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The Sexy Lifestyle with Carol and David
Friday at 3 PM Pacific
January 1st 2021: Encore: SEXUAL MINDFULNESS

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Are you looking to reignite your passion and sexual desire? You can master the mystery of your own desire, by applying mindfulness to your sex life. This simple but effective practice will help you gain a new understanding about your own sexuality so that you can experience deeper intimacy and form a happier and healthier relationship. If you're having difficulty communicating about sex, join us, as we discuss with sexologist, Dr Jenn Gunsaulus, all about how sexual empowerment, erotic play, and mindful sex builds a trusting and a more meaningful sex life. <http://www.drjennsden.com/>

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Featured Guest



Dr. Jenn Gunsaulus

Dr. Jenn is passionate about sexual empowerment, erotic play, and mindful sex. She has presented two TEDx Talks, is a writer on sex and relationships, and an intimacy expert on the morning news as well as the documentary on masturbation, called Sticky: A (Self) Love Story.

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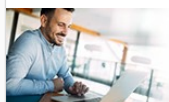
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