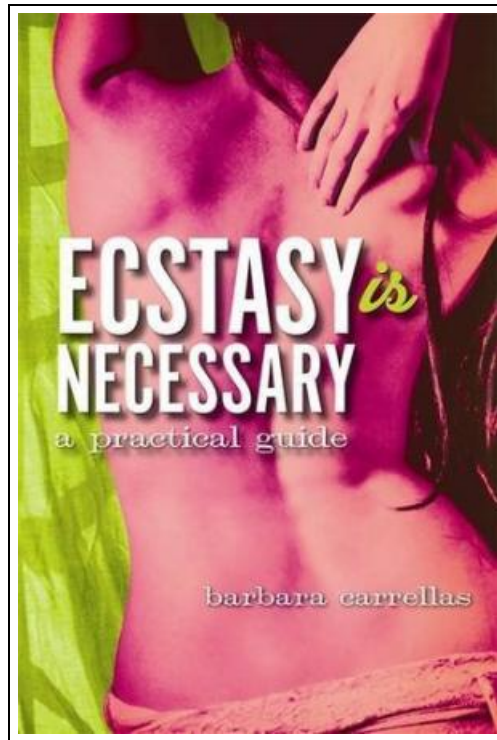


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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Ecstasy is Necessary: A Practical Guide, Barbara Carrellas, From Barbara Carrellas, sex expert and author of Urban Tantra, comes "Ecstasy is Necessary". This is not your average tips-and-techniques sex book; rather it is an exploratory journey of the sexual self and the infinite possibilities of ecstatic expression. In "Ecstasy is Necessary", Carrellas teaches readers how to discover, nurture, expand and embrace their authentic, ever-evolving, sensual, sexual self. Everyone goes through different phases of sexual expression and desire, and there are an infinite number of erotic and ecstatic possibilities available at all points along the way. Readers will explore what ecstasy is and learn how it is essential in their quest for their authentic selves. The insights they will gain in their journey with Carrellas will help them confidently approach sex and relationships in a way that works for them no matter where they are in their sexual evolution. Readers will get tools for solving the inevitable challenges that arise, and they will learn about risk-taking and the importance of boundaries. They'll even receive permission not to have sex at all, if that's what's right for them, because it is possible to create ecstatic experiences even when sex itself is not possible, available or appropriate. Using stories and simple exercises, Carrellas helps readers understand how they are wired for sex and relationships, what their personal warning signs look like and what they need for optimum care. Plus, they'll learn how to effectively communicate this information to others so that they can be loved more easily and effectively. As readers discover their authentic sexual selves, they will learn how to create the conditions that allow more and more of their experiences and relationships to be opportunities for - and invitations to -...

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