



## Sex in Sobriety: A Qualitative Narrative Exploration of the Utilization of Mindfulness Practices for Enjoyable Sober Sex (Paperback)

By Anadel Baughn Barbour

Dorrance Publishing Co., United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Sex in Sobriety is a guide to helping people improve their sex lives. This book is specifically geared toward sober individuals who have overcome substance abuse yet cannot overcome the intricacies of enjoyable sober sex. Dr. Anadel Baughn Barbour s own experiences with addiction, alcoholism, and subsequent recovery led her to find ways to enjoy sex when she could not find any. Mindfulness practices not only helped with awareness of her thoughts, but it became a wonderful tool to enhance her awareness of sex and sexual values. Studies have shown that meditation affects the same areas of the brain that substances do, meaning that sober individuals are capable of redirecting thoughts and emotions and recreating joy and rapture in their minds, which can be cultivated and used as a way to have enjoyable sex. We have the power to heal ourselves. This book can be a guide to all who seek help. About the Author Dr. Anadel Baughn Barbour has lived in Hollywood, California, since she was four years old. She has a Ph.D. in Philosophy of Human Sexuality, an M.A....



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