

Cool Sex

An essential young adult guide to loving, mindful sex

by Diana Richardson & Wendy Doeleman

5 Star Review from Amazon

"I am a long time student of the teachings of Diana Richardson, and have already gained so much from her (and her partner Michael's) other books on this revolutionary approach to sex and to life. I bought Cool Sex mainly to see how the information can be presented to those at the start of their sexual career, and indeed to boys and girls who's raging hormones and curiosity about sex are compelling them mainly towards hot sex.

This is about learning to help younger people learn the solution to the problems that could affect them down the road. There is always a time and place for conventional sex, but having another approach learned at a young age will give them additional tools that they will use when the time is right.

Many writers discuss the problem of keeping sex fresh in a committed relationship, (think Mating in Captivity, by Esther Perel), but the most effective solution of all are found in the teachings of Slow Sex.

Presented in a clear and sensitive manner, the down to earth writing style of Cool Sex makes the information palatable to both boys and girls as they begin their sexual orientation. I cannot recommend this excellent book enough. Buy many copies and distribute them to any young person you care about. They will thank you over time!"

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