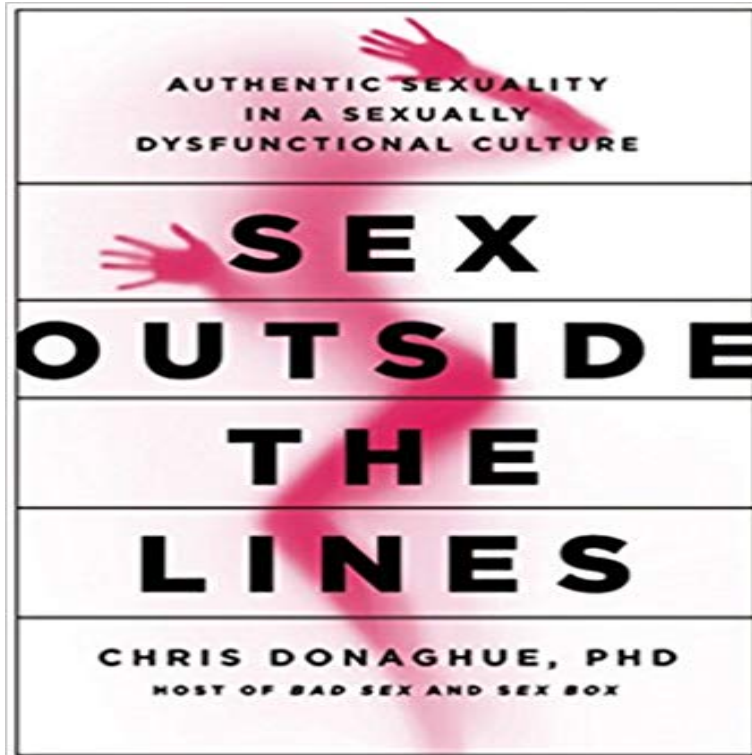


Sex Outside the Lines: Authentic Sexuality in a Sexually Dysfunctional Culture



Its socially acceptable to spend a day watching sports or sitcoms, but its shameful and embarrassing to admit to the same about erotic media. Why is it that sex is so often deemed inappropriate and considered something we must keep private or even ignore? Our culture is afraid of sex. We feel the need to label what is normal and what isnt, and as a result, we live in a relational and sexually unhealthy culture. In reality, far more harm is caused by labeling sexual expression as obscene than by celebrating it. In *Sex Outside the Lines: Authentic Sexuality in a Sexually Dysfunctional Culture*, Chris Donaghue, PhD, explores and challenges the negative ideals that have warped societys view of sex. *Sex Outside the Lines* is not a dogmatic rule book, but a valuable guide to help you on your journey to sexual self-discovery and, most important, self-acceptance. Donaghue encourages you to not only explore your capacity for pleasure, but to be proud of it and to take a look at how you could be living. In his years of training in sex and couples therapy, Donaghue has developed highly successful methods for freeing clients from sexual hang-ups, enabling them to let go of shame and embarrassment. The goal isnt to be normal there is no such thing. Donaghue pulls apart cultural phobias with a sex-positive therapy practice, as well as a kind of sexual deprogramming that helps people see and accept that the desires they have even if they dont align with societys expectations are actually natural, healthy, and part of having a great sex life. *Sex Outside the Lines* addresses our diversity, challenges conventional psychiatric wisdom as classifying perfectly normal behavior as disorders, and disregards conventional advice from leading experts. It isnt advocating a liberal approach to modern concepts it is seeking to redefine them altogether.

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