

The Erotic Mind

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Synopsis

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Challenging accepted theories about what makes for terrific sex, *The Erotic Mind* is a breakthrough exploration of the least understood dimensions of human sexuality - the psychology of desire, arousal, and fulfillment. Nationally-known sex therapist Dr. Jack Morin offers a new perspective that celebrates the joys of Eros without denying its risks.

Based on an in-depth analysis of over 1,000 provocative stories of peak sexual experiences, *The Erotic Mind* offers clear, accessible guidance on how anyone can utilize his or her own peak encounters and fantasies as powerful tools of self-discovery.

The Erotic Mind explains the many paradoxes of erotic life, such as why we're most excited when we must overcome obstacles; how anxiety, guilt, and anger - generally thought to have a negative impact on sexual arousal - often turn out to be aphrodisiacs; how we use unresolved issues from our early lives to intensify passion; and why the best sex is dynamic and unpredictable, rather than static and safe.

These and other insights, combined with concrete suggestions for increasing our enjoyment, overcoming our problems, and revitalizing our relationships, will change forever the way we think about eroticism.

Reader's comments

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