



Sex Recharge: A Rejuvenation Plan for Couples and Singles (Paperback)

By Ian Kerner

HarperCollins Publishers Inc, United States, 2009. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. The premise of this book is simple: When it comes to sex, dating, and relationships, sometimes we get in so deep the only way out is to start over again. In Part One, Ian Kerner introduces the basic underpinnings of the Detox program. Just as a physical fast, or change in diet, will rapidly alter your metabolism and natural body chemistry, so too will a sex/dating detox impact your neurochemistry, enabling you to reset, rewire and, ultimately, rejuvenate your love life. Not only will it help readers to turn off the noise and find peace of mind, it will help them transform that new mindfulness into actions that reverberate throughout every aspect of their lives. Part two is programmatic, and is divided into sections for couples and singles. Kerner lays out a course of action for to follow over a focused 30-day period that includes quizzes, diagnostics, self-reflection assignments, and exercises. Those in a relationship will learn to see themselves through their own eyes rather than their partner s. They will come to understand their sexual history as more than just...



READ ONLINE
[2.99 MB]

Reviews

The most effective ebook i at any time study. It can be writter in easy words and phrases and not difficult to understand. I am just pleased to let you know that this is the finest publication i have read within my individual lifestyle and could be he finest publication for at any time.

-- **Tania Mosciski**

Simply no phrases to describe. It is amongst the most awesome pdf we have read through. Your life period will probably be transform as soon as you complete looking over this publication.

-- **Torrance Skiles**

Other PDFs



Children s Rights (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s author and educator. She was born in Philadelphia,...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...



From Kristallnacht to Israel: A Holocaust Survivor s Journey (Paperback)

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein is born in Austria. As his life...



A Kindergarten Manual for Jewish Religious Schools; Teacher s Text Book for Use in School and Home (Paperback)

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



How to Make a Free Website for Kids (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



The Three Little Pigs - Read it Yourself with Ladybird: Level 2 (Paperback)

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 222 x 150 mm. Language: English . Brand New Book. In this classic fairy tale, the three little pigs leave home and build their own houses - one of straw, one of...