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Mirror of Intimacy: Daily Reflections on Emotional and Erotic Intelligence

Alexandra Katehakis, Tom Bliss

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WINNER -- 2015 AASECT Book Award by AASECT, American Association of Sexuality Educators, Counselors and Therapists! WINNER -- 2016 Clark Vincent Award by CAMFT, California Association of Marriage and Family Therapists! WINNER -- 2016 Eric Hoffer Book Award Best of Self-Published! This award-winning book is for anyone with a desire for more loving relationships and greater self-love, making Mirror of Intimacy the perfect gift for weddings, Valentine's, family and friends. The basic question, "What comprises hot, healthy sex?" set us on a quest. Mirror of Intimacy contains a year’s worth of daily reflections that explore and support the range of human sexualities as a divine gift and a human right. The reflections reference a rich array of approaches: attachment theory, mind/body nexus, neurobiology, 12-step principles, meditation techniques, Eastern and Western philosophy, and ancient world myths. Unfettered by cultural, social, or religious norms, we set our intention to examine 366 topics related to sex and sexuality. A reader writes, "Mirror of Intimacy is a 'vade mecum,' one of those books which you don’t let out of your sight. As a psychologist, I am happy to have this magnificent creation to use with clients and patients leading to their enrichment, joy and celebration of life. The book will soon be one of the important therapeutic tools in our field." It’s a promise--these pages will erotically enlighten you and your world!

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