



The Great Lover Playbook: 365 Tips and Techniques to Keep the Fires Burning All Year Long

Lou Paget

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Lou Paget's sophisticated yet sizzling approach to sexuality has made her books and workshops phenomenally popular around the world. In **The Great Lover Playbook**, she moves her focus from seduction to sustaining an exciting and satisfying sexual relationship over time. Some of the essential issues she addresses include:

- The link between healthy relationships and a healthy sex life
- The most popular types of sexual fantasy and how to ask for one you want
- Frequently asked questions — about everything from terminology to techniques to toys — and straightforward answers from a wide range of research, including Lou's own seminars
- The secret to maintaining an attitude towards sex that is open and curious and committed to passion — forever

Dozens of line drawings enhance the pages, and a comprehensive list of further resources underline Paget's commitment to practical and accessible advice.



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