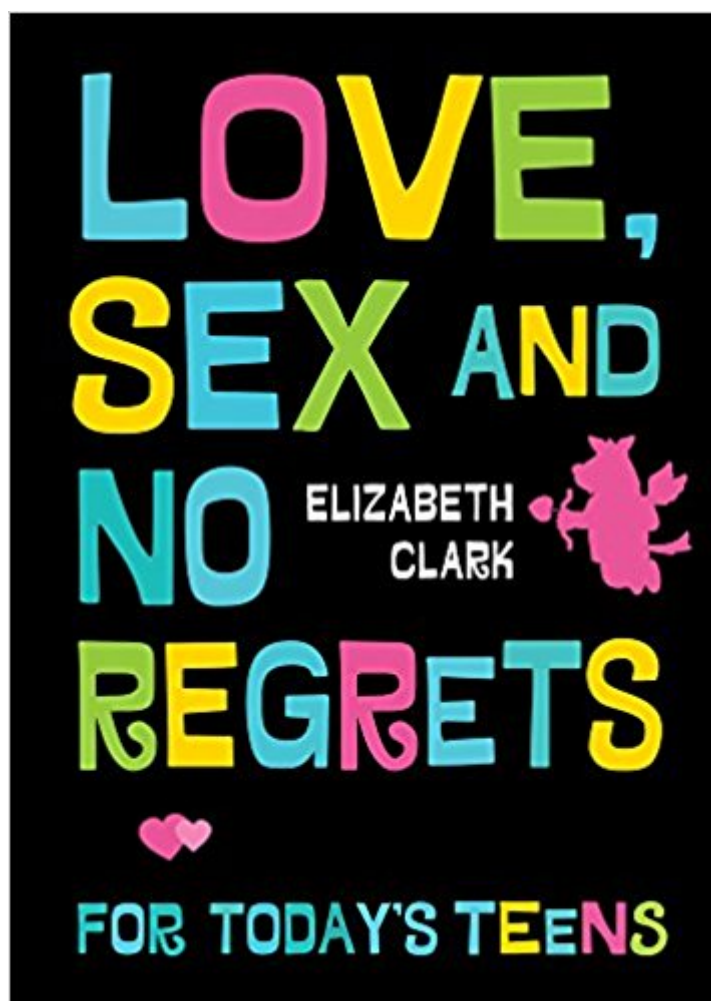


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# Love, Sex And No Regrets For Today's Teens



## Synopsis

Teen counselor Elizabeth Clark created this book for parents as a tool for initiating discussions on sensitive topics. In her research with teens and their world, she became aware of how things have changed for teens in the last 10 years. Internet access to porn, with its emotional disconnection in sexual encounters and distorted depictions of sexuality, has led to a whole range of disturbing consequences. Elizabeth has devised a unique approach that speaks frankly to the reader without condescension or judgement. A 19-year-old girl is the book's narrator. She warns and educates in a style teens will read more readily than conventional self-help books. Her narrator discusses privately and openly what she has learned about attraction, feeling sexual, setting limits, abusive situations, respecting yourself, and much more.

## Book Information

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## Customer Reviews

"This is the book I wish I had when I was a teen. Entertaining, honest, informative and empowering, [it] demystifies love, sex and everything in between." â Daria Snadowsky, author, *Anatomy of a Boyfriend*

"Elizabeth Clark is the very best sex educator in the world. Her writing on this subject knows no peer. She is especially interested in what parents can do during the sexual awakening years of their children." â Steve Biddulph

Elizabeth Clark is a teen therapist with more than 30 years of experience. She lives in Grand Junction, Colorado.

This book, while targeted to teenagers--three of whom were my daughters when I read the first edition--benefits us all. The following thoughts are what I got out of it : Sex is good; good sex is nothing like your parents didn't say or what the movies did show. (Yeah, take a minute to digest that.) Then there's my own extrapolation : Just because we are older, been married for decades, doesn't mean sex should limp on in mediocrity, diminish in quality, nor atrophy from disinterest. I recommended this book to my very conservative, middle-aged, married friends who were all bemoaning having to endure coitus with their husbands. Emboldened by this book, I said, "We all need to masturbate more." I meant that in the context of knowing ourselves and what pleasures us so that we can be more in tune with our partners. While I was greeted with stunned silence, I hope I planted a seed. I hope I planted the counter culture idea that, dammit, we all deserve good sexual intercourse, for as long as we can have it. Not porn-inspired. Not la-la-land inspired fantasy. We're talking honest, intimate, fun, and good sex. So not for teens only. It's a book for all of us.

I wrote the foreword of this book and brought it to Australia because it's the best, most tender, quirky and helpful book I have found to teach teens about making sex RELATIONAL and what they want it to be, instead of being rushed into empty sex. So many kids today find sex unhappy and performance based, and for girls especially (but many boys too) Elizabeth's focus on choosing what is right for you, especially in the timing and enjoyment of the stages along the way of forming a relationship, were just so empowering. Because I am a man, I gave copies to my trainee therapists, who were very savvy women, and they said "get this in print now". It actually improves and rejuvenates lovemaking at any age, because of its reminder to stay where you find the most pleasure - holding hands, kissing, and not rush and lose connection.

Elizabeth Clark has adroitly tackled the subject of sexual development, a subject many of us feel uncomfortable discussing, but which is key to everyone's overall sense of identity. In a book aimed at teenagers, but useful for adults as well, she deals with the topic in an honest and forthright manner. Wise, witty, and more than informative, the content here could be life-changing. I wish I'd read this book as a teen and then had it to give to my daughters--who are now in their forties and fifties--for the sensible, unashamed approach to sex as part of individual development and of relational connection that it promotes. And of course, we have all now read and enjoyed it! Finally, as a grandmother, I am grateful that my granddaughter will have access to those elements of the book as well, and will also be exposed to Ms. Clark's clear-eyed look at what can go wrong in the contemporary cyber-sexual world, with advice on how to find a healthier and more satisfying

direction for any teen's emerging sexuality.

Timely and brilliant. Finally a book that, with humor and expertise, shares the possibilities of experiencing healthy sexual relationships for young adults. Oh how I wish I'd read this book instead of "learning" about sex through the misleading and damaging cyberworld or Hollywood when I was younger!

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