

The Kabbalah Book of Sex



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Most sex manuals focus on only one aspect: the physical mechanics of the act itself. According to Kabbalah, the key to finding real sexual pleasure lies in self-awareness, not technique. This groundbreaking book helps readers overcome shame and negative self-image and access higher levels of connection — to themselves, their partners, and to spirit. Through the ancient wisdom of Kabbalah, sex becomes the truly sacred connection it was always meant to be — thrilling, satisfying, and profound.

作者介绍:

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