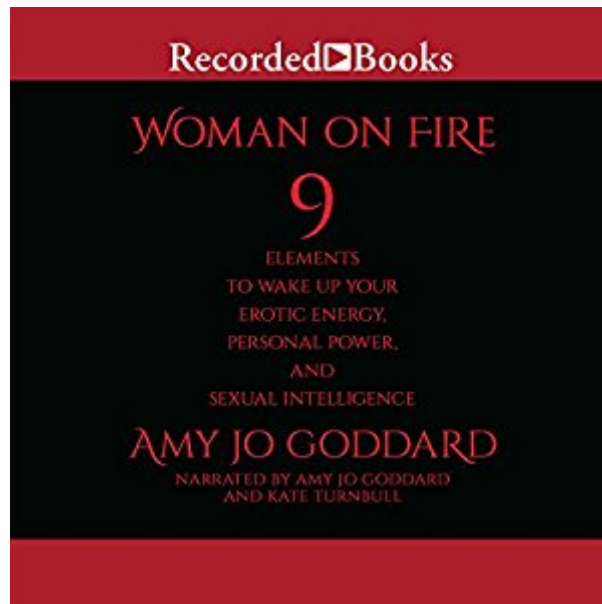


The book was found

Woman On Fire: 9 Elements To Wake Up Your Erotic Energy, Personal Power, And Sexual Intelligence



Synopsis

Based on her sought-after sexuality workshops, the coauthor of *Lesbian Sex Secrets for Men* shows women how to master the nine elements of sexual empowerment to reclaim their desire and live the sexually fulfilling lives they want. The prevalence of low sexual desire ranges from 26.7 percent among premenopausal women to 52.4 percent among naturally menopausal women. That is an enormous segment of women who are frustrated about their lack of desire and wonder what's wrong. But in *Woman on Fire*, Amy Jo Goddard shows us that the more whole we are as sexual beings, the more fulfilled we are as human beings. In this accessible, prescriptive book, Amy Jo reveals her holistic, inside-out approach to developing sexual empowerment. Women from 20 to 70 come to her workshops with issues like these: "What am I missing?" "I don't like sex the way everyone else seems to." "How do I maintain desire after having kids?" "How do I build sexual confidence?" In answer, Amy Jo shows us how to master the nine elements of a sexually empowered life and includes stories from the thousands of women she has worked with. She shows us how to get (back) in touch with desire, explore vulnerability and play, and push the boundaries of what we think is acceptable. We will not just have better sex; we will have more pleasure throughout life and more intimate relationships, whether we have many partners or one.

Book Information

Audible Audio Edition

Listening Length: 11 hours and 7 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Recorded Books

Audible.com Release Date: October 5, 2015

Language: English

ASIN: B01645SVH8

Best Sellers Rank: #240 in Books > Audible Audiobooks > Health, Mind & Body > Health #549 in Books > Medical Books > Psychology > Sexuality #842 in Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality

Customer Reviews

This book was (is!) exactly what I've needed for some time. I've been on a long road of sexual discovery and striving to be sex-positive, but I didn't always feel I had all the tools I needed to accomplish such a (sometimes) seemingly insurmountable task. This book offers a clear,

step-by-step outline to achieving my goals. Some of the ideas presented in the book were things that I already knew or suspected, but hearing them offered a new perspective at times, as well as the confirmation that I'm "not alone" and the verification that I'm on the right track. There was also plenty that I hadn't thought of before. With practical tips and exercises, solid information, and a comfortable, close-friend tone of voice...plus the stories from real women about their own experiences, this book has just the right mix to be an effective tool. One of the most valuable parts for me was the "excavation" and rewriting of my sexual history. As well as the reminder to tell my story and process it, then move on from the parts of it that no longer work for me. While I've never spent a long time wallowing in victim-hood, I wasn't quite sure how to move on from negative experiences that I couldn't change. While reading the book, I realized that I was still telling the story of my victimization (mostly to myself in hopes of processing it). I told myself I'd moved past it and I did want to put it behind me, but I didn't know how to give it up as the "gospel" of my life, because it was still my experience. Having "permission" to tell the tale and then release it was important for me. I didn't want to ignore it or shove it under some rock, but I also didn't want to continue letting it define me in even a small way. The book is well worth the read and well worth the time investment to take all the steps and do things thoroughly.

ready for a deeper, more vibrant, and more sexually empowered life, this book is for you. Amy Jo Goddard shares a more personal and spiritual approach to sexuality, how to get back in touch with desire, and how to heal past shame and trauma that may be in the way of enjoying your body. This book walks you through how to find your erotic truth, and how to feel confident and empowered about your truth as a sexual person. Recommended for: women looking for permission to explore their sexuality anew, for those looking for a guide in exploring new ways to enjoy sex, those who desire to build and activate their desire.

i have been so moved by the breadth and depth of this book...i have read a LOT of books in this realm (sexuality, women's empowerment, deep somatic work, reconnection w core self & desires) and the Core Model presented here is impressively comprehensive and integrative while also being approachable and practical/practiceable. i have finished my first read and am about to start a second round, integrating the exercises that are offered in every chapter. this is already weaving in to my way of being on so many levels and in many realms: as a mother of daughters, as a permaculture educator, in my relationships with both women and men, and most potently, in my relationship with myself. i just purchased several copies to give as solstice gifts to women in my life,

and an audiobook for my genderflux boyfriend as well.

I hope this book gets spread far and wide...the world would be a much better place for it. It's about empowerment, just as much as it's about sexuality. Anyone of any gender could learn boatloads of practical, applicable information about how to step into their own power in a healthy and meaningful way from this book, in any area of their life. Sexuality just happens to be the point of focus here, and in the authors view, the core and crucial piece. Woman on fire is a book I know I'll be referring back to time and time again for many years, as a touchstone and a compass. Also, if you're into audiobooks, it's a great listen. It's read by the author which can be hit or miss, but in this case is lovely because her performance is natural, her voice is gorgeous, and you can just feel her conviction and care.

This is not just a book of sex tips. It is an entire philosophy intended to weave the tattered threads of our individual (and cultural) sexuality into a complete and beautiful tapestry of self-actualization and wholeness. Goddard teaches a holistic approach to sexuality that encompasses all aspects of our erotic evolution from physical and emotional, to psychological and spiritual. She shows us how to release past guilt and shame, nurture self-love and body acceptance, find our sexual voice and authenticity, allow ourselves permission to enjoy pleasure and desire, as well as claiming our personal power and sexual confidence, so we can become more fulfilled as human beings and learn how to thrive, not only sexually, but in all ways. Each chapter is like a key, unlocking the secret doors into sexual awakening, that before now have been hidden in silence, shadows, ignorance and shame. Throughout the book, Goddard guides us through these elements using personal stories from women and her years of experience and wisdom. She teaches us that sexual energy is the core power of our creativity that when properly harnessed can lead to awesome transformation, empowerment and the realization of our desires. If you feel you are sexually "broken", then this is the book for you. It will help you find the tools and resources you need to cultivate your sexual brilliance and learn to burn brightly like a "Woman on Fire".

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