



Self Sexual Healing: Finding Pleasure Within

Jo-Anne Baker

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Self Sexual Healing shows that individuals are responsible for their own sexual fulfillment and that one does not need a partner to have a good sex life. Through a combination of ancient wisdom, modern psychology, relaxation and energizing techniques, sex therapist Jo-Anne Baker explains how to overcome sexual blocks, fears, and inhibitions forever. The book answers such questions as: *Where is the G Spot? What are the best sex toys to use? How important is masturbation?* This book gives advice on how to become the sexually fulfilled person everyone deserves to be, regardless of age, gender, orientation, or relationship status—sexuality is a lifelong adventure, one that can be fun and dynamic.

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