



The Horny Book of Happiness (Paperback)

By Helen Garvey

Audacious Press, United States, 2011. Paperback. Condition: New. Paul Edwards (illustrator). Language: English . Brand New Book ***** Print on Demand *****.Most of us are taught to feel guilty about sex, masturbation, and orgasms. The Horny Book of Happiness aims to change all that with its wealth of entertaining facts and motivating tips to help men and women to walk away from limiting beliefs! Sex is one of the FREE tools given to us that can put an instant stop to stress. Since stress is a killer, we are taught to turn to drugs and forget our natural endorphins, but let's not forget the wonderful experience of an orgasm. A great lover exudes confidence and enthusiasm. Without these two traits, we may remain unaware of how we act toward others. It is paramount to share all of our thoughts, fantasies, and fetishes with a partner. Unfortunately, no one has the ability to mind read, and communication is the first step in creating long term trust. If our partner is judgmental toward our beliefs, it is time to find someone who is secure and happy within our company. Judgments only stem from our own insecurities, which most of us choose...



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