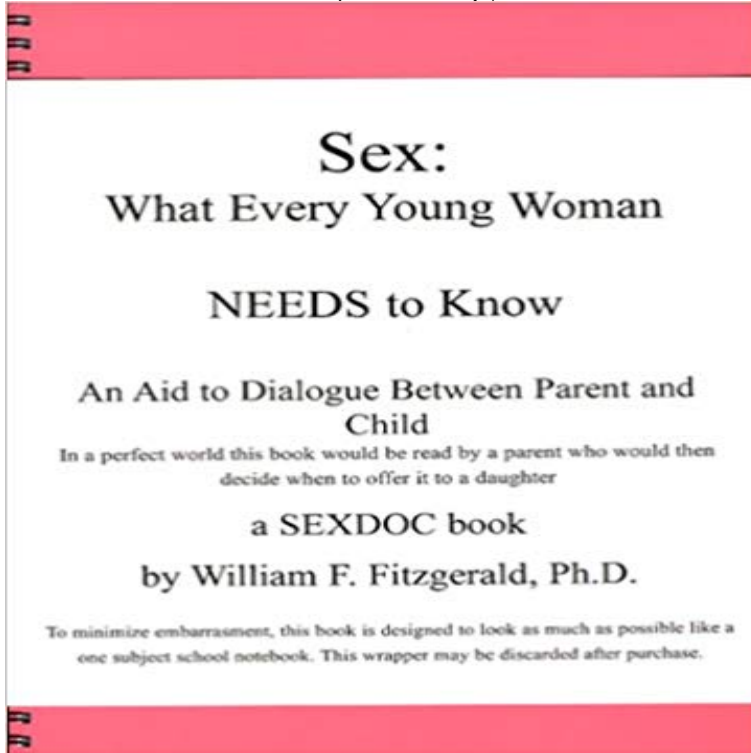


Sex : What Every Young Woman Needs to Know



SEX: What Every Young Woman Needs to Know An Aid to Dialogue Between Parent and Child SYNOPSIS (by the author) 112 pps. Paperback, Menequil Press, San Jose, California Based, in part, on thousands of questions posed to the author via the internet on www.sexdoc.com, Dr. William F. Fitzgerald, a psychotherapist in private practice in Santa Clara, California, has written this book to help prevent rape, unwanted pregnancy, and sexually transmitted diseases. Because the book contains specific descriptions of a wide variety of sexual behavior that some adults would be embarrassed to discuss even with their spouse, the author suggests that a parent read the book first, to decide when to offer it to the daughter. The author also endorses this because many parents are unaware of their own sexual ignorance. After a chapter on basic anatomy, the slanguage of sex is presented straightforwardly with an emphasis on knowing what words might imply an erroneous promise of sex. Avoiding unwanted pregnancy emphasizes an understanding of how fertilization occurs, then ties that to effective and ineffective methods of birth control. The chapters on masturbation, petting, oral sex, anal sex, and intercourse will be uncomfortable for many readers, but they contain information that is directly responsive to questions frequently posed by young women. Avoiding sexually transmitted diseases is followed by three chapters that will probably be the impetus for much discussion between parent and child. Boundaries and communication strives to empower young women. To Be or Not To Be (a virgin), the longest chapter in the book, presents numerous testimonials from women, some of which support pre-marital intercourse, and some of which do not. The final chapter, The Unfairness Of It All presents some reasons why sex is such a

big deal and why it is such a powerful force in society. The book is punctuated with what the author calls factoids (e.g. Human females are the only primates with permanently swollen mammary glands), off-color jokes, many of which are germane to the topic of the chapter in which they appear, and anecdotes. The book contains a prefacing statement to both the parent and the young woman. The author concludes the book by repeating the last line in his preface to the young woman: Thank you for letting me be part of this important component in your life.

Agradable ruta realizada junto al Bilbao Alpino que parte desde la localidad alavesa de Guinea, en la vertiente Sur de la sierra de Arkamo y que discurre por las cimas de Olvedo, Pelistornes y Cantoblanco.

Desde Guinea el camino es muy evidente, ya que las dos primeras cimas están muy cerca y separadas por un pequeño collado. Su subida es corta y casi directa y está señalizada justo a la salida del pueblo.

Al Olvedo se llega relativamente rápido. A pesar de que las nubes a veces nos impiden apreciar las vistas, el paisaje se intuye precioso.

2017-01-22_10-36-17

Para pasar del Olvedo al Pelistornes tan sólo tenemos que cruzar el collado y llegaremos en apenas 10 minutos a nuestra segunda cima del día.

2017-01-22_10-53-02

Una vez coronadas las cimas anteriores hay que continuar la travesía en dirección a la al Cantoblanco, que se asciende tras un durillo cortafuegos.

20170122_123405

Desde la cima tenemos justo en frente el Montemayor, máxima altura de la vecina sierra de Arkamo.2017-01-22_13-00-09

Finalmente, iniciamos el descenso hacia la curiosa localidad de Salinas de Añana...

20170122_142807

...donde podremos completar la ruta con una visita a las propias Salinas.

20170122_142812

Una ruta de unos 15 kilómetros sin dificultades reseñables. Únicamente se hace necesaria logística de vehículos. De no tener esta facilidad entonces es mejor realizar únicamente la subida al Olvedo y Pelistornes.

Tu voto:

Publicado en Araba, Rutas fáciles | Deja un comentario

Los Retos de 2017

Publicado el 01/24/2017 por 12meses12montes

Bueno, un nuevo año que ha pasado y uno nuevo que acaba de comenzar. 2016 fue un año muy intenso, si bien los retos que nos marcamos en un principio sólo se vieron cumplidos en una tercera parte. No fue un buen año para ellos, ésta vez la alineación de planetas se generó en pocas ocasiones.

Sin embargo, no decaemos. Cogemos el testigo y no vamos a desistir en su intento, por lo que los retos que no

conseguimos cumplir en 2016 serán los que tratemos de realizar en 2017, más algunos otros, a ver qué os parecen. Seguir leyendo

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