



Desire:

A New Book by Dr. Saida Désilets Explores this Daring Topic

**Turning Our Attention Towards Our True Desires Can Open Up the Doors
to Fully Live Life On Our Own Terms**

What really is DESIRE? This fundamental human element has a bad reputation, yet it still remains a titillating and edgy subject. The recent rise of the #MeToo movement and the outing of influential leaders points to the breakdown of our old paradigm of desire and invites us into new possibilities, if we are willing enough to dare.

In her exciting new book *Desire*, Dr. Saida Désilets shines light on the fundamental yearnings of being human and offers inspiration on how to listen to the hidden truth of our desire.

Overcoming setbacks of physical violence earlier in her life, Dr. Saida's path was ignited by defiance. Her sparks of passion led her deep exploration of an embodied professional practice in women's psycho-sexual development for two decades. She is a thought-leader and speaker on the growing edge of researching ways women can use their minds, bodies, and spirits to create richer lives through their sensual selves.

While it's true that the norms of taught desires most often depict what we choose, we also have the possibility to turn our attention towards our true desire – and harness its igniting force as our own living compass.

This simple act rekindles our inherent, daring nature and opens up the doors to truly living life on our own terms. Dr. Saida has come to recognize “that this journey, this coming home to ourselves, is an act of rebellion. Rebellion because women and men must defy their conditioning, their wounds, and the inertia of social mandates.”

Desire is a power-house book of inspiration, setting a new standard to find our yearnings on a lifelong path of learning, discovery, and freedom. Motivational Press is publishing this new book, and its launch date is September 10th, 2018.

About the Author: With a PhD in Transpersonal Psychology, Dr. Saida Désilets is a thought-leader and body-philosopher, and has authored: *The Emergence of the Sensual Woman* and *Desire* and while her innovative method is featured in Dr. Christiane Northrup's bestselling books: *Women's Wisdom*, *Women's Bodies & The Secret Pleasures of Menopause*, as well as in the books of Dr. Rachel Abrams: *Multi-Orgasmic Woman* and *BodyWise*. Dr. Saida is igniting a growing global community of women in The Daring Project, while leading year-long Ambassador trainings and research projects to transform our understanding of Sexual Sovereignty.

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On Air Introduction

Dr. Saida Désilets wants to live in a world filled with audacious, sexually sovereign women, living life on their own terms.

As a thought-leader and body-philosopher, she has authored: *The Emergence of the Sensual Woman* and *Desire* and has had her innovative method featured in Dr. Christiane Northrup's bestselling books: *Women's Wisdom*, *Women's Bodies & The Secret Pleasures of Menopause*, as well as in the books of Dr. Rachel Abrams: *Multi-Orgasmic Woman* and *BodyWise*.

Saida is renowned for being the founder of the modern Jade Egg movement and visionary spokesperson for sexual Sovereignty and is currently contributing to the first-ever medical study on the Jade Egg and its impact on the vaginal micro-biome. Saida has created eight online courses to assist women to successfully embody their sensuality, while enhancing their sexual health.

She created The Daring Project—a growing online membership of women from around the world—a dynamic platform is assisting women to audaciously move from being a victim to confidently thriving in life.

When she's not dancing Cuban salsa or Kizomba with her husband, you can find Saida leading Wilderness Safaris for women in South Africa or writing deliciously sensual poetry.

You can learn more about her at **DesireTheBook.com**

