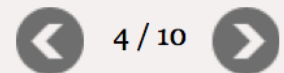


GOOD ADVICE

Friday, January 25, 2013

The 7 best wellness books for 2013



SEX

3. Sex Again

Jill Blakeway

This get-sexy manual from [Yinova Center](#) founder Jill Blakeway offers modern ways to apply ancient wisdom and practices to your life between the sheets, whether you're looking for a full recharging of your libido or would simply benefit from more pleasure during sex (who wouldn't?).

[Mindfulness and meditation](#) are a big part of the six-week plan for sex-life boosting.

"Just keeping your head in the game means you're going to enjoy it more, and [some of the techniques allow you to circulate energy throughout the body](#), which means that orgasms become a much more full-body experience," Blakeway says. Sold.

