

sex, love & hedonism

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DEFINITIONS

sex

Etymology: Middle English, from Latin *sexus*

1: the sum of the characteristics that distinguish an animal or plant as male or female

2 a: sexually motivated phenomena or behaviour

b: sexual intercourse

3: genitalia

love

Etymology: Middle English, from Old English *lufu* love; akin to Old High German *luba* love; Old English *leof* dear; Latin *lubet* it pleases

I (a): strong affection for another arising out of kinship or personal ties (b): attraction based on sexual desire: affection and tenderness felt by lovers (c): affection based on admiration, benevolence, or common interests

2: warm attachment, enthusiasm, or devotion

3: a beloved person; often used as a term of endearment

4: an amorous episode: love affair

5: the sexual embrace: copulation

hedonism

Etymology: Greek, from *hēdonē* pleasure

1: the doctrine that pleasure or happiness is the sole or chief good in life

2: a way of life based on or suggesting the principles of hedonism

Welcome to a little book devoted entirely to the realms of passion, love and the erotic. Whether devoured from cover to cover in one sitting, or dipped into when the mood takes you, you will find everything essential for the sensual life between these covers.

Sex, love and hedonism are eminently compatible and have always had an intertwined relationship. Complementing each other perfectly, they exemplify the finer things in life and should frequently be indulged in to ensure you get everything out of life that you deserve.

From the myths and legends of the ancients to stories of some of the hedonists of more recent history, and from cooking erotic feasts and giving a great massage to inspiring poetry, your pleasure threshold will be raised and your carnal and romantic wellbeing enriched with these irresistible pages.

**... THROUGH
THE AGES ...**

The Gregarious Greeks

Where better to start than at some of the very first instances of sex, love and hedonism? Passed down by word of mouth through generations of people and over many hundreds of years, Greek mythology has inspired some of the world's most romantic stories. Often identified with their Roman equivalents, the Greek gods were well-known for their excesses – whether of the lustful or gluttonous kind.

Zeus was the greatest of the Greek gods and, being a god of fertility, the most amorous. He was king of the heavens and earth, rewarding good and punishing evil. Here are some of his conquests . . .

Zeus and . . .

. . . Semele

Zeus set his sights on the Theban princess Semele. He made himself invisible and, seducing her through touch alone, slept with her. Semele became pregnant with a son, Dionysus.

Hera, Zeus' jealous wife, on learning of his infidelity and well aware of the shock it would cause demanded that Zeus show himself to Semele. He appeared before her as a lightning bolt and the six-

months pregnant Semele died of fright. Zeus, heartbroken, saved the baby. Dionysus was sewn into Zeus' thigh until he was ready to be born and Dionysus became known as 'twice-born.'

... **Leto**

Another story involves Zeus' dalliance with the beautiful Leto. On the lovers coupling, Zeus turned them both into quails.

In retaliation for her husband's straying, Hera sent the serpent Python to pursue Leto who was pregnant with twins.

Zeus saved her by sending the North Wind to

carry her over the sea to the Greek island of Delos. Here, Leto bore Artemis, who helped her travel further from Hera's wrath, and Apollo was born nine days later.

... Io

According to lore, Zeus fell in love with Io. In order to seduce her whilst hidden from Hera, Zeus covered the world in a blanket of clouds.

But Hera became suspicious, and appeared through the clouds, whereupon Zeus swiftly turned Io into a white cow. Unconvinced by his tricks, Hera

sent the cow to be watched over by Argus Panoptes, a creature with a hundred eyes, to ensure that Io would remain in cow form forever.

Zeus then employed the greatest musician, Hermes, to sing Argus Panoptes to sleep, so he could be killed. Io thus escaped and after many adventures, was finally turned back into a woman by Zeus.

Theseus and Ariadne

Tyrannical King Minos of Crete decreed to Aegeus, the king of Athens, that he would wage war unless