

Télécharger gratuitement Good in Bed Guide to 52 Weeks of Amazing Sex (PDF, ePub, Mobi) Ian Kerner & Steph Auteri



With a busy schedule, has sex fallen to the bottom of your to-do list? By the time you finally do collapse into bed, would you rather get to sleep than get it on?

Take heart, you're not alone:

According to CNN nearly 40 million Americans are stuck in a sex rut, and more than 52% of us are dissatisfied with our love lives. When you're sex life is neglected, your relationship becomes vulnerable -- to anger, resentment, infidelity -- and you start to feel more like roommates than lovers.

At Good in Bed we believe that couples should be trying to have sex *at least* once a week. Studies show that people with healthy sex lives lead healthier lives overall, and doing it once a week keeps you tuned in and turned on instead of tuned out and turned off. So think of this book as your weekly sex-planner, with 52 weeks of inspiring sex-scenarios.

But sex is like food - if you eat the same thing over and over, not only will you get bored, you'll also end up depriving yourself of vital nutrients. And just like the food-pyramid, there are different categories of sex that you should be consuming from regularly: there's sex that's loving and tender

and enhances emotional intimacy, and then there's sex for the sake of sex: because it feels good and relieves stress. There's sex that taps the power of fantasy and proves that the mind is the biggest sex organ and there's sex that plays to all of our various senses: sight, sound, smell, touch and taste. Our 52-week regimen draws from all these groups, and more, with the goal of giving you a healthy, balanced, (and ultimately hotter) sex life.

So get ready to start penciling in some sex- but plan on something new and totally unpredictable.

About the Authors:

Ian Kerner, Ph.D, is a sexuality counselor and New York Times best-selling author of numerous books for Harper Collins, including *She Comes First* and *Love in the Time of Colic*. He is a contributor to NBC TODAY amongst others and lives his wife and two boys in New York City. He is certified by the American Association of Sexuality Educators, Counselors and Therapists. Steph Auteri is a writer specializing in sex, relationships, and other sources of angst related to the back-and-forth between men and women. She is the Assistant Editor for YourTango, a web magazine featuring content on love and relationships. She has also been published in Time Out New York, New York Press, Lemondrop.com, Playgirl, Nerve.com, and other bastions of fine writing.

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Top 11 Libri Best Seller [GRATUIT]

[PDF] Le Faucheur



<http://read.woobooks.info/fr-1457373182/le-faucheur.html>

Sasha Il est sombre et mystérieux. Silencieux et assassin. Un gangster irlandais. Le péché à l'état pur dans une sublime enveloppe. Mais quelque chose chez lui est abîmé. Il ne ressent rien. Il ne montre aucune...

[PDF] Kiss, Kill & Ride



<http://read.woobooks.info/fr-1459647808/kiss-kill-ride.html>

La plus dangereuse des passions, la plus violente des attirances. Amy a grandi parmi les bikers : fille du chef, petite dernière d'une fratrie, elle était à la fois princesse et enfermée dans une prison dorée. Il a suffi d'une nuit pour que tout...

[PDF] La cage dorée



<http://read.woobooks.info/fr-1455773114/la-cage-doree.html>

Faye a voué sa vie à Jack, elle a tout sacrifié pour lui. Mais lorsque Jack - coureur de jupons invétééré - la quitte pour une jeune collaboratrice, laissant Faye complètement démunie, l'amour fait place à la haine. La...

[PDF] La vie secrète des écrivains



<http://read.woobooks.info/fr-1450663692/la-vie-secrete-des-ecrivains.html>

"Tout le monde a trois vies : une vie privée, une vie publique et une vie secrète..." Gabriel García Márquez En 1999, après avoir publié trois romans devenus cultes, le célèbre écrivain...

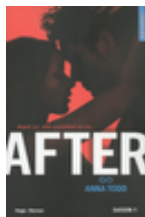
[PDF] After Saison 2



<http://read.woobooks.info/fr-957329950/after-saison-2.html>

Il y avait la vie avant que Tessa rencontre Hardin, et il y a AFTER (après) ! Hardin n'a rien à perdre... sauf elle. Après leur rencontre la vie ne sera plus jamais la même. Après un début tumultueux, la relation de Tessa et Hardin semblait bien partie....

[PDF] After Saison 1



<http://read.woobooks.info/fr-951190561/after-saison-1.html>

AVANT, ELLE CONTRÔLAIT SA VIE. AFTER, TOUT A CHAVIRÉ... Tessa est une jeune fille ambitieuse, volontaire, réservée. Elle contrôle sa vie. Son petit ami Noah est le gendre idéal. Celui que sa mère adore, celui qui ne fera pas de vagues. Son avenir est...

[PDF] After Saison 3



<http://read.woobooks.info/fr-958232395/after-saison-3.html>

Il y avait la vie avant que Tessa rencontre Hardin, et il y a AFTER (après) ! Avant, rien n'aurait pu les séparer... Le caractère ombrageux d'Hardin continue de lui jouer des tours et il échappe de peu à l'expulsion de l'université. Tessa, qui vient de...

[PDF] Une évidence



<http://read.woobooks.info/fr-1454076004/une-evidence.html>

Une évidence, le nouveau roman d'Agnès Martin-Lugand. Reine mène une vie heureuse qu'elle partage entre son fils de dix-sept ans et un métier passionnant. Une vie parfaite si elle n'était construite sur un mensonge qui, révélé, pourrait bien...

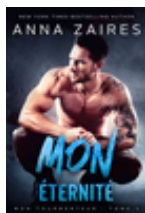
[PDF] Surface



<http://read.woobooks.info/fr-1457962100/surface.html>

Ici, personne ne veut plus de cette capitaine. Là-bas, personne ne veut de son enquête.

[PDF] Mon Éternité



<http://read.woobooks.info/fr-1460586087/mon-eternite.html>

J'ai lutté contre le destin et j'ai gagné. J'ai passé un marché avec le diable pour la garder. C'était censé être fini. Nous devons être heureux. Dommage que mes ennemis en aient décidé autrement. Remarque...

[PDF] Les Détectives du Yorkshire - Tome 4 : Rendez-vous avec le poison



<http://read.woobooks.info/fr-1457877855/les-detectives-du-yorkshire-tome-4-rendez-vous-avec-le-poison.html>

La mort a très mauvais goût. Il y a comme un vent de printemps qui souffle sur Bruncliffe. Mais la belle saison est loin de profiter à tout le monde... Mêlé à une affaire de meurtre, Samson O'Brien doit répondre aux questions pressantes de la police....