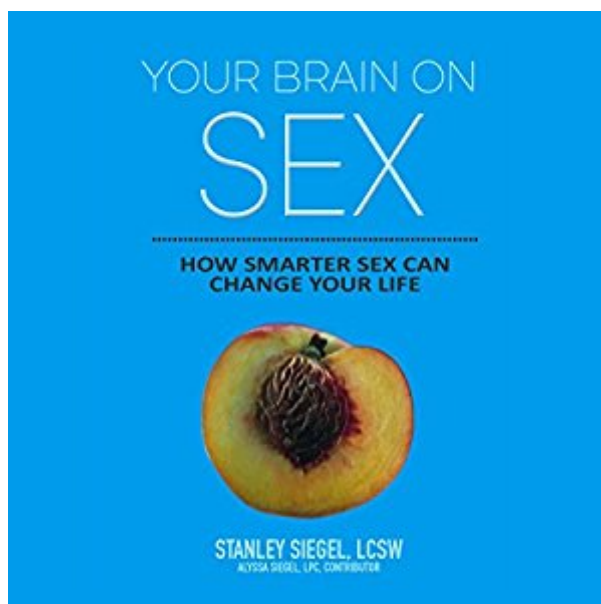


The book was found

Your Brain On Sex: How Smarter Sex Can Change Your Life



Synopsis

Why you need to think more about sex.... What if great sex wasn't just great sex: What if great sex could actually change your life? Your Brain on Sex offers a groundbreaking and intriguing look at how each one of us can transform our lives by focusing our thoughts on our true sexual desires. This book lays out a bold yet simple path for uncovering your true self through sex. It's more than just great sex. It's smart sex - sex that can change your life. You will learn how to discover your true desires, understand what they mean, and use those secrets to create powerful change. Find the answers to these and other questions in Your Brain on Sex: Why do you feel chemistry with some people and not others? What do your sexual fantasies mean? How can you use sex to find the right life partner? Why has your sex life become boring or nonexistent? What does your past have to do with sex now? When should you act out your sexual fantasies? Do you think about other things during sex?

Book Information

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Customer Reviews

I gave this book five stars, because even though there are some parts that don't completely agree with, I still have garnered some extremely important insights from this book. I had never before put such a powerful, analytic lens over my sexual desires and fantasies, even though I thought I had. I thought I had analyzed my sexuality in depth, but Siegel asks pertinent questions I hadn't thought of before. Also there are fascinating explanations for the creation of your sexuality, that I found really interesting. Not all of the explanations I found convincing, but some of them felt exceptionally accurate and I was surprised they were not more well known or accepted in popular culture. For

example, Siegel uses the example of someone enjoying a rape fantasy because rape eliminates guilt: if someone is forcing you to do something, you can't accept responsibility and therefore can't feel guilty about it. That seems very accurate and I was surprised I had never thought of it before. I also appreciated the entire chapter devoted to creating an open mind and accepting your sexuality completely. I was tempted to skip it but it ended up really changing how I thought about sex. It banished a lot of my guilt and helped me feel freer. Siegel knows what he's talking about so I trusted his judgement. I did have some issues with his primary case study he references: he writes of an attractive young woman, who is attracted sexually to men that are free spirited and frequently irresponsible who mimic her father. Anyway she keeps having the same problems over and over again in relationships, and Siegel prescribes that she date people more like the opposite parent: dependable and predictable. So she dates men that are stable and responsible, but that she is not ultimately that attracted to...

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