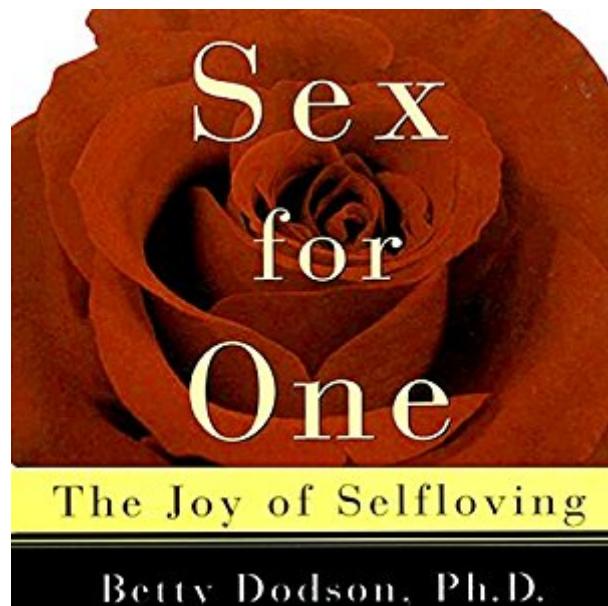


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# Sex For One: The Joy Of Self-Loving



## Synopsis

For more than 20 years, Betty Dodson has been dedicated to taking the shame out of masturbation, showing it to be a healthy form of sexual expression. With warmth and intelligence, and informative line drawings, Dodson explains how anyone can learn to fully enjoy the pleasures of self-love, pointing out that masturbation is still the safest sex.

## Book Information

Audible Audio Edition

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Medical Books > Psychology > Sexuality

## Customer Reviews

The world owes Betty Dodson an incredible amount for bringing masturbation out of the shadows and into the light of day, there to be taken seriously as the basic sexual experience and a viable route into personal transcendence. I have rarely read an author who has a more uproariously funny sense of humor. For all the heavy lifting Betty has done, she takes herself lightly. An amazing woman, an amazing book. Frank Dunn Founder and Director Jonathan's Circle "Men Realizing Wholeness Connecting Sex and Spirit"

Such a great book. I've read so many books to help me with my own sexual insecurities and none of them spoke to me like this one! Great book and anyone would benefit from reading this it is an eye opener to our thoughts and our sexual outlook with ourselves. Give this book a try you won't be disappointed.

This book was well worth the price for the art work alone - that it is a collectors dream is a wonderful

feeling. Anyone who collects books on sexuality and its evolution would be thrilled. Betty Dodson was a true Pioneeress in her day and is still so relevant now.

Great book about Self Care and Self-Loving!

Another great "self-help" book when it comes to a woman exploring her body, especially if you're not in a relationship but nonetheless, need to enjoy being fulfilled! Excellent book that will give you insight, knowledge and technique on that fulfillment that as a woman, you may be seeking through self loving! Linda L.

Thank you

Great book, eye opening. Would recommend for all women to read.

Explore the book and yourself, you'll be way happier ~

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