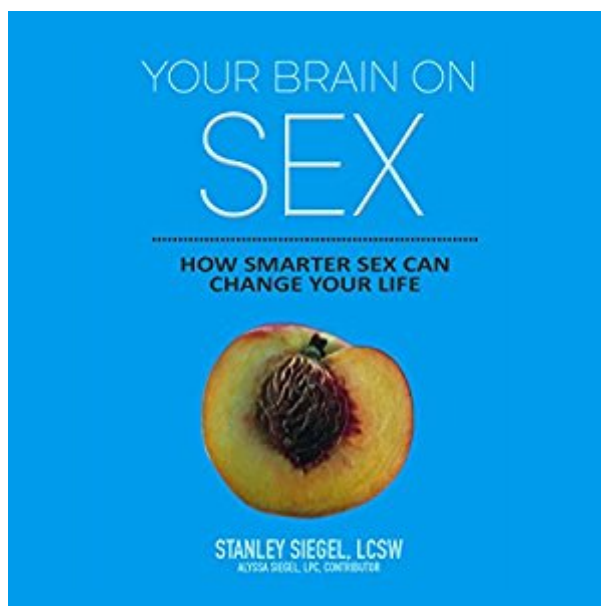


The book was found

Your Brain On Sex: How Smarter Sex Can Change Your Life



Synopsis

Why you need to think more about sex.... What if great sex wasn't just great sex: What if great sex could actually change your life? Your Brain on Sex offers a groundbreaking and intriguing look at how each one of us can transform our lives by focusing our thoughts on our true sexual desires. This book lays out a bold yet simple path for uncovering your true self through sex. It's more than just great sex. It's smart sex - sex that can change your life. You will learn how to discover your true desires, understand what they mean, and use those secrets to create powerful change. Find the answers to these and other questions in Your Brain on Sex: Why do you feel chemistry with some people and not others? What do your sexual fantasies mean? How can you use sex to find the right life partner? Why has your sex life become boring or nonexistent? What does your past have to do with sex now? When should you act out your sexual fantasies? Do you think about other things during sex?

Book Information

Audible Audio Edition

Listening Length: 7 hours and 16 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: New Consciousness Media

Audible.com Release Date: May 18, 2016

Language: English

ASIN: B01FUG452M

Best Sellers Rank: #149 in Books > Medical Books > Psychology > Sexuality #254 in Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality #462 in Books > Self-Help > Sex

Customer Reviews

I gave this book five stars, because even though there are some parts that don't completely agree with, I still have garnered some extremely important insights from this book. I had never before put such a powerful, analytic lens over my sexual desires and fantasies, even though I thought I had. I thought I had analyzed my sexuality in depth, but Siegel asks pertinent questions I hadn't thought of before. Also there are fascinating explanations for the creation of your sexuality, that I found really interesting. Not all of the explanations I found convincing, but some of them felt exceptionally accurate and I was surprised they were not more well known or accepted in popular culture. For

example, Siegel uses the example of someone enjoying a rape fantasy because rape eliminates guilt: if someone is forcing you to do something, you can't accept responsibility and therefore can't feel guilty about it. That seems very accurate and I was surprised I had never thought of it before. I also appreciated the entire chapter devoted to creating an open mind and accepting your sexuality completely. I was tempted to skip it but it ended up really changing how I thought about sex. It banished a lot of my guilt and helped me feel freer. Siegel knows what he's talking about so I trusted his judgement. I did have some issues with his primary case study he references: he writes of an attractive young woman, who is attracted sexually to men that are free spirited and frequently irresponsible who mimic her father. Anyway she keeps having the same problems over and over again in relationships, and Siegel prescribes that she date people more like the opposite parent: dependable and predictable. So she dates men that are stable and responsible, but that she is not ultimately that attracted to...

[Download to continue reading...](#)

Your Brain on Sex: How Smarter Sex Can Change Your Life Change Your Habits Change Your Life: Break Your Bad Habits, Break Your Addictions And Live A Better Life (Change Your Life, Stop Smoking, Stop Drinking, Stop Gambling, Stop Overeating) Brain Cancer Treatment - How to Beat Brain Cancer And Get Your Life Back (Brain Cancer, Tumor, Brain Cancer Treatment, Natural Treatment) Change Your Brain, Change Your Body: Your Ultimate Brain/Body Makeover (6 CD Set) Change Your Brain, Change Your Body: Use Your Brain to Get and Keep the Body You Have Always Wanted Brain Training: The Ultimate Guide to Increase Your Brain Power and Improving Your Memory (Brain exercise, Concentration, Neuroplasticity, Mental Clarity, Brain Plasticity) Sex Positions: Sex: The Top 100 Sex Positions to try Before you Die (Sex Positions, Sex Guide, Kamasutra, Sex Books) Sleep Smarter: The Ultimate Guide To Sleep Better, Feel Better By Having Healthy Sleeping Habits (sleep smarter, sleep better, healthy sleep habits, sleep ... healthy sleep, sleep apnea, feel better) The Smarter Bet Guide to Craps: Everything You Need to Play Craps Like a Pro (Smarter Bet Guides) Brain Training: Power Brain! - Secret Techniques To: Improve Memory, Focus & Concentration (Brain teasers, Improve memory, Improve focus, Concentration, Brain power) Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) My Grain & Brain Cookbook: 101 Brain Healthy and Grain-free Recipes Everyone Can Use To Boost Brain Power, Lose Belly Fat and Live Healthy: A Gluten-free, Low Sugar, Low Carb and Wheat-Free Cookbook Change Your Brain, Change Your Life: The Breakthrough Program for Conquering Anxiety, Depression, Obsessiveness, Anger, and

Impulsiveness Change Your Brain, Change Your Life Deck Increase Libido at Any Age Naturally: The Ultimate Guide to An Increased Sex Drive & Improved Sex Life for Men & Women (Increase Sex Drive, Improve Sex Life) Sex: This Book Includes - Tantric Sex: A Beginners Guide For Couples Based On The Art Of Tantra, Sex Positions: 21 Illustrated Sex Positions To F*ck Her Brains Out (Sex Techniques, Kama Sutra) The Emotional Life of Your Brain: How Its Unique Patterns Affect the Way You Think, Feel, and Live--and How You Can Change Them Change Your Brain, Change Your Body Cookbook (2 CD Set) Life Coaching: Life Coaching Blueprint: Save A Life One Person At A Time (BONUS 30MINUTE Life Coaching Session- How To Motivate, Inspire, Change Your Life) Why Isn't My Brain Working?: A revolutionary understanding of brain decline and effective strategies to recover your brain's health

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)