

Tolu Oloruntoba

It's Not About the Sex Andrew Susskind, 2019-06-11 Ending compulsive sexual behavior is just the beginning Drawing on personal and professional experience psychotherapist Andrew Susskind examines issues such as shame grief narcissism and codependency to demonstrate how people use out of control sexual behavior to cope with brokenheartedness and trauma He offers strategies to cultivate sustainable sexual sobriety sharing his own healing narrative as well as those of others who ve chosen to bare their truths No one is ever too hurt or isolated to achieve reliable relationships and emotional intimacy This is a guidebook for every person seeking long term healing from sex addiction Unravel Tolu Oloruntoba, 2025-03-25 These are poems of deep thought passionate engagement and often searing images Toronto Star on Each One a Furnace A poetic exploration of the cyclical philosophy of dismantling and remaking Unravel is a moving and inventive rove through what could happen in the deconstructed aftermath of person and world The Marriage Counseling Workbook Emily Cook PhD, LCMFT, 2018-03-13 With exercises and examples from real life marriage counseling sessions The Marriage Counseling Workbook will reconstruct how you and your spouse think about communicate with and show love for one another Many people want stronger marriages but few know how to create them This dilemma is at the crux of Dr Emily Cook s marriage counseling work In her private practice Dr Cook helps couples pinpoint the cause of their troubles and recreate a deep lasting connection Whether you re newly married or have been married for years The Marriage Counseling Workbook offers step by step marriage counseling exercises for learning to talk about the tough issues and build ongoing skills for healthy communication The Marriage Counseling Workbook provides the tools and support you need to achieve a stronger healthier marriage In The Marriage Counseling Workbook you will find Descriptions of the most common marital challenges communication money intimacy anger and conflict offering insight into your own struggles Real world questions and evaluations to help you gain a deeper understanding of one another An 8 step structure with exercises that will teach you to work through problems and find solutions Marriage counseling requires a commitment to your relationship and to the marriage counseling itself Like your very own marriage counseling specialist The Marriage Counseling Workbook will be with you every step of the way as you commit to restoring the health and happiness of your marriage On Our Best Behavior Elise Loehnen, 2023-05-23 NEW YORK TIMES BESTSELLER A groundbreaking exploration of the ancient rules women unwittingly follow in order to be considered good revealing how the Seven Deadly Sins still control and distort our lives and illuminating a path toward a more balanced spiritually complete way to live Why do women equate self denial with being good We congratulate ourselves when we resist the donut in the office breakroom We celebrate our restraint when we hold back from sending an email in anger We feel virtuous when we wake up at dawn to get a jump on the day We put others needs ahead of our own and believe this makes us exemplary In On Our Best Behavior journalist Elise Loehnen explains that these impulses often lauded as unselfish distinctly feminine instincts are actually ingrained in us by a culture that reaps the

benefits via an extraordinarily effective collection of mores known as the Seven Deadly Sins Since being codified by the Christian church in the fourth century the Seven Deadly Sins pride greed lust envy gluttony wrath and sloth have exerted insidious power Even today in our largely secular patriarchal society they continue to circumscribe women s behavior For example seeing sloth as sinful leads women to deny themselves rest a fear of gluttony drives them to ignore their appetites and an aversion to greed prevents them from negotiating for themselves and contributes to the 55 percent gender wealth gap In On Our Best Behavior Loehnen reveals how we ve been programmed to obey the rules represented by these sins and how doing so qualifies us as good This probing analysis of contemporary culture and thoroughly researched history explains how women have internalized the patriarchy and how they unwittingly reinforce it By sharing her own story and the spiritual wisdom of other traditions Loehnen shows how we can break free and discover the integrity and wholeness we seek

Thriving in Non-Monogamy: An Ethical Slut's Guide Erin Davidson, 2020-10-13 Enjoy the healing power of pleasure as you reflect on your ideal relationship We are all deserving and capable of enjoying fulfilling romantic and sexual relationships Thriving in Non Monogamy will guide you through the process of getting in touch with your inner ethical slut evaluating relationship values honoring your needs and fears and developing the tools to build relationships that work best for you Whether that means ethically opening up or improving a monogamous arrangement this ethical slut handbook provides stories from people of all genders sexual orientations and relationship arrangements who confront their unmet needs insecurities internalized trauma and struggles with open relationships You ll also find reflection questions to help you approach your own arrangement with curiosity openness and compassion Learn about the principles of being an ethical slut with No judgment Thriving in Non Monogamy breaks down the shame surrounding negative messages that are internalized about sex and relationships Learning limits Includes a guide to an ethical slut setting boundaries and rules within open relationships Thoughtful reflections Challenge yourself to identify and process difficult emotions and improve relationship communication skills Ethical slut may sound like an oxymoron but it is a way of thinking that can teach you to overcome jealousy enjoy sex and honor yourself The Couple Communication Guide Sophie Arden, 2025-05-28 Reconnect Rebuild Rekindle the Love You Started With If you re tired of repeating the same arguments and feeling misunderstood you re not alone The Couple Communication Guide is your step by step roadmap to deeper connection honest conversations and long lasting intimacy Narrated with warmth and clarity this audiobook will help you Communicate your feelings without conflict Deepen emotional trust and safety Reignite passion through meaningful conversation Create a strong lasting relationship through better understanding Whether you re married dating or somewhere in between this guide is your key to loving deeper and communicating better Start reading today and transform the way you connect with the one you love The **Hidden Treasures of Married Life** Patience Fuzane, 2025-07-01 Marriage is a journey that many begin with excitement and high hopes yet few are truly prepared for its depth its challenges and its sacred beauty I wasn t Like many others I stepped

into married life with dreams but not enough knowledge It wasn t until I had walked through seasons of joy misunderstanding growth and reflection that I came to realize just how much I wish I had known much earlier At the age of 15 I took an unusual interest in relationships and courtship While my peers were immersed in sports and social life I enrolled in a courtship correspondence course offered by a Toronto based institute That early decision shaped the way I viewed love and commitment But as noble as that pursuit was life proved to be a much deeper teacher Over the years I ve had the privilege of participating in more than 200 weddings as a wedding photographer I ve captured moments of laughter tears and unity each wedding offering me a glimpse into the sacred covenant that marriage truly is I witnessed both the sparkle of love in the eyes of the newlywed and the quiet fears that sometimes linger behind the veil These experiences both behind the lens and in my own personal life stirred in me a burden to speak truth to those who are married engaged or simply curious about this lifelong commitment This book is not just a compilation of lessons it is a reflection of my heart I wrote it for those who desire to build something lasting something beautiful Within these pages I share seven powerful truths that I wish someone had clearly laid out for me before I ever said I do Some of these lessons were learned the hard way others were gifts of wisdom passed along by mentors elders and spiritual guides Whether you are single engaged newly married or have been walking this path for decades I invite you to read with an open heart My hope is that you find something here that speaks to your soul something that helps you love better communicate deeper forgive quicker and treasure your marriage for the divine gift that it is Let's uncover these treasures together Want Julie Peters, 2019-05-02 Peters takes readers on her own personal journey from trauma to reconnecting with her body emotions and eventually her own desire and sexuality Xanet Pailet bestselling author of Living an Orgasmic Life We know increasingly how common and devastating sexual violence is for women but we don't always talk about how survivors can recover from the trauma and return to desire sexuality trust and pleasure Want is the story of how Julie Peters did just that and how you can too In the years after the assault Julie was in what she calls the fog of trauma the colorless tasteless experience of barely getting through the day No one not counsellors support groups or other survivors could give her any advice about how to find the desire that could bring her back to joy intimacy and connection She had to make it up on her own In Want Julie tells the story of getting from the devastation of trauma to living a full life in eight sometimes challenging often bumbling and occasionally delightful steps Your loved ones may not know how to support you but they can learn more about your experiences and how to walk alongside you through this book just as you can learn how to recover from the trauma you ve experienced Want offers a window into one person s experience of recovery plus the happy ending we all need to know is possible after trauma With unwavering honesty penetrating insight warmth humor and aplomb she lays out strategies for a tangible nourishing and vitally ferocious self love More Than Dating Advice for Women 7 Psychology Books in 1 to Learn How to Jeremy Radin poet author of Dear Sal Flirt, Get a High Value Man, and Build Self-Love Your Secret Mentor, 2025-04-22 Are you tired of dating advice that doesn t

work Ready to stop chasing and start choosing This is your secret weapon A powerful 7 in 1 guide designed for women who want to stop guessing and start mastering the psychology of attraction communication and seduction while becoming the most magnetic confident emotionally grounded version of themselves Whether you re single dating or ready to attract the kind of man who truly sees your value this book is your transformation blueprint What's Inside Psychology of Attraction Learn the invisible emotional triggers that make men fall deeply in love and how to activate them Master Seduction Ethical feminine and deeply effective techniques to awaken desire without manipulation Irresistible Communication Speak with confidence charm and clarity and say goodbye to miscommunication forever Female Confidence and Self Esteem Uncover practical tools to stop second guessing yourself and start walking like a high value woman Understanding Male Psychology Decode what high value men really want how they think and how to keep their attention Emotional Intelligence in Relationships Turn emotional chaos into deep connection and long term intimacy Secrets of the Love Code Keep passion alive create lasting commitment and avoid the biggest mistakes most women make Perfect For You If You want to learn how to flirt without faking it You re tired of attracting emotionally unavailable men You want to radiate confidence magnetism and calm feminine power You re ready to stop overthinking and start mastering the dating game on your terms BONUS FREE Magnetic Dating Challenge Inside the book you ll get access to a 7 Day Flirt Challenge to activate your natural charisma boost your feminine energy and start getting real results in just minutes a day 7 simple daily missions Non verbal flirting techniques Real life scenarios no apps needed Tools to raise your standards and stop chasing If you ve ever thought Where are all the good men this book will show you how to attract them connect with them and keep them No pretending No chasing Just the real magnetic you The Book of Alchemy Suleika Jaouad, 2025-04-22 A guide to the art of journaling and a meditation on the central questions of life by the bestselling author of Between Two Kingdoms with contributions from Hanif Abdurraqib Jon Batiste Salman Rushdie Gloria Steinem George Saunders and many more The Book of Alchemy proves on every page that a creative response can be found in every moment of life regardless of what is happening in the world Elizabeth Gilbert author of Eat Pray Love From the time she was young Suleika Jaouad has kept a journal She s used it to mark life s biggest occasions and to weather its most ferocious storms Journaling has buoyed her through illness heartbreak and the deepest uncertainty And she is not alone for so many people keeping a journal is an essential tool for navigating both the personal peaks and valleys and the collective challenges of modern life More than ever we need a space for puzzling through In The Book of Alchemy Suleika explores the art of journaling and shares everything she's learned about how this life altering practice can help us tap into that mystical trait that exists in every human creativity She has gathered wisdom from one hundred writers artists and thinkers in the form of essays and writing prompts Their insights invite us to inhabit a more inspired life A companion through challenging times The Book of Alchemy is broken into themes ranging from new beginnings to love loss and rebuilding Whether you re a lifelong journaler or new to the practice this book gives you the tools

direction and encouragement to engage with discomfort ask questions peel back the layers dream daringly uncover your truest self and in doing so to learn to hold the unbearably brutal and astonishingly beautiful facts of life in the same palm Also includes essays from Martha Beck Nadia Bolz Weber Alain de Botton Susan Cheever Lena Dunham Melissa Febos Liana Finck John Green Marie Howe Pico Iyer Oliver Jeffers Quintin Jones Michael Koryta Hanif Kureishi Kiese Laymon Cleyvis Natera Ann Patchett Esther Perel Adrienne Raphel Jenny Rosenstrach Sarah Ruhl Sharon Salzberg Dani Shapiro Mavis Staples Linda Sue Park Nafissa Thompson Spires Jia Tolentino Lindy West Lidia Yuknavitch And many others Sex Noam Sachs Zion, 2021-08 Sanctified Sex draws on two thousand years of rabbinic debates addressing competing aspirations for loving intimacy passionate sexual union and sanctity in marriage What can Judaism contribute to our struggles to nurture love relationships What halakhic precedents are relevant and how are rulings changing The rabbis of course seldom agree Underlying their arguments are perennial debates What kind of marital sex qualifies as ideal sacred self control of sexual desire or the holiness found in emotional and erotic intimacy Is intercourse degrading in its physicality or the highest act of spiritual mystical union And should women or men or both wield ultimate say about what transpires in bed Noam Sachs Zion guides us chronologically and steadily through fraught terrain seminal biblical texts and their Talmudic interpretations Talmud tales of three unusual rabbis and their marital bedrooms medieval codifiers and mystical commentators ultra Orthodox rabbis clashing with one another over radically divergent ideals and finally contemporary rabbis of varied denominations wrestling with modern transformations in erotic lifestyles and values Invited into these sanctified and often sexually explicit discussions with our ancestors and contemporaries we encounter innovative Jewish teachings on marital intimacy ardent lovemaking techniques and the art of couple communication vital for matrimonial **Choosing Wholeness Over Goodness** Elise Loehnen, Courtney Smith, 2025-08-26 A provocative interactive success workbook that leads us to reclaim our true selves so we can find the peace and well being we deserve With the publication of her electrifying New York Times bestseller On Our Best Behavior Elise Loehnen often deemed our culture s therapist offered a groundbreaking exploration of the rules women unwittingly follow in order to be considered good She illuminated the centuries old code of conduct that keeps us disempowered exhausted anxious and disconnected even from ourselves In Choosing Wholeness Over Goodness Loehnen partners with Courtney Smith a renowned Enneagram expert and coach to share tools they have learned from the visionary healers thinkers and therapists that prompt readers to dig into the stories they tell themselves These tools guide us to peel back the layers of cultural programming that prevent us from expressing our full potential The paradigm shifting process Loehnen and Smith teach on the pages of this workbook reveals the answers to the questions that tug at our souls Who am I What do I want What s standing in my way The Future of Seduction Mia Levitin, 2020-11-12 Where and who do we want to be How might we get there What might happen if we stay on our current course In The Future of Seduction cultural and literary critic Mia Levitin explores the future of sex asking powerful and

necessary questions about the relationships of tomorrow This brief but mighty book is one of five that comprise the first set of FUTURES essays Each standalone book presents the author's original vision of a singular aspect of the future which inspires in them hope or reticence optimism or fear Read individually these essays will inform entertain and challenge Together they form a picture of what might lie ahead and ask the reader to imagine how we might make the transition from here to there from now to then Love. Crash. Rebuild. Mark Borg, Haruna Miyamoto-Borg, LCSW,2025-07-08 A roadmap for couples in crisis to repair and reset their relationship Conflict and turmoil the intimacy of everyday life is the foundation great relationships are built on Creating and maintaining a great marriage relationship or partnership is hard work but nobody teaches you how to do it Based on decades of helping couples address conflict and achieve long lasting love the authors created a simple five step process for reconciling differences taking couples in crisis from rupture to repair Their tool the PACER model Pause Accountability Collaboration Experiment and Reset takes into account cultural differences past hurts and current crises It is an opportunity for not just healing but for growth Packed with dozens of client anecdotes interactive exercises and stories of the authors relationship as a mixed race couple Love Crash Rebuild is grounded in the language of diversity and offers readers in any type of romantic partnership straight gay nonbinary interracial etc a single toolbox that can help bring a new understanding that makes real change possible and what a successful relationship should look like

Designer Relationships Mark Michaels, 2015-09-08 Contemporary relationships are in a state of rapid evolution These changes can and should empower people with the opportunity to develop partnerships based on their own sexualities understandings and agreements This makes it possible to create what Kenneth Haslam founder of the Kinsey Institute s Polyamory Archive has called designer relationships Designer relationships may encompass people who bond emotionally but not sexually people who agree to be non exclusive single people who have occasional lovers or friends with benefits multiple partner configurations where long term bonds exist among all or some partnerships in which people are kinky and that make room to explore kink The possibilities are limitless and thinking about a partnership as something people can craft allows for flexibility and change Relationships can open and close or have varying degrees and kinds of openness as circumstances demand In the context of a designer relationship decisions are made mutually consciously and deliberately Best selling authors and nationally known relationship experts Patricia Johnson and Mark A Michaels are exemplars of this life choice and have studied polyamory for over 20 years This book explains exactly how you and your loved ones can design your own life and love **Opening Up** Tristan Taormino, 2008-05-01 A practical guide to making sexually open arrangements work outlines options for transforming monogamous relationships into effective polyamorous ones in a reference that addresses such topics as boundary setting child raising and conflict resolution Original **An Intimate Life** Cheryl T. Cohen-Greene, 2012-11-13 The real life behind Helen Hunt's Oscar nominated performance in The Sessions A provocative and unusual book about a provocative and unusual profession Booklist For the past forty years Cheryl Cohen Greene has worked

as a surrogate partner helping clients to confront and ultimately accept their sexuality In this riveting memoir Cohen Greene shares some of her most moving cases and also reveals her own sexual coming of age Beginning with a rigid Catholic upbringing in the 1950s where she was taught to think sex and sexual desires were unnatural and wrong Cohen Greene struggled to reconcile her sexual identity In the 1960s Sexual Revolution Cohen Greene found herself drawn to alternative sexual paths and ultimately achieved a rich and rewarding career as a surrogate partner Sex surrogacy as a profession was first developed by noted sex researchers Masters and Johnson in the 1960s and since its inception has remained in the shadows An Intimate Life offers a candid look into the personal and professional life of a surrogate partner examining the cultural and emotional ramifications of pursuing something most people consider taboo The memoir opens with Cohen Greene's work with Berkeley based poet and journalist Mark O Brien who was confined to an iron lung after contracting polio at age six His short essay On Seeing A Sex Surrogate was adapted into the film The Sessions starring John Hawkes and Helen Hunt as Cheryl T Cohen Greene Summary of Esther Perel's The State of Affairs by Milkyway Media Milkyway Media, 2018-08-31 The State of Affairs Rethinking Infidelity 2017 by sex and relationship expert Esther Perel is an examination of unfaithfulness in romantic relationships what it is why it happens and how different cultures handle it as well as an exploration of what affairs can teach all lovers about healthy relationships Perel takes a non judgmental approach to the motivations of the cheater and the outside lover as well as to the contributions of the betrayed partner to the relationship crisis Purchase this in depth summary to learn more The Secrets of Surviving Infidelity Scott Haltzman, 2013-06-01 The secret to surviving infidelity can be summed up in one word trust Along with changes in the workplace and the explosive growth of electronic communications there has been a skyrocketing rate of infidelity Today up to forty percent of American marriages endure the pain of a cheating partner The media is filled with stories of married politicians finding their soul mates and titillating instances of unfaithful celebrities But in the homes of ordinary people everywhere infidelity triggers complex emotions and events that affect everyone involved Many marriage and personal therapists have adopted a me first mentality prompting hurt spouses to end their relationships Psychiatrist Scott Haltzman retired Brown University professor recommends exactly the opposite The Secrets of Surviving Infidelity teaches both the victim and the perpetrator of infidelity how to acknowledge their feelings reduce their sense of despair and begin the difficult task of rebuilding a strong relationship People who cheat act much like those who have other addictions and brain scans of love struck individuals show a dramatic increase in the release of dopamine the same brain neurochemical associated with cocaine abuse Haltzman does not excuse infidelity by labeling it a sex addiction it s not orgasm that drives a partner to cheat Instead Haltzman coins the term flame addiction to describe how like a moth drawn to the light people feel compelled to have extramarital intimacy despite all the negative consequences People who have been cheated on feel shame rage and injured self esteem Many of them fear abandonment and find it hard to cope When both partners have made a commitment to move forward together

however Dr Haltzman validates each person's feelings and puts them into perspective offering sound advice on how to recover their equilibrium and reestablish a committed trust filled relationship Solo Peter McGraw, 2024-01-30 Brilliant and provocative Solo transcends the loneliness narrative surrounding single life It s not just about being OK with being alone it s about the incredible freedom and endless opportunities that come with it McGraw combines science and wisdom to unlock the secrets that Solos have always known life is richer when you are the hero of your own story Kristin Newman author of What I was Doing While You Were Breeding Join the movement that celebrates single living with Peter McGraw s groundbreaking book Solo Amid the complexities of modern relationships loneliness epidemics and online dating burnout there s a refreshing alternative going Solo Solos as coined by behavioral economist Peter McGraw are people who choose to lead their lives authentically purposefully and passionately outside the confines of traditional relationship labels In a world built for two Solos break the rules and hold space for every type of individual single and not Meet the thriving Just Mays who welcome romance if it comes their way the determined No Ways who prefer life unpartnered and the bold New Ways who redefine and redesign what relationships even mean Which one are you In contrast with the Someday singles who hang personal fulfilment on the success of a serious long term relationship McGraw reveals the secrets of happiness that Solos have already unlocked offering readers a roadmap to reinventing sex dating romance and beyond Backed by scientific insights and McGraw's experience as a lifelong bachelor Solo offers a blueprint for cultivating fulfilling relationships and creating a rich remarkable life Solo is your invitation to pursue a life uniquely your own

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