



Ecstasy is Necessary

A Practical Guide

By Barbara Carrellas

In *Ecstasy is Necessary*, sex expert **Barbara Carrellas** shows us just how vital ecstatic experiences are. Ecstasy is the human reset button. It shakes you up, reboots your system, and opens your eyes to a whole new world of possibilities. Ecstasy introduces you to your deepest, most authentic self, while simultaneously offering freedom, intimacy, connection, and spiritual awakening.

Barbara dives deep into the world of ecstatic experience, beginning with the medium through which most people experience ecstasy--Sex. However, this is much more than your typical sex book; it is an exploration of the entire erotic self and the infinite possibilities of ecstatic expression.

Everyone's sexual evolution is personal and unique and there are countless erotic and ecstatic possibilities available at all points along the way. The insights you will gain on your journey with Barbara will help you approach sex and relationships with confidence and in a way that works for you, no matter where you are on your personal erotic path. You'll put together a tool kit for solving the inevitable challenges that arise along the way. And you'll learn that it's possible to create ecstatic experiences even when sex is not possible, available, or appropriate.

Using stories and simple exercises, Barbara helps you discover your deepest values, needs, and desires as well as how to effectively communicate this information to others so that you can be loved more easily and effectively. You'll learn what you need to feel safe, how to set appropriate boundaries, how to build up your sexual courage, and how to take appropriate risks. *Ecstasy is Necessary* gives you the permission and the possibilities to go where you haven't gone before. It's a practical guide to living a truly ecstatic life.

About the Author



Barbara Carrellas is an author, sex/life coach, sex educator, university lecturer, workshop facilitator, motivational speaker, and theater artist. She has authored two books, *Urban Tantra* and *Luxurious Loving* and written numerous articles about sex and spirituality. She also wrote and produced *The Pleasure Principle*, an educational audio series.

She is the founder of Urban Tantra®, an approach to sacred sexuality that adapts and blends a wide variety of conscious sexuality practices, and the co-founder of Erotic Awakening, a groundbreaking series of workshops focusing on the physical, spiritual and healing powers of sex. Carrellas' pioneering Urban Tantra workshops were named best in New York City by *TimeOut/New York* magazine.

Carrellas' is a certified sexologist (ASC, American College of Sexologists), a member of AASECT (American Association of Sexuality Educators, Counselors and Therapists), and a proud graduate of the Coney Island Sideshow School with a double major in fire eating and snake handling.

Website: barbaracarrellas.com

MEDIA CONTACT:

Richelle Zizian
Publicity Manager
rzizian@hayhouse.com
646.484.4954

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