



Succulent SexCraft: Your Hands-On Guide to Erotic Play and Practice

By Sheri Winston

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Do you dream of having spectacular sex? Can you imagine becoming an erotic virtuoso? Now it's possible with the help of Sheri Winston's groundbreaking new book!

Visionary yet practical, Succulent SexCraft offers a detailed road map to supercharging your erotic life and becoming sexually whole and empowered. With its wealth of ideas, practices and games, you'll be able to access extraordinary pleasure, overcome challenges and learn to play masterfully with your inner 'sexcraft' toolkit. It's your personal guide to developing a healthy, celebratory and ecstatic relationship with your sexuality.

We all have everything we need to have amazing sex. It's right inside us. Few people know how to use these 'sexcraft' tools to their best advantage, though. It's not something we get taught in school, right? Nor is it something we usually learn from our partners.

With Succulent SexCraft, you'll get this specialized knowledge laid out in a clear and entertaining manner, along with lots of suggestions for sexy fun, illuminating 'playshops' and super-useful practices. Whatever level your sex life is at, no matter how happy (or unhappy) you are with it, Succulent SexCraft will help you take it higher.

Best of all, it's written for everyone, singles and partners. Whatever your orientation or relationship status—no partner, one partner or lots of them—Succulent SexCraft will enable you to ramp up your sex life to extraordinary levels.

This isn't one of those books 'for dummies'—this is sex for smarties! Drawing from sacred sexuality traditions, modern sexology, holistic perspectives and a deep understanding of our wondrous anatomy, Succulent SexCraft offers a rich banquet of sexy games, fun activities and invaluable information. Plus, it's lavishly illustrated with contemporary and vintage erotic art. Succulent SexCraft is a holistic, integral feast that will satisfy every part of you—heart, mind, body

and spirit.

Here are a few of the many maps and models the book offers:

- Wholistic Sexuality Paradigm
- The SexCraft Toolkit for Transformation, using your Body, Mind, Heart and Spirit
- The Whole Yin Yang Thang
- The Pussies and Puppies School of Love
- Your Genitals in a Nutshell
- Genital Joy for All

A sampling of the many games and practices includes:

- Guided Anatomy Tours
- Pelvic Breathing
- Fire Breath Orgasm
- Re-writing Your Sexual Stories
- Energy Sex Skills
- The Magic Inner Movie
- Getting In Touch
- Yin Breath, Yang Breath
- Ocean Breath
- Playing with Erotic Energy Pathways
- and many more.

Sheri's last book, *Women's Anatomy of Arousal: Secret Maps to Buried Pleasure* won the coveted Book of the Year award from the American Association of Sex Educators, Counselors and Therapists (AASECT). *Succulent SexCraft* is a worthy successor. It's the gift that keeps on giving—a lifetime of ecstasy.

With *Succulent SexCraft*, you get everything you need to turn up your turn-on and connect to your sexual power.

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Editorial Review

About the Author

Sheri Winston (CNM, RN, BSN, LMT) is one of the country's leading teachers about sex and sexuality. She is the founder and executive director of the Kingston, NY-based Center for the Intimate Arts. As a teacher, Winston is hailed for her lively and engaging style, the comfort level she creates for her students, and the high quality and original content of her material. Her first book, *Women's Anatomy of Arousal: Secret Maps to Buried Pleasure*, won the 2010 Book of the Year Award from the American Association of Sex Educators, Counselors and Therapists. Winston's journey to being a sex teacher began when she became a licensed massage therapist in 1980. This was the first of many times she was to study the human anatomy. Soon after, she felt called to become a midwife and began assisting and apprenticing at home births. She then became a childbirth educator and doula (someone who provides professional labor support). In order to become legally certified, she attended nursing school at SUNY/Stony Brook and graduated valedictorian, summa cum laude, receiving her BSN (Bachelor's degree in Science of Nursing) and becoming a RN (registered nurse). She then attended midwifery school for her graduate education, becoming a certified nurse-midwife and gynecology nurse-practitioner. Spending twenty years serving the power of birth turned out to be the best possible apprenticeship Winston could have for being a sex teacher. This is because it was the birth process that taught her much of what she learned about how to have great sex. For years, she taught women how to breathe themselves into an altered state; how to surrender to the tide of labor; how to release their sound and use it to open themselves; and how to use their pelvic muscles as well as their mind to facilitate the birth process. She helped women get in touch with their innate wisdom and showed them how to use their inner tools to cooperate with the natural process. During this time, Winston had also unwittingly incorporated these skills and practices into her own increasingly fabulous sex life. Once she became aware that she'd been unconsciously using these techniques, she decided to start learning and practicing them purposefully—and she made it her personal mission to bring her specialized knowledge about how to have great sex to men and women everywhere.

Users Review

From reader reviews:

Anita Pfeifer:

A lot of people always spent their particular free time to vacation or maybe go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you wish to try to find a new activity this is look different you can read any book. It is really fun for yourself. If you enjoy the book that you just read you can spent 24 hours a day to reading a publication. The book *Succulent SexCraft: Your Hands-On Guide to Erotic Play and Practice* it is very good to read. There are a lot of people who recommended this book. These were enjoying reading this book. In case you did not have enough space to create this book you can buy often the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not to fund but this book features high quality.

Tyler Emery:

Many people spending their time frame by playing outside along with friends, fun activity along with family or just watching TV the whole day. You can have new activity to shell out your whole day by reading through a book. Ugh, do you think reading a book will surely hard because you have to accept the book everywhere? It all right you can have the e-book, having everywhere you want in your Smartphone. Like Succulent SexCraft: Your Hands-On Guide to Erotic Play and Practice which is finding the e-book version. So , try out this book? Let's observe.

John Lockett:

With this era which is the greater particular person or who has ability in doing something more are more important than other. Do you want to become considered one of it? It is just simple method to have that. What you have to do is just spending your time almost no but quite enough to get a look at some books. One of the books in the top list in your reading list is definitely Succulent SexCraft: Your Hands-On Guide to Erotic Play and Practice. This book that is certainly qualified as The Hungry Slopes can get you closer in becoming precious person. By looking upwards and review this publication you can get many advantages.

Irish Watts:

What is your hobby? Have you heard that will question when you got college students? We believe that that concern was given by teacher to the students. Many kinds of hobby, Everybody has different hobby. And also you know that little person just like reading or as examining become their hobby. You have to know that reading is very important and also book as to be the factor. Book is important thing to include you knowledge, except your own personal teacher or lecturer. You will find good news or update with regards to something by book. A substantial number of sorts of books that can you choose to adopt be your object. One of them is Succulent SexCraft: Your Hands-On Guide to Erotic Play and Practice.

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