

# The Truth About Sex

## A Sex Primer for the 21st Century Volume I

### Sex and the Self

by Gloria G. Brame, Ph.D.

#### Book Description

Have you ever wondered why we think one type of sex is better than another? Are inhibitions or confusion about sex holding you back? Do you think you're a sex addict? Have you given up on having good orgasms with your partner? Are you worried sex will break up your relationship? *The Truth About Sex* will set you free.

*The Truth About Sex* is an important new work by internationally renowned sex therapist, bestselling author (*Different Loving, Come Hither*), and sex blogger/historian (Gloria's Oversexed Mind, The Bilerico Project), Gloria G. Brame, Ph.D. Twenty years of Dr. Brame's research on human sexuality is distilled into three fast-paced volumes that will change the way you look at sex. They offer reality-based models which combine Brame's original theories, hard facts, and over 10 years of highly successful, results-oriented sex therapy. Brame addresses the most intimate, complicated questions about sex in page-turning, warmly empathic prose. Using cutting-edge sex and medical studies, historical research, and composite case studies from her private practice, she teaches adults how to make sexual ecstasy a reality.

Volume 1, *SEX AND THE SELF*, is a complete primer on masturbation, orgasm and new models for talking about, thinking about and understanding your inner sexual identity. It includes Dr. Brame's best clinical techniques for improving sexual performance and increasing every adult's potential for complete sexual satisfaction.

#### Reviews

"Healthy sexuality is fundamental to building healthy lives, relationships, communities and societies, and we all could use some guidance. This honest and reassuring book is an excellent resource for those seeking greater confidence in, and understanding of, this basic right. Thank you, Dr. Brame!"

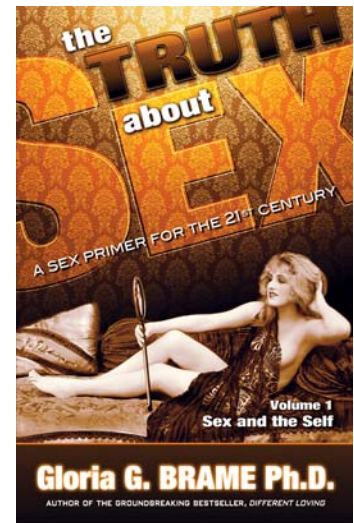
- **Nina Hartley, R.N., Author of *Nina Hartley's Guide to Total Sex***

"If you don't have a sex therapist on speed dial, Dr. Gloria Brame will be your emergency contact. Calling shenanigans on the way our culture deals with sexuality, *The Truth About Sex* plants a sex-positive flag into the American landscape."

- **Megan Andelloux, Certified Sexuality Educator, Board Certified Sexologist**

#### About the Author

**Gloria G. Brame** is a sex therapist and bestselling author (*Different Loving, Come Hither*). She holds an M.A. in English from Columbia University (GSAS 1978) and a Ph.D. from the Institute for Advanced Study of Human Sexuality (2000). Her frequently censored yet astonishingly popular blog, Gloria's Oversexed Mind, covers all aspects of sexual history, and was selected for "Best of SexBlogs 2010" and "NY Sex Bloggers Calendar 2011." Professor of Human Sexuality, Institute for Advanced Study of Human Sexuality (San Francisco); Fellow, Erotic Heritage Museum (Las Vegas); named "Hero of the Sexual Revolution" (Exodus Trust, 2006); regular contributor to The Bilerico Project, the Sexual Health Network, and iFriends Adult Forums. Frequently cited in *Cosmo*, *Men's Health*, *Esquire*, *GQ* and other print and digital media. Google Gloria Brame or follow DrGloriaBrame on Twitter.



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