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If you are looking for a "how to achieve one" book- this is not it. Sex for One does help you to become comfortable with the concept of self loving and Dodson has a lot of good ideas on how to introduce this technique into your healthy sexual lifestyle.

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Sex for One: The Joy of Self Loving [Betty Dodson] on . *FREE* shipping on qualifying offers. Argues that masturbation is a legitimate expression of self love, discusses shared masturbation and how it can enhance sex with a partner

Betty Dodson (born August 24, 1929) is an American sex educator. An artist by training, she exhibited erotic art in New York, before pioneering the pro-sex feminist movement, separate from mainstream feminism, which she sees as needlessly political and hostile towards males.

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