



Exploring Your Sexual Self (Guided Journals)

Joan Mazza

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In *Exploring Your Sexual Self*, author and licensed mental health counselor Joan Mazza helps journalers write about and understand their sexuality. They'll gain insights into themselves, enjoy greater sexual fulfillment and develop more fulfilling romantic relationships. With this sharper sense of self-awareness, journalers will achieve personal growth and make informed decisions about their lives. Readers will also find an exciting mix of instruction and writing prompts, along with plenty of room for writing. Mazza uses this space to help them explore their sexual identities, fantasies, experiences, problems, attitudes and dreams, enabling readers to learn more about this mysterious aspect of their personalities and come to a greater understanding of their own comfort and pleasure.

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