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## Freedom Through Sex: How to Find Sexual Fulfillment, Overcome Self-Limiting Beliefs and Heal Sexual Trauma (a Guide for Women) (Paperback)

By Kyle Hoobin

Simha SAT Publishing, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A Woman s Guide To Sexual Fulfillment If you feel unable to express your sexuality freely and confidently, it is because you have learned that it is dangerous to do so. This perceived danger is sometimes justified, but for the most part it is in place to protect your heart from getting hurt, not your body. Believing that you must constantly protect yourself is what prevents you from experiencing a truly fulfilling life. Breaking down the barriers that have been created by adopting this psychological safety measure is what the essence of this book is all about. A fulfilling life is one that honors all aspects of ourselves. Many of us adopt self-limiting beliefs as we grow into adulthood which cause us to bury and repress some of these aspects. Unfortunately, it is our sexuality that tends to take the brunt of this repression. To take the journey to sexual fulfillment requires a willingness to shift the focus back on yourself and recognize what is already available to you here in the present. This is an...



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