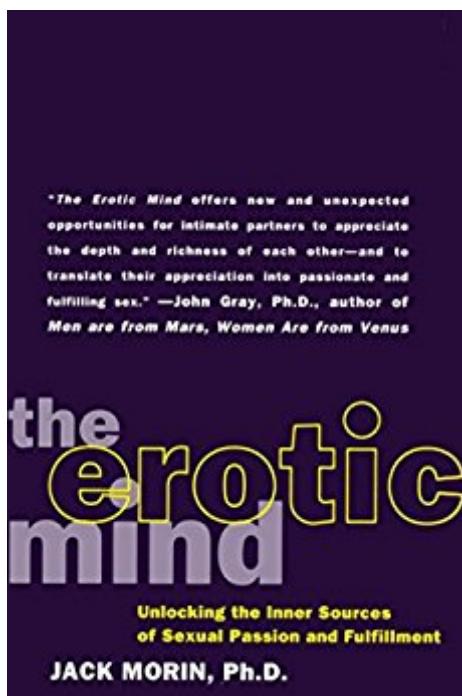


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The Erotic Mind: Unlocking The Inner Sources Of Passion And Fulfillment



Synopsis

Challenging accepted theories about what makes for terrific sex, The Erotic Mind is a breakthrough exploration of the least understood dimensions of human sexuality—the psychology of desire, arousal, and fulfillment. Nationally known sex therapist Dr. Jack Morin offers a bold new perspective that celebrates the joys of Eros without denying its risks. Based on an in-depth analysis of over 1,000 provocative stories of peak sexual experiences, The Erotic Mind offers clear, accessible guidance on how anyone can utilize his or her own peak encounters and fantasies as powerful tools of self-discovery. The Erotic Mind explains the many paradoxes of erotic life, such as: why we're most excited when we must overcome obstacles; how anxiety, guilt, and anger—generally thought to have a negative impact on sexual arousal—often turn out to be aphrodisiacs; how we use unresolved issues from our early lives to intensify passion; and why the best sex is dynamic and unpredictable, rather than static and safe. These and other insights, combined with concrete suggestions for increasing our enjoyment, overcoming our problems, and revitalizing our relationships, will change forever the way we think about our eroticism.

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Customer Reviews

This book helped me to:--Understand my weird fantasies better--and make peace with them;--Rekindle passion in a relationship where it just wasn't working;--Respect and acknowledge things I enjoy without needing to act on them against my own interests;--Get over traumatic experiences of sexual assault;and--help friends struggling with sexual issues make sense of and overcome their problems.Seriously, if you're trying to figure yourself out, or any sexual problem, THIS is the book to get. It's also both extremely open-minded, without being unnecessarily explicit, so I recommend it broadly.

I bought this book after reading all the reviews and couldn't NOT write my own. After reading this I felt NORMAL and wonderful about who I am sexually. All the old messages from childhood, all my inhibitions and fears all of a sudden became secondary and unimportant next to my emerging comfortableness with my own fantasies and preferences. I suddenly began remembering all sorts of childhood experiences that have led me to be who I am today and with that recognition I feel (I know it sounds cliche) liberated. But just ask my boyfriend! I shared a lot of this book with him, read to him sections and since he is so understanding and a willing participant in our ongoing evolution of sex, we were both able to confide in each other our deepest secrets. Now I realize how really normal I am and not as odd as I thought and it has boosted my confidence to try new things.I would tell anyone grappling with their sexuality or that of a loved one's to go out and get the book immediately! It definitely spiced up our life!

It mad me understand that some erotic charges ar based in childhood events or beliefs.

This was a fantastic book, I teach a Human Sexuality course at the college level and used some of this material in my class this semster.

In order to be licensed to practice clinical psychology in California, it is necessary to take a seminar on human sexuality. That's how I first heard about this book. The organizer believed that this is the foremost text on human sexuality and sex therapy, and now I can see why...This is powerful, valuable stuff. Here's what makes it good:1. I believe that Morin's landmark contribution is his "paradoxical perspective on eroticism." It challenges a variety of widely-accepted theories about attraction and great sex. As Morin states, "this new paradigm acknowledges and embraces the contradictory, dual-edged nature of erotic life. It recognizes that anything that inhibits

arousal-including anxiety or guilt-can, under different circumstances, amplify it." The paradoxical view is at the heart of what makes this book special. It isn't just some scholarly, cerebral view, but rather a theory with profound experiential/practical significance. For instance, as one more fully experiences the profoundest subjective erotic rewards, one also experiences more strongly the tension between passion and fulfillment.2. The book unearths readers' own sexual desires and sexual behaviors (or "Core Erotic Themes"), using unique self-assessment tools. Lots of people (including me) feel that this book really helps them see for the first time their sexual essence, which underlies their perplexing historical feelings and behaviors. Somehow, the revelations are more relieving than shocking. As you get to the bottom of what really turns you on within Morin's system, the world may look different! Of course, there's also great value in determining what makes your partner (or potential partner) click.3. The book provides concrete tools for understanding and achieving peak eroticism ("emotional aphrodisiacs"). These include ways to increase sexual and orgasmic intensity, reduce inhibitions, improve validation received and given, and transcend personal boundaries. Additionally, it provides ways to address "troublesome turn-ons" which lead to destructive, repetitive behaviors.4. Morin clarifies how to intensify desire and arousal in oneself and others. Much of the work is paradoxical, and explores eroticism in ways not available elsewhere. Moreover, it provides ways to evaluate sexual well-being from the "paradoxical" perspective ("signposts to erotic health")5. It provides plenty revealing stories of peak sexual experiences. These stories improve understanding, but more importantly detoxify stigma, anxiety, guilt, anger and avoidance. Most people will find their doppelgangers here...6. The author is a well established sex therapist, researcher, and psychotherapist. If I have any criticism, it is that the book becomes repetitive in places. So what?

Written in a clear and non-judgemental manner with wonderful insights and profound ideas to mediate upon. At times I was totally engrossed in the book and couldn't tear myself from it. The book helped me to embrace my sexuality with all its delightful sides and weird eccentricities.

To know thyself is to realize we are on an incredible journey. This book is invaluable in sexual self discovery.

I read this book for class. It is a good book. I recommend it to therapist or couples/individuals struggling with being sexually active. Cute exercise of answering questions and reflecting on the sections.

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