



Ecstasy is Necessary: A Practical Guide

By Barbara Carrellas



Ecstasy is Necessary: A Practical Guide By Barbara Carrellas

From **Barbara Carrellas**, sex expert and author of the best-selling book *Urban Tantra*, comes *Ecstasy is Necessary*. This is not your average tips-and-techniques sex book; rather it is an exploratory journey of the sexual self and the infinite possibilities of ecstatic expression. In *Ecstasy is Necessary*, Carrellas teaches readers how to discover, nurture, expand, and embrace their authentic, ever-evolving, sensual, sexual self.

Everyone goes through different phases of sexual expression and desire, and there are an infinite number of erotic and ecstatic possibilities available at all points along the way. The insights readers will gain in their journey with Carrellas will help them confidently approach sex and relationships in a way that works for them no matter where they are in their sexual evolution. They will get tools for solving the inevitable challenges that arise. They'll even receive permission not to have sex at all, if that's what's right for them, because it is possible to create ecstatic experiences even when sex itself is not possible, available, or appropriate.

Using stories and simple exercises, Carrellas helps readers understand how they are wired for sex and relationships, what their personal warning signs look like, and what they need for optimum care. Plus, they'll learn how to effectively communicate this information to others so that they can be loved more easily and effectively.

As readers discover their authentic sexual selves, they will learn how to create the conditions that allow more and more of their experiences and relationships to be opportunities for—and invitations to—ecstasy.

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Ecstasy is Necessary: A Practical Guide By Barbara Carrellas Bibliography

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Editorial Review

Review

“Barbara Carrellas is a brilliant writer. To Barbara, being sexual is as normal and comfortable as breathing, and she would like all of us to feel this way.”

— **Louise Hay**

“If you long for connection to sacred joy, to the extraordinary, and to the healing power of full aliveness, then you’ll love this book.”

— **Cheryl Richardson**, author of *You Can Create an Exceptional Life*

“Ecstasy Is Necessary is destined to be a classic. Simply reading it is an ecstatic experience.”

— **Denise Linn**, author of *Secrets and Mysteries: The Glory and Pleasure of Being a Woman*

“One of THE most brilliant books written on sex and relationships.”

— **Mona Lisa Schulz, M.D., Ph.D.**, author of *The Intuitive Advisor*

“Barbara Carrellas is a true visionary. This book will give you the tools to create a bolder, more authentic, and satisfying sex life, but it goes much deeper: it’s a road map for living a fuller, more conscious, and joyful life.”

— **Tristan Taormino**, author of *Opening Up: A Guide to Creating and Sustaining Open Relationships*

“The exact book we need for these troubled, and troubling, times. Cultivating ecstasy as a spiritual practice, far from being selfish or shallow, allows us to live more fully in the world, with energy and love to spare, and share. More, please!”

— **Nina Hartley**, author of *Nina Hartley’s Guide to Total Sex*

“Barbara Carrellas is the world’s best ecstasy coach, and this book may be the best investment you’ll ever make.”

— **Annie Sprinkle, Ph.D.**, sex educator, ecosexologist, artist

“This informative, fun, irreverent book was a joy to read.”

— **Judith Orloff M.D.**, author of *Positive Energy*

*“In 1990, when Barbara appeared in my first Bodysex Workshop video, I had no idea she would go on to become a sexual pioneer in her own right. In **Ecstasy Is Necessary**, readers will find important, unexpected doorways to undreamed-of sexual pleasure.”*

— **Betty Dodson, Ph.D.**, author of *Sex for One: The Joy of Selfloving*
(Betty Dodson, Ph.D)

“Barbara’s grounded, open-hearted, and respectful approach leads you to discover your own personal ecstasy. This is an important book!”

— **Jean Haner**, author of *The Wisdom of Your Face*

(Jean Haner)

“Barbara Carrellas has given us a beautifully adventurous and useful work; be prepared to journey in delight just reading this lovely book.”

— **Dossie Easton**, marriage and family therapist, co-author with Janet Hardy of *Radical Ecstasy* and *The Ethical Slut*

(Dossie Easton)

“This book is essential reading for anybody trying to attain new levels of intimacy and intensity, not only in their sex lives but in their lives as a whole.”

— **Janet W. Hardy**, co-author of *Radical Ecstasy* and *The Ethical Slut*

(Janet W. Hardy)

“Barbara’s work is essential reading for anyone who wants to lead an ecstatic life, and indeed for anyone who wishes only to live a happier one.”

— **Mark A. Michaels and Patricia Johnson**, authors of *The Essence of Tantric Sexuality* and *Tantra for Erotic Empowerment*

(Mark A. Michaels and Patricia Johnson)

“Lesbians, gays, bisexuals, trans folks, and queers have been gathering under an ever-increasing and unwieldy alphabet moniker. Finally—thanks to Barbara Carrellas’s new book—there’s one letter that includes all of us and more. All sex and gender positive people can claim E for ecstatic!”

— **Kate Bornstein**, author of *A Queer and Pleasant Danger*

(Kate Bornstein)

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.

Users Review

From reader reviews:

Scott Frew:

Have you spare time for a day? What do you do when you have a lot more or little spare time? Yes, you can choose the suitable activity with regard to spend your time. Any person spent all their spare time to take a walk, shopping, or went to the particular Mall. How about open or read a book called Ecstasy is Necessary: A Practical Guide? Maybe it is for being best activity for you. You recognize beside you can spend your time with your favorite's book, you can cleverer than before. Do you agree with their opinion or you have various other opinion?

James Anderson:

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