



The Promise of Love, Sex, and Intimacy: How a Simple Breathing Practice Will Enrich Your Life Forever (Paperback)

By Mark Whitwell

Atria Books, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Change your life in just seven minutes a day with the revolutionary practice that will open your body and psyche to gratifying levels of personal and sexual intimacy. Read this book, says Deepak Chopra. Your Seven-Minute Wonder is the profoundly uplifting, empowering, yet simple solution to the cause of all human discontent: the lack of intimacy. As myriad techniques from meditation to yoga to obsessive exercise regimens become more and more popular-this special breathing technique is all you need to satisfy your intimate relationships. Requiring just seven minutes a day, this physical practice combines healthful breathing and synchronistic body movement. The in-and-out breath cycle, which Mark Whitwell carefully delineates, activates the deep male-female polarity within each of us, regardless of sex. The practice is effortless, and practitioners report that their well-being, vitality, sexuality, self-awareness, and true desires are awakened immediately and dramatically. The Promise of Love, Sex, and Intimacy is a wise, powerful, and easy-to-follow roadmap for a profoundly life-changing practice of intimacy and human connection.



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Reviews

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