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Sexual fantasies. Everyone has them, but no one knows what they mean. People are curious about and often confused by the things that arouse them, yet they are often too ashamed to reveal their most private fantasies to their partners or even their therapists. In this fascinating and provocative book, Dr. Michael J. Bader offers a groundbreaking new theory of sexual desire, one that will liberate men and women and enable them to better understand their sexual preferences. Drawing on his twenty-five years as a psychotherapist and psychoanalyst, Dr. Bader demonstrates that rather than being programmed by biology or society, sexual fantasies and preferences are really psychological antidotes to unconscious dangers. Armed with this novel theory, men and women will no longer need to feel ashamed about what arouses them or confused about what arouses others. Dr. Bader sensitively tells the stories of his patients and explains the meaning of their sexual fantasies. In terms refreshingly free of jargon, he reveals how his profound new theory can be used to decipher a wide variety of sexual fantasies and behavior, ranging from ordinary preferences about positions in bed to flamboyant scenarios worthy of the Marquis de Sade. And yet, Dr. Bader's

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exciting new theory transcends the realm of individual psychology. Readers will come away with a radically new understanding of such issues as sexual chemistry and boredom, cybersex, pornography, and the differences in how men and women get excited. Both erudite and accessible, *Arousal: The Secret Logic of Sexual Fantasies* is an important landmark in the literature of sexuality.

Arousal enables both female and male readers to understand their own and their partner's sexual desires. It offers radical ideas about sexual chemistry and explores the different ways in which men and women get excited. Both accessible and enlightening, *Arousal* is an important, jargon-free landmark in sexual psychology that is invaluable to anyone interested in human relationships.

At first glance the sexual male seems easy to understand, but beneath the surface lie complexities that disrupt lives and relationships. Respected psychologist Michael Bader takes an honest look at the nuances of male sexuality, addressing issues such as sexual boredom, internet sex, and sexual fantasies that can leave women bewildered and men ashamed. Illustrated with engaging examples from his practice, *Male Sexuality* gives readers, both women and men, deeper understanding of male behavior. Through increased awareness of the psychology behind the sex, Bader aims to enhance individual self-esteem and improve communication in relationships.

Presents and analyzes the results of a study of the sexual fantasies of over 23,000 men and women of all ages, discussing stories of specific individuals, the role of fantasy in waking life, and the functions of these fantasies.

Of the thousands of papers and books about problematic sexual behaviors, most focus solely on sex crimes or so-called "hypersexuality" or "sexual addiction." Together, these publications

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present a grim and pessimistic prognosis for anyone who has unusual sexual interests of any type. This book challenges that view by providing a more informed and balanced review of what is known and what is not known about unconventional sexual interests. It is based on approximately thirty years of experience by the author concerning the assessment and treatment of paraphilias and unconventional sexual interests. *The Paraphilias: Changing Suits in the Evolution of Sexual Interest Paradigms* examines current and past perspectives concerning unconventional sexual interests associated with both criminal and non-criminal activities. Extensively referenced, it challenges the dogma that sexual interests are immutably determined during a single critical period and are thereafter unchangeable. The book provides extensive case histories and tables summarizing over 100 paraphilias and the latest research regarding them. It also reviews diagnostic criteria for the paraphilias. Analyses of current and past paradigms are presented together with new ways to understand, investigate, and provide meaningful and effective assistance to people with paraphilias. It is written for mental health clinicians and specialists in the fields of sexology and forensic psychiatry and psychology.

Private Thoughts provides more than just these women ' s fantasies, however. It combines new research with the advice of a seasoned sex therapist. The result is an exciting contribution to the field of sexuality. Drawing insights from Wendy ' s research and advice from her clinical experience as a sex therapist, the book gently guides women to explore their own fantasy style and to recognize the origins of their fantasies. It gives women permission to enjoy their fantasies while also helping them to recognize how some fantasies may be masking emotional pain, which could be detrimental to them and to their relationships.

The bestselling author of *My Secret Garden* exposes the wild and sexy fantasies that many of us have but are afraid to share. For over

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thirty years, Nancy Friday has written about eros, love, beauty, and seduction. Now she returns to the territory she pioneered during the sexual revolution—exploring our most taboo sexual desires. Fans of *Fifty Shades of Grey* will love this provocative collection of real fantasies from dozens of women—and for the first time, men. Friday knows that forbidden sex "gets us higher faster" and explores love, lust and power through erotic tales of domination, masturbation, S&M, threesomes, and more. *Beyond My Control: Forbidden Fantasies in an Uncensored Age* shows that our forbidden fantasies are not compensation for a lackluster sex life, but are a critical component of our fullest selves—and how our secret desires can lead to exhilarating and satisfying sexual freedom. Praise for Nancy Friday "YOU'LL BLUSH, YOUR PULSE WILL RACE."—The New York Times "Delicious... women can share in their sisters' secrets and not feel that they are alone."—Los Angeles Times "Nancy Friday's work... demonstrate[s] beyond doubt that the emancipation of women's bodies begins with the emancipation of our minds." —Faye Wattleton, former president, Planned Parenthood Federation of America

This is not your standard sex book. Sex therapist, sociologist, and Psychology Today contributor Dr. Marty Klein goes beyond the sex manuals to reveal how our mindsets during sex are more important than any tricks or techniques—and that the way to a healthier, more exciting, more fulfilling sex life lies in first developing our sexual intelligence. This book is the antidote to the many gimmick-oriented sex guides and manuals; Dr. Klein shows us how to reorient how we think about sex in order to experience a truly different way of being sexual. "Marty Klein is the Steve Jobs of sex advice. . . . Sexual Intelligence is a work of enormous wisdom and expansiveness, and will inspire readers, regardless of age, to realize their full sexual potential." —Ian Kerner, best-selling author of *She Comes First*

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`My Other Self 2 is an intrepid anthology of the secret and sometimes bizarre sexual lives quietly practised by millions of everyday people. As these ordinary folk tell their stories it becomes obvious that the world of kinky sex is far from the exclusive domain of rock stars, movie goddesses and politicians. Angela Lewis spent four years researching a diverse range of websites, forums and online communities catering to devotees of all kinds of sexual peccadilloes. These are the stories of the people she met along the way. They live in ordinary neighbourhoods, have jobs, careers and children just like the next person, but very quietly lead far from ordinary sex lives. The result is an absorbing guide to the secret lives of those enjoying a wide range of interests from latex, leather, teeth and diapers, to spanking and hairy armpits and opens the conversation around a wide range of sexual practices in a way that is neither sensational nor confronting. The book covers an extraordinarily comprehensive inventory of fantasies and fetishes which it explains in both an informative and highly readable way. As well as real-life stories and insights, it contains explanatory background information, links to related interests as well as jargon and search terms. Lack of understanding and tolerance for difference means that most people whose sexual interests are outside the mainstream need to hide their true selves from family, friends and colleagues. This book hopes to promote diversity and understanding and open the conversation around a wide range of sexual practices. The author wrote for an audience just like herself, an average person with a spouse, kids and mortgage who has never set foot in a bondage dungeon but wouldn't mind knowing what all the bits are for!

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