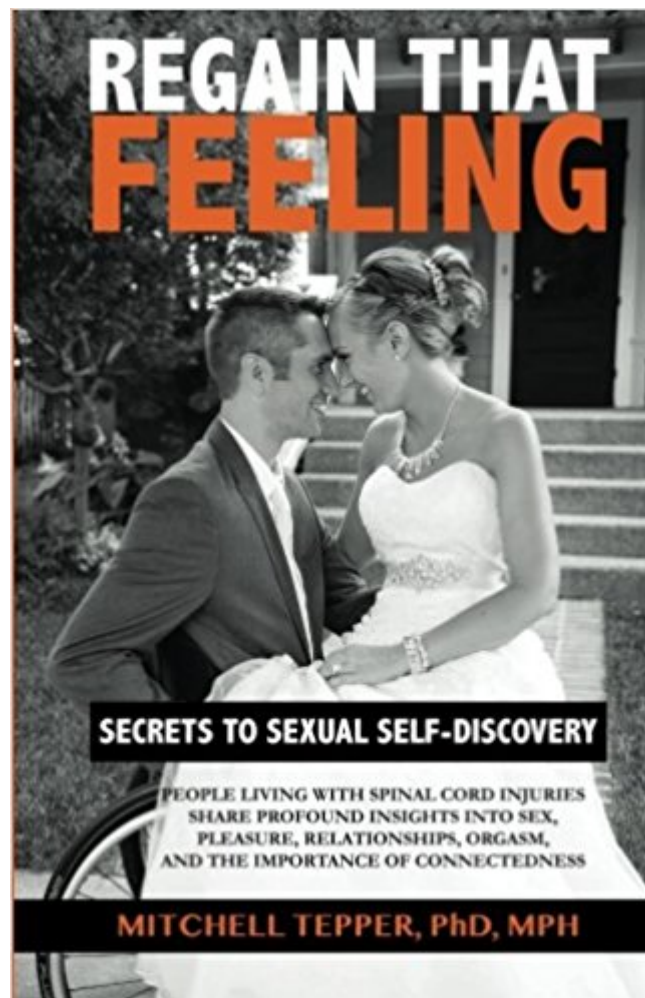


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# Regain That Feeling: Secrets To Sexual Self-Discovery: People Living With Spinal Cord Injuries Share Profound Insights Into Sex, Pleasure, Relationships, Orgasm, And The Importance Of Connectedness





## Synopsis

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 = 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 = 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)." Contents: Introduction Spinal Cord Injury & Sexuality 101 Chapter One: My Story Chapter Two: Setting The Stage Chapter Three: Stories Of Sexual Healing Chapter Four: Process Of Sexual Self-Discovery Not The Same, Not Normal Don't Ask. Don't Tell Pointless! Why Bother? Need To Be With A Partner Chapter Five: Connectedness Chapter Six: Emotional And Spiritual Aspects Of Sexual Pleasure Chapter Seven: The Top Seven Myths That Are Holding You Back Chapter Eight: Seven Secrets Revealed Chapter Nine: Moving Forward Resources Acknowledgements About The Author Other Works by Dr. Tepper

Advanced Praise: "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 "A great read that redefines sex and pleasure and demonstrates how difference can be good. Definitely worth it for anyone looking to explore sexuality through a different lens." -Tim Rose, Co-founder, The Rose Centre for Love, Sex and Disability "Dr. Tepper has taken this subject matter to a whole new level... Please as an act of kindness to yourself, read this book." -Dr. Dan Gottlieb, author of The Wisdom We're Born with: Restoring Faith in Ourselves "Only Mitch Tepper could put together this kind of poignant blend of research, personal experience, and pure insight to get to the essence of love, intimacy, and true sexiness • disability or not." - Gary Karp, author of Life On Wheels and Disability & the Art of Kissing "A must-read for people with disabilities, their partners, and those who advocate for them." -Dr. Beverly Whipple, co-author of The G Spot

and Other Recent Discoveries About Human Sexuality

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## Customer Reviews

Mitchell S. Tepper, PhD, MPH brings a lifetime of first-hand experience as a person living well with a chronic condition and a disability to his work as a Sexologist. Dr. Tepper is AASECT Certified as a Sexuality Educator, Educator Supervisor, approved CE provider, and Sexuality Counselor, and is a licensed PAIRS Instructor. He is a dedicated servant leader, internationally known for his research, writing, speaking, and advocacy on sexual health, disabilities and chronic conditions. Dr. Tepper received his master's degree in public health from Yale University and his PhD in Human Sexuality Education from the University of Pennsylvania. He is called on regularly by the media and has been featured on CNN, Discovery, PBS and in popular press, including The New York Times, Chicago Tribune, USA Today, Good Housekeeping, Cosmopolitan, GQ, AARP, and HuffPost Live. He lives in Atlanta, Georgia with his wife, Cheryl Tepper, and their son, Jeremy. Dr. Tepper is available for coaching, consultation, speaking, and training. You are invited to contact him via [Regainthatfeeling.com](http://Regainthatfeeling.com) or [DrMitchellTepper.com](http://DrMitchellTepper.com).

Dr. Tepper goes to the tender heart of the universal human need to be touched, seen and loved and bridges the vacuous absence of a voice and sexual support system for individuals with disabilities with simple accessible tools. I've shared this book with somatic sex therapy clients I've worked with and I've heard universally from readers that it is essential for anyone who has experienced an injury that prevents them from feeling the fullness of their sexuality and its expression. Recovery from a

life-changing injury or condition is addressed with physical therapy and perhaps psycho-therapy but is intimacy and sexuality ever addressed? Dr. Tepper paves the way! Our human need to be intimate and feel connected to another is at the core of our human existence. Intimacy, sexuality and relationship is a core desire of every individual's life.

Book has no information. Just biographies, anecdotes and philosophical sayings that are worthless if you are looking for real info on how to have sex when you're paralyzed.

Great book for anyone who has experienced a spinal cord injury.

Excellent resource for both professionals and persons with SCI and their sexual partners.

This book review of *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* is long overdue as I first read the book more than a year ago in preparation of interviewing Dr. Mitchell Tepper on my weekly radio show *Eros Evolution*. I was fascinated by his wealth of knowledge and expertise, and have spoken with him several times since. Tepper is an accomplished colleague being an AASECT Certified Sexuality Educator, Sexuality Counselor, sex coach, writer, researcher, and speaker. I am an AASECT certified sexuality educator and approved CE provider. Back to the book - In *Regain That Feeling*, Tepper shares his own story of sexual self-discovery after breaking his neck at age 20, and the stories of research participants and coaching clients. As you probably can imagine, surviving a serious injury or illness, or living with a chronic condition, brings a host of physical changes, emotional responses, and relationship challenges. Feelings of helplessness, of being like less of a man or woman, defective, undeserving of love, fearing rejection, and avoiding sex would come up. As Tepper rightly pointed to me, this book is not just for differently abled people specifically spinal cord injuries (SCI), and instead for anybody and everybody who is sexual. He reveals the top seven myths holding people back from being sexual, and proceeds to unpack his seven secrets. He also provides practical advice in moving forward, as well as resources. I was really moved reading *Regain That Feeling* which undoubtedly was written by somebody who wasn't just living it, but has done extensive work with survivors of SCI. This book is easy-to-read, and sensitively written. It gave me more appreciation and understanding of what they might go through, as opposed to imagining what life must be. Because there are few resources on the connection between injury or

illness with one's sex life, I was happy I could read this book, and I highly recommend it to all survivors of SCI, their loved ones, and sexuality educators.

I enjoyed this book. It is very enlightening and encouraging for those persons with SCI, their family & friends. I highly recommend it!

The concepts in this book are spot on. I am looking forward to employing them in my life and having my wife participate in renewing our sexual life. It's been many years since we've 'been' together and this book might be the catalyst that will help us.

This a very important subject that does not receive enough attention. Dr Tepper really simplifies a deep, touchy subject. The book is an easy, must read.

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