

Book and Author Synopsis

# I Want Good Sex

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**Reclaiming Your Sensuality**

After Living with Abuse, Assault or  
Stupid Meanies

By Reverend Georgia M. Reash

Book 1: The Journey Mindset

# **I Want Good Sex:**

## **Reclaiming Your Sensuality After Living with Abuse, Assault or Stupid Meanies**

### ***Book 1: The Journey Mindset (completed 2022)***

*I Want Good Sex* is a non-fiction memoir written by Reverend Georgia M. Reash; artist, poet, playwright, and trauma healing educator. Created in the voice of a woman's "phoenix rising" survivor journey, this self-help guide offers survivors of abuse a creative personal-growth roadmap to reclaiming sensual empowerment, thus, life potential.

The 3-book series is designed to help survivors progressively remember and reclaim their authentic self, sensual depth, and individual sexual expression preferences. By sharing her raw and real-life PTSD recovery process, the author shares both the impact of trauma and the joy of power reclamation.

*I Want Good Sex* integrates research-supported guidance, nuggets of wisdom and poetry; alongside original art from the author's 53-piece art installation, *#53 Vaginas and Vulvas*® (2019). These impressionistic yet realistic paintings of women's genitalia herald each chapter, using a delicious and sensual food motif. In addition, Georgia's true miracle accounts are also embedded within, offering a glimpse into dramatic and intimate moments of Divine help, inclusive of near-death experiences.

- Pre-Sales: August 2024
- Get Your Groove Back MasterClass: begins September 2024
- Book Launch / Art and Poetry Tours: begins October 2024
- Printing and Distribution: begins October 2024

### ***Book 2: The Journey Steps (completed)***

#### **Get Your Groove Back: Reclaim Your Sensuality After Trauma**

##### **A Creatively Playful Journal Workbook**

Building off the concepts in Book 1, *Get Your Groove Back*® goes deeper into the work of personal healing and empowerment with the help of forty (40) creative-based exercises, guided journal questions and more nuggets of advice. Paintings from the authors' *#53 Vaginas and Vulvas*® art exhibit are also included in the workbook.

Rooted in the belief that personal growth and healing is realized through the process of discovering self-love and personal power – *Get Your Groove Back*® helps women fall in love with spending time with themselves, in depth. The workbook content emphasizes self-awareness the first essential steps to healing and living a Total Sensuality Lifestyle®.

*Get Your Groove Back* will be published in October 2024, with pre-sales beginning in August 2024.

### **Book 3: The Journey Arrival (anticipated end 2025)**

#### **Indulgent Pleasure: The Total Sensuality Lifestyle After Trauma**

This last book in the series focuses on self-love, relationships, gender and the exploration of physical and sexual pleasure in more depth. It has not yet been written, but a supporting book outline has been created.

The total book series offers inspiration content and practical tools throughout aiming to:

1. Teach readers the value of inner journeying as part of sensual and sexual health;
2. Examine the experience of love and partners as part of the healing journey story;
3. Inspire readers to seize and create their life with adventure; and,
4. Encourage the embodiment of a Total Sensuality Lifestyle®.

### **About the Author**

Over the past 20 years, Georgia's emergence as author, playwright, painter, poet and storyteller was inspired by her whole-person recovery from sexual assault, PTSD, Fibromyalgia, poverty and homelessness. As a transformational multi-creative, her publications and community events aim to help people and communities mend the wounds of trauma.



A lifelong poet, Georgia's visual art career started first with *Metamorphosis*®, an 18-piece art installation (2002) depicting Georgia's inner journey of healing, both dark and light. The collection is also

integrated into her first written play and production, *Journey of the Hummingbird Minister*© (2006), featuring a dramatic autobiographical account of mental health breakdown and the journey back to sovereignty.

Her most recent art installation, #53 Vaginas and Vulvas© (2019) builds on themes of women's empowerment and healing, offering a unique and inviting approach to talking about / finding solutions to difficult topics. The 53-piece art collection was created in honor of 53 million U.S. women who have been sexually assaulted since 2001.

Georgia's new book, *I Want Good Sex: Reclaiming the Power of Your Sexuality After Living with Abuse, Assault or Stupid Meanies* (Summer 2024) weaves together reflections, art and poetry to offer trauma survivors tools for reclaiming the sensual self and enhancing sexual wellness.

Additional publications include: *Finding the Home Within: Encouraging Thoughts for Those Looking for Home* (2021) and *Here I Am: My Healing Journey from Fibromyalgia* (expected Spring 2025). Her books of poetry books include: *Weed Flowers Book 1: Sensualities* (chapbook 2018) and *The Creatrix Life* (2007).

Georgia's poetry and art has been featured in *Ohio Beacon Arts* (July 2020), *Equity Literature* (October 2020), and *Women Who Roar* (January 2021). She was also honored as the 2<sup>nd</sup> place winner of *Cleveland Scene's 2024 Best Poet* award and 2<sup>nd</sup> place at the *Cleveland Hessler Street Fair* competition (2019). Her work has been featured at a variety of women's organizations including Take Back the Night Foundation and The Scheherazade Project.

In addition to her life as a trauma healing creative, Georgia has been a consultant to nonprofits and small businesses for the past 35 years. She also serves as President of BrightSpot Communities LLC, a sustainable community development company dedicated to solving social challenges through projects that heal people, environment, systems and economy.

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