



Having the Best Sex Ever: How to Enjoy and Enhance Sexual Performance, with Expert Advice and Inspirational Techniques, Shown in Over 500 Photographs

By Nitya Lacroix

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Having the Best Sex Ever: How to Enjoy and Enhance Sexual Performance, with Expert Advice and Inspirational Techniques, Shown in Over 500 Photographs, Nitya Lacroix, This title shows you how to enjoy and enhance sexual performance, with expert advice and inspirational techniques. It includes information and instruction on both the physical and emotional aspects of love-making: self-awareness and sex awareness; the sexual body; the art of romance; enhancing sex, and much more. It offers sympathetic and down-to-earth advice from a leading relationship counsellor and psychosexual practitioner; special features on topics such as preparing yourself for love, understanding the way the sexual body functions, basic sex positions, keeping alive the long-term relationship, touch and sensual massage and sex in maturity; and over 500 specially-taken photographs sensitively illustrate every element of successful love-making. Sex is one of the most important aspects of human life and this book sensitively demonstrates how to make love and give pleasure without anxiety, pressure and self-doubt. Included is advice and instruction on the art of romance, enhancing sex, and the practicalities of contraception. The book features specific guidance on key topics such as exercises for sexual fitness, understanding the...

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