of Awakening Qoya The Creative Doer Your Brain on Sex The Donut King 365 Days of Kink: a Journal of Sexy Self-Discovery Priestess of Avalon Awaken Your Genius Pro-Domme A Century of Spells Edge Play On, Off Tea and Cake with Demons Young Witch 101 Kink 101

The Coitus Chronicles

Astrology for Real Life

"I felt as if I had had a cathartic emotional experience not by talking but by following Ms. Roxo's coaching to tune into my energy and desire." —New York Times What if your deepest fears and wounds were the KEY to living a turned on, passionate life, sharing your gifts with the world, and having mind-blowing orgasms along the way? And what if you could embrace all of you—all of your messy, wild, raw, sensual self—exactly as you are right now AND still feel good? This is what it means to f*ck like a goddess—literally and metaphorically. To let life make love to you and enjoy every bit, even the parts that hurt, and to find the magic in all of it. And this is your birthright. So why is it so damn hard for women to simply feel comfortable in their own skin, let alone feel strong and secure enough to freely share their gifts with the world? "Because each of us has been conditioned, programmed, and literally brainwashed into thinking we are not enough," writes Alexandra Roxo, "and it is up to us to rewrite that story." A prominent voice in transformational healing and the divine feminine, Roxo shares tried-and-true methods that have led to both her own healing and that of hundreds of her coaching clients over the years. "We are in need of an uprising of bold, wild women who have reclaimed their bodies and stand in their sacred sexuality for them," she writes. "As women, we need to liberate our voices, step into total security within ourselves, and fully own our raw, sensual power, finally letting go of the shame, guilt, denial, and repression that's been put upon us." The methods in this book will inspire you, challenge you, bring up your resistance, and unleash your gifts. It won't always be easy, but if you do the work, you'll discover what it really feels like to f*ck like a goddess.

Existential Kink

Pussy

An instant New York Times bestseller In Embrace Your Weird, New York Times bestselling author, producer, actress, TV writer, and award-winning web series creator, Felicia Day takes you on a journey to find, rekindle, or expand your creative passions. Including Felicia's

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personal stories and hard-won wisdom, *Embrace Your Weird* offers: —Entertaining and revelatory exercises that empower you to be fearless, so you can rediscover the things that bring you joy, and crack your imagination wide open —Unique techniques to vanquish enemies of creativity like: anxiety, fear, procrastination, perfectionism, criticism, and jealousy —Tips to cultivate a creative community —Space to explore and get your neurons firing Whether you enjoy writing, baking, painting, podcasting, playing music, or have yet to uncover your favorite creative outlet, *Embrace Your Weird* will help you unlock the power of self-expression. Get motivated. Get creative. Get weird.

Embrace Your Weird

In 1975, a Cambodian refugee named Ted Ngoy and his family arrived in Southern California penniless. Less than a decade later, he was a multimillionaire at the helm of an unlikely empire of independent donut shops that continue to dominate the West Coast and fend off advances by large chains such as Dunkin' Donuts. Then he lost it all. It wasn't the first time, and it wouldn't be the last. Racked with guilt, homeless in his sixties, and supporting two small children, he set out to build a new life. Ngoy's story is one of survival, hard knocks, and the indomitable spirit of a singular man with unparalleled vision. He has gone from rich to poor not once, but three separate times. Making money is easy, he says, but keeping your priorities straight can be a challenge. A survivor of the Cambodian civil war and one-time friend of American presidents and senators, he is a savvy businessman who changed the face of two countries and brought hope to his people. But he has also been plagued by the twin dragons of pride and gambling addiction. In *THE DONUT KING*, he shares his story of ups and downs and imparts invaluable lessons on success, ambition, love, and redemption with artistry and refreshing honesty.

Divine Nature

A smart, sexy guide to embracing the repressed, tabooed, and often unwanted aspects of ourselves so we can discover our inner power and finally live the life we deserve. “We always get exactly what we want; but often, though we may not be aware of it, what we most want is dark—very dark.” Each of us has a dual nature: we are light (conscious) and dark (unconscious). The dark side of our personality—the “other,” the shadow side—is made up of what we think is our primitive, primal, negative impulses—our “existential kink.” Our existential kink also drives the dark or negative repeating patterns in our life: always choosing the abusive partner or boss, settling for less, thinking that we’re undeserving, not worthy. But it also is the source of our greatest power. In *Existential Kink*, Carolyn Elliott, PhD, offers a truth-telling guide for bringing our shadow into the light. Inviting us to make conscious the unconscious, Elliott asks us to own the subconscious pleasure we get from the stuck, painful patterns of our existence. *Existential Kink* provides practical advice and meditations so we truly see our shadow side’s “guilty pleasures,” love and accept them, and integrate them into our whole being. By doing so, Elliott shows, we bring to life the raw, hot, glorious power we all have to get what we really want in our lives.

The Ultimate Guide to Kink

Offers the author's insights into friendship, love, and survival in this guide to awakening to the joy of life.

Trauma and Addiction

This book is a quiet revolution, a guide filled with practical advice to help you curb your obsessions and build boundaries between your work, your job, and your life. From business anecdotes about fulfilling orders to more personal stories about Marlee Grace's recovery from divorce and addiction, this book is full of wisdom and resilience, with plenty of discussion about ritual and routine as ways to create effective and positive creative life change. In her workshops on healing and creative process, Grace helps people acknowledge their blocks and address them by setting distinct parameters that change their behavior. Now, she brings her methods and ideas to the wider world, offering all of us concrete ways to break free from our devices and focus on what's really important—our own aliveness. Part workbook, part advice manual, part love letter, *How to Not Always Be Working* ventures into the space where phone meets life, helping readers to define their work—what they do out of sense of purpose; their job—what they do to make money; and their breaks—what they do to recharge, and to feel connected to themselves and the people who matter to them. Grace addresses complex issues such as what to do if your work and your job are connected, provides insights to help you figure out how much is too much, and offers suggestions for making the best use of your time. Essential for everyone who feels overwhelmed and anxious about our hyper-connected world—whether you're a corporate lawyer, a student, a sales person, or a yoga instructor—*How to Not Always Be Working* includes practical suggestions and thoughtful musings that prompt you to honestly examine your behavior—how you burn yourself out and why you're doing it. A creative manifesto for living better, it shows you how to carve sacred space in your life.

Aphrodite's Daughters

A searing scientific murder mystery packed with heartpounding twists. It is 1965, and in Holloman, Connecticut, someone is preying on the innocent. At a prestigious research centre for the neurosciences, fondly known by its staff as "the Hug," parts of a mutilated body are discovered. Very soon Lieutenant Carmine Delmonico of the Holloman Police learns that a string of horrifying murders, each fitting the same modus operandi as the body found at the Hug, has been occurring throughout the state. Then another body is found and the medical staff become prime suspects. With the Center's hierarchies of power in turmoil and every member of its staff hiding something, Delmonico delves into the lives and pasts of each and every employee. It is the case of his career, and he is determined to solve it. But how do you find a monster who leaves no clues and is always two steps ahead?" Colleen McCullough artfully maintains the suspense and holds back the truth until the last page, where she presents the reader with one final terrifying and unexpected twist. *On, Off* is a classic murder mystery, written with all the flair and skill that have made Colleen McCullough one of the most popular novelists of her time.

Decoding Your Kink

Stop being a servant of the life you're living and become a creator of the world you want. Electrifying lessons in power, influence and persuasion to equalise women in an unequal world. Why do so many women feel they're too much yet not enough? How can you feel 'good and mad' yet reluctant to speak up in a meeting or difficult conversation? What causes women to freeze at critical moments? Kasia Urbaniak spent 17 years studying to become a Taoist nun. To foot the bill for her studies, she worked as a high-paid (and extremely successful) dominatrix in dungeons around New York City. What she learned in these two wildly different

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settings has turned into her life's work. UNBOUND brings Urbaniak's unique teachings for women on speaking power, persuading others and navigating conflict to a mainstream audience for the first time. Part polemic, part practical, it opens women's eyes to why they frequently find it so difficult – personally, professionally and socially – to raise their voices, why they freeze in challenging circumstances and what they can do to change this. Too often women find themselves in the role of 'sub' when they need to be more 'dom' – in short they are paralysed by their Good Girl Syndrome and a deep-seated need to please everyone and anyone except themselves. UNBOUND offers precise, practical instruction in how to stand in your power, find your voice and use it well. Part manual, part manifesto, it will help you cut through layers of self-censoring and self-doubt to go after what you truly want, and live your wildest, best and most satisfying life.

Rocket Fuel

What if great sex wasn't just great sex: what if great sex could actually change your life? A groundbreaking and intriguing look at how each one of us can grab a better life through better sex, this book lays out a bold yet simple path for uncovering desire and maximizing its effects. You will learn how to discover your true desires, understand what they mean, and use those secrets to create powerful change.

A Century of Spells

A fun and sassy no-nonsense invitation to the practice of astrology with easy-to-understand tools for self-development and conscious living Astrology books are typically either overly simplistic sun-sign books or overly complicated chart calculations filled with astro jargon. Astrology for Real Life goes beyond simple sun-sign interpretation and at the same time cuts through the complications of horoscope analysis to make understanding your chart in depth, simple and easy. The goal is to make astrology accessible to total newbies and provide a working reference guide for intermediates. The book is presented in workbook format exploring each part of chart interpretation—signs, planets, houses, aspects—with exercises following each chapter and fill-in-the-blank lessons that take the reader through all the just-learned steps. The tone is warm, fun, and personal, and the exercises give the reader experiential hands-on practice. The end result: once you learn the basics in Astrology for Real Life, you can easily navigate the cosmos by making them work for you. It's kind of like a roadmap where we begin by understanding the terrain and the tools available. From there, the planets will guide you in making brave, excellent choices in love, work, and life. It's profound, fun, and practical. You'll learn how to interpret your chart with confidence and use astrology in a practical, proactive way, with no astro excuses (blaming the stars for your issues).

Becoming a Kink Aware Therapist

In the long-awaited return to Avalon by the beloved author of The Mists of Avalon and her collaborator, bestselling author Diana L. Paxson, Marion Zimmer Bradley fuses myth, magic and romance in a spectacular unfolding of one woman's role in the making of history and spirit

Mental Wealth

In this guide, you'll learn practical steps towards becoming a professional dominatrix. You'll learn how to brand yourself, how to advertise, how to vet clients as well as how to sustain your

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business. Additionally, there are 24 lessons that I, Aleta Cai, a well-known independent dominatrix in NYC learned through my experience in the industry over many years.

F*ck Like a Goddess

The Ultimate Guide to Kink is the first major guide to BDSM in a generation—a bold and sexy collection of essays that run the gamut from expert how-to tutorials to provocative essays that delve into complex questions about desire, power, and pleasure. The book brings together diverse voices from the kink community in an unprecedented way: each chapter is written by a different sexuality/BDSM educator. Divided into two sections, the first section features thorough, thoughtful pieces—on everything from flogging to bondage—packed with techniques and beautifully illustrated with original images from artist Katie Diamond. The second section is dedicated to role-playing fantasies and personal manifestos. From age play to masochism, these chapters cover some of the edgiest, most taboo and controversial elements of kink in depth. The Ultimate Guide to Kink features the expertise of renowned educators writing passionately on their favorite subjects, including Patrick Califia, Midori, Laura Antoniou, Barbara Carrellas, Lee Harrington, Jack Rinella, Lolita Wolf, Madison Young, Hardy Haberman, Felice Shays, Ignacio Rivera, Sarah Sloane, Mollena Williams, FifthAngel, and Edge. It will educate, inspire, and challenge both newcomers to the world of kink and experienced BDSM players.

Unbound

As a result of recent media interest, the practice of BDSM has become more mainstream yet remains marginalized. Now more than ever, greater numbers of heterosexual and LGBTQ couples are starting to explore some form of BDSM. However, profound misunderstandings continue leading to unintentional physical and psychological harm. Drawing on current research and ethnographic narratives from the kink community, this book seeks to provide psychotherapists with an introductory understanding of the culture and practice of BDSM, and presents specific therapeutic concerns related to common misconceptions. This book strives to de-pathologize BDSM practices, while also providing concrete ways to distinguish abuse from consent, harmful codependency, and more. Packed with practical suggestions and rich case studies, this book belongs on the shelf of every therapist seeing BDSM and kink clients.

Liberation Into Orgasm

Liberation into Orgasm is an invitation to go through pleasure beyond pleasure. This book is not just a bunch of nice ideas that are only good for the mind, it is an invitation to experience Life totally, and live fully, unapologetically, shamelessly as You. This book is for those who are either intrigued by sex but feel a little shy and perhaps have never experienced an orgasm, and for those who are very open yet have the intuition that there must be more to sexuality. And forgive me for running ahead, but yes, there is always more to sexuality. This books is for those who have endless spiritual thirst and those who wish to feel more connected to their true Self in every moment of their life. In the modern day world, we tend to think that sex and spirit are separate from each other. Or, that in order to access the spirit, we need to transcend sex. With this book, I want to serve the healing of the split that we have created between sex and spirit. This split is what causes disconnection, shame, guilt and judgment around something that is the most powerful creative force that moves through human beings - our sexual energy. With this book, I want to reveal the tantric perspective of what is really possible for each human

Don't

being in this Life. With this book I want to invite you on a journey that will take us through pleasure beyond pleasure. Tantra teaches us to live fully. When someone chooses the path of Tantra, it means they choose to go all the way. To live Tantra means not to shy away from any of the aspects of our life. To find out about the book tour and a free event exclusive for my Readers please visit www.sofiasundari.com

Prerequisites to Ecstasy

A smart, sexy guide to embracing the repressed, tabooed, and often unwanted aspects of ourselves so we can discover our inner power and finally live the life we deserve. 'We always get exactly what we want; but often, though we may not be aware of it, what we most want is dark - very dark.' Each of us has a dual nature: we are light (conscious) and dark (unconscious). The dark side of our personality - the "other," the shadow side - is made up of what we think is our primitive, primal, negative impulses - our "existential kink." Our existential kink also drives the dark or negative repeating patterns in our life: always choosing the abusive partner or boss, settling for less, thinking that we're undeserving, not worthy. But it also is the source of our greatest power. In *Existential Kink*, Carolyn Elliot, PhD, offers a truth-telling guide for bringing our shadow into the light. Inviting us to make conscious the unconscious, Elliot asks us to own the subconscious pleasure we get from the stuck, painful patterns of our existence. *Existential Kink* provides practical advice and meditations so we truly see our shadow side's "guilty pleasures," love and accept them, and integrate them into our whole being. By doing so, Elliot shows, we bring to life the raw, hot, glorious power we all have to get what we really want in our lives.

I Can't Believe It's Not Better

CORRECTION: Amy Lefevre's second language is risk. A gorgeous young investment banker, she navigates Wall Street's toxic culture with ease—until the stock market collapses. **CRISIS:** Amy starts investigating the failed deals her boss engineered. Drawn to a treacherous ride on the edge, will her efforts to expose him cause her to lose it all? **CONSENT:** Amy's best friend is a dominatrix with an offer: take over her elite S&M dungeon, catering to the pervy needs of millionaires and billionaires and learn the true nature of power. **EDGE PLAY** is a universe beyond *Fifty Shades of Grey* and *The Big Short*, set in the most elite, twisted circles of Wall Street mega-power and S&M. Amy Lefevre dives into an underground realm of Big Swinging Dicks only to find that, in this arena, the women wield the whips and the men submit. "Edge Play explores obsession and ambition with a fetishist's eye for detail. From the sleek Syren latex to the sexy Louboutins, to power moves found in both the dazzling hustle of high finance and the darkness of the dungeon, this book delivers." —LILY BURANA, Author of *Strip City* "This is such a fun book! Smart, sexy, and full of surprises. It's also full of stingingly authentic details of Wall Street and the BDSM culture simmering just below it. It's a New York where everyone wants to come out on top, and power is a skill that can be learned." —JO WELDON, Author of *Fierce: The History of Leopard Print* and *The Burlesque Handbook* "Masters of the Universe have a new mistress—a protagonist who learns to wield power in the excessive, fascinating cultures of Wall Street and BDSM-for-hire. **BOW DOWN.**" —WEDNESDAY MARTIN, #1 New York Times Bestselling Author of *Primates of Park Avenue* and *UNTRUE*

How to Not Always Be Working

Our problems are the same. Couples are stuck in the same bad patterns. Individuals are stuck

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in the same bad habits that keep sabotaging their joy and expression. The obstacles that people are facing in creating a rich erotic life are the same bunch of obstacles. Just as the foundational information around what causes a bridge to stand or to collapse does not change from bridge to bridge, the foundational information about what makes partnerships thrive or fail does not vary wildly from partnership to partnership. Human nature has structure. Human eros has structure. And the glitches and the weaknesses and the misperceptions that keep tripping us up are the same ones across the population. This book is my attempt to articulate and organize these universal conversations regarding our emotional, relational and erotic lives.---

Om Rupani

Sudden Awakening

An intimate look at the transformative power of women's sexual experiences. Based on the stories of ordinary American women, Aphrodite's Daughters explores the central role of sexuality in women's spiritual journey. Witty, wise, entertaining, and compassionate, Aphrodite's Daughters quickly became an underground classic, and has changed the lives of thousands of women.

The Book of the Courtesans

This little book of Magic is the perfect starter guide for any aspiring Young Witch, regardless of age. Within these pages you will find valuable information regarding choosing your path, herbs, crystals, wands and much more! Enjoy, Young Witch. Written by life-long witch Rebecca Jade Illustrated by Natalie Meraki

Thinking Kink

Written as a practical introduction to natural magic, this workbook serves as a practical reference for the practicing magician. It contains over 100 useful spells from a wide variety of magical traditions from all over the world. The clear, complete instructions detail how to make and work with water spells, baths, sprinkles, incense, oils, and herbs. Also included are spoken spells, and written spells passed down to and developed by the author.

The Dark Secret

Add a healthy dose of BDSM to your sex life. Experience the difference. One of the biggest misconceptions about BDSM is: It's violence. That's nonsense. BDSM is an additional flavor in your bedroom. It's a safe sexual role-playing game between you and your partner.

Century of Spells

This is the book on Buddhism the new generation has been waiting for. If the Buddha were alive today, what would he say about the unique challenges we face? In Tea and Cake With Demons, NYC-based mindfulness and meditation teacher Adreanna Limbach shares a down-to-earth, often humorous, and delightfully insightful discussion of Buddhism through the lens of modern life—and all our cultural, technological, and still-timeless obstacles. So many of us go through our days feeling overwhelmed. We do our best to navigate the craziness of the modern world—finding a purpose while making ends meet, going down social media black holes but craving meaningful relationships, and maintaining a healthy lifestyle in a society that seems

to be falling apart . . . At the end of the day, we have a sneaking suspicion of some fundamental flaw—our “demons” rear their heads, manifesting for many of us as a chronic sense of not-enoughness. Using The Four Noble Truths and The Eightfold Path as a guide, Adreanna guides us to meet all our most common demons—shame, perfectionism, self-doubt, fixation—all while myth-busting the cultural narratives that keep us stuck. Throughout Tea and Cake with Demons, Adreanna shares simple meditation practices, personal anecdotes, and traditional Buddhist tales that help you embrace the full experience of being human—even those pesky demons—and realize your fundamental, untouchable, and true self-worth.

The Book of Awakening

For the past decade, author Tian Dayton has been researching trauma and addiction, and how psychodrama (or sociometry group psychotherapy) can be used in their treatment. Since trauma responses are stored in the body, a method of therapy that engages the body through role play can be more effective in accessing the full complement of trauma-related memories. This latest book identifies the interconnection of trauma and addictive behavior, and shows why they can become an unending cycle. Emotional and psychological pain so often lead to self-medicating, which leads to more pain, and inevitably more self-medicating, and so on--ad infinitum. This groundbreaking book offers readers effective ways to work through their traumas in order to heal their addictions and their predilection toward what clinicians call self-medicating (the abuse of substances [alcohol, drugs, food], activities [work, sex, gambling, etc.] and/or possessions [money, material things].) Readers caught up in the endless cycle of trauma and addiction will permanently transform their lives by reading this book. Therapists treating patients for whom no other avenue of therapy has proved effective will find that this book offers practical, lasting solutions. Case studies and examples of this behavioral phenomenon will illustrate the connection, helping readers understand its dynamics, recognize their own situations and realize that they are not alone in experiencing this syndrome. The author deftly combines the longstanding trauma theories of Van der Kolk, Herman, Bowlby, Krystal and others with her own experiential methods using psychodrama, sociometry and group therapy in the treatment of addiction and posttraumatic stress disorder. While designed to be useful to therapists, this book will also be accessible to trade readers. It includes comprehensive references, as well as a complete index.

Qoya

The Creative Doer

"Regena Thomashauer, creatrix of Mama Gena's School of Womanly Arts, has spent 20 years helping women unlearn the lessons our culture teaches--that a "successful" life means achieving, accomplishing, and taking care of others--and showing them how to connect deeply with their own source of feminine power. It hasn't escaped her notice that the word that most viscerally sums up that power is "arguably the most powerful pejorative word in the English language." In this book, she steps forward to return that word to its rightful place--as the highest of all possible compliments, as a sacred living prayer. Pussy is written to reacquaint women with their own power source--both figuratively, with insight into the divine feminine as a force in the world, and literally, with instructions for developing "cliteracy" and understanding what makes them tick sensually. Regena walks readers through "pussy rehab" to help them awaken a part of themselves they've been taught to ignore, repress, even despise, and she

lays out the steps to living a turned-on life--which simply means authentic, radiant, and open to pleasure and joy."-- Provided by publisher.

Your Brain on Sex

Highly acclaimed *Decoding Your Kink - Guide to Explore Share and Enjoy Your Wildest Sexual Desires*, gets rave reviews! "Visionary Masterful Groundbreaking Cutting Edge Worth its Weight in Diamonds Highly Recommended A Must Read" These are some of the exclamations from prominent sex positive psychologists, therapists and Kink sex educators who offered pre-publication reviews of *Decoding Your Kink*. *Decoding Your Kink*, by leading Fetish Sex educator, researcher and sex-positive therapist Galen Fous MTP, offers ground-breaking psychological insight into the emerging global renaissance of sexual exploration, orientation and identity particularly in the realm of Kink. The book includes extensive guidelines to embrace one's authentic sexuality, decode an array of Kink fantasies, and access the ecstatic sexual depths inherent in anyone's wildest sexual desires. Techniques are offered to negotiate honestly for what one desires, create profound trust between partners, and begin to resolve old shame, trauma and fear about one's authentic sexuality. *Decoding Your Kink* provides easy to follow practices for individuals and partners to safely share their deepest intimacies. Once trust is built, partners may access mind shattering orgasmic states offered by conscious expression of their most taboo Kinky yearnings. Also included in the book are revealing and provocative analysis of people's kinkiest fantasies gleaned from over 2000 participants in the innovative Discover Your Personal Erotic Myth Survey. Fous developed this anonymous 40-question survey in support of his research into the nature of a recently visible sexual identity he defines as Fetishsexuality, aka Kink. "This book conveys what I have learned about Conscious Kink and D/s-BDSM sexuality over the last 15 years as a Fetish-positive therapist, researcher and public advocate for sex-positive values. It includes reporting and case studies from the 100's of singles and couples I've supported who desired to come to terms with old experiences of shame, fear and trauma, and understand how to embody their edgiest sexual fantasies. I share hard earned insights from my personal journey into the Kink lifestyle as well." Galen Fous MTP "Galen Fous is a visionary, providing a clear and courageous roadmap for anyone looking to undo the shackles of societally induced sexual shame and go on a journey to discover his or her own Personal Erotic Myth." - Dr. Michael Aaron, NYC sex therapist. "Galen Fous smooths the path and leads you through the predicaments, pleasures, enticements and outrageous glories of Kink. His genuine, unique voice is outstanding and heartwarming. A must read!" Limor Blockman, PhD, Clinical Sex Therapist, Playboy Radio Host, www.DrLimor.com "Nobody struggles more with the feeling that their erotic desires are 'wrong' or 'broken' than the man or woman who otherwise fits easily into mainstream culture - the heterosexual man and woman into dominance and submission and BDSM. 'Decoding Your Kink' is worth its weight in diamonds to such strugglers, offering them a sensible and nurturing path to self-knowledge, self-acceptance and the erotic intensity we all crave and too few ever obtain." - Janet W. Hardy, coauthor, *The Ethical Slut*, *The New Bottoming Book* and more "Galen Fous' unique insights on a subject much maligned and misunderstood is a primer for individuals interested in exploring the world of kink. It provides guidelines, case studies and personal experiences to assist the reader in shedding their shame and discovering their authentic sexuality." - Susana Mayer, Ph.D., Clinical Sexologist, theEroticliterarysalon.com

The Donut King

An unprecedented, provocative look at the extraordinary world of the great courtesans, from Veronica Franco, who graced the palazzi of sixteenth-century Venice, and Madame de

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Pompadour, the arbiter of all things fashionable at Versailles, to La Belle Otero of the Grand Boulevards of fin-de-siecle Paris, who frequently sported jewel-encrusted garters, and Marion Davies who took Hollywood by storm. The Book of the Courtesans enticingly illustrates the intricacies of their lavish lifestyles and their incredible life stories and further reveals how these cunning women seized the opportunity to become the West's first female liberators, free to choose their own lovers and command remarkable respect. 'A manifesto for flirtation. After all, the qualities that the courtesans exploited to achieve influence and riches are still those that are most likely to ensnare a man today. I intend to give a copy to all my singleton friends' Rowan Pelling, Mail on Sunday 'A eulogy to femininity, an essay on what sets certain women apart. Surrender to it: The Book of the Courtesans is as seductive as the women it describes' Lucy Moore, Sunday Times

365 Days of Kink: a Journal of Sexy Self-Discovery

Magic is the activation of codes of consciousness capable of collapsing time. These codes exist in all humans, in a field of energy and power called the super conscious, or the gold mind. This book is the New Spirituality, carrying the New Myth of Awakening and the Awakened. Because the Truth is this: You are wired for magic. Thriving is your natural state. And genius is in your bones. You've just been running your great godly power through a tiny, cramped, low-voltage energy management system that was never built to handle the demands of a genius giant like you. It's like trying to light up all of Los Angeles on a single generator. Hello lights off most of the time. Blindness. Stumbling around in the deep shadows thinking something is terribly wrong with your generator. There's nothing "wrong" with it. It just needs to be replaced with a Universal Power Management System, which you already have all wired up, and connected, and in place, you just gotta be told where the switch is. And then? Magic is inevitable. And I do mean magic: What any typical human would consider "impossible," "miraculous" and totally inexplicable. You know, like the way a Neanderthal would feel about an iPhone. Because magic is not a mystery. It's a spiritual science. And I'm here to teach it to you. And why does the world need ANOTHER book on manifestation exactly? Yes, I've heard of a little, no-name piece of work called "The Secret." The one that's right up there with the BIBLE in terms of global sales and impact, and that's ALL ABOUT manifestation and features people WAY MORE POPULAR AND WELL-KNOWN than I, who are considered the world's EXPERTS on this very subject. So HOW EXACTLY do I expect to hold a candle to THAT? I'm so glad you asked. So just to kinda summarize your position (which is completely understandable by the way) You're saying there are these spiritual giants roaming the land of manifestation and who am I to go up against them. Do I have that right? Cool. So lemme tell you this story, maybe you've heard it. About David and Goliath? Where Goliath was the giant? Who was terrorizing the Israelites? And every day he'd lumber his huge, terrifying self out onto the battlefield and dare someone to face him in single combat. But hello. He was a fucking giant. And they were all "just humans." So even Saul, the KING of Israel, was like, hmmm. No thanks. So this went on for forty days. Then one day a little shepherd boy named David, who was bringing food to his brothers, heard about all this hullabaloo, and was like, Jesus Christ (well, not yet. This is still Old Testament times, but you get the point). I'll do it. Saul offered David his armor, and David was like, Hey, thanks, Saul, King of Israel who's supposed to be doing this but isn't because you're too scared. I'm cool. I have my SLINGSHOT. And he went out into the field, swung that fucker around, hit Goliath right in the center of his forehead (so, ummm, in this THIRD EYE), and down that great and terrifying giant went. And then a little later, that no-name shepherd boy became King. The subtitle of this book isn't called "Magic and the Takeover of Consciousness" for nothin'. I know what I'm up against. And I know exactly where to aim my shot. And I know that when you see that beautiful philosopher's stone

of the truth of consciousness travel its most arresting arc through the air of spiritual intelligence and hit the giants of manifestation right in their third eye, (which is totally blind), your third eye will FLY OPEN and that. Will be the end of that. Because the truth there's a dirty secret no one's talking about in the world of spiritual transformation, self help and the way manifestation is being taught: None of it really works all that well and even the inner circle of spiritual gurus can't manifest on demand. I'm here to change that for you.

Priestess of Avalon

Everybody wants to be happy. Unfortunately, relatively few achieve bliss. Eli Jaxon-Bear explores how it is possible to achieve lives filled with gratitude and love. True happiness and meaning are achieved, he asserts, when we wake up, stop our minds, and open our hearts. It is then that we discover our true selves; our core identity that is part of the ultimate living intelligence of the universe; our true source. Like Gangaji, Jaxon-Bear uses a method of self-investigation called "self-inquiry." In the light of direct self-inquiry, limitations that once seemed to define ourselves are discovered to be more like transparent lines drawn on water. They exist only on the surface of consciousness in one's imagination. When these illusions of mind are clearly exposed, true limitless being reveals itself. This is a book that will appeal to those who are fans of Gangaji, Byron Katie, and Eckart Tolle. It is an articulate and helpful expression of a path to fulfillment for those wrestling with questions of identity and meaning.

Awaken Your Genius

Think you know everything about sex? Think again! This funny and true story of one woman's journey to reclaim her sexuality on the fringes of New York City's sex and dating world will make you think twice about everything there is to learn about sex! Meet Olive Persimmon. Growing up, she looked exactly like Danny DeVito, except she was thirteen and a girl. By some miracle, she grew into a relatively normal, well-adjusted thirty-something woman living in New York City—with one notable exception: she hasn't had sex in five years, one month, three days, two-point-five hours . . . and counting. Faced with bona fide sex rut, she decides it's time to take action to save her love life and get her mojo back. Challenged by a friend to "say yes" to experiences she might normally avoid, Olive embarks on a series of adventures and explores everything from BDSM classes to cuddlers-for-hire, from foot fetishes to lessons with a top-ranked pickup artist, and more! Each awkward, funny, and sometimes downright embarrassing encounter brings Olive closer to discovering the power of saying yes—to herself, others, and life itself. For fans of Jenny Slate, this is a funny, irreverent, and honest tale of one young woman's journey to reclaim her sexuality on the fringes of New York City's sex and dating world. Readers can see for themselves how this girl next door overcame insecurities around dating, sex, and love—all with openness, honesty, and a wicked sense of humor. Along the way, readers will wonder: Will Olive ever have sex again? Will her love life be okay? Will her toe fungus come back? Does she ever find her mojo, and where was it hiding? Weaving together the awkwardness of Mindy Kaling, the candor of Chelsea Handler, and Olive's own hilarious vulnerability, *The Coitus Chronicles* will encourage readers to explore their own sexuality and consider what surprises they may discover if they, too, just say yes.

Pro-Domme

Your body is your guide to accessing your inner wisdom, creativity, sensuality, and soul so that you can fully embody and express your truth, do your sacred work, receive life's blessings,

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and commune with the divine. Rochelle Schieck draws on spiritual teachings from across the globe, personal pilgrimages from suburban Minnesota to the Madre de Dios River in Peru, and extensive studies of the divine feminine to craft a book that is part memoir, part social commentary, and part workbook, with over 35 detailed exercises that initiate your own life's journey back to yourself.

A Century of Spells

When the mildly kink-themed trilogy *50 Shades of Grey* became popular reading in 2012, the media speculated that feminism was in reverse, as the public went mad over bondage and discipline, domination and submission and sadomasochism (BDSM). The novels provoked academic debate about BDSM and the issues it raises for feminists. Is the female dominant truly powerful or is she just another objectified body? Does lesbian BDSM avoid the problematic nature of heterosexual kink, or is it actually more subject to the "male gaze" of feminist theory? And what is it about kink that has creators of pop culture--from Anne Rice to the producers of *Scrubs*--using it to attract audiences? Examining the tropes of kink in books, TV shows, film and the music industry, this work addresses these and other questions that depictions of BDSM raise for the feminist audience. The author interweaves her own research and experiences in the BDSM scene with the subculture's portrayal in the media.

Edge Play

Do you have a nagging suspicion that you're not living up to your creative potential? Do you feel hindered by the deeply embedded programming of social conformity and core limiting beliefs? Most of all, are you ready to shed those shackles and unleash the raging genius deep inside? In *Awaken Your Genius*, author Carolyn Elliott helps you do just that with a seven-step course that shows you how to live at your fullest creative potential and make manifest your deepest desires and dreams. In Step 1, *Hearing the Heart's Call*, you'll learn how to determine your true passions and create a vision for yourself at your most fully realized best. Step 2, *Accepting the Call*, helps you turn that vision into a commitment. Step 3, *Meeting the Guide*, opens the door to dialoguing with your inner mentor--the subconscious part of yourself that knows what's missing and how to get it. Step 4, *Crossing the Threshold*, shows you how to let go of socially programmed conformity and venture into your own personal imaginative dreamscape. Step 5, *Enduring Trials*, gives you tools and tips on navigating the inevitable obstacles that arise when doing this kind of transformational work. Step 6, *Becoming Divine*, shows you how to tune in to your most expansive, unconditionally loving self, which in turn gives you the power to manifest your dreams and inspire those around you. Step 7, *Taming Your Genius*, shows you how to negotiate with your newfound genius--a mighty power to be reckoned with--so that it gets sustenance without becoming disruptive. Each step comes with excellent explanations of the powers at work, as well as assignments (called "experiments") and check-ins to make sure you're keeping up with the previous steps. If you're ready to unleash your inner genius and take your life by storm, *Awaken Your Genius* will put you on the path, give you the tools you need, and keep you sustained, inspired, and supported along the way. If you're serious about cultivating your most imaginative, fearless, intuitive self, don't miss this book.

On, Off

You're a Visionary. That's the problem. You've already founded a successful business and

Don't

have clear ideas for the future of your company. This has worked for you so far, but now business has stalled, and you've become overwhelmed, stuck, and frustrated. You may have a hunch that something or someone is missing – and you're right. A great Visionary is only half of the equation for launching a company toward success. A solid partnership is the key to helping your business soar, and you need someone else to play a crucial role in taking your business to its maximum level. Enter the Integrator. This is the Visionary's complement who has a talent for moving ideas forward: keeping varying tasks and schedules aligned, creating focus and accountability, and ensuring cohesion of people and processes. In other words, the Integrator takes a vision and executes it. From the author of the bestselling *Traction*, *Rocket Fuel* details the integral roles of the Visionary and Integrator and explains how an effective relationship between the two can thrive, and even offers advice to help Visionary-minded and Integrator-minded individuals find one another. *Rocket Fuel* also offers assessments so you're able to determine whether you're a Visionary or an Integrator so you can recognize your needs and then find the best partner to suit them. Without an Integrator, a Visionary is far less likely to succeed long-term, and realize the company's ultimate goals—likewise, with no Visionary, an Integrator can't rise to his or her full potential. When these two people come together to share their natural talents and innate skill sets, they have the power to reach new heights for virtually any company or organization. *Rocket Fuel* is here. Time to ignite the booster for your next level. This explosive combination is the key to getting everything you want out of your business. It worked for Disney. It worked for McDonald's. It worked for Ford. It can work for you.

Tea and Cake with Demons

A path for female creators, activists and magicians. The *Creative Doer* offers a roadmap for women who are hungry for a more creative life and who are willing to ask a few burning questions: What if we stopped trying to follow in the footsteps of the Male Genius? What does devotion look like if it doesn't mean forsaking everything and everyone, including your kids, for your art? What would happen if we granted ourselves the permission we're waiting for and started doing our work, our way? In this insightful, no-bullshit guide you'll learn how to: - Redefine creative work and bust the old myths about The Artist - Zoom in on your dream until it's doable - Claim the time and space you need to do your work - Understand fear and how to flow with it - Do self-care in a way that will change your creative life forever - Share your work, truthfully, tenderly and courageously

Young Witch 101

Are you ready to unlock the keys to your biggest BDSM fantasies? Then this kink journal is for you! Designed to be used at any time of the year, these 365 questions and prompts are the perfect roadmap to build intimacy and take your kinky relationship to the next level. You can go through them daily or skip around to the ones that speak to your specific fetishes and kinks. Dive deep into topics like service submission, role-playing, BDSM titles, impact play, figuring out your kinky persona, aftercare and so much more. Maybe you have topping or bottoming fantasies, but haven't been sure how to live them out in the real world. Maybe you know what turns you on, but aren't sure where your boundaries are. Maybe you want to go deeper in your kinky play but are looking for a little guidance. This insightful journal from Kink Academy, the web's leading resource for adult sexuality education, helpfully addresses every aspect of BDSM, from specific acts to incorporating your kinky identity into your daily life. This journal has something for everyone—newbie or long-time kinkster, dominant, submissive or switch. You can use your answers to help guide you toward your next scene or simply to get clear on what

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you want out of BDSM. You'll come away from these exercises with a deeper understanding of your erotic wants and needs. Your sex life will be all the hotter. Give yourself a roadmap to kinky pleasure every day of the year!

Kink 101

Mental Wealth reveals an approach to workplace mental health and wellbeing that is proven to actually get results. Despite having a huge impact on the productivity, profitability, and culture of organizations, there is very little guidance currently provided to managers and leaders on how to effectively manage workplace mental health and wellbeing. What does exist is often focused on the legal aspects of minimizing risk that it misses the psychology of workplace mental health and high performance and actually ends up creating risk for workplaces. Mental Wealth is a guide for managers and leaders on how to manage employees who may be experiencing mental health issues in the workplace. Founders of the Workplace Mental Health Institute, Peter Diaz and Emi Golding, provide an essential foundation for addressing workplace mental health. Some of the essential foundations discussed include dispelling myths about workplace mental health, the factors that cause and contribute to mental health issues, the impact those factors are having on workplaces, the benefits of addressing mental health appropriately, and 7 Pillars for a mentally Wealthy Workplace. Mental Wealth also includes case studies and practical strategies that can be implemented for immediate results.

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