



Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day (Positively Sexual)

By Diana Daffner

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In *Tantric Sex for Busy Couples*, Diana Daffner offers readers a modern approach to intimacy based on ancient techniques. Combining age-old tantric teachings, the peaceful exercise program of t'ai chi, and meditation, the book shows couples how to energize their relationship. The basic exercises include "Solo Stillness," which helps readers embrace the inner self; "Connected Pose," a way for couples to simply be together; and the "Tantra T'ai Chi Trilogy," a tri-partite system for moving sexual energy throughout the body. The author's foundational tantra t'ai chi exercises help readers prepare for the sexual practices described in the book, with things like yin and yang ceremonies of sexual massage for both partners and "Peaceful Passion" — a sexual union that requires neither a high sex drive nor a Viagra-inspired erection. Throughout these practices, readers are encouraged to maintain a sacred, respectful, loving, and ceremonial attitude toward their partner and, in the process, transform a relationship into a love affair.

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Editorial Review

Review

"I found this book to be informative and intriguing...a well-written basic guide..." — Beverly Whipple, PhD, author of *The G-Spot & Other Discoveries About Human Sexuality and The Science of Orgasm*

"Sex is important nourishment for a marriage. This book provides worthwhile suggestions for accomplishing real intimacy with your partner." — Michele Weiner-Davis, best-selling author of *The Sex Starved Marriage*

"a very natural way to have great sex,...It has helped bring my own relationship to a higher level." — Dr. Howard Peiper, N.D., nominated for a Pulitzer Prize, best-selling author of *The A.D.D. & A.D.H.D. Diet and Natural Solutions for Sexual Enhancement*

"...with charming anecdotes and refreshing clarity...a practical guide to that most elusive of states: true intimacy. Highly recommended!" — Ann Weiser Cornell, Ph.D., author of *The Power of Focusing* and *The Radical Acceptance of Everything*

"...this book opens the way for sex being an integral part of fulfilling our basic need for an emotionally meaningful connection." — Jordan Paul, Ph.D. author of *Becoming Your Own Hero* and *Do I Have to Give Up Me to Be Loved By You?*

"...*Tantric Sex for Busy Couples* is a helpful tool in keeping busy couples juicy and romantically connected." — Charles Muir, author of *Tantra: the Art of Conscious Loving and Awakening the Goddess and Freeing the Female Orgasm*

"...The path shown in *Tantric Sex for Busy Couples* is accessible for modern lovers." — Felice Dunas, PhD, author of *Passion Play: Ancient Secrets for a Lifetime of Health and Happiness Through Sensational Sex*

"...the best teachers simply teach what they actually do...Richard and Diana are great teachers to learn from." — Al Link and Pala Copeland, authors of *28 Days to Ecstasy for Couples: Tantra Step by Step*

"This is one of the most practical, easy to understand, and playful books I have seen on the Tantric path to intimacy." — Robert Sachs, author of *The Passionate Buddha: Wisdom on Intimacy and Enduring Love*

"Their book is reader friendly, instructional, and delightfully candid." — Sally Valentine, PhD, AASECT certified sex therapist and Tantra facilitator

"...Both men and women will be amazed at their effectiveness." — Marnia Robinson, author of *Cupid's Poisoned Arrow: From Habit to Harmony in Sexual Relationships*

"Diana tells her story with grace, humor and wisdom...and provides tools to help us get there." — Drs. Bryan & Light Miller, authors of *Ayurveda and Aromatherapy and Ayurvedic Remedies for the Whole Family*

"...a highly readable book, providing practical inspiration for deepening into heart-centered presence." — Elysabeth Williamson, author of *The Pleasures and Principles of Partner Yoga*

"...help[s] couples bridge the divide that so often keeps them separate when their hearts and souls yearn to be joined." — Aimee Bernstein, M.A, *Open Mind Adventures*

"Diana Daffner reminds us that we create what we experience. We can choose to be intimate." — Dorothy M. Neddermeyer, PhD, co-author of *101 Great Ways To Improve Your Life - Vol. III*

Users Review

From reader reviews:

Peter Hudson:

Book is to be different for each and every grade. Book for children until adult are different content. As you may know that book is very important for us. The book *Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day (Positively Sexual)* ended up being making you to know about other know-how and of course you can take more information. It is very advantages for you. The guide *Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day (Positively Sexual)* is not only giving you considerably more new information but also to get your friend when you truly feel bored. You can spend your current spend time to read your reserve. Try to make relationship using the book *Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day (Positively Sexual)*. You never really feel lose out for everything should you read some books.

Carolina Jones:

Playing with family in the park, coming to see the ocean world or hanging out with good friends is thing that usually you have done when you have spare time, and then why you don't try factor that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love *Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day (Positively Sexual)*, it is possible to enjoy both. It is great combination right, you still would like to miss it? What kind of hang type is it? Oh seriously its mind hangout folks. What? Still don't understand it, oh come on its called reading friends.

Gabrielle Oneal:

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