

ACUPRESSURE FOR LOVERS



*Secrets of Touch for
Increasing Intimacy*

Michael Reed Gach, Ph.D.
author of ACUPRESSURE'S POTENT POINTS

Acupressure For Lovers Secrets Of Touch For Increasing Intimacy

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Sugrue**



Acupressure For Lovers Secrets Of Touch For Increasing Intimacy:

Acupressure for Lovers Michael Reed Gach, PhD, 1997-01-01 In Chinese medicine acupressure points are considered gateways for the human electrical energy that runs throughout the body This energy is essential for optimal sexual pleasure and Gach explains with line drawings photographs and step by step instructions how to release this energy and naturally increase sexuality and sexual enjoyment With easy stretching tips and exercises for eliminating stress and tension in the body Acupressure for Lovers also helps couples promote relaxation while enhancing eroticism and intimacy Yoga Journal, 1997-05 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *150 Secrets to a Happy Wife* Joe Gumm, 2011-04-01 Joe Gumm knows how to please his wife but that s only because he learned the hard way by doing lots of stupid things first Now he s giving men funny and poignant ideas to keep them out of the doghouse for good and remind women every day why they love their guys so much Written in a comedic tone guaranteed to have wives and husbands laughing together and nodding in recognition *Romancing Mommy* conquers the topic of how couples disconnect especially after the kids are born and more importantly how to reconnect through teamwork compassion humor and romance **Sensual Love Secrets for Couples** Al Link, Pala Copeland, 2007 Is it possible to stir up passion after the flames of romantic love die down How can one maintain a loving relationship that satisfies and stimulates year after year Sensual Love Secrets for Couples offers one simple solution for stoking the fires of lifelong intimacy awakening and uniting the Body Mind Heart and Soul These four freedoms the essence of human nature have the power to transform a lusterless partnership into a divine union sparkling with limitless pleasure and unconditional love Featuring over one hundred exercises and fun activities this practical guide helps readers explore the physical senses establish trust cultivate emotional intimacy achieve sacred sex embrace commitment pledge selfless intentions and build spiritual bonds to last a lifetime Acupressure's Potent Points Michael Reed Gach, PhD, 2011-11-09 With your hands you have potential to relieve everyday aches pains and ailments without taking drugs to improve your health and to increase your vitality Acupressure is an ancient healing art that uses the fingers to stimulate key points on the skin that in turn activate the body s natural self healing processes With this book it is a skill you can learn now and use in your own home In *Acupressure s Potent Points* Michael Reed Gach founder and director of the Acupressure Institute of America reveals simple techniques that enable you to relieve headaches arthritis colds and flu insomnia backaches hiccups leg pain hot flashes depression and more using the power and sensitivity of your own hands This practical guide covers more than forty ailments and symptoms from allergies to wrist pain providing pressure point maps and exercises to relieve pain and restore function Acupressure complements conventional medical care and enables you to take a vital role in becoming well

and staying well With this book you can turn your hands into healing tools and start feeling good now **Conceiving with Love** Denise Wiesner,2019-05-28 Supportive practical advice for couples who are trying to conceive Denise Wiesner s integrative East meets West approach developed over twenty years of practice has helped thousands of couples relax reconnect and conceive The stress of trying to get pregnant can wreak havoc with a couple s intimate relationship right at a time when that connection is most important and the frustration and shame couples may feel can have a harmful effect and reduce their chances of conceiving Wiesner gives couples the tools they need to repair their sexual relationship rebuild their self confidence and reclaim their intimacy and desire She includes advice from leading experts in Western reproductive medicine and Traditional Chinese Medicine offers sensual practices from yoga qigong and Tantra and answers questions couples have about sex intimacy and both naturally occurring and medically assisted fertility **CHINU'S NOTES ON KNOW ALTERNATE THERAPIES** Sankaran Srinivasan,2021-06-09 We are a part of the vast sea of humanity that is searching the ultimate utopia mislead by the thought that successful careers and wads of currency will buy us a place here so in a bid to accumulate those wads and reach the pinnacle of successful careers we have surrendered our peace of mind unblemished souls and physical health the 24x7x365 culture has invaded this planet companies proudly flaunt the nonstop work culture slave driving their employees with promises of more greenbacks to compensate for the mental peace and happiness they have lost the taunt muscles the rigid jaws and the overstrained nerves are a few pointers to our unrelenting torture of the self So man today is sick because he thinks he is sick sickness and disease have no place in the life of person who does not accept and tolerate the self limiting thoughts which are real seeds of our myriad ailments we stand hypnotized by the belief that disease and illness are our fate and destiny rather than health and bliss which are truly our birth right and heritage in order to emerge from our mass hypnosis and collective hysteria and to experience health joy and creative fulfilment we must make a systematic application of holistic living through alternate therapies in our daily life The success of efficacy of alternate therapies he experienced provided the impetus inspiration to him to come with compendium of his documented collection over a decade in this book In effect this book makes a humble effort in finding a genuine and truly helpful lifeline for many people giving important popular alternate therapies in SINGLE WINDOW for ready reference self study and self treatment as its primary objective it is to help you live life to the hilt that his book has been written Life is not about toil and ambition alone it is about enjoying each moment it is learning to relax and take things in stride It is about the blissful enjoyment of the years granted to us on this planet Believe me you will be more successful happier and contented if you pursue your career relationships and ambitions in a relaxed manner outlined in this book **Soul Sex** Al Link,Pala Copeland,2025-09-12 This is not only a book about Tantric practices but also about how you can use them to create a life long loving relationship Because Pala and Al s emphasis is on Tantra in relationships both beginners and skilled Tantric practitioners will find value here Through the authors mix of ancient Eastern sexual practices and modern Western

approaches to communication and intimacy you and your partner will learn to connect in ways that are respectful nourishing and lusty Pala and Al offer their relationship as a model for a successful long term relationship in which to be happy fulfilled and spiritually awakened Soul Sex includes thought provoking discussions personal anecdotes and precise but simple techniques to inspire you to apply to your daily life The observations and exercises included are drawn from the authors own heady partnership and from the hundreds of couples they have had the privilege to teach at their Tantra sacred sex workshops

1001 Ways to Be Romantic Gregory J. P. Godek, 2010 More Romantic than Ever *Sex Matters for Women* Sallie Foley, Sally A. Kope, Dennis P. Sugrue, 2011-12-13 A guide to help women understand how their bodies work and to take charge of their sexuality discussing anatomy body image trauma overcoming difficulties and related topics

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