

"Regain That Feeling is a must-read for anyone with any disability, their lovers, and those who advocate for them." -Dr. Beverly Whipple, co-author of The G Spot: And Other Recent Discoveries about Human Sexuality; The Science of Orgasm; and The Orgasm Answer Guide

REGAIN THAT FEELING

By MITCHELL TEPPER, PhD, MPH



Surviving a serious injury or illness, or living with a chronic condition, brings a host of physical changes, emotional responses, and relationship challenges. Often you are left feeling like less of a man or woman, defective, undeserving of love, fearing rejection, and avoiding sex. However, injury or illness doesn't have to end your sex life.

Through sharing his own story of sexual self-discovery after breaking his neck at age 20, and the stories of research participants and coaching clients, Dr. Tepper, a renowned Sexologist and AASECT Certified Sexuality Educator and Counselor, reveals the secrets that will guide you back to feeling whole and fully alive again.

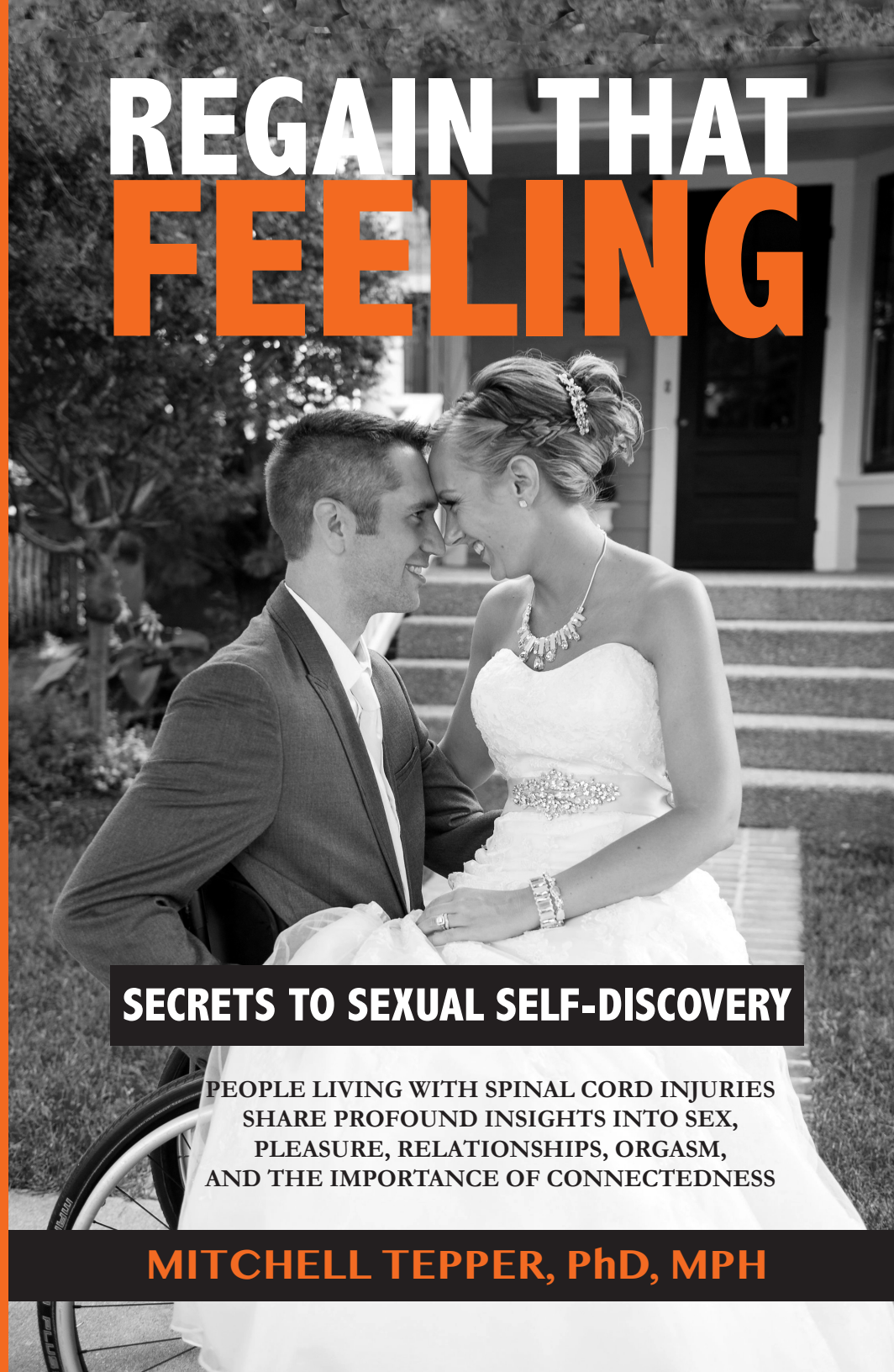
On the way he busts the top myths that are holding you or your loved one back, including:

- I have no feeling; therefore, my sex life is over!
- I'm not experiencing pleasure or orgasm anymore; sex is pointless! Why bother?
- My partner left me, cheated on me, avoided having sex with me; hence, I'm not lovable and I'm not a capable partner.
- No one will want a person with a disability as a lover.
- Just give it time. Everything will fall into place.
- If you have high self-esteem, everything else will follow.
- I shouldn't be thinking about sex right now; I should be focused on (fill in the blank).

"Regain that Feeling is a wonderful book that provides realistic hope to anyone who has suffered a sexual loss secondary to serious injury or illness." -Lee Woodruff, author of Perfectly Imperfect and co-author with Bob Woodruff of In an Instant

Reach Dr. Tepper via mitchelltepper.com
Join in the forum at regainthatfeeling.com

REGAIN THAT FEELING



SECRETS TO SEXUAL SELF-DISCOVERY

PEOPLE LIVING WITH SPINAL CORD INJURIES
SHARE PROFOUND INSIGHTS INTO SEX,
PLEASURE, RELATIONSHIPS, ORGASM,
AND THE IMPORTANCE OF CONNECTEDNESS

MITCHELL TEPPER, PhD, MPH