



Shameless: How I Ditched the Diet, Got Naked, Found True Pleasure...and Somehow Got Home in Time To Cook Dinner

By Pamela Madsen

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Shameless: How I Ditched the Diet, Got Naked, Found True Pleasure...and Somehow Got Home in Time To Cook Dinner By Pamela Madsen

A funny, sexy, and wildly entertaining look at the rewards of fully realized desire in the life of one ordinary woman.

At 43 years old, Pamela Madsen was happily married to the man she fell in love with at 17. She was the mother of two sons and had a successful career as a nationally known advocate for fertility issues. But she felt a growing sexual restlessness and yearning that wouldn't let up. And though Pamela loved her husband and didn't want to have an affair, she knew deep down that she needed more, much more. In *Shameless*, she tells the story of how she found it?and not only kept her marriage intact but made it stronger than ever.

In this fearless memoir, Pamela tells the story of her search for sexual, personal, and spiritual wholeness. She explores, in riveting detail, what she experienced at the hands of sexual healers, men who brought her untold pleasure (and became her close friends in the process).

But this is not just another sex book: *Shameless* is also an account of how Pamela's journey healed her issues with food and body image and most important, helped her weave the many roles that she played?daughter, friend, partner, mother?into one fully integrated person. It is a story about a woman falling in love with herself and a call to other women to do the same.

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Editorial Review

Review

"I love this book as an adult book-group choice because it addresses so many issues familiar to women in our community's book groups: sex, marriage, motherhood, aging, weight, body image, identity, shame, fear, courage, risk." ?*PublishersWeekly.com / Shelftalker*

"The edgy quirkiness of the story, combined with the author's honesty and character-saving ability to laugh at herself, make the book an engaging read...bold and surprisingly moving." ?*Kirkus Reviews*

"*Shameless* is enthralling, hilarious and incredibly courageous. A most heady--and sexy combination. Pamela Madsen is the living, breathing embodiment of the power of pleasure to transform one's life." ?*Christiane Northrup, M.D., author of Women's Bodies, Women's Wisdom*

"If you've ever dreamt of becoming a real live sex Goddess Pamela Madsen will show you the way; with grace, integrity and joyful abandon! "Find true pleasure" with this liberating book chock full of adventures from the heart. This is the first of a whole new genre in sex education books." ?*Annie Sprinkle, Ph.D., Ecossexual Sexecologist and Artist and author of Dr. Sprinkle's Spectacular Sex*

"*Shameless* sex goddess Pamela Madsen treats us to an astonishing memoir of one woman's journey into her precious inner wildness. This brave suburban wife and mother unveils the secrets of an unbelievably expanded sexuality in which desire becomes a virtue, and sexual greed opens the gates to spiritual ecstasy and orgasmic revelations." ?*Dossie Easton, co-author of The Ethical Slut and Radical Ecstasy*

"Pamela Madsen's new book about healthy sexuality, *Shameless*, reminds you to tell the truth about yourself, embrace the most challenging topics, surround yourself with supportive friends and family, and celebrate your inner diva." ?*Wayne C. Shields, President and CEO, Association of Reproductive Health Professionals (ARHP)*

About the Author

PAMELA MADSEN is the founder of the American Fertility Association and one of the nation's most outspoken fertility and sexuality educators and advocates. She lives in Riverdale, New York
Writing the book with Pamela is ANNE ADAMS, a writer and editor living in Brooklyn, New York.

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The book *Shameless: How I Ditched the Diet, Got Naked, Found True Pleasure...and Somehow Got Home in Time To Cook Dinner* gives you the sense of being enjoy for your spare time. You should use to make your capable a lot more increase. Book can being your best friend when you getting strain or having big problem using your subject. If you can make reading a book *Shameless: How I Ditched the Diet, Got Naked, Found*

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Tyron Lenahan:

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