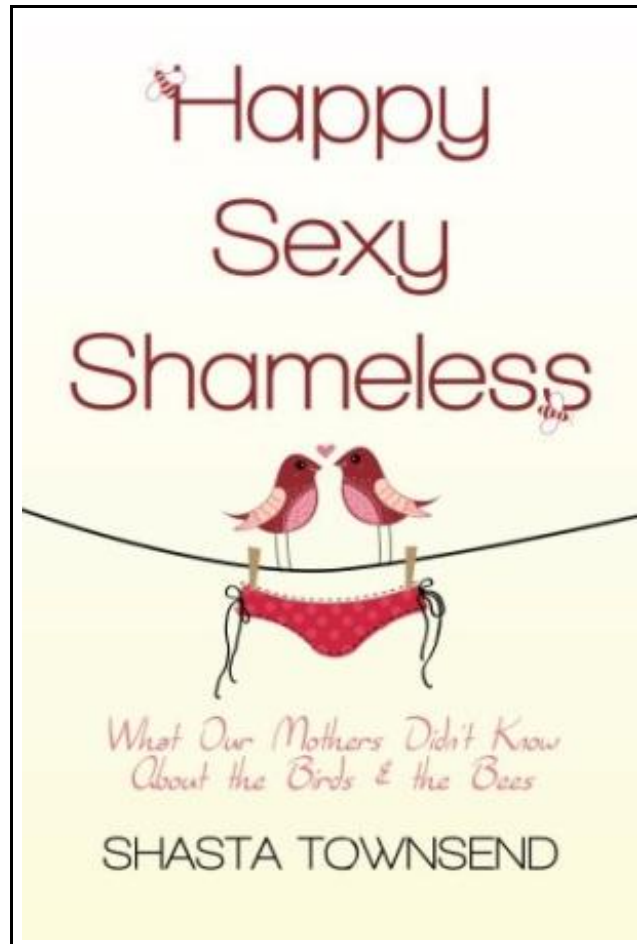


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Createspace, United States, 2015. Paperback. Book Condition: New. 230 x 154 mm. Language: English . Brand New Book. What did your mama teach you about sex? Anything? Drawing from personal experience, interviews, research, and real-life teachings **Happy, Sexy, Shameless - What Our Mothers Didn t Know About the Birds and the Bees** opens up a truly unprecedented and deeply meaningful discussion about female sexuality and empowerment. This debut book from Shasta Townsend is told in a part confessional, part How-To, and part interview style. Shasta speaks in an original, and at times daring voice as she tackles many of the unspoken rules that keep women locked down with shame in the bedroom and out. She confronts the so-called sacred cows of sexuality and sexually appropriate behaviour including what Good Girls and Bad Girls do with clarity, humor and grace. The book also examines the power of female desire, the art of creating powerful connection and delicious intimacy, and examines why good sex even matters for a great life. This is unlike any self-help book or sex book you have read before! This book remedies the shame, conditioning, trauma and just plain confusion with an open, meaningful and at times raw discussion of sexuality just for women. Through personal stories, interviews with real women, and academic research that s presented in an accessible way, this how-to guide to embracing sexuality as a gift takes an entirely new approach to female sexuality, and even makes it fun! You will want to read it all at once! If you are tired of letting shame, conditioning, trauma, and just plain confusion around sexuality prevent you from having the great sex you desire, this book is exactly what you are seeking. Drawing from her own experiences in the bedroom, interactions with students in her workshops,...

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