



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:

Florence Booth:

Have you spare time to get a day? What do you do when you have more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a go walking, shopping, or went to the Mall. How about open as well as read a book allowed Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day (Positively Sexual)? Maybe it is to be best activity for you. You know beside you can spend your time along with your favorite's book, you can more intelligent than before. Do you agree with it is opinion or you have additional opinion?

Jerry Thomas:

This Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day (Positively Sexual) are usually reliable for you who want to become a successful person, why. The key reason why of this Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day (Positively Sexual) can be on the list of great books you must have is definitely giving you more than just simple looking at food but feed you with information that might be will shock your before knowledge. This book is actually handy, you can bring it just about everywhere and whenever your conditions both in e-book and printed versions. Beside that this Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day (Positively Sexual) forcing you to have an enormous of experience like rich vocabulary, giving you demo of critical thinking that we understand it useful in your day action. So , let's have it appreciate reading.

Ellen Scherer:

In this period globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The fitness of the world makes the information simpler to share. You can find a lot of referrals to get information example: internet, newspapers, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. Often the book that recommended for you is Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day (Positively Sexual) this publication consist a lot of the information with the condition of this world now. That book was represented how do the world has grown up. The vocabulary styles that writer require to explain it is easy to understand. The particular writer made some exploration when he makes this book. Honestly, that is why this book suitable all of you.

Hilary Winters:

As a college student exactly feel bored to reading. If their teacher inquired them to go to the library or even make summary for some book, they are complained. Just very little students that has reading's spirit or real their hobby. They just do what the trainer want, like asked to go to the library. They go to right now there but nothing reading very seriously. Any students feel that looking at is not important, boring along with can't see colorful photographs on there. Yeah, it is to become complicated. Book is very important for yourself. As we know that on this age, many ways to get whatever we want. Likewise word says, many ways to reach Chinese's country. Therefore , this Tantric Sex for Busy Couples: How to Deepen Your Passion in Just Ten Minutes a Day (Positively Sexual) can make you truly feel more interested to read.

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