



I Am a Sexual Being: An Adult Journal for Self-Exploration

By Associate Provost and Dean of the Graduate School Scott Shannon

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This book is full of writing and thinking ideas to help you recognize and celebrate that you are a sexual being who deserves to have a fun and fulfilling sex life. In working with this journal you may be asked questions or simply see a statement. In either case your response should be to write something (short or long) that these statements or questions inspire or provoke in you. If you need to write more than what you can fit on the page, simply continue your writing on the back of the page. They re all blank. Sometimes you may react with a painful emotion. But remember, it s OK to feel and express your feelings through laughter or tears, and everything in between. Sex and sexuality can be a controversial topic. This is adult material. It is recommended that you keep this journal private. This will allow you to be completely honest in your responses. You may go through this journal in the order it is presented or you may skip around as you...



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