

## Discovering your couple sexual style : sharing desire, pleasure, and satisfaction

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### Abstrak

Establishing positive, realistic sexual expectations -- Determining your couple sexual style -- Communicating your sexuality : the five dimensions of touch -- Successfully implementing your couple sexual style -- Keeping your sexual options open -- Building bridges to desire -- Indulging in eroticism and sexual fantasies -- Optimizing sexual intercourse -- Savoring orgasm and afterplay -- Overcoming sexual inhibitions -- Dealing with illness and sex -- Looking for help from pro-sexual medications -- Confronting sex and aging -- Nurturing sexuality as intimate, erotic friends -- Maintaining sexual vitality.