



The Recipe for Ecstasy: What Women Want: Sexual and Relationship Satisfaction

Dr Myrtle Charisse Means

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There are no two things more essential to the survival of man than food and sexuality. The Recipe for Ecstasy - What Women Want: Sexual and Relationship Satisfaction explores these intertwined topics, yielding a cookbook for life and love. Written with a chocolate flavor, it will appeal primarily to African-American women – those who are shopping for the perfect ingredients to complete their recipes – and the men who want to have the inside scoop about what is on their lists. Dr. Myrtle C. Means has created a mouthwatering literary masterpiece. This non-fiction book integrates seminal developmental theories with savory recipes for ecstasy – down home recipes crafted by average women. What do women recollect about their most sexually satisfying experience? It's quite scrumptious to read. What do women's recollections tell us about the nature of love, sexuality, and relationships? The elements of ecstasy can be defined, improved upon, and sought after. The personal narratives throughout the book were collected from research conducted in partial fulfillment of the requirements for her Ph.D. in Clinical Psychology. Grounded in research and theory, this book is anything but bland. She takes the reader on a journey through their personal pantries, identifying their own ingredients and familiarizing their palettes with the variety of potential ingredients to create a recipe for ecstasy. The author explores the impact of marital status and motherhood on relationship and sexual satisfaction, helping the reader understand why she wants what she does and how to get it. With a unique format, sexuality is discussed in a frank, accessible, and fun – yet scholarly – manner, integrating the physiological, social and emotional aspects of this complicated topic.

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