exercices de slow love et sex meditation

50 exercices de slow love et sex meditation - Emmanuelle Duchesne - 2018-09-20
Livre très instable ou en berne, sensation de routine sexuelle, d'incompréhension avec son partenaire régulier ou d'un soir, difficulté à parler de sexe, baisse de plaisir ou frustration de ne pas avoir assez souvent un orgasme, voire de ne l'avoir jamais experimenté. L'insatisfaction sexuelle apparait souvent comme une fatalité, dans le meilleur des cas comme une phase à traverser en attendant une période plus rose. Une autre sexualité est pourtant possible, celle où l'amour devient une sensation et l'orgasme comme l'aile du vent qui vous porte. Dans ce livre, vous ne trouverez pas de mode d'emplois pour faire l'amour comme dans le Kama Sutra. Nos exercices et pratiques sont là pour vous libérer de vos peurs et croyances limitantes, habitudes, routines, presuppositions et autres conditionnements en tout genre, et ce, afin de libérer votre nature sexuelle : sauvage, passionnée, sensible, connectée, naturelle et authentique. En pleine conscience, avec des techniques simples ces 50 exercices de Slow sex love life inspirés de la méditation orgasmique vous permettront de comprendre vos vrais désirs, que vous soyez célibataire ou en couple, gay, lesbienne, bi, hétéro, et quel que soit votre âge. La sexualité est une dimension importante de chaque être humain, qui nous relie aux autres et à nous-même. Or, s'épanouir sexuellement, vivre authentiquement ses sensations et ses aspirations, c'est gagner en confiance et en liberté.

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50 exercices pour surmonter son divorce, sa séparation - Sandrine Mercy - 2020-05-21
Comment quitter les automatismes de la relation passée ? Comment trouver un sens à son histoire et s'ouvrir à l'avenir ? On peut décider de laisser le temps faire son affaire ou bien prendre son avenir en main et le construire pas à pas pour vivre une vie plus alignée avec son projet de vie. Ce ne sont pas des grands mots ! Vos maux sont soignables, plus rapidement que vous ne pouvez l'imaginer. Quel que soit le chemin que vous avez parcouru dans votre séparation, ce guide pratique traite des premiers pas dans la douleur de l'annonce et des premières heures de la séparation, jusqu'à la reconstruction de votre vie. Attention : La version ePub de ce livre numérique est en fixed-layout. Pour des conditions de lecture optimales, veillez à ce que votre tablette ou ordinateur supporte ce type de format.

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The Spiritual Exercises and the Ignatian Mystical Horizon - Harvey D. Egan - 2020-11-30
This book is a revision and condensation of a doctoral dissertation which its author wrote under the direction of the well-known Father Karl Rahner at the University of Münster. It focuses on the importance of St. Ignatius' Spiritual Exercises, as a source of theological investigation. Thus it stems from Rahner's own "conviction," as he states in his foreword, "that the real theological (and not only the spiritual) significance of Ignatius' Spiritual Exercises... presents a non-yet accomplished task to today's theology." Absorbing, synthesizing, and completing past studies on the Exercises, Father Egan summarizes the finding of modern scholars such as Przewa, Fessard, Karl Rahner, Hugo Rahner, Marver, Cashon, Gil Bakker, and Gonzalez de Mendoza—all hitherto relatively unavailable in English—and then presents his own fresh viewpoint. His quest is for Ignatius' mystical horizon, “the lived internal unity... the roots of all of Ignatius' experiences, knowledge, and love.” Applying the contemporary methodology in theology to the study of the Ignatian Exercises, the author offers a penetrating and comprehensive treatment of Ignatius' "consolation without previous cause," of the "Three Times of Election," including

ne pouvons-nous pas des grands mots ! Vos maux sont soignables, plus rapidement que vous ne pouvez l'imaginer. Quel que soit le chemin que vous avez parcouru dans votre séparation, ce guide pratique traite des premiers pas dans la douleur de l'annonce et des premières heures de la séparation, jusqu'à la reconstruction de votre vie. Attention : La version ePub de ce livre numérique est en fixed-layout. Pour des conditions de lecture optimales, veillez à ce que votre tablette ou ordinateur supporte ce type de format.
Endo & Sexo - Marie-Rose Galès - 2019-09-24
« On veut s'envoyer en l'air, sans que ce soit galère ! » On parle de plus en plus de l'endométriose. Une à deux femmes sur dix sont touchées par cette maladie, et plus de la moitié souffre de douleurs pendant les rapports sexuels. Pourtant, médecins et sexologues ne se sont pas encore beaucoup penchés sur la question, et les solutions qu'ils proposent sont inadaptées aux endométriosiques. Partant de son expérience, l'auteure entame une enquête et cherche des réponses. Elle décide de faire tomber le tabou qui entoure le plaisir féminin, encore plus présent lorsqu'il s'agit de la sexualité. « Ce livre propose le fruit de mes recherches, les confidences d'autres endométriosiques ou encore mes tests, dans l'espoir que cela pourra aider d'autres personnes. Bien sûr, il n'y a pas UNE recette magique, car nous sommes toutes différentes, avec notre propre histoire, notre propre corps et, par-dessus tout, nos désirs personnels. Je compile ici toutes les connaissances et astuces qui peuvent vous être utiles et je vous fais confiance pour y trouver votre propre voie ! » Le premier livre qui associe endométriose et sexualité.
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Catalog of Copyright Entries - Library of Congress. Copyright Office - 1960

Catalog of Copyright Entries - Library of Congress. Copyright Office - 1960

Music - Library of Congress. Copyright Office - 1950

Music - Library of Congress. Copyright Office - 1950

Catalog of Copyright Entries, Fourth Series - Library of Congress. Copyright Office - 1950

Catalog of Copyright Entries, Fourth Series - Library of Congress. Copyright Office - 1950

Yoni Massage - Michaela Riedl - 2009-03-02

A tantric massage practice for awakening and enhancing women's innate sensual, emotional, and spiritual energies • Provides emotional healing by releasing traumatic memories stored in the yoni • Includes exercises that use sexual energy to cleanse and stimulate the chakras • Empowers women to draw strength and radiant vitality from the restored connection to their innermost core "Yoni" is the Sanskrit word for the female genitalia, describing not only the anatomy but also encompassing the energetic and spiritual dimensions. While a yoni massage offers women the opportunity to enhance their sexuality, Michaela Riedl shows that the effects of this practice are much more profound and have ramifications affecting every area of life. Long held inhibitions in the West about sexuality and the shame and guilt associated with the sexual zones of the body have created deep-seated barriers that prevent individuals from fully expressing themselves. The practices provided in Yoni Massage are designed to allow women to overcome these barriers and reconnect to their feminine nature. Yoni massage is not simply a hands-on technique but involves the conscious direction of energy throughout the body through deep breathing and visualization. It provides women the ability to cleanse and energetically stimulate the chakras as well as achieve emotional healing by releasing the traumatic pain that often becomes seated in the yoni. The author explains that the relegation of this important spiritual and energetic center to a "private part" hinders the process of enlightenment. Once women are able to be in touch with their yoni energy, their connection to the entire web of life is restored to its rightful place.

WINNER OF THE 2019 NATIONAL BOOK AWARD FOR FICTION

"Electrifying" (People) • "Masterly" (The Guardian) • "Dramatic and memorable" (The New Yorker) • "Magic" (TIME) • "Ingenious" (The Financial Times) • "A gonzo literary performance" (Entertainment Weekly) • "Rare and splendid" (The Boston Globe) • "Remarkable" (USA Today) • "Delicious" (The New York Times) • "Book groups, meet your next selection" (NPR) In an American suburb in the early 1980s, students at a highly competitive performing arts high school struggle and thrive in a rarified bubble, ambitiously pursuing music, movement, Shakespeare, and, particularly, their acting classes. When within this striving "Brotherhood of the Arts," two freshmen, David and Sarah, fall headlong into love, their passion does not go unnoticed—or untouyed with—by anyone, especially not by their charismatic acting teacher, Mr. Kingsley. The outside world of family life and economic status, of academic pressure and of their future adult lives, fails to penetrate this school's walls—until it does, in a shocking spiral of events that catapults the action forward in time and flips the premise upside-down. What the reader believes to have happened to David and Sarah and their friends is not entirely true—though it's not false, either. It takes until the book's stunning coda for the final piece of the puzzle to fall into place—revealing truths that will resonate long after the final sentence. As captivating and tender as it is surprising, Susan Choi's Trust Exercise will incite heated conversations about fiction and truth, and about friendships and loyalty. "As captivating and tender as it is surprising, Susan Choi's Trust Exercise will incite heated conversations about fiction and truth, and about friendships and loyalty." As captivating and tender as it is surprising, Susan Choi's Trust Exercise will incite heated conversations about fiction and truth, and about friendships and loyalty. It takes until the book's stunning coda for the final piece of the puzzle to fall into place—revealing truths that will resonate long after the final sentence. As captivating and tender as it is surprising, Susan Choi's Trust Exercise will incite heated conversations about fiction and truth, and about friendships and loyalty. As captivating and tender as it is surprising, Susan Choi's Trust Exercise will incite heated conversations about fiction and truth, and about friendships and loyalty. As captivating and tender as it is surprising, Susan Choi's Trust Exercise will incite heated conversations about fiction and truth, and about friendships and loyalty. As captivating and tender as it is surprising, Susan Choi's Trust Exercise will incite heated conversations about fiction and truth, and about friendships and loyalty.
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with classic agile practices, The Agile Samurai gives you everything you
need to deliver something of value every week and make rolling your
software into production a non-event. Get ready to kick some software
project butt. By learning the ways of the agile samurai, you will discover
how to create plans and schedules your customer and your team can believe
in what characteristics make a good agile team and how to form your own
how to gather requirements in a fraction of the time using agile user stories
what to do when you discover your schedule is wrong, and how to look like a
pro correcting it how to execute fiercely by leveraging the power of agile
software engineering practices By the end of this book you will know
everything you need to set up, execute, and successfully deliver agile
projects, and have fun along the way. If you’re a project lead, this book
gives you the tools to set up and lead your agile project from start to finish.
If you are an analyst, programmer, tester, usability designer, or project
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fluff and theory that make other books less-than-agile. It’s packed with best
practices, war stories, plenty of humor and hands-on tutorial exercises that
will get you doing the right things, the right way. This book will make a
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The Agile Samurai - Jonathan Rasmusson - 2018-09-25
Printed in full color. Faced with a software project of epic proportions?
Tired of over-committing and under-delivering? Enter the dojo of the agile
samurai, where agile expert Jonathan Rasmusson shows you how to kick-
start, execute, and deliver your agile projects. Combining cutting-edge tools
with classic agile practices, The Agile Samurai gives you everything you
need to deliver something of value every week and make rolling your
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Manresa - Saint Ignatius (of Loyola) - 1881
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The Brain That Changes Itself - Norman Doidge - 2007-03-15
"Fascinating. Doidge’s book is a remarkable and hopeful portrait of the
endless adaptability of the human brain."—Oliver Sacks, MD, author of The
Man Who Mistook His Wife for a Hat What is neuroplasticity? Is it possible
to change your brain? Norman Doidge’s inspiring guide to the new brain
science explains all of this and more: An astonishing new science called
neuroplasticity is overthrowing the centuries-old notion that the human
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Be Assertive! Be Your Authentic Self! - Sharon Galor - 2015-07-24
How many times have you told yourself you might be such a PUSHOVER and
stand up for what you really think and believe? Why don’t you just speak up
already? Are you fed up with being列入 others and doing what you get
instead of going for what you really want and need? Can you imagine how
freeing and amazing it would be to get your power back and daring to be
who you genuinely are? Are you looking for a straightforward and easy way
to improve your self-esteem, reduce your self-criticism, feel better about
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A comprehensive and rigorous introduction for graduate students and researchers, with applications in sequential decision-making problems.

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Treasure Island - Robert Louis Stevenson - 1883
Novel based on Pirates and buried gold of Treasure Island (Imaginary place).

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Ten Strategies of a World-Class Cybersecurity Operations Center - Carson Zimmerman - 2014-07-01
Ten Strategies of a World-Class Cybersecurity Operations Center conveys MITRE's accumulated expertise on enterprise-grade computer network defense. It covers ten key qualities of leading Cyber Security Operations Centers (CSOCs), ranging from their structure and organization, to processes that best enable smooth operations, to approaches that extract maximum value from key CSOC technology investments. This book offers perspective and context for key decision points in structuring a CSOC, such as what capabilities to offer, how to architect large-scale data collection and analysis, and how to prepare the CSOC team for agile, threat-based response. If you manage, work in, or are standing up a CSOC, this book is for you. It is also available on MITRE's website, www.mitre.org.

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Stay Fit for Life - Joshua Kozak - 2017-11-14
Future-proof your body and restore strength and mobility to everyday movements—all from home. You won't believe how much these simple exercises will transform your life and give you confidence. All you need is your body, and maybe a chair and some very light weights. They say it's the new 40, and you can make that a reality with streamlined functional training that is designed specifically for seniors and baby boomers! Stay Fit for Life empowers you to move with more ease and efficiency when reaching—exercises targeting these movements make everyday activities such as running, gardening, or playing with grandchildren both easier and more enjoyable. Unlike traditional resistance training that targets isolated muscle groups, the compound movement exercises in Stay Fit for Life engage multiple muscle groups simultaneously, helping people of all fitness levels lead more active, dynamic lives. Here's what you'll find in Stay Fit for Life:

- Over 60 step-by-step exercises to increase strength, improve mobility, and enhance flexibility, all demonstrated with bright, clear photography - Modifications for every exercise to make it easier or more challenging, including chair and low-impact variations - Three four-week fitness programs designed to match every fitness level - Twenty prescriptive workout routines designed to target specific needs such as lower back strength, posture improvement, aerobic fitness, balance and stability, and more

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Communication Miracles for Couples - Jonathan Robinson - 2012-08-23

Communication Miracles for Couples by psychotherapist, popular professional speaker, and bestselling author Jonathan Robinson has helped hundreds of thousands of couples repair their relationships and their marriages. Continuously in print since 1997, Communication Miracles for Couples has sold over 100,000 copies. Whether you are looking to enhance your relationship or want to resolve existing conflict, successful techniques taught by Jonathan Robinson can help you develop effective communication and a lasting relationship with a spouse or partner. Honeymoon gift, anniversary gift, or just a gift for him or her. Create lasting harmony and keep love alive with Jonathan Robinson's powerful and effective methods for relationship communication. He has reached over 250 million people around the world with his practical methods, and his work has been translated into 47 languages. Learn how to cultivate your relationship, express your feelings, enhance communication with less blame and more understanding. Find a deeper happiness in your relationship: • Feel totally loved • Never argue again • Have your partner really hear you • Repair broken trust If you have read books such as 4 Essential Keys to Effective Communication in Love, Life, Work—Anywhere; The 5 Love Languages; Mindful Relationship Habits; Communication in Marriage; or Couple Skills; you will love what Jonathan Robinson's Communication Miracles for Couples does for your relationship.

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**Becoming a Writer** - Dorothy Brande - 1934
How to Quickly Learn the Magic of Writing Success For most of my adult life I have been engaged in the writing, the editing, or the criticizing of fiction. I took, and I still take, the writing of fiction seriously. So I make no apology for writing seriously about the problems of fiction writers. I have had firsthand experience with almost every current “approach” to the problems of writing. The difficulties of the average student or amateur writer begin long before he has come to the place where he can benefit by technical instruction in story writing. He had longed to hear that there was some magic about writing, and to be initiated into the brotherhood of authors. This book, I believe, will be unique; for I think he is right. I think there is such a magic, and that it is teachable. This book is all about the writer’s magic. (From the Introduction.) Scroll Up and Get Your Copy Now.

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The latest neuroscience findings show that we have brains not just in our head, but also in our heart and gut. Each of these complex, adaptive and functional neural networks has its own core competencies and specific prime functions. By tapping into and aligning the innate intuitive intelligence of these brains you can learn to generate wiser decision-making both at work and in your daily life. Providing you with practical and easy to do exercises, this Coaching Workbook guides you in exploring, uncovering and refining the skills and patterns you have for communicating, with and aligning the intelligence of your multiple brains. Utilizing powerful methodologies of multiple Brain Integration Techniques (mBIT), NLP, Cognitive Linguistics, Positive Psychology and Behavioral Modeling, the authors have provided a powerful and integrated approach that is practical, potent, and immediate in its results. The exercises in this Workbook can help you transform your relationship to yourself, to others, and to the world in which you live. If you’re serious about your self-evolution, this book can truly make a generative difference! The mBIT Coaching Workbook guides you in exploring your three brains for greater wisdom, success and happiness.

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**The Iliad - the Poem of Zeus** - Pietro Pucci - 2018-09-10
The scholarly tendency has too often weakened the conspicuous novelty and originality that characterizes Zeus in the Iliad. This book remedies that tendency and depicts the extraordinary figure of Zeus: lord (or impersonation) of lightning and thunder, exclusive master of human destiny—and therefore of human history—and chief of Olympus. This unique personality endowed with polyvalent powers represents itself the conflict between superhuman moral indifference for mortal destiny and anthropomorphic feelings for human beings: he both preordains the death of his son and weeps on his demise. Zeus embodies the Mysterium tremendum. This new Zeus cannot glance at the past image that the tradition painted of him without smiling at its simplicity and disrespect: a parodic or amusing tone surrounds him as he refers or is referred to aspects of his traditional image. The great characters of the Poem give two wise responses to Zeus, lord of destiny: “heroic death” or serene acceptance. We, the readers, are expected to react in the same way.

**How to Write a Sentence** - Stanley Fish - 2012-08-07
Some appreciate fine art; others appreciate fine wines. Stanley Fish appreciates fine sentences. The New York Times columnist and world-class professor has long been an aficionado of language. Like a seasoned sports caster, Fish marvels at the adeptness of finely crafted sentences and breaks them down into digestible morsels, giving readers an instant play-by-play. In this entertaining and erudite gem, Fish offers both sentence craft and sentence pleasure, skills invaluable to any writer (or reader). How to Write a Sentence is both a spirited love letter to the written word and a key to understanding how great writing works; it is a book that will stand the test of time.

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**Programming Challenges** - Steven S Skiena - 2004-03-18
There are many distinct pleasures associated with computer programming. Craftsmanship has its quiet rewards, the satisfaction that comes from building a useful object and making it work. Excitement arrives with the flash of insight that cracks a previously intractable problem. The spiritual quest for elegance can turn the hacker into an artist. There are pleasures in parsimony, in squeezing the last drop of performance out of clever algorithms and tight coding. The games, puzzles, and challenges of problems from international programming competitions are a great way to experience these pleasures while improving your algorithmic and coding skills. This book contains over 100 problems that have appeared in previous programming contests, along with discussions of the theory and ideas necessary to attack them. Instant online grading for all of these problems is available from two WWW robot judging sites. Combining this book with a judge gives an exciting new way to challenge and improve your programming skills. This book can be used for self-study, for teaching innovative courses in algorithms and programming, and in training for international competition. The problems in this book have been selected from over 1,000 programming problems at the Universidad de Valladolid international competition. The problems in this book are selected from over 1,000 programming problems at the Universidad de Valladolid online judge. The judge has run on over one million submissions from 27,000 registered users around the world to date. We have taken only the best of the best, the most fun, exciting, and interesting problems available.

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How To Give Her Absolute Pleasure - Lou Paget - 2016-08-25
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Aging Voice - Kiyoshi Makiyama - 2017-04-19
This book discusses the aging voice, one of the interesting issues related to aging. Population aging is an issue in most developed countries, where both physicians and specialists are required to improve clinical and scientific practice for elderly adults. In particular, the need for expertise in the diagnosis and treatment of aging voice pathologies is increasing continually. New developments in regenerative medicine have taken care for the aging voice to new level, and the contributors to this book use their wealth of experience in the field of the aging voice to present the latest advances in this field. This book is a unique resource, providing new perspectives for physicians, clinicians and health care workers who are interested in the aging voice.

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