

# Why Is Sex Fun

## The Big, Fun, Sexy Sex Book

The New York Times bestselling authors of *Rinnavation* and *She Comes First* reveal candid and fun tips to improving your marriage by rejuvenating your sex life—and getting from “no-go” to the Big O. JUST SAY O! Have flannel pj’s replaced your silky negligees? Are you more likely to nod off cuddling the remote—instead of your partner? Are you too tired for sex? Is foreplay becoming “boreplay”? Too much comfort in your relationship can strip your sex life of its XXX rating and render your love life . . . lifeless. New York Times bestselling authors Ian Kerner, a nationally recognized sex counselor, and vivacious television personality Lisa Rinna are on a mission to help you get from “no-go” to the Big O. Mind-blowing sex is just pages away—now let’s have some fun! IT’S NEVER TOO LATE TO GET THE SEX LIFE YOU’VE ALWAYS WANTED! • Sexy scenarios and hot new moves to amp up the adventure! • The best sexual positions to make you climax • Confidence boosters that make you feel sexier than ever and bring out your inner thrill-seeker • Oral sex and hand job tips that will make his body go nuclear • Fixes for common bedroom problems such as low desire, mismatched libidos, and sexual boredom • Tips for coping with sexual “male-functions” such as premature ejaculation, erectile disorder, and a propensity for porn • The ten-step sex workout • The most amazing sex of your life—at any age, even after kids!

## Collapse

'A grand sweep from a master storyteller of the human race' DAILY MAIL 'Riveting, superb, terrifying' OBSERVER From the ghostly stone heads of Easter Island to crumbling Mayan cities hidden deep in the jungle, the mysterious ruins of lost worlds and vanished civilizations continue to haunt us. How could such mighty societies fall? And could our skyscrapers one day stand derelict and overgrown like ancient temples? Jared Diamond takes us on an epic journey around the globe, through the history of humanity and on to the future, to discover how - when tomorrow comes - we can be survivors. 'A book that has to be read . . . highly readable, highly persuasive and richly informative' INDEPENDENT ON SUNDAY 'Gripping . . . the book fulfils its huge ambition, and Diamond is the only man who could have written it' ECONOMIST 'This book shines like all Diamond's work' SUNDAY TIMES 'Magnificent' THE NEW YORK TIMES

## Why is Sex Fun?

A fascinating insight into how human sexuality came to be the way it is now - Jared Diamond explains why we are different from the animal kingdom. Why are humans one of the few species to have sex in private? Why do humans have sex any day of the month or year, including when the female is pregnant, beyond her reproductive years, or between her fertile cycles? Why are human females one of the few mammals to go through menopause? Human sexuality seems normal to us but it is bizarre by the standards of other animals. Jared Diamond argues that our strange sex lives were as crucial to our rise to human status as were our large brains. He also describes the battle of the sexes in the human and animal world over parental care, and why sex differences in the genetic value of parental care provide a biological basis for the all-too-familiar different attitudes of men and women towards extramarital sex.

## Why Is Sex Fun?

Anthropology, Sexual Studies, Psychology, Sociology, Gender and Cultural Studies

## **The Evolution of Human Sexuality**

Why are men, like other primate males, usually the aggressors and risk takers? Why do women typically have fewer sexual partners? In *Why Sex Matters*, Bobbi Low ranges from ancient Rome to modern America, from the Amazon to the Arctic, and from single-celled organisms to international politics, to show that these and many other questions about human behavior largely come down to evolution and sex. More precisely, as she shows in this uniquely comprehensive and accessible survey of behavioral and evolutionary ecology, they come down to the basic principle that all organisms evolved to maximize their reproductive success and seek resources to do so, but that sometimes cooperation and collaboration are the most effective ways to succeed. This newly revised edition has been thoroughly updated to include the latest research and reflect exciting changes in the field, including how our evolutionary past continues to affect our ecological present.

## **Why Sex Matters**

Offers female readers advice on enhancing their sex lives, addressing such subjects as how to enjoy the physical pleasures of sex and how women's bodies respond best to sexual stimulation.

## **DOES ANYONE STILL REMEMBER WHEN SEX WAS FUN?.**

Go beyond the headlines and the hype to get the newest findings in the burgeoning field of gender studies. Drawing on disciplines that include evolutionary science, anthropology, animal behavior, neuroscience, psychology, and endocrinology, Deborah Blum explores matters ranging from the link between immunology and sex to male/female gossip styles. The results are intriguing, startling, and often very amusing. For instance, did you know that. . . • Male testosterone levels drop in happy marriages; scientists speculate that women may use monogamy to control male behavior • Young female children who are in day-care are apt to be more secure than those kept at home; young male children less so • Anthropologists classify Western societies as "mildly polygamous" The Los Angeles Times has called *Sex on the Brain* "superbly crafted science writing, graced by unusual compassion, wit, and intelligence, that forms an important addition to the literature of gender studies."

## **Are We Having Fun Yet?**

This text explains the biological aspects of human sex by using direct and intriguing comparisons with the many variations in sexual systems among non-human organisms.

## **Sex on the Brain**

Discover what turns your lover on! When you want more sizzle in your sex life, you need to find out what gets you both hot first. Do either of you have any secret sexual desires smoldering on the back burner? Are there spicy new erotic ideas that will catch alight and burn bright in your relationship? What will inspire you to fan the flames of your love so it blazes with intense passion and excitement? Discovering the answers to these questions requires even more steamy questions. But with the right spark, you'll be able to start your sexual fires burning in no time. This book has 469 fun sex questions that will help stoke your desire with creative new ideas for being naughty, frisky and playful. Use them any time to stimulate thought provoking discussions that will arouse both your mind and body. Tease and tantalize each other with hot talk as you reveal your answers and inflame your craving for each other. All the sex questions in this book are for fun and for play - leave the serious questions for some other time. Whether you're curled up next to each other or talking on the phone, start a sexy conversation today and see where it leads. When you feel more comfortable talking about sex together, you'll feel much more comfortable enjoying sex too. Enjoy *Hot Talk for Even Hotter Sex*

## **Biology of Sex**

NEW YORK TIMES BESTSELLER A Time Top 10 Book of the Year • A San Francisco Chronicle Book of the Year The author of the New York Times bestseller *Cinderella Ate My Daughter* offers a clear-eyed picture of the new sexual landscape girls face in the post-princess stage—high school through college—and reveals how they are negotiating it. A generation gap has emerged between parents and their girls. Even in this age of helicopter parenting, the mothers and fathers of tomorrow's women have little idea what their daughters are up to sexually or how they feel about it. Drawing on in-depth interviews with over seventy young women and a wide range of psychologists, academics, and experts, renowned journalist Peggy Orenstein goes where most others fear to tread, pulling back the curtain on the hidden truths, hard lessons, and important possibilities of girls' sex lives in the modern world. While the media has focused—often to sensational effect—on the rise of casual sex and the prevalence of rape on campus, in *Girls and Sex* Peggy Orenstein brings much more to the table. She examines the ways in which porn and all its sexual myths have seeped into young people's lives; what it means to be the “the perfect slut” and why many girls scorn virginity; the complicated terrain of hookup culture and the unfortunate realities surrounding assault. In Orenstein's hands these issues are never reduced to simplistic “truths;” rather, her powerful reporting opens up a dialogue on a potent, often silent, subtext of American life today—giving readers comprehensive and in-depth information with which to understand, and navigate, this complicated new world.

## **The Sex & Pleasure Book**

More irreverent than ever, the popular guide to fully understanding and enjoying sex has now been revised with new chapters such as “Sex When You're Really Old,” “When Sex Gets Boring,” and “How to Be Cool When You're Not.” 65 illustrations.

## **469 Fun Sex Questions for Couples**

A collection of ideas for building an active, exuberant sex life. The authors help couples rekindle lost or lagging passion. Addressing both “cautious types” and “risk takers”

## **Girls & Sex**

101 Nights of Great Sex is the permission slip you've needed to strip off all your inhibitions and break your predictable bedroom routines; to finally claim the sex life that you really, really want. Millions of readers can attest to the success of the original printed version of this book for revitalizing their love lives. But now Laura Corn has totally upped her game and pulled out all the stops in the New 2013 edition. Here's what's INSIDE: - New, exciting, modern design. - Totally revised and updated - More compact and easier to hide (but it will fit perfectly on your nightstand - Over 50 BRAND NEW seductions - variety is the spice of life - All new eTeases - those crafty little electronic invitations which set the scene and fire up your partner's imagination. Which together add up to - Crazier foreplay - Sexier surprises - Wilder scenarios - Naughtier adventures - Hotter Sex - More fun and excitement than ever before But what really makes this book unique is that it's not a book you read, it's a book you “do” and that's precisely why it's so exciting, and effective. In the book you'll find: - 101 seductively suggestive titles presented in SECERT SEALED ENVELOPES: \*50 for her eyes only; \*50 for his eyes only; \*and one very special seduction to be shared by both of you - Step-by-step detailed instructions for each title - Everything you need to pull off a thrilling, sexual seduction. Once a week, you and your partner each pick a sealed page and tear it from the book. There's no turning back now?and no peeking at each other's page! Just follow your secret instructions, and sometime during the week you'll each be getting an erotic surprise. Talk about anticipation! Because once you've picked a seduction, and piqued your lover's curiosity, their sense of anticipation will build, and build. You will both be fantasizing all week about what's going to happen next. To help heighten your partner's sense of anticipation the new edition of 101 Nights of Great Sex also contains links to extremely sexy eTeases. These eTeases are clever and tempting electronic invitations that you email to your partner to set up a night of great sex. Think

of them like a movie trailer. They give clues to the seduction that you're planning. They're a hint, a visually compelling and cleverly written message guaranteed to get your lover's pulse racing. Millions of readers can attest to the success of this book, but don't just take their word for it - try it for yourself ? you're guaranteed an experience no other sex book can deliver.

## **Guide to Getting it On!**

Getting your man to open up about his feelings is not easy. The key is to see the world from his perspective. When you build a relationship based on mutual trust, respect, and shared values, you can unlock true power. In this book, You'll learn: - How you can think like a Man - Communication skills - Create emotional intimacy with your man - and much more! Be ready to see the world from his perspective.

## **52 Ways to Have Fun, Fantastic Sex**

A \"riveting and illuminating\" Bill Gates Summer Reading pick about how and why some nations recover from trauma and others don't (Yuval Noah Harari), by the Pulitzer Prize-winning author of the landmark bestseller *Guns, Germs, and Steel*. In his international bestsellers *Guns, Germs and Steel* and *Collapse*, Jared Diamond transformed our understanding of what makes civilizations rise and fall. Now, in his third book in this monumental trilogy, he reveals how successful nations recover from crises while adopting selective changes -- a coping mechanism more commonly associated with individuals recovering from personal crises. Diamond compares how six countries have survived recent upheavals -- ranging from the forced opening of Japan by U.S. Commodore Perry's fleet, to the Soviet Union's attack on Finland, to a murderous coup or countercoup in Chile and Indonesia, to the transformations of Germany and Austria after World War Two. Because Diamond has lived and spoken the language in five of these six countries, he can present gut-wrenching histories experienced firsthand. These nations coped, to varying degrees, through mechanisms such as acknowledgment of responsibility, painfully honest self-appraisal, and learning from models of other nations. Looking to the future, Diamond examines whether the United States, Japan, and the whole world are successfully coping with the grave crises they currently face. Can we learn from lessons of the past? Adding a psychological dimension to the in-depth history, geography, biology, and anthropology that mark all of Diamond's books, *Upheaval* reveals factors influencing how both whole nations and individual people can respond to big challenges. The result is a book epic in scope, but also his most personal yet.

## **101 Nights of Great Sex**

A NEW YORK TIMES BESTSELLER, AS SEEN IN NETFLIX'S SEX EDUCATION An essential exploration of women's sexuality that will radically transform your sex life into one filled with confidence and joy. After all the books that have been written about sex, all the blogs and TV shows and radio Q&As, how can it be that we all still have so many questions? The frustrating reality is that we've been lied to — not deliberately, it's no one's fault, but still. *Come As You Are* reveals the true story behind female sexuality, uncovering the little-known science of what makes us tick and, more importantly, how and why. Sex educator Dr Emily Nagoski debunks the common sexual myths that are making women (and some men!) feel inadequate between the sheets. Underlying almost all of the questions we still have about sex is the common worry: 'Am I normal?' This book answers with a resounding Yes! We are all different, but we are all normal — and once we learn this, we can create for ourselves better sex and more profound pleasure than we ever thought possible. PRAISE FOR EMILY NAGOSKI 'As a literary work, Nagoski's book deserves plaudits for the rare achievement of merging pop science and the sexual self-help genre in prose that's not insufferably twee ... "You are normal!" doesn't sound much like a battlecry, but in a world keen to sexually homogenise women from the gap of their thighs to the shape of their mons pubis, the sentiment lands like a bomb.' The Guardian 'Come As You Are screams female empowerment loud and proud.' The Independent

## **Sex Guide for Women**

Elisabeth speaks frankly to teens and encourages them to say yes to God's perfect plan and no to temptation.

## **Upheaval**

How cancers begin and spread, by the scientist responsible for the major recent research breakthroughs  
Cancer research has reached a major turning point. The amount of information gathered in the past twenty years about the origins of the disease is without equal in the history of biomedical research. In this book one of America's most eminent scientists explains to the general reader the step-by-step process by which cancers arise, and more importantly, how they spread. Robert Weinberg explains how normal genes control the conventional growth of the cell, how, in their mutated form, they enable cancers to arise, and why these genes have such life-and-death power over us. Drawing from information that simply was not available until recently, *One Renegade Cell* explains this insidious disease as no other book as ever been able to do.

## **Come as You Are**

Of all the writing that emerged from the existentialist movement, Simone de Beauvoir's groundbreaking study of women will probably have the most extensive and enduring impact. It is at once a work of anthropology and sociology, of biology and psychoanalysis, from the pen of a writer and novelist of penetrating imaginative power. *THE SECOND SEX* stands, five decades after its first appearance, as the first landmark in the modern feminist upsurge that has transformed perceptions of the social relationship of man and womankind in our time

## **Sex Is a Lot More Than Fun**

Why do women have sex? Is it purely for pleasure or the desire to reproduce? In their ground-breaking book, clinical psychologist Cindy Meston and evolutionary psychologist David Buss investigate the underlying sexual desires of women and identify 237 distinct motivations for sex. Drawing on more than a thousand intensive interviews conducted solely for the book, as well as their pioneering research on physiological response and evolutionary emotions, Meston and Buss give us a remarkably complex and nuanced portrait of female sexuality. They explore the use of sex as a defensive tactic against a man's infidelity (protection), as a ploy to boost self-confidence (status), as a barter for gifts (resource acquisition), or even as a cure for a headache (medication). *Why Women Have Sex* explores the deep-seated psychology and biology of female sexuality, and promises to inform every woman's - and her partner's - awareness of her relationship to sex and her own sexuality.

## **One Renegade Cell**

A not so serious look at a not so serious subject - SEX

## **The Second Sex**

Make your sex life everything you want it to be--hot, wild, tender, crazy, and better than ever! Get into a sensual state of mind and unleash your sexiest self. Learn all about the moves men love best, and what goes on in the male mind. Find out which foods will whet your appetite for romance. Make \"scents\" of love with erotic aromatherapy. Discover exciting ways to push your kissing skills to their full potential, fun libido-boosting games, thrill-building positions and techniques, and unexpected hot spots to stroke, touch, tickle, and lick. With so many sexy answers and ideas in one place, this passion-enhancing volume belongs on every nightstand! False fact: Sex will happen when the mood strikes. Reality check: Sometimes, you have to make the mood strike.

## **Why Women Have Sex**

Even the most conservative women have a naughty side to them. To see it, you have to communicate and make them feel comfortable. Brandi Love can show you what women want to hear, and what to do to get them to go wild on you!

## **100 Sex Positions For Fun**

This practical book provides 31 days of challenges to help you and your spouse talk, flirt, and explore all three levels of sexual intimacy--physical, emotional, and spiritual--so you both can experience the best sex ever. Sex is incredibly important in a marriage, yet many things can throw it off course. Whether you are engaged and afraid you won't be able to light the spark, are newlyweds who haven't started off well, or have been married five, ten, twenty-five years, or more and you'd like to recapture the spark you once had, this book is for you! The challenges aim to spice up the bedroom while guiding you through all three levels of sexual intimacy. As you go through these challenges with lots of laughter and enjoyment, sex will stop being a source of tension and become something fun that brings you together, just the way God intended. The challenges slowly build on each other to help you: Turn sex into something positive Understand each other's sexual drives Debunk Hollywood myths and expectations about sex Hit the reset button on your sex life Make little changes that have big rewards Try new things--and spice things up And keep the momentum going! You're meant to have an abundant marriage--so don't settle for mediocre. Start your 31-day journey today!

## **Redbook's 500 Sex Tips**

Pleasure is one of the most fascinating aspects of being human. But what is it? Exploring child development, philosophy, neuroscience and behavioural economics, Paul Bloom uncovers how universal habits explain what we like and why we like it. The average Briton spends over a day a week watching television. People slow their cars to look at gory accidents and go to sentimental movies that make them cry. Some men pay good money to be spanked by prostitutes. In this revealing and witty account, Paul Bloom examines the science behind these curious desires, attractions and tastes, exploring one of the most fascinating and fundamental engines of human behaviour. 'How Pleasure Works has one of the best discussions I've read of why art is pleasurable, why it matters to us, and why it moves us so' Daniel Levitin, author of This Is Your Brain on Music

## **Getting Wild Sex from Your Conservative Woman**

This book responds to the need to investigate the complex links between sex and leisure and their implications for research and practice. Understanding sex as leisure aligns with sex-positive culture that focuses on affirming pleasure in the contemporary sexual discourse and advocating for sexual diversity, freedom, empowerment, and fulfilling sex lives. The focus of this book is on analyzing the complexity of sex as leisure in various socio-cultural and geographical contexts, with particular reference to vulnerable populations and pressing sexual issues, including sexual pleasure and expression, biomedicalization of sexuality, and social justice and sexuality. Specific chapters offer diverse international coverage and address the links between a positive sexuality framework and leisure research. The chapters cover sexual play and sex toys based on consumer experience perspectives; using the leisure lens to analyze sex and pornography addiction; quadriplegic sexuality and leisure; rejection and resilience on a gay cruise; relational dynamics of aging, exploitation, and deceit in sex tourism; sexual harassment of solo female travelers; and the complexity of consent in the sexualized leisure space of a pornography expo. This book will be of great value to those interested in transdisciplinary scholarship as it critically broadens the bio-psycho-socio-cultural perspective of sex as leisure. The chapters in this book were originally published as a special issue of the journal, Leisure Sciences.

## **31 Days to Great Sex**

Has evolution made men promiscuous skirt chasers? Pop-Darwinian claims about men's irrepressible heterosexuality have become increasingly common, and increasingly common excuses for men's sexual aggression. *The Caveman Mystique* traces such claims about the hairier sex through evolutionary science and popular culture. After outlining the social and historical context of the rise of pop-Darwinism's assertions about male sexuality and their appeal to many men, Martha McCaughey shows how evolutionary discourse can get lived out as the biological truth of male sexuality. Although evolutionary scientists want to use their theories to solve social problems, evolutionary narratives get invoked by men looking for a Darwinian defense of bad-boy behaviors. McCaughey argues that evolution has nearly replaced religion as a moral guide for understanding who we are and what we must overcome to be good people. Bringing together insights from the fields of science studies, body studies, feminist theory and queer theory, *The Caveman Mystique* offers a fresh understanding of science, science popularization, and the impact of science on men's identities making a convincing case for deconstructing, rather than defending, the caveman.

## **How Pleasure Works**

From the author of *Guns, Germs and Steel*, Jared Diamond's *Collapse: How Societies Choose to Fail or Survive* is a visionary study of the mysterious downfall of past civilizations. Now in a revised edition with a new afterword, Jared Diamond's *Collapse* uncovers the secret behind why some societies flourish, while others founder - and what this means for our future. What happened to the people who made the forlorn long-abandoned statues of Easter Island? What happened to the architects of the crumbling Maya pyramids? Will we go the same way, our skyscrapers one day standing derelict and overgrown like the temples at Angkor Wat? Bringing together new evidence from a startling range of sources and piecing together the myriad influences, from climate to culture, that make societies self-destruct, Jared Diamond's *Collapse* also shows how - unlike our ancestors - we can benefit from our knowledge of the past and learn to be survivors. 'A grand sweep from a master storyteller of the human race' - Daily Mail 'Riveting, superb, terrifying' - Observer 'Gripping ... the book fulfils its huge ambition, and Diamond is the only man who could have written it' - Economist 'This book shines like all Diamond's work' - Sunday Times

## **Innovation and Impact of Sex as Leisure in Research and Practice**

In *Women: Theory and Practice*, Bernard Chapin challenges the accepted theories of feminism and sexual equality in this thought-provoking, revolutionary look at the battle of the sexes in the twenty-first century. This book captures the true essence of today's apocryphal gap between men and women and how it affects not only the workplace, but also romantic relationships and the interactions of men and women everywhere. Chapin introduces a truly contrarian argument against society's current atmosphere of political correctness. He also makes a convincing case for the hidden damage caused by the women's movement and the popular mindset that women are no longer just the fairer sex, they are the better sex. Chapin questions the rationale behind policies and laws created to protect women's rights and to construct equality in the workplace. Chapin describes society's current backlash against men and how it has created a culture that has wrongly declared women to be intellectually, morally, and emotionally superior. *Women: Theory and Practice* provides a clear, rational argument against a popular socio-political atmosphere that has turned women into demi-gods, and men into second class citizens.

## **Evolutionary Psychology**

Drawing on past speculation and present knowledge, a reproductive biologist conducts readers through the 40 weeks of human pregnancy, explaining the complex biology behind human gestation in a clear and entertaining manner. 16 halftones.

## **The Caveman Mystique**

This feisty and inspiring treatise blames the destructive cultural myth of female self-sacrifice for the desire for breast implants, the conservative insistence on family values, and the general cultural attitude that prevents women from supporting one another's accomplishments. Using everything from psychological analysis to clever fairy-tale parodies--called \"fairer tales\"--the author promotes an ideology for women that is neither bra-burning feminism nor passive conservatism, but rather a belief in self-development.

## **Collapse**

With an abundance of data and evidence, *Move UP* explores the societal and biological factors that determine whether cultures are able to ascend socially, economically and intellectually. This provocative, ambitious and entertaining book devises a formula that will allow countries and individuals to assess their own potential for upward mobility. Drawing on science and statistics as much as on human instinct and emotion, *Move UP* reconsiders the modern world with a motion to improving it.

## **Women**

An important discussion of philosophical issues surrounding consent to sexual relations.

## **Making Babies**

What can snorkelling at Shark Bay teach us about humanity? Will the secrets of our sex lives be uncovered by stick insects? What do whale societies reveal about kindness? And why did we evolve to spend a third of our life asleep? Some questions have nipped at humanity's heels for as long as we've been...well, humans. In *Why Are We Like This?* science journalist Zoe Kean takes us behind the scenes of the evolutionary paradoxes that make up life on this planet. Exploring with scientists, from freezing in Tasmanian sleet to a laboratory of sleeping sharks in North Queensland, we see how these evolutionary mysteries might just uncover the secrets of a better life for humans and the creatures we share the planet with. The ancient ancestors of life on Earth faced the same challenges we do, so let's learn a lesson or two about how they dealt with them. 'Why Are We Like This? is a witty and inquisitive exploration of humans' place in the web of life. It takes readers on a journey through the history of life on Earth – full of wonder, curiosity and tenderness.' – Tegan Taylor 'Evolution is not perfect, just good enough. This book brilliantly guides you through this complexity, showing us how we evolved to be marvellously imperfect. Why do we have sex? Why does cancer happen, why do dogs age and sharks sleep? Read this book, and learned up.' – Dr Karl Kruszelnicki

## **Stitched-up**

'Pincott uses the latest medical understanding to answer once and for all some of the biggest mysteries and misconceptions of this extraordinary time' - DAILY MAIL Have you ever wondered what foetuses actually learn when they eavesdrop? Why thinner women have more daughters? Or where the maternal instinct comes from? Fun, entertaining and informative, *Do Chocolate Lovers Have Sweeter Babies?* is a different type of pregnancy book. Instead of looking at the how-to it looks at the why, the QI of maternity books. Full of surprising facts that will intrigue expectant mums and dads, Jena Pincott writes about the quirky, under-the-radar side of pregnancy. Understand what is happening to a woman during pregnancy, physically and psychologically - the how and why of pregnancy science. While pregnant, Jena Pincott found herself wondering how her baby's gestation might tinker with her body - and how her body was shaping the future development of her unborn child. She started to ask questions her doctors couldn't always answer, and uncovered unexpected answers in scientific journals. How does Grandma's diet affect her unborn grandchild? Does stress sharpen your baby's mind? Drawing on her scientific background, Jena Pincott writes about the hidden science of pregnancy. Here is fascinating supplement to the typical maternity guide, delving into



biology, neuroscience, evolutionary psychology and epigenetics. Do Chocolate Lovers Have Sweeter Babies? gives a deeper understanding of what is happening to both mother and baby during pregnancy. 'Really gives you an understanding about what s happening to you, both physically and psychologically' - PREGNANCY AND BIRTH

## Move Up

We are all wild. It's just that civilisation keeps getting in the way. And the more civilised we become, the more we need the wild: wild places, wild creatures, and wild experiences. As every one who has patted a dog, smelled a rose, taken a walk, or even had a drink in the garden well knows, humans have a soul-deep need for non-human forms of life. This book is about pushing our birthright of wildness just that little bit further. In \"How to be Wild\"

## Consent to Sexual Relations

Why Are We Like This?

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