



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:

Alice Smith:

Reading can called imagination hangout, why? Because when you find yourself reading a book specifically book entitled *Succulent SexCraft: Your Hands-On Guide to Erotic Play and Practice* your mind will drift away trough every dimension, wandering in each aspect that maybe not known for but surely might be your mind friends. Imaging every word written in a guide then become one web form conclusion and explanation which maybe you never get prior to. The *Succulent SexCraft: Your Hands-On Guide to Erotic Play and Practice* giving you yet another experience more than blown away your thoughts but also giving you useful data for your better life in this era. So now let us explain to you the relaxing pattern this is your body and mind is going to be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

Lois Hutter:

Your reading 6th sense will not betray an individual, why because this Succulent SexCraft: Your Hands-On Guide to Erotic Play and Practice reserve written by well-known writer who knows well how to make book that can be understand by anyone who have read the book. Written throughout good manner for you, still dripping wet every ideas and composing skill only for eliminate your personal hunger then you still uncertainty Succulent SexCraft: Your Hands-On Guide to Erotic Play and Practice as good book not merely by the cover but also from the content. This is one book that can break don't determine book by its protect, so do you still needing another sixth sense to pick this kind of!? Oh come on your looking at sixth sense already said so why you have to listening to yet another sixth sense.

Aletha Bassett:

This Succulent SexCraft: Your Hands-On Guide to Erotic Play and Practice is great reserve for you because the content which can be full of information for you who all always deal with world and get to make decision every minute. This specific book reveal it info accurately using great organize word or we can declare no rambling sentences in it. So if you are read the idea hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but difficult core information with attractive delivering sentences. Having Succulent SexCraft: Your Hands-On Guide to Erotic Play and Practice in your hand like keeping the world in your arm, information in it is not ridiculous just one. We can say that no book that offer you world with ten or fifteen small right but this publication already do that. So , it is good reading book. Hi Mr. and Mrs. hectic do you still doubt that?

George Privette:

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