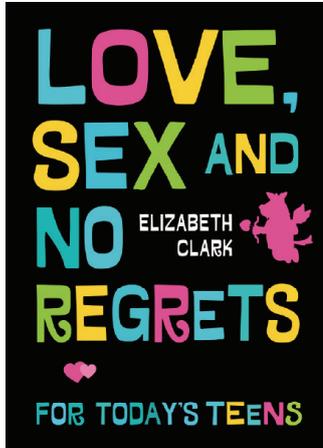


# Love, Sex and No Regrets for Today's Teens Elizabeth Clark



How is Gen Z dealing with their love life, when confronted with sexual images and situations wrapped up with social media, identity and porn?

How does Gen Z deal with what they see and what they feel?

Shouldn't sex and sensuality be more than just 'getting it on'?

How can you have an awesome, satisfying and healthy sex life?

**After all, wouldn't we all like to have no regrets?**

Elizabeth Clark, is a highly respected counsellor who has worked with teens from all walks of life for 30 years. Elizabeth writes: 'Surveys of teens say they wish their parents would talk to them more about sex. Really! With all their access to

everything sexual, why would they care what you had to say? Because most of the stuff they are hearing from movies or TV and porn are fantasies being sold to them as truth. And when they try and emulate these fantasies in real life, they are terribly disappointed and often injured by the experience.'

In *Love, Sex and No Regrets for Today's Teens*, author Elizabeth Clark has created Hannah, a 19-year-old girl, and the narrator of this remarkable discussion about navigating the joys, pitfalls and disappointments of early sexual experiences.

*'This is the book I wish I had when I was a teen. Entertaining, honest, informative and empowering, [it] demystifies love, sex and everything in between.'*

– Daria Snadowsky, author of **Anatomy of a Boyfriend**

How does Hannah's age group feel about the whole topic of sex?

'Our generation's sex, sucks. Because we're mostly using porn to show us how sex is done, we're having some of the least evolved, interesting, mature, loving or spiritual sex ever. I know this because I asked...'

'Sex is a sacred art. It is a huge gift from whatever creative force built this life of ours. We learn about good sex by exploring our own sexuality.'

'Sexuality is for when you are old enough, and mature enough, healed enough to know how to say 'No'... and to know when your partner is saying 'No''

## Media

Elizabeth Clark is based in Colorado USA, and is keen to fit in with our time zones. **To receive a review copy or arrange an interview, contact Sarah Blundell on 0405 760090 (sarah@finch.com.au) or Rex Finch on 0418 690263 (rex@finch.com.au).**

Published by Finch Publishing on Monday 1 May 2017. Available in bookshops and online nationally  
Print edition, 124 pages, ISBN 9781925048889, \$16.99; e-edition, ISBN 9781925048896, \$9.99.

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