



Sex Recharge: A Rejuvenation Plan for Couples and Singles

By Ian Kerner

HarperCollins Publishers Inc, United States, 2009. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. The premise of this book is simple: When it comes to sex, dating, and relationships, sometimes we get in so deep the only way out is to start over again. In Part One, Ian Kerner introduces the basic underpinnings of the Detox program. Just as a physical fast, or change in diet, will rapidly alter your metabolism and natural body chemistry, so too will a sex/dating detox impact your neurochemistry, enabling you to reset, rewire and, ultimately, rejuvenate your love life. Not only will it help readers to turn off the noise and find peace of mind, it will help them transform that new mindfulness into actions that reverberate throughout every aspect of their lives. Part two is programmatic, and is divided into sections for couples and singles. Kerner lays out a course of action for to follow over a focused 30-day period that includes quizzes, diagnostics, self-reflection assignments, and exercises. Those in a relationship will learn to see themselves through their own eyes rather than their partner s. They will come to understand their sexual history as more than just...

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