

Sizzling Sex The Sex Doctors 250 Hottest Tips Tricks And Techniques

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It only takes the occasional hot and sexy tip to liven things up so this book will be your instant, quick reference guide to sexual heaven with very little effort!Dr Pam's spoken to thousands of people over the years and her "Sizzling Sex" only includes the very best, easiest to use, sex tips ranging from the fun and saucy to the downright dirty.Including sex tips to use before, during and after sex, from giving mind-blowing oral sex to livening up sex positions as well as much, much more ...

Sizzling Sex: The Sex Doctor's 250 Hottest Tips, Tricks ...

Buy Sizzling Sex: The Sex Doctor's 250 Hottest Tips, Tricks and Techniques by Spurr, Pam (October 20, 2008) Paperback by (ISBN:) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

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BRITS faces a -3C lockdown freeze as a 1,000 mile-wide "Greenland cold bubble" causes the coldest Bonfire Night for decades. Another two inches' rain will hit, with more floods and 20ft waves ...

DIV Did you know that if you've been with your partner for more than one year it's unlikely that you've tried any new sex tip, trick or technique for at least four months!? Rescue is at hand with Dr Pam's new book! Packed with her top sex tips for you to try & whether you're single and simply having fun, in a new relationship and needing some hot tips, or a long-standing one and looking for new ideas & Dr Pam shares her extensive knowledge of how to keep things sexy. It only takes the occasional hot and sexy tip to liven things up so this book will be your instant, quick reference guide to sexual heaven with very little effort! Dr Pam's spoken to thousands of people over the years and her Sizzling Sex only includes the very best, easiest to use, sex tips ranging from the fun and saucy to the downright dirty. Including sex tips to use before, during and after sex, from giving mind-blowing oral sex to livening up sex positions as well as much, much more, even the most experienced lover will find something new and exciting. Dr Pam is a well known & love and sex doc&, solutions coach, agony aunt, broadcaster and writer who has advised millions of people through radio, television, newspaper and magazine columns and the internet. She's written a number of self-help books including Fabulous Foreplay, Sinful Sex and Sensational Sex & number one best sellers. /div

DIV Sex and relationship expert, agony aunt and bestselling author Dr Pam Spurr's new book dares to answer the questions that everyone wants to know. Whether in a sexual relationship - or enjoying sex as a single - this guide will help you improve your sex life! In her usual fun, straight-forward, accessible style, Dr Pam provides countless steamy suggestions and strategies to turn up the heat in the bedroom as well as answering the most frequently asked questions on sex that come through her columns, radio broadcasts, and interviews. With this unique and vibrant book, based on real-life stories and experiences, Dr Pam provides you with essential understanding of sex, plus guidance on tricks and techniques for him, and for her, and communication, sexual confidence and relationship-boosting advice. Her guide also explores the quirks and kinks of sex, and reveals how we can incorporate great sex into our daily lives despite our hectic pace of living. Steamy Sex includes: *Fantastic foreplay tips plus strategies to kick-start a flagging sex life. *All the info you need about what affects and enhances your sexual desire and arousal. *Lots of steamy strategies to help a woman be orgasmic. *Packed with quirky and kinky techniques, to sensual and subtle ones. *The very best, cherry-picked oral sex and fingertip foreplay techniques. *Crucial advice for enjoying your sexual fantasies. *A selection of sex positions guaranteed to give pleasure. *Countless communication techniques to help you get what you want in the bedroom. * Plus real, 'do-able' strategies to strengthen your relationship generally to improve sex specifically. Steamy Sex has something for everyone whether part of a couple or single. Dr Pam is a well-known media agony aunt, award-winning radio presenter, relationship, sex and behaviour expert, and life coach. Pam is the author of more than 11 self-help books and has appeared on countless programmes like Loose Women, &K Today, This Morning, and The Wright Stuff. Many summers she's been a resident behaviour expert on Big Brother's Little Brother. She has magazine and internet columns through which she's advised millions of people including Sex Confidential in Love It! magazine, and a weekly sex and relationship column on iVillage.co.uk Four of her recent books - Sensational Sex, Sinful Sex, Fabulous Foreplay, and Sizzling Sex - have been best sellers; the first two being No. 1 best sellers. Her latest book is How to Be a Happy Human published April, 2010. Dr Pam can be heard on radio weekly as a freelance contributor and has a weekly 'agony' slot on Dublin Newstalk radio. She writes features on a weekly basis for national newspapers. Though having her Ph.D. in psychology Dr Pam's worked as a life coach since 2000 and as an expert wearing different "hats" in the media for many years. Her website is www.drpam.co.uk . /div

Michael Castleman, the world's most popular sex expert, has written the most comprehensive, authoritative, reassuring, and practical guide to lifelong pleasure for men and the women who love them. Library Journal calls him "one of the nation's top health writers." Medical journalist Michael Castleman has answered more than 12,000 sex questions throughout his career, including on his website GreatSexGuidance.com, through his "All About Sex" blog on Psychology Today, or even when he used to answer all the sex questions for Playboy's "Advisor" column in the '90s. From his numerous years of experience comes this, the most thorough consumer sexuality guide ever written. It's full of state-of-the-art sex information and sage advice, all written by a decades-long trusted sex author. Sizzling Sex for Life addresses men, but is exquisitely sensitive to women's sexual sensibilities. While it focuses on sexual enhancement and the resolution of individual and couple sex problems, it transcends similar books by delving into social/political sexual issues, including school sex education and pornography-and in today's fraught #MeToo environment, prevention of sexual assault and harassment. This compelling, sex-positive guide will benefit men and women, from the teen years to old age. It offers an in-depth investigation of sexual issues throughout the lifespan, based on 2,500 studies published over the past seventy years--more source material by far than any other sex guide. This book truly does it all, and does it respectfully. It reassures men that their sexual concerns can usually be happily resolved with self-help or brief professional therapy; penis size issues, premature ejaculation, orgasm/ejaculation difficulties, arousal problems, and erectile dysfunction. It comforts women that they can rediscover lost libido, have orgasms every time, and cure their sexual pain. It assures couples that their leading sexual complaint, desire differences, can usually be resolved to mutual satisfaction. It reassures parents that they can maintain their sex lives, provide effective sex education to their children, and survive today's young-adult hook-up culture. It informs the elderly and those with chronic illnesses and disabilities that great sex is still possible. It reassures sexual minorities that they are psychologically normal and that LGBT sex, BDSM, and consensual non-monogamy are more popular than most people believe. Whether for procreation, relationship affirmation, or just for fun, lovemaking is normal, healthy, nurturing, often therapeutic, and usually emotionally satisfying. Whether you're looking to learn more, have a specific question, or just want to spice things up between the sheets, this is your ultimate guide to better enjoy one of life's top pleasures.

A date with her past! When nurse Emily Stewart puts herself up for a hospital charity auction, she never expects the winning bidder to be Lucas Cain--her new boss...and ex-husband! Since their marriage crumbled, Emily hasn't wanted to experience such tempestuous passion again. And she's still hiding a heartbreaking secret from Lucas... Yet he's changed during their years apart, and soon a red-hot fling is impossible to resist! Dare she finally open up to Lucas and give their love a second chance?

Does your real age match the age you feel? When do we reach middle age? When, if ever, are we old? The way we age and the way we perceive age has changed radically. As we embrace new experiences, relationships and gadgets, we barely stop to look at our watches let alone consider whether our behaviour is 'age appropriate'. In this provocative and timely book, Catherine Mayer looks at the forces that created immortality - the term she coined to describe the phenomenon of living agelessly. As she follows this social epidemic through generations and across continents, she reveals its profound impact on society, our careers, our families and ourselves. Why be defined by numbers? Are you immortal?

Mindblowing sex isn't just about intercourse--it is about titillating all of the body's hot spots and erogenous zones to peak arousal and build amazing orgasms. Hot Sex Tips, Tricks and Licks teaches readers how to use their hands, fingers, and tongue to build and prolong arousal, control ejaculation, and give their partner (and themselves) incredible orgasms. In these pages, you'll learn: -Fingering techniques that will take her over the edge -Hand-job tricks that will leave him breathless -Amazing anal play for both him and her -Sensual massage techniques to build and prolong ecstasy

Your Hormone Doctor will revolutionise the way you think about ageing. IF YOU ARE A WOMAN, LIVE WITH A WOMAN OR KNOW A WOMAN, THIS BOOK WILL BE YOUR NEW BEST FRIEND. Your hormones influence everything from your mood to your concentration, how well you sleep, the size of your waistline and how young you look. It's time to stop hor-moaning and arm yourself with the facts. This is an informative, fun and comprehensive guide to making easy and enjoyable changes to the way you eat, exercise and think. This book will help you to: . reverse the ageing process naturally . become sexier and slimmer and have more energy as you get older . melt mid-life fat with a fast new diet and exercise plan . de-stress and sleep better . re-ignite your sex life and boost your memory . cope with the menopause and hot flushes . find whether HRT or bio-identical hormones are right for you . learn why your chronological age has never mattered less Leah Hardy is a well-known health and beauty journalist and an expert in anti-ageing. Susie Rogers is owner and founder of the BeautyWorksWest spa and clinic in London and a trained Pilates teacher. Dr Daniel Sister is a world-renowned expert in women's hormones and anti-ageing therapies.

Rooted in the creative success of over 30 years of supermarket tabloid publishing, the Weekly World News has been the world's only reliable news source since 1979. The online hub www.weeklyworldnews.com is a leading entertainment news site.

Whether you're single or married, having a pleasurable and fulfilling sexual relationship includes devoting time to seduction and foreplay. All too often, dissatisfaction in a couple's sex life is due to the fact that they've forgotten how to seduce each other. Couples are often guilty of skipping foreplay altogether, instead going straight to the already established pleasure zones that once turned their partner on but which may no longer do so. Dr. Pam has written this book to revive the neglected art of seduction, with tips and tricks specifically designed to stimulate each of the sexual senses: touch, sight, taste, smell and hearing, as well as the sixth sense, intuition. Packed with unique seduction and sex techniques for both new and established couples, Fabulous Foreplay offers sexy, easy-to-follow advice for even the most experienced lover.

Dr. Lenese Stringfield Puts the "Sex" in Sex Therapy as she takes the profession by storm with her new and innovative techniques. Her seductive nature and sexy demeanor has her clients eating out of the palm of her hand; amongst other things. Lenese has loved once and lost. So, if she can't be with the one she loves; she will love the one she's with. But, amazing sex doesn't come without a price tag. Too bad life has a lesson to teach this freaky therapist! She will soon learn that Karma is the "one bitch" that has everyone's address. Fooling around with another woman's husband is dangerous, but falling in love with one can be deadly.

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