



The Heart of Tantric Sex (New edition)

By Diana Richardson

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The Heart of Tantric Sex (New edition), Diana Richardson, How did we lose the art of keeping love fresh and new long after the honeymoon is over? How can we rediscover the joys of love and sex that grow rather than diminish over time? After many years of exploration, Diana Richardson found that the ancient practice of Tantra, with its unique, intelligent approach to sex, had the effect of enhancing intimacy and deepening love. In this book she has adapted Tantra for modern Western lovers in a practical, sympathetic way. Tantric sex can transform your experience into a more sensual, loving and fulfilling one. Easy-to-follow steps show you how to relax into sexual energy, increase your sensitivity and receptiveness, get closer to yourself and your lover, and make lasting love and sexual fulfillment a tangible reality, not an impossible dream.

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