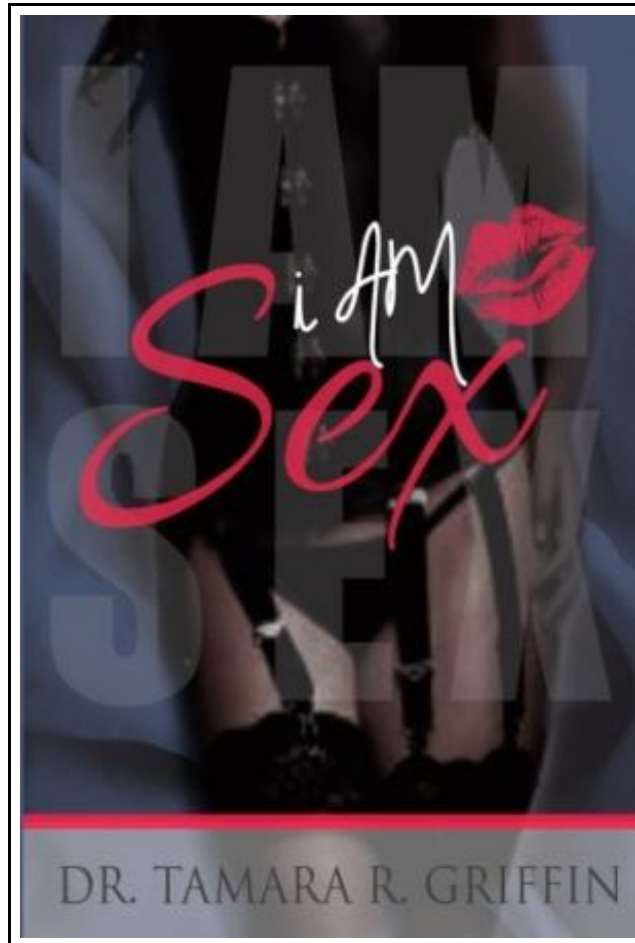


## I Am Sex (Paperback)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. Quan Ollie (illustrator). 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Women are taught that good girls don t have sex, only sluts do. Women are taught that anything outside the normal societal beliefs regarding sexuality is wrong. Women are pressured into believing that we have to look a certain way in order to be beautiful. Women are taught that our bodies are dirty and nasty. Women are taught that sex is something that happens to us, not that we are an active participant in the process. It is these negative intergenerational attitudes and beliefs that: Teaches us to deny our sexuality. Contributes to the unhealthy thoughts that women sometimes believe about our sexuality. Keep us from experiencing the beautiful spectrum of sexuality. Puts us at risk for unintended consequences of sexuality i.e. sexually transmitted infections, HIV, unintended pregnancies, abuse, low self-esteem, etc. Prevents us from forming healthy relationships. Keeps us from experiencing sexual pleasure. Contributes to distorted perceptions about our bodies. From the time we are born and take our very first breath until the time that we die and take our very last, WE ARE sexual beings. Uniquely created and designed our sexuality is just as individualized and distinct as our fingerprints. Our sexuality touches every dimension of our lives: physical, emotional, mental, spiritual, social, legal and economical, therefore we cannot ignore that which is an inherent part of who we are as women. Our sexuality is shaped by a variety of influences, positive and negative, all of which helps to determine our perspective of our sexual self. When we have a better understanding of our sexuality, we have a better understanding of ourselves! I AM SEX. A beautiful love letter...



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