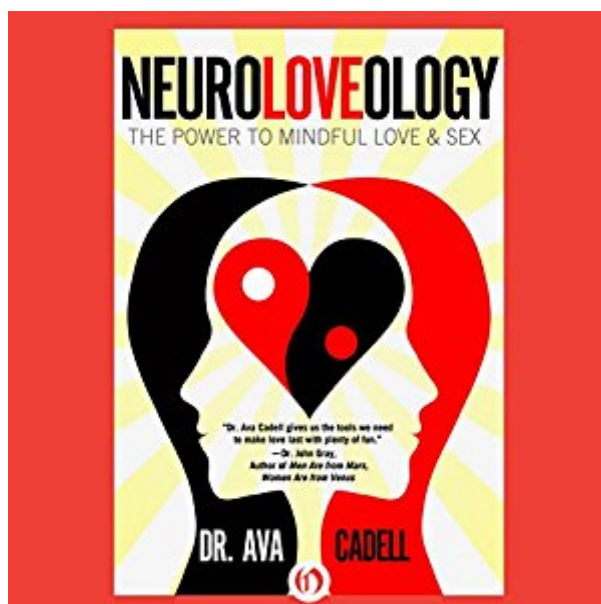


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# Neuroloveology: The Power To Mindful Love & Sex



## Synopsis

NeuroLoveology: The Power to Mindful Love & Sex explores how the brain processes attraction, relationships, conflict, and sex. Each chapter will introduce the science and psychology behind the various elements of an adult romantic relationship while also including the tools to enhance that relationship, emotionally and sexually. There have been huge advances in the studies of neuroscience, which have given us an even greater understanding of the complicated ways in which the brain receives, accepts, and transmits the millions of stimuli it encounters on a daily basis. One of the most fascinating aspects of these studies is the careful unraveling of the exact magic behind love and attraction. Listeners will discover new ways to make their environment more love friendly, so that the mind and body are ready, willing, and able to give and receive love. This experiential, playful, hands-on audiobook offers the tools to create a love-changing experience that will last a lifetime. Myriad romantic, sensual, and erotic to-dos are included throughout, each marked with a special icon. Additionally, there are words of wisdom by experts in the fields of neuroscience and the science of love and sex in a sidebar entitled "Genius Corner".

## Book Information

Audible Audio Edition

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## Customer Reviews

If you are wondering how the brain, mind and emotions play a role in maintaining a healthy relationship, this book will decipher all of the natural chemicals in the body that influence how we select and keep partners and the messages sent that will either attract a positive or negative person in one's life. The author has done an in-depth study on the subject and refers to various experts in this field. The book is not an immediate guide on how to enhance love, romance or sex but a well

thought out lesson plan that shows how it takes hard work to make a relationship work. Whether you are single, married or in a committed relationship, this book shows the various foods, external factors, activities and exercises that people can use, which can aid in attracting the right person, improve on an existing union or keep a good relationship going without end. You don't have to be searching for love or romance to read this book, which can be tailored to those seeking employment, working with co-workers, creating a business, seeking business partners, investors, or customers.

Dr. Cadell's outstanding book provides an excellent framework to enhance the intimacy of couples. Her insights into the strong connection between mind and emotions are very powerful and she gives practical suggestions on how to reignite passion in a great relationship. A good example is the importance of touching, kissing, and erotic talk to release oxytocin. Another example is the importance of incorporating all senses into lovemaking. The book provides checklists on various items of critical importance to intimacy as well as a discussion of new revelations as it relates to barriers in passion, which she refers to as 'passion assassins'. This book should be a required reading for all couples!

very interesting book on social sex with ideas to help you understand it better some very fine one we saw here for the 1st time . get it read it share it and ideas take with you as you look for dates can be used as opening line . yes in the book .

Neuroloveology has changed the way I think about my marriage. Dr. Cadell walks you through the workings of the brain, explaining all the chemicals and hormones that affect our bodies and our actions - so the book actually helps make sense of love! There are so many 'aha' moments you can't count them all. It's one for the bedside table!

Finally, 45-years after Dr. Ruben's book, Dr. Ava Cadell's new book "NeuroLOVEology" explains everything you always wanted to know about sex for today's lifestyles and for all ages. Learn how your head and heart work in every relationship. The book teaches us how we can make our brain smarter and our heart happier while improving our sex life and improving all of our relationships. Wouldn't we rather have meaningful relationships? We can stop repeating the same old things and get out of our ruts. We need to get smart and start enjoying LOVE now! Dr. Ava's book is a masterpiece and is destined to become the "bible" on love and relationships for years to come. It's

refreshing and comforting to learn from a book on this subject authored by a woman. I checked out Dr.Ava's bio. WOW! She knows what she is talking about and has the education to back it up. This is why I bought this book.

4.5/5 Unfortunately non-fiction usually takes me a long time to get through, fortunately this book was worth the effort. NeuroLoveology covers a wide array of subjects related to love and relationships and despite the title, is rarely cheesy. Everything is written clearly but packed with knowledge. I appreciated all of the resources that the author used in the book as well. I thought that this book had great relationship advice in it and I thought it was interesting how the author didn't only focus on couples • love but self love as well. Overall I would recommend this, it's a great book filled with practical and thoughtful advice to make your life more enriching and most importantly love filled. Note: I received this book for free in exchange for an honest review.

Dr. Ava is the queen of writing books that help both committed couples as well as individuals in their romantic lives. However, this is her best book yet!!! It's full of current scientific research, followed by great explanations, and decipheres love and intimacy. It's a must read for all couples who want to strengthen their relationship or someone who is single and preparing themselves to find "the one." Simply Brilliant!

Dr. Ava is the Dr. Ruth for our generation. She says the most erotic part of your body, is your brain, and she provides the tools. Her suggestions and advice and exercises, are beneficial to enhance any relationship, even with yourself. The intimate advice and her personal experiences in her long term marriage, offer inspiration to all. I highly recommend this pleasant and well done book. It is an excellent experience.

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