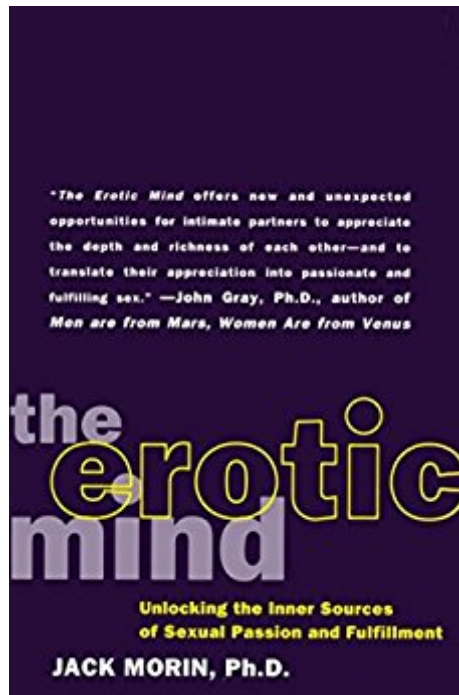




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The Erotic Mind: Unlocking The Inner Sources Of Passion And Fulfillment



Synopsis

Challenging accepted theories about what makes for terrific sex, *The Erotic Mind* is a breakthrough exploration of the least understood dimensions of human sexuality—the psychology of desire, arousal, and fulfillment. Nationally known sex therapist Dr. Jack Morin offers a bold new perspective that celebrates the joys of Eros without denying its risks. Based on an in-depth analysis of over 1,000 provocative stories of peak sexual experiences, *The Erotic Mind* offers clear, accessible guidance on how anyone can utilize his or her own peak encounters and fantasies as powerful tools of self-discovery. *The Erotic Mind* explains the many paradoxes of erotic life, such as: why we're most excited when we must overcome obstacles; how anxiety, guilt, and anger—generally thought to have a negative impact on sexual arousal—often turn out to be aphrodisiacs; how we use unresolved issues from our early lives to intensify passion; and why the best sex is dynamic and unpredictable, rather than static and safe. These and other insights, combined with concrete suggestions for increasing our enjoyment, overcoming our problems, and revitalizing our relationships, will change forever the way we think about our eroticism.

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Customer Reviews

In order to be licensed to practice clinical psychology in California, it is necessary to take a seminar on human sexuality. That's how I first heard about this book. The organizer believed that this is the foremost text on human sexuality and sex therapy, and now I can see why...This is powerful, valuable stuff. Here's what makes it good:1. I believe that Morin's landmark contribution is his "paradoxical perspective on eroticism." It challenges a variety of widely-accepted theories about attraction and great sex. As Morin states, "this new paradigm acknowledges and embraces the contradictory, dual-edged nature of erotic life. It recognizes that anything that inhibits arousal-including anxiety or guilt-can, under different circumstances, amplify it." The paradoxical view is at the heart of what makes this book special. It isn't just some scholarly, cerebral view, but rather a theory with profound experiential/practical significance. For instance, as one more fully experiences the profoundest subjective erotic rewards, one also experiences more strongly the tension between passion and fulfillment.2. The book unearths readers' own sexual desires and sexual behaviors (or "Core Erotic Themes"), using unique self-assessment tools. Lots of people (including me) feel that this book really helps them see for the first time their sexual essence, which underlies their perplexing historical feelings and behaviors. Somehow, the revelations are more relieving than shocking. As you get to the bottom of what really turns you on within Morin's system, the world may look different! Of course, there's also great value in determining what makes your partner (or potential partner) click.3.

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