

she comes first book

she comes first book: A Comprehensive Guide to Empowerment and Personal Growth

In an era where discussions about gender equality, personal empowerment, and self-care are more vital than ever, books that challenge traditional narratives and promote self-empowerment have gained significant popularity. Among these, the she comes first book stands out as a transformational guide for women seeking to prioritize themselves without guilt or hesitation. This article delves into everything you need to know about the she comes first book, exploring its themes, authorship, impact, and why it has become a must-read in modern self-help literature.

Understanding the Concept of "She Comes First"

What Does "She Comes First" Mean?

At its core, the phrase "She Comes First" emphasizes the importance of self-care, self-respect, and personal boundaries. It encourages women to prioritize their needs, desires, and well-being above societal expectations or external pressures. The concept advocates for women to reclaim their power, ensuring that they are not sidelined or made to feel guilty for prioritizing themselves.

The Cultural and Social Significance

Historically, many cultures have placed women's needs secondary to those of others—be it family, work, or societal roles. The she comes first book challenges this paradigm by promoting a shift toward self-empowerment. It aligns with ongoing feminist movements that aim to foster equality and respect for women's autonomy.

The Origin and Authors of the She Comes First Book

Authorship and Background

The she comes first book was authored by Dr. Ian Kerner, a renowned sex therapist and sexuality educator. Originally published in 2010, the book gained widespread acclaim for its candid approach to female sexuality and intimacy.

Dr. Kerner's expertise in sexual health and relationships provides a foundation for the book's insights. He emphasizes that understanding and prioritizing one's sexual needs is a crucial aspect of overall well-being and self-respect.

Evolution of the Book's Message

Since its initial publication, the she comes first book has been updated and expanded, reflecting ongoing conversations about female empowerment, sexual rights, and mental health. The core message remains consistent: women must prioritize themselves to lead fulfilling lives.

Key Themes and Messages in the She Comes First Book

1. The Importance of Self-Care

A central theme is that women should view self-care as a priority rather than a luxury. The book advocates for:

- Regularly assessing personal needs
- Setting boundaries with others
- Engaging in activities that promote mental and physical health

2. Sexual Empowerment and Education

The book emphasizes that understanding female sexuality is vital. It encourages women to:

- Learn about their bodies and responses
- Communicate openly with partners
- Prioritize their pleasure without guilt

3. Challenging Societal Expectations

Many women feel societal pressure to prioritize family or work over themselves. The she comes first book advocates for:

- Breaking free from these expectations
- Embracing independence and self-determination
- Recognizing that self-prioritization benefits not only the individual but also those around her

4. Building Healthy Relationships

Healthy relationships are founded on mutual respect and understanding. The book discusses how women can:

- Assert their needs
- Foster open communication
- Avoid codependency

Why the She Comes First Book Is a Must-Read

Empowerment and Self-Discovery

The book serves as a guide for women to rediscover their worth and learn to prioritize themselves confidently. It encourages a mindset shift from self-sacrifice to self-empowerment.

Practical Advice and Techniques

Unlike many self-help books, she comes first provides actionable steps, including:

- Tips for improving intimacy
- Strategies for setting boundaries
- Exercises to boost self-awareness

Addressing Common Challenges

Many women face barriers such as guilt, societal judgment, or lack of knowledge. The book confronts these issues head-on, offering reassurance and tools for overcoming them.

Impact and Reception of the She Comes First Book

Critical Acclaim

The she comes first book has received praise from psychologists, sex therapists, and readers worldwide for its honest, empowering approach. It's often recommended by professionals in the fields of sexual health and women's rights.

Reader Testimonials

Many women report that reading the book helped them:

- Understand their bodies better
- Feel more confident in their sexuality
- Set healthier boundaries in relationships
- Prioritize their happiness without guilt

Community and Cultural Influence

The book has sparked conversations in women's groups, therapy sessions, and online forums, contributing to a broader cultural shift toward female empowerment and self-prioritization.

How to Get the Most Out of the She Comes First Book

1. Approach with an Open Mind

Be receptive to new ideas about sexuality and self-care. Remember, the goal is empowerment, not judgment.

2. Practice the Techniques

Implement the advice and exercises regularly to see meaningful change.

3. Engage in Discussions

Share insights with friends or support groups to deepen understanding and create a community of empowered women.

4. Reflect and Personalize

Adapt the suggestions to your unique circumstances and needs, making the lessons truly personal.

Conclusion: Embracing Self-Priority with the She Comes First Book

The she comes first book offers an empowering blueprint for women seeking to reclaim their independence, prioritize their well-being, and embrace their sexuality confidently. It challenges societal norms, provides practical tools, and fosters a mindset of self-respect and self-love. Whether you're new to self-help literature or looking to deepen your understanding of female empowerment, this book is an invaluable resource.

By integrating the principles of the she comes first philosophy into your life, you can cultivate healthier relationships, boost your self-esteem, and live authentically. Remember, your happiness and well-being are paramount—she comes first.

Keywords: she comes first book, female empowerment, self-care, sexual health, women's rights, self-love, boundaries, intimacy, Dr. Ian Kerner, personal growth, relationship advice

Frequently Asked Questions

What is the main theme of the book 'She Comes First' by Ian Kerner?

The book primarily focuses on prioritizing female pleasure and intimacy, emphasizing techniques for better sexual satisfaction for women.

Who is the author of 'She Comes First'?

The author of 'She Comes First' is Ian Kerner, a licensed psychotherapist and sex counselor.

Is 'She Comes First' suitable for beginners interested in sexual education?

Yes, the book is accessible for beginners and offers practical advice on understanding female anatomy and improving intimacy.

What are some key techniques discussed in 'She Comes First'?

The book covers techniques such as cunnilingus, communication about desires, and understanding female anatomy to enhance pleasure.

How has 'She Comes First' impacted conversations about female pleasure?

It has been influential in promoting open discussions about female pleasure, encouraging partners to prioritize and understand female sexual satisfaction.

Are there any controversial aspects of 'She Comes First'?

Some critics argue that the book's focus on oral sex might oversimplify complex sexual experiences, but overall it is praised for promoting healthy, respectful intimacy.

Has 'She Comes First' received any awards or recognition?

Yes, it has been widely recommended by sex educators and has become a popular resource in sexual health literature.

Can 'She Comes First' be helpful for couples experiencing sexual dissatisfaction?

Absolutely, the book offers guidance on communication and techniques that can help improve intimacy and satisfaction for couples.

Does 'She Comes First' include advice on communication

between partners?

Yes, the book emphasizes the importance of open and honest communication to better understand each other's needs and desires.

Where can I purchase or find 'She Comes First'?

The book is available in bookstores, online retailers like Amazon, and can often be found in e-book or audiobook formats.

Additional Resources

She Comes First: A Revolutionary Approach to Female Sexuality and Pleasure

"She Comes First" by Ian Kerner is more than just a book—it's a groundbreaking manifesto that challenges traditional perceptions of female sexuality, emphasizing the importance of prioritizing women's pleasure in intimate relationships. Since its publication, the book has garnered widespread acclaim for its candid, informed, and compassionate approach to understanding female arousal, orgasm, and intimacy. This review delves deeply into the core themes, practical advice, and lasting impact of "She Comes First," providing a comprehensive overview for readers seeking to enhance their knowledge and relationships.

Introduction to the Book and Its Philosophy

"She Comes First" was published in 2010 and quickly became a staple on bookshelves dedicated to sexuality, relationship health, and personal growth. The core premise revolves around the idea that prioritizing female pleasure—specifically, ensuring women reach orgasm—is essential for fulfilling, satisfying, and equitable sexual experiences.

The Central Thesis

- **Prioritization of Female Pleasure:** Kerner advocates that men's primary focus should be on helping women achieve orgasm, reversing the common societal trend where male pleasure often takes precedence.
- **Understanding Female Anatomy:** The book emphasizes the importance of understanding female anatomy, particularly the clitoris, as central to female pleasure.
- **Debunking Myths:** It challenges myths surrounding female sexuality, such as the misconception that women do not enjoy oral sex or that orgasms are elusive or unnecessary.

Why It Matters

- **Relationship Satisfaction:** Prioritizing female pleasure can lead to deeper intimacy, trust, and mutual satisfaction.
- **Breaking Taboos:** The book encourages honest conversations about sex, dismantling shame and misinformation.

- Empowerment: Women gain a better understanding of their bodies, leading to more fulfilling sexual experiences.

Deep Dive into Core Themes

The Anatomy of Pleasure: The Clitoris and Beyond

One of the foundational aspects Kerner discusses is the anatomy of female pleasure, with a particular focus on the clitoris, often misunderstood or overlooked in sexual encounters.

- Clitoral Anatomy: Kerner details the extensive internal structure of the clitoris, which extends well beyond the visible glans—comprising the corpora cavernosa, crura, and bulbs—making it a highly sensitive and complex organ.
- Misconceptions Addressed: Many men and women are unaware that clitoral stimulation is often the most direct route to orgasm for women. The misconception that vaginal penetration alone suffices is debunked.
- Implication for Sexual Practice: Understanding this anatomy encourages partners to prioritize clitoral stimulation through oral sex, manual stimulation, or sex toys, rather than relying solely on penetration.

The Importance of Giving, Not Just Receiving

Kerner emphasizes that achieving orgasm should be viewed as an act of giving rather than solely seeking personal satisfaction. This shift in perspective fosters more attentive and empathetic sexual encounters.

- The "She Comes First" Mindset: The idea that men's role is to ensure their partner's pleasure, often through focused activity on the clitoris and other erogenous zones.
- Mutual Satisfaction: While the book advocates for prioritizing female orgasm, it also promotes mutual pleasure as a shared goal, enhancing intimacy.

Techniques and Practical Advice

The book provides detailed, actionable techniques to enhance female pleasure, many of which are grounded in scientific understanding and personal anecdotes.

- Oral Sex: Kerner advocates for oral sex as the most effective method for stimulating the clitoris and helping women reach orgasm.
- Tips include: maintaining a relaxed jaw, paying attention to the woman's responses, and varying stimulation patterns.
- Manual Stimulation: Using fingers or hands with a gentle, attentive approach.

- Positioning: Experimenting with different sexual positions to facilitate access and comfort.
- Foreplay: Prioritizing extended and attentive foreplay to increase arousal and lubrication.
- Avoiding Performance Anxiety: Focusing on the woman's pleasure rather than meeting specific expectations.

Understanding Female Arousal and Orgasm

Kerner explores the physiological and psychological aspects of female arousal, emphasizing that orgasm can be a complex interplay of factors.

- Arousal as a Process: Recognizes that women may need more time and stimulation to reach climax, and that rushing can hinder pleasure.
- The Role of Mindset: Encourages a relaxed, present attitude to reduce anxiety and enhance responsiveness.
- Multiple Orgasms: Discusses the possibility of women experiencing multiple orgasms and how to facilitate that.

Addressing Common Myths and Misconceptions

"She Comes First" is as much about education as it is about technique. Kerner tackles prevalent myths that often hinder sexual satisfaction.

- Myth 1: "Women don't need or want oral sex."
- Reality: Many women find oral sex to be highly pleasurable and orgasmic.
- Myth 2: "Clitoral stimulation is only for women who can't orgasm through penetration."
- Reality: Clitoral stimulation is often essential for most women to orgasm.
- Myth 3: "Women should be able to orgasm from penetration alone."
- Reality: For many women, vaginal penetration alone is insufficient; additional stimulation is typically required.
- Myth 4: "Women are hard to please."
- Reality: With understanding, patience, and technique, women can experience fulfilling orgasms.

Kerner uses scientific studies, personal stories, and expert insights to dispel these misconceptions, empowering both men and women with accurate information.

The Role of Communication and Emotional Connection

Effective communication is a recurring theme in "She Comes First," emphasizing that understanding each other's desires and boundaries is critical.

Techniques for Better Communication

- Verbal Cues: Encouraging women to express what feels good and what doesn't.
- Non-Verbal Signals: Paying attention to body language, breathing patterns, and sounds.
- Creating a Safe Space: Building trust and openness to discuss fantasies, fears, and preferences without shame.

Emotional Intimacy and Its Impact

Kerner argues that emotional closeness enhances physical pleasure. When partners feel safe and connected, arousal and orgasm are more attainable.

- Trust and Consent: Fundamental for exploring new techniques and maintaining comfort.
- Vulnerability: Allowing oneself to be open can deepen intimacy and improve sexual satisfaction.
- Shared Responsibility: Both partners contribute to creating fulfilling sexual experiences.

Impact on Relationships and Personal Growth

"She Comes First" extends beyond individual techniques, offering insights into how prioritizing female pleasure can transform relationships.

Benefits of Applying the Principles

- Enhanced Satisfaction: Both partners enjoy more fulfilling sexual lives.
- Reduced Performance Anxiety: Men learn to focus less on performance and more on giving pleasure.
- Greater Emotional Bonding: Mutual focus fosters trust and intimacy.
- Breaking Down Gender Stereotypes: Promotes an egalitarian view of sexuality, challenging traditional roles.

Personal Growth Aspects

- Self-Understanding: Women learn about their bodies and desires.
- Empowerment: Men feel more confident and attentive.
- Openness: Cultivates honest dialogue about sex, reducing shame and embarrassment.

Critiques and Limitations

While "She Comes First" is widely praised, some critiques include:

- Focus on Heteronormative Dynamics: The book primarily addresses heterosexual couples, though many principles are adaptable.
- Emphasis on Clitoral Stimulation: Some readers may find the techniques less applicable to different sexual orientations or preferences.
- Cultural Contexts: The book assumes a certain level of comfort and openness that may not be

universal across cultures.

However, these critiques do not significantly diminish the book's value; rather, they highlight areas for further exploration and adaptation.

Final Thoughts and Recommendations

"She Comes First" is an essential read for anyone interested in improving their sexual relationships, understanding female sexuality, or breaking free from misconceptions that hinder intimacy. Its blend of scientific insight, practical advice, and compassionate tone makes it accessible yet profound.

Why You Should Read It

- Empowers women to advocate for their pleasure.
- Guides men to become more attentive and skilled lovers.
- Promotes healthy, honest communication about sex.
- Contributes to broader conversations about gender equality in intimacy.

Who Should Read It

- Couples seeking to enhance their sex life.
- Individuals interested in sexuality education.
- Professionals working in relationship counseling or sex therapy.
- Anyone curious about understanding female pleasure more deeply.

Conclusion

"She Comes First" is more than a manual; it's a movement towards more respectful, understanding, and pleasurable sexual relationships. Ian Kerner's compassionate approach, rooted in science and real-world experience, challenges readers to rethink their assumptions and embrace a more female-centered perspective on intimacy. Whether you're a partner looking to improve your skills, a woman seeking to understand your body better, or someone committed to fostering healthier relationships, this book provides invaluable insights and practical tools.

In a world where sexual satisfaction is often misunderstood or undervalued, "She Comes First" stands out as a beacon of education, empowerment, and empathy—reminding us that pleasure is a shared journey worth prioritizing.

[She Comes First Book](#)

she comes first book: *She Comes First* Ian Kerner, 2019 'There are some fantastic books out there that men should read ... It really worked' Coleen Nolan, ITV's Loose Women Did you know that the clitoris has 8000 nerve endings, twice as many as the penis? Here is everything you've wondered about the female orgasm and how to make it happen. A witty, well-researched and revealing guide to giving your lover an orgasm every time. More than just foreplay, Ian Kerner argues that oral sex is the key to a great sex life for both partners. Short sections cover philosophy, technique, step-by-step instructions and detailed anatomical information, essential to both beginners and experienced lovers. 'It's time to close the sex gap and create a level playing field in the exchange of pleasure, and cunnilingus is far more than just a means for achieving this noble end; it's the cornerstone of a new sexual paradigm, one that exuberantly extols a shared experience of pleasure, intimacy, respect and contentment. It's also one of the greatest gifts of love a man can bestow upon a woman.' Ian Kerner

she comes first book: *Summary of Ian Kerner's She Comes First by Milkyway Media* Milkyway Media, 2018-08-30 *She Comes First: The Thinking Man's Guide to Pleasuring a Woman* (2004) is a complete and detailed guidebook for performing cunnilingus. Author and sex counselor Ian Kerner argues that women require prolonged and consistent clitoral stimulation to achieve orgasm, which can best be provided through oral sex... Purchase this in-depth summary to learn more.

she comes first book: *Anatomy of Design* Steven Heller, Mirko Ilic, 2009-03-01 *DIVAnatomy of Design* dissects fifty examples of graphic design piece by piece, revealing an array of influences and inspirations. These pieces represent contemporary artifacts that are well conceived, finely crafted, and filled with hidden treasures. Some are overtly complex. Others are so simple that it is hard to believe there's a storehouse of inspiration hidden underneath. The selections include all kinds of design work including posters, packages, and more. Each exhibit is selected for its ubiquity, thematic import, and aesthetic significance, and every page shows how great work is derived from various inspirational and physical sources, some well-known, some unknown./div

she comes first book: *The Monroe Brothers (Books 1-3)* Lea Coll, 2024-01-09 *Runaway Love*: I never thought that, on my wedding day, I would literally bolt from my wedding, and into the arms of a grumpy mountain man. Emmett offers me a much-needed respite from the chaos, inviting me into his cabin to hide out until all the wedding guests leave. But I never think that we will get stuck together for days in the one-bed cabin during a major snowstorm, completely cut off from the outside world. *Finding Sunshine*: I'm 100% focused on my daughter, I don't have time for socializing, dating, or falling for a grumpy mountain man whose family owns a Christmas Tree Farm. But Knox is constantly there, offering support and friendship and unknowingly reminding me that I'm still a hot-blooded woman and not just a mother. Because Christmas is his job, Knox has completely lost his Christmas spirit, but in return for his generosity, I'm determined to help him find it once more. *Reviving Hearts*: A long time ago I fell in love with my brother's best friend, Heath. We kept our relationship a secret, knowing my brother would never approve. I had faith that in time we would come clean and declare our love to the world, but Heath broke things off before that could ever happen. I fled from my hometown and vowed never to return. Now I've inherited my grandmother's Inn and I have no choice but to go back. It's not as simple as just selling the property, it needs to be renovated first. When the realtor said he knew just the guy, I never suspected it would be Heath. The moment he steps back into my life, I can't deny that the attraction is even greater than it was all those years ago.

she comes first book: *The Monroe Brothers (Books 1-6)* Lea Coll, 2024-05-01 *Runaway Love*: I never thought that, on my wedding day, I would literally bolt from my wedding, and into the arms of a grumpy mountain man. Emmett offers me a much-needed respite from the chaos, inviting me into his cabin to hide out until all the wedding guests leave. But I never think that we will get stuck together for days in the one-bed cabin during a major snowstorm, completely cut off from the outside world. *Finding Sunshine*: I'm 100% focused on my daughter, I don't have time for

socializing, dating, or falling for a grumpy mountain man whose family owns a Christmas Tree Farm. But Knox is constantly there, offering support and friendship and unknowingly reminding me that I'm still a hot-blooded woman and not just a mother. *Reviving Hearts*: A long time ago I fell in love with my brother's best friend, Heath. We kept our relationship a secret, knowing my brother would never approve. I had faith that in time we would come clean and declare our love to the world, but Heath broke things off before that could ever happen. I fled from my hometown and vowed never to return. Now I've inherited my grandmother's Inn and the contractor is my ex. *Trusting Forever*: Sebastian and I have been best friends forever. He knows everything about me, except that I've secretly crushed on him for years. When Sebastian finds himself without a nanny over the holidays, he makes me an offer I can't refuse. Move into his cabin on the family's Christmas tree farm and be a nanny to his little girl. *Endless Hope*: Signing up for the fund-raising bachelorette auction seemed like the right thing to do. I never thought my high school sweetheart—my first love, my first everything—would bid on me. But he did. Talon is grumpy. Borderline antisocial. Far too sexy for my peace of mind. And he wants more than just one date. I probably should've refused. But I couldn't. *Forbidden Flame*: Daphne Calloway is off limits. Our families have been bitter rivals for years. I shouldn't want her. But I do. Which is why I bid on her at the bachelorette auction. Letting some other guy get his hands on her was...unthinkable.

she comes first book: *The Sex-Starved Wife* Michele Weiner Davis, 2008-12-30 Arguing against popular misconceptions that blame women for unfulfilling sexual relationships, a practical guide identifies the biological and psychological factors that compromise a man's sex drive while suggesting practical strategies for promoting healthier levels of intimacy.

she comes first book: *Clinton Bradshaw* Frederick William Thomas, 1847

she comes first book: *The High Dive* Chelsea Fagan, 2025-05-27 Alexandra Onassis hates only two things: austerity politics and Danial Azad. As the only scholarship kids of their elite group at Columbia University, their heated dynamic was scorched forever by one fateful, awful night just before graduation. And in the ten years since, Alex and Danial have been on radically different paths: she crafts social media campaigns for an ultra-progressive political party; he's a rising star at a notoriously savage private equity firm. But when two of their college friends decide to tie the knot in the Mediterranean—and to host their old crew on a ten-day chartered yacht trip beforehand—Alex must finally face Danial, and the sobering reality that she's now the only middle-class outcast in this ultra-wealthy crew. When her ideals start to clash with her most intimate desires, Alex must learn to swim in emotional waters that are as unfamiliar as they are undeniable.

she comes first book: *Marriage Vacation* Pauline Brooks, 2018-06-05 In season four of Darren Star's hit TV Land series *Younger*, the editors at Empirical Press are shocked and deeply moved when they read *Marriage Vacation*, an autobiographical novel by the publisher's estranged wife, Pauline Turner Brooks. Knowing the book will cause a sensation, they decide they must publish it. Now you can read what the hype is about—including page 58 that had everyone buzzing (...and blushing). *Marriage Vacation* is for anyone who has ever fantasized about what it would be like to run away from it all. By all appearances, Kate Carmichael has the perfect life: two adorable daughters, a prewar townhouse on the Upper East Side, and a husband who runs one of the most successful publishing companies in New York. But when Kate attends a wedding and reconnects with successful friends from graduate school, she suddenly sees her life in a different light: the career she didn't pursue, the dreams she's locked away, the empty veneer of her privilege. When the wedding weekend ends, instead of heading home to her husband and family, Kate gets on a plane and flies halfway around the world. She claims it's just going to be for a week—two max—just so she can clear her head and reconnect with her lost dreams. But the adventure doesn't go quite as planned. This provocative and gripping novel asks: Is a wife and mother allowed to have a midlife crisis? And, if she does, can she ever be forgiven? PRAISE FOR *Marriage Vacation* “*Marriage Vacation* has everything you want in a novel: fascinating characters, drama, secrets, emotional reckonings, and far-flung adventure. If you love *Younger*, you'll love this book. If you've never watched an episode of *Younger* (you should change that), you'll still love this book. And just wait

until you read page 58!" —Darren Star, creator of *Sex and The City* and *Younger* "This brilliant romp helps us understand why Liza was so excited to discover the manuscript, how any woman could leave the dreamy Charles, and what exactly Pauline—by way of her fictional alter ego, Kate Carmichael—did on that mysterious Marriage Vacation. Pack this heartfelt, insightful, funny, sexy book when you take a vacation of your own." —Pamela Redmond Satran, author of *Younger*

she comes first book: The Order of the Air Omnibus - Books 1-3 Melissa Scott, Jo Graham, This OMNIBUS edition contains the first three novels in THE ORDER OF THE AIR - *Lost Things*, *Steel Blues* & *Silver Bullet*. Book IV of The Order of the Air - *Wind Raker* - will be available as of February, 2015. This is your chance to catch up on a wonderful series at a bargain price. Also Included: Chapter One of *The Parting*, the first novel in the modern day O.C.L.T. series (the two tie-in to one another). **LOST THINGS:** In 1929 archeologists began draining Lake Nemi in search of the mysterious ships that have been glimpsed beneath its waters since the reign of Claudius. What they awakened had been drowned for two thousand years. For a very good reason. Veteran aviator Lewis Segura has been drifting since the Great War ended, fetched up at last at the small company run by fellow veterans and pilots Alma Gilchrist and Mitchell Sorley, assisted by their old friend Dr. Jerry Ballard, an archeologist who lost his career when he lost part of his leg. It's a living, and if it's not quite what any of them had dreamed of, it's better than much that they've already survived. But Lewis has always dreamed true, and what he sees in his dreams will take them on a dangerous chase from Hollywood to New York to an airship over the Atlantic, and finally to the Groves of Diana Herself.... The world is full of lost treasures. Some of them are better off not found. **STEEL BLUES:** In this sequel to *Lost Things*, when the Gilchrist Aviation team tries to win the money to keep the business going by placing first in a coast-to-coast air race, things get complicated! A stolen necklace, a runaway Russian countess, and a century-old curse seem like trouble enough, but then there's New Orleans, and the unsolved murders of the New Orleans Axeman. But what if the murderer is one of them? **SILVER BULLET:** Mad Science and Magic A series of mysterious plane crashes in the Rocky Mountains in the midst of a Depression winter call Air Corps reservists Mitch Sorley and Lewis Segura out to fly search and rescue, but it's more than just a simple navigational hazard. Fortunately Mitch and Lewis are more than just pilots. With Lewis' wife Alma and their old friend Dr. Jerry Ballard they're members of an esoteric Lodge dedicated to the protection of the world. The Silver Bullet Mine is haunted -- or is it? Can ghosts bring down aircraft? And are the small-time crooks who are interested in the Mine simply looking to make a buck -- or the vanguard of something more evil and deadly? Aided by their former con artist office manager Stasi Rostov, they've got to get to the bottom of what's happening at the Silver Bullet Mine before more lives are lost.

she comes first book: Ever After Series (Books 4-6) Lea Coll, 2023-12-19 Give Me A Reason: Finn Evans is such a cynic. How can he not believe in love and marriage but still be a musician for weddings? I may be a hopeless romantic, but at least I believe in love—which makes being a wedding planner at Happily Ever Afters a dream job for me. Finn and I clash about everything—except our undeniable attraction to each other. **Somebody to Love:** My best friend, Gia, has a rule for her employees and her friends: No dating her brothers. But Leo Giovanni is the guy I'd secretly crushed on since high school—who also happens to be Gia's eldest brother. The Giovannis are the family I never had, and I refuse to do anything to mess that up. **Everything About You:** Silas Sharpe is enemy number one—my biggest competitor and my brothers' best friend. Seeing an opportunity to "spy" on the offerings at Chesapeake Resort under the guise of attending a "friend's" wedding, I took it, dragging my best friend and my brother with me. When Silas cornered me in a utility closet during the wedding reception, I finally succumbed to the years of pent-up frustration and hate, giving in to my baser instincts. This was supposed to be a onetime thing, but in true Silas Sharpe fashion, he refused to give up until he had the one thing that had eluded him for years—me.

she comes first book: Want Julie Peters, 2019-05-02 "Peters takes readers on her own personal journey from trauma to reconnecting with her body, emotions, and eventually her own desire and sexuality." —Xanet Paillet, bestselling author of *Living an Orgasmic Life* We know, increasingly, how common and devastating sexual violence is for women, but we don't always talk

about how survivors can recover from the trauma and return to desire, sexuality, trust, and pleasure. *Want* is the story of how Julie Peters did just that—and how you can, too. In the years after the assault, Julie was in what she calls the fog of trauma: the colorless, tasteless experience of barely getting through the day. No one—not counsellors, support groups, or other survivors—could give her any advice about how to find the desire that could bring her back to joy, intimacy, and connection. She had to make it up on her own. In *Want*, Julie tells the story of getting from the devastation of trauma to living a full life in eight sometimes challenging, often bumbling, and occasionally delightful steps. Your loved ones may not know how to support you, but they can learn more about your experiences and how to walk alongside you through this book, just as you can learn how to recover from the trauma you've experienced. *Want* offers a window into one person's experience of recovery—plus the happy ending we all need to know is possible after trauma. "With unwavering honesty, penetrating insight, warmth, humor, and aplomb, she lays out strategies for a tangible, nourishing, and vitally ferocious self-love." —Jeremy Radin, poet, author of *Dear Sal*

she comes first book: Books for Schools and the Treatment of Minorities United States. Congress. House. Education and Labor, 1966

she comes first book: Sex Over 50 (Updated and Expanded) Joel D. Block, 2008-08-05 There are 78 million people now crossing the 50-year mark, and they're redefining middle age and creating a new vision of what a fulfilling sex life means. *Sex Over 50* speaks to this legion of gracefully aging Americans who are looking for professional, practical advice on how to make the transition to deeper, richer, more sophisticated sexual relationships. This edition includes a new chapter on the dating scene for Boomers, as well as updated information on hormone replacement therapy and erectile dysfunction.

she comes first book: *Ever After Series (Books 1-6)* Lea Coll, 2023-12-07 *Feel My Love:* As a wedding photographer, I get to witness the magic, the romance, and the fairy tale without getting close enough for it to ever sting me again. Until Nick. I broke my number one rule and slept with the best man. How could I resist his sexy good looks and the seductive offer of one night with no strings attached? *The Way You Are:* I thrive on taking a few ordinary flowers and turning them into something breath-taking. But no matter how reliable my talent or sunny my personality is, my delivery van isn't. When the grumpy, sexy as all get-out mechanic finally offers some assistance, I also show him my grandfather's prized muscle car, hoping he can restore it. After one hot night on the hood, ignoring my attraction to him is impossible. *Love Me Like You Do:* When my best friend asked me to be his fake girlfriend in order to pursue custody of his daughter, I didn't hesitate to help out. Living together, sharing his bed, and waking up in his arms, quickly rekindle the long-forgotten childhood crush I once had on him. I can't ignore his charm, the way I feel in his arms, or how amazing he is with his daughter. I remind myself daily that our relationship isn't real, until he proposes with his grandmother's ring. Harrison is determined to prove to me that the fairy-tales are real, but I know from experience happy ever afters don't exist. *Give Me A Reason:* Finn's my best friend's brother and co-worker. He doesn't believe in love and I'm a hopeless romantic. We clash about everything except our undeniable attraction to each other. After one hot night on a hotel rooftop, we agree to a no-strings-attached fling. The only problem is our boss has this rule against co-workers dating. As the newest wedding planner, I can't afford to lose my job. But each day, I fall more for him and his little girl. I want to show him that anything's possible, even a forever kind of love. But when everything comes crashing down, will I lose my chance at love? *Somebody to Love:* My best friend, Gia, has a rule for her employees and her friends: No dating her brothers. But Leo Giovanni is the guy I'd secretly crushed on since high school—who also happens to be Gia's eldest brother. Leo has always had a special relationship with my daughter, but when he starts coming around more, taking us out on dates, building Evie a playhouse, and whispering sweet Italian words to me, I find myself lowering the walls I'd erected around my heart. How can we make a relationship last when everything is so stacked against us? *Everything About You:* Silas Sharpe is enemy number one—my biggest competitor and my brothers' best friend. Seeing an opportunity to "spy" on the offerings at Chesapeake Resort under the guise of attending a "friend's" wedding, I took it, dragging

my best friend and my brother with me. When Silas cornered me in a utility closet during the wedding reception, I finally succumbed to the years of pent-up frustration and hate, giving in to my baser instincts. This was supposed to be a onetime thing, but in true Silas Sharpe fashion, he refused to give up until he had the one thing that had eluded him for years—me.

she comes first book: Mountain Haven Series Box Set (Books 1-6) Lea Coll, 2023-11-24 Get ready for a romance that'll make your heart melt! Seven books, beautifully written stories of rugged men and the women who own their hearts. Off-the-charts chemistry guaranteed! Infamous Love: When I meet the new sexy veterinarian, his gruff voice and grumpy manner get my blood pumping. For the first time in my life, cameras aren't broadcasting my every move. No producer is telling me what to say or do. No one's pushing me toward him. This natural gravitation toward him is the realest thing I've ever felt. But when my past collides with my present, everything comes crashing down around me. Adventurous Love: I don't do small town, country living. The hustle and bustle of New York pumps through my veins. Still, when a dear friend invited me to stand up in her wedding, I decided to embrace all Colorado had to offer. I was expecting mountainous terrain and outdoor adventures. Instead, I found myself face to face with the ruggedly handsome Henry Rigby—a lumberjack fantasy come to life. It was supposed to be a short trip. Yet the time we spent together made New York seem farther and farther away... Impulsive Love: I met the rookie baseball player with piercing blue eyes and a Southern drawl on my first day as a tour guide. Colin Winters was only supposed to be a one-night impulsive indulgence. Instead, the easy connection between us became an addiction. Then, two blue lines change everything... Tempting Love: Accepting a nanny position seemed like a good way to escape my past. To prove I'd changed. I never counted on Sam, my new boss. I want to ignore my attraction to him, but it's impossible with us living in the same house. He's dangerous because he makes me think that anything's possible. Even a future with him and Maggie. Can I take a gamble with him and hope my past doesn't catch up with the future I'm racing towards? Inescapable Love: Happily ever after wasn't for me. Instead, I focused on being my niece's favorite uncle. Until Natalie and her daughter. Recently divorced, she's determined to open a bed and breakfast and hires me to renovate it. I should be focused on the job, but instead I'm distracted by the undeniable attraction between us. Forbidden Love: The younger sister to four older brothers, I was off-limits to every guy in town—especially my brothers' best friend. At a fundraising event at my family's ski resort, Tyler approached me with an offer to partner together to raise money for charity. Desperate to find my footing and prove to my father that I deserved a position in his company, I agreed to Tyler's proposition. Our task was simple: Construct dugouts for local softball teams. Instead, our shared moments were filled with stolen kisses in the outfield, surrendering to the undeniable spark between us. Total price:\$115.97 USD

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