

“The art of pleasure. Getting it, not giving it.” —*New York*

Using the Power of Pleasure
to Have Your Way with the World

Mama Gena's
School of
Womanly
Arts

Regena Thomashauer

“Diva of desire Regena Thomashauer teaches women how to celebrate their passions, indulge their appetites, and adore their lives.” —*Chicago Tribune*

**Mama Genas School Of Womanly Arts Using The Power
Pleasure To Have Your Way With World Regena
Thomashauer**

Kelly McNelis



Mama Genas School Of Womanly Arts Using The Power Pleasure To Have Your Way With World Regena Thomashauer

Mama Gena's School of Womanly Arts Regena Thomashauer,2002-05-01 Mama Gena s School of Womanly Arts shows women how celebrating their sensuality can help them achieve their dreams think of it as The Power of Positive Thinking as interpreted by Anais Nin The New York Times Relationship expert Regena Thomashauer teaches the lost womanly arts of identifying your desires having fun no matter where you are knowing sensual pleasure befriending your inner bitch flirting in a way that makes your day not just his and more because making pleasure your priority can actually help you reach your goals So if you need a refresher course in fun and you know you do come to Mama **Pussy** Regena Thomashauer,2018-04-03 Required reading for every woman who longs to step into her power and live with pleasure and purpose Kris Carr New York Times best selling author Author educator and School of Womanly Arts founder Regena Thomashauer has been working with women for the past 25 years and what began as just a few women in her living room has since grown into a global movement with thousands of graduates worldwide In her New York Times bestseller *Pussy A Reclamation* she reveals what no one taught you about the source of your feminine power and how to use it This power is the part of a woman that she has been taught to ignore push down and despise Indeed the word that most viscerally sums it up is arguably the most powerful pejorative word in the English language Like any expletive used effectively the title of this book is meant to be a wake up call It is a reclamation in a world that desperately requires the feminine Readers learn the secret ingredient every woman is missing how to crack the confidence code why sex appeal is an inside job what s ahead on the next frontier of feminism and how they can help make it happen and much more By turns earthy and erudite passionately argued and laugh out loud funny *Pussy* delivers the tools and practices a woman requires to do and be whatever she wants in this life It s a call for her to tune in turn on and not drop out but live more richly fully and lusciously than she ever thought she could

Mama Gena's Owner's and Operator's Guide to Men Regena Thomashauer,2003 Teaches women how to better understand men and effectively train men for relationships full of satisfaction friendship and intimacy *Mama Gena's Marriage Manual* Regena Thomashauer,2005-04-05 Irresistibly candid and wholly persuasive Mama Gena speaks to women of all ages and gets to the true heart of any relationship whether it s seven years or seven months old **Money, a Love Story** Kate Northrup,2013-09-10 **The Pleasure Zone** Stella Resnick,1998-12-01 Discusses the eight core pleasures primal pleasure pain relief the pleasures of play and humor and mental emotional sensual sexual and spiritual pleasure and how they can enrich one s life Womanocode Alisa Vitti,2013 Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome PCOS and was able to heal herself through food and lifestyle changes Relieved and reborn she

made it her mission to empower other women to be able to do the same As she says Hormones affect everything Have you ever struggled with acne oily hair dandruff dry skin cramps headaches irritability exhaustion constipation irregular cycles heavy bleeding clotting shedding hair weight gain anxiety insomnia infertility lowered sex drive or bizarre food cravings and felt like your body was just irrational With this breadth of symptoms improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti depressants aren't the only solutions The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up Groundbreaking and informative WomanCode educates women about hormone health in a way that's relevant and easy to understand Bestselling author and women's health expert Christiane Northrup who has called WomanCode the Our Bodies Ourselves of this generation provides an insightful foreword

The Book of the Courtesans Susan Griffin, 2002-02-06

From Pulitzer Prize nominated author Susan Griffin comes an unprecedented provocative look at the dazzling world of the West's first independent women whose lively liaisons brought them unspoken influence wealth and freedom While they charmed some of Europe's most illustrious men honing their social skills as well as their sexual ones the great courtesans gained riches power education and sexual freedom in a time when other women were denied all of these From Imperia of sixteenth century Rome who personified the Renaissance ideal of beauty Mme de Pompadour the arbiter of all things fashionable in eighteenth century Paris and Versailles Liane de Pougy known in France during the Belle Epoque as Our National Courtesan to Sarah Bernhardt who following in her mother's footsteps supported herself in her early career with a second profession The Book of the Courtesans tells the life stories and intricacies of the lavish lifestyles of these women Unlike their geisha counterparts courtesans neither lived in brothels nor bent their wills to suit their suitors They were strong willed autonomous and plucky An open secret their presence can be felt throughout our culture The muses who enflamed the hearts and imaginations of our most celebrated artists they were also artists in their own right They wrote poetry and novels invented the cancan at the Moulin Rouge and presented celebrated acts at the Folies Bergeres They helped to influence and shape the sensibility of modern literature painting and fashion When Greek sculptor Praxiteles wanted to depict Venus he used a famous courtesan as a model as in later centuries Titian Veronese Raphael Giorgione and Boucher did when they painted goddesses When Marcel Proust was a young man it was the courtesan Laure Hayman who took him under her wing introducing him to the right people and providing inspiration for one of literature's greatest masterpieces And they often had considerable political influence too When King Louis XV needed advice on foreign affairs or appointments of state he turned to Jeanne du Barry as well as Pompadour In her witty and insightful prose as Griffin celebrates these alluring and fascinating women she restores a lost legacy of women's history She gives us the stories of these amazing women who starting from impoverished or unimpressive beginnings garnered chateaux fine coaches fabulous collections of jewelry and even aristocratic titles along the way And through a brilliant exploration of their extraordinary abilities skills and talents

which Griffin playfully categorizes as their virtues Timing Beauty Cheek Brilliance Gaiety Grace and Charm her book explains how while helping themselves through their often outrageous always entertaining examples the great courtesans not only enriched our cultural heritage but helped to liberate women from the social sexual and economic strictures that confined them Intensively researched and beautifully crafted *The Book of the Courtesans* delves into scintillating but often hidden worlds telling stories gleaned from many sources including courtesans memoirs presented along with stunning rare photographs to create memorable portraits of some of the most pivotal figures in women s history [Your Messy Brilliance](#) Kelly McNelis,2017-10-15 There is no magic pill There is no one size fits all solution to your problems There is no guru coming to save you The remarkable truth you are about to discover one that you already know deep down in your bones is that the idea of perfection can t bring you the joy passion and purpose you are craving What you are looking for as author and Women For One founder Kelly McNelis will show you is your messy brilliance It s the part of you that s perfectly imperfect and that contains your wholeness the good the bad and the ugly *Your Messy Brilliance* offers an engaging customizable roadmap to the authentic you In this book you will learn to Reclaim your true brilliance by embracing your flaws as the key to unlocking your deepest truth Understand how your stories shape your life and harness your power to transform the stories you tell yourself and others Consciously move past shame and self judgment and develop a stronger relationship to your body mind and spirit Connect with your feminine power to find presence peace and clarity Make conscious effective choices that enable you to make your life happen on your own terms Embody limitless possibility so that you can create the life you have always dreamed about Commit to a life of radical openness authenticity and courage so that you transform yourself and your world With a combination of personal experience relatable stories from everyday women and practical wisdom that can be found in every culture and doctrine Kelly will guide you into the most important journey you will ever take as a woman the journey back home to your messy brilliance and your ultimate truth **In The Meantime** Iyanla Vanzant,2012-12-11 Most of us go through life with a vision of what the ideal relationship is supposed to be yet too often our longing for a soul mate leads to disappointment and heartbreak What we see desire or harshly judge in our mate is but a reflection of self Vanzant explains as in *IN THE MEANTIME* she helps us to break free of our fantasies and view a relationship as an ongoing process of discovery and growth Whether she is offering practical advice on how to avoid making the same relationship mistakes over and over again or helping us to view the painful end of a relationship as an opportunity to learn and change Iyanla Vanzant as author Patrice Gains has said reminds us that every moment is an opportunity to learn and inspires and encourages us to continue our inward daily search *Extended Massive Orgasm* Steve Bodansky,Vera Bodansky,2000 In this hands on guide to getting it right behavioral scientists Steve and Vera Bodansky describe how to give and receive remarkable orgasms taking the experience of sex to a new level of enjoyment While focusing primarily on women they address the needs of men as well Illustrations [100 Hot Sex Positions](#) Tracey Cox,2011-03-21 100 positions for

sensational sex from the world's super sexpert 100 Hot Sex Positions is guaranteed to provide a sexual revelation for any couple With Tracey Cox's 15 years of experience you can now explore her top 100 sexual adventures designed to offer ultimate satisfaction Steamy photographs present every position with Tracey's trademark warm witty advice telling you exactly how to do it what to expect and how to make it the best you've ever had Features positions and adventures for any mood from cheeky and kinky to slow and romantic Tick off every one on the special checklist charting you and your partner's progress to true sexpertise Makes the perfect gift whether you want to treat your partner to something special or mutually achieve sexual satisfaction and intimacy

[Taking Sexy Back](#) Alexandra H. Solomon,2020-02-02 Taking Sexy Back is going directly on my top list of recommended sexuality readings Esther Perel author of Mating in Captivity and The State of Affairs It is time for a new sexual revolution It's time to take sexy back As women we're expected to be sexy but not sexual We're bombarded with conflicting shame inducing and disempowering messages about sex instead of being encouraged to connect with our true sexual selves Sexy gets reduced to a performance leaving us with little to no space to reckon with the complexities of sexuality In a culture intent on telling you who and how to be standing in your truth is revolutionary From relationship expert Alexandra Solomon author of Loving Bravely Taking Sexy Back is a groundbreaking guide to deepening your connection to yourself honoring your desires and cultivating authentic intimate connections On these pages you'll discover how to deepen your sexual self awareness and use that awareness to create experiences that not only pleasure but elevate expand and heal you You'll learn to understand your boundaries communicate what feels good and bring mindfulness and self compassion to sex Most importantly you'll embrace your sexuality as an evolving essential and beautiful part of your life Sex is about more than what your partner enjoys or finds sexy It's about more than having an orgasm or finding the right positions It's about you It's time to take your sexy back Named one of Cosmopolitan's Best Nonfiction Books of 2020 2020 Consumer Book Honorable Mention from The Society for Sex Therapy and Research SSTAR As featured on The Morning Show Australia's top rated morning program

The S Factor Sheila Kelley,2003-01-01 Introduces an exercise program combining yoga dance and erotic movements designed to tone muscles increase flexibility and promote weight loss

A Hand in the Bush Deborah Addington,2010-08-17 Vaginal fisting the intimate potent sexual act of gradually inserting the entire hand into the vagina is an increasingly popular form of sexplay among lesbians bisexuals and heterosexuals alike Now for the first time an experienced fister and fistee explains in detail how to fist with the greatest possible safety and pleasure Extensively illustrated this groundbreaking guide by Deborah Addington has been approved by three fisting positive physicians and by many experienced practitioners Also includes an eye opening section of anecdotes and poetry by fisting lovers plus an extensive resource guide A must have handbook for the sexually explorative

[Sex Games Bible](#) Randi Foxx,2009-06-01 The Sex Games Bible is the antidote to bedroom boredom The book will feature photography from at least five previous Quiver books giving the reader the sense that this is the most comprehensive sex games book out there and the

only one they need on their shelf The Sex Games Bible will revive a couple s sex life again or add to a single s sex arsenal providing readers with 100 ideas and games that they either 1 never thought of before or 2 thought of but were too embarrassed or shy to mention to their partner Each game is fun and playful and provides you with clear uncomplicated directions and ideas Slow Sex Nicole Daedone,2014-07-02 Explains how to use the growing practice of Orgasmic Meditation to slow down connect emotionally and achieve authentic female sexual satisfaction *Female Ejaculation* Jeffre Talltrees,2010-09 Do you want amazing mind blowing sexual ecstasy full body multiple and extended orgasms as well as the elusive and mysterious experience of female ejaculation In this book you ll learn how to awaken your secret orgasmic trigger the G spot With step by step instruction for both men and women this book shows how to give and receive incred *Fat, Stupid, Ugly* Debrah Constance,J.I. Kleinberg,2004-09-01 In the spirit of A Child Called It comes an amazing story of resilience from a woman who triumphed over child abuse cancer and alcoholism to founder of A Place Called Home I began life it would seem as some kind of Grimm s fairy tale creature large and oafish undesirable grossly imperfect Neatly penned in my baby book were the words Debbie was a fat unattractive baby Fat and ugly aside my life was fairly normal for a couple of years It would be a while before the abuse began Before the smoking and pills the rage and rebellion the alcoholism and cancer the broken marriages In those first uncomplicated years I could have set out on any of a dozen different paths toward an orderly life it was not to be But this is not a story of defeat This is a book about surviving It s about hope It s about how each of us ordinary imperfect damaged can dream and heal This book weaves the humorous often outrageous always courageous tapestry of Debrah Constance s life Voted Woman of the Year by the State of California Legislature for founding A Place Called Home APCH an organization providing services to at risk inner city kids in South Los Angeles she proves that anyone can rise above life s obstacles and make a better life for themselves and others **Tickle His Pickle: Your Hands-On Guide to Penis Pleasing** Dr. Sadie Allison,2004-07-01 Tickle His Pickle Your Hands On Guide to Penis Pleasing is a fun intimate tour of the penis and beyond that educates and entertains while revealing the penis pleasing secrets women long to know

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