



Regain That Feeling: Secrets to Sexual Self-Discovery: People Living With Spinal Cord Injuries Share Profound Insights Into Sex, Pleasure, Relationships, Orgasm, and the Importance of Connectedness

Mitchell Tepper PhD

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Surviving a serious injury or illness, or living with a chronic condition, brings a host of physical changes, emotional responses, and relationship challenges. Often you are left feeling like less of a man or woman, defective, undeserving of love, fearing rejection, and avoiding sex. However, injury or illness doesn't have to end your sex life.

Through sharing his own story of sexual self-discovery after breaking his neck at age 20, and the stories of research participants and coaching clients, Dr. Tepper, a renowned Sexologist and AASECT Certified Sexuality Educator and Counselor, reveals the secrets that will guide you back to feeling whole and fully alive again.

On the way he busts the top myths that are holding you or your loved one back, including:

- I have no feeling = My sex life is over!
- I'm not experiencing pleasure or orgasm anymore = Sex is pointless! Why bother?
- My partner left me, cheated on me, avoided having sex with me = I'm not lovable and I'm not a capable partner.
- No one will want a person with a disability as a lover.
- Just give it time. Everything will fall into place.
- If you have high self-esteem, everything else will follow.
- I shouldn't be thinking about sex right now, I should be focused on (fill in the blank).

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Introduction

Spinal Cord Injury & Sexuality 101

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Pointless! Why Bother?

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Chapter Seven: The Top Seven Myths That Are Holding You Back

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Acknowledgements

About The Author

Other Works by Dr. Tepper

Advanced Praise:

"Regain that Feeling is a wonderful book that provides realistic hope to anyone who has suffered a sexual loss secondary to serious injury or illness." -Lee Woodruff, author of Perfectly Imperfect and co-author with Bob Woodruff of In an Instant "A great read that redefines sex and pleasure and demonstrates how difference can be good. Definitely worth it for anyone looking to explore sexuality through a different lens." -Tim Rose, Co-founder, The Rose Centre for Love, Sex and Disability "Dr. Tepper has taken this subject matter to a whole new level... Please as an act of kindness to yourself, read this book." -Dr. Dan Gottlieb, author of The Wisdom We're Born with: Restoring Faith in Ourselves "Only Mitch Tepper could put together this kind of poignant blend of research, personal experience, and pure insight to get to the essence of love, intimacy, and true sexiness — disability or not." - Gary Karp, author of Life On Wheels and Disability & the Art of Kissing "A must-read for people with disabilities, their partners, and those who advocate for them." -Dr. Beverly Whipple, co-author of The G Spot and Other Recent Discoveries About Human Sexuality

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Katherine Clark:

The book untitled Regain That Feeling: Secrets to Sexual Self-Discovery: People Living With Spinal Cord Injuries Share Profound Insights Into Sex, Pleasure, Relationships, Orgasm, and the Importance of Connectedness contain a lot of information on the idea. The writer explains your ex idea with easy technique. The language is very straightforward all the people, so do not necessarily worry, you can easy to read this. The book was compiled by famous author. The author will bring you in the new period of literary works. You can read this book because you can read on your smart phone, or product, so you can read the book with anywhere and anytime. In a situation you wish to purchase the e-book, you can start their official web-site in addition to order it. Have a nice study.

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