

Anita DeFrancesco

Modern Sex & Relationship Coach

A visionary leader with an insightful wisdom in the areas of self empowerment, self discovery, and transformation. A devotee of the human condition, emotional awareness, sexuality and relationships.

Anita is known for her unique talents of openness, expression and liberation. She enjoys helping people to find their passion and emotional freedom. It's a journey in itself for her as well.

“Live Free” –Re-create and Liberate Your Life is the first book she authored. From her life experiences she wrote this book to show others that one can re-create their own life and transform in every painful moment. She is the founder of **Tantra Wisdom™** and she also created **Kinepathics® Emotional Cleansing**. She supported her experiences with a full education in psychology, sex and somatic therapies. She earned a Master of Arts degree in psychology.

Known for her forward thinking and a master of liberating feelings; an expert in body, mind and sexual connection. Gifted with intuitive clarity and a unique healing presence obtained from her own rich life experiences. She is sought out for her talents in relationship health, erotic intelligence, medicine, yoga, sexology, Tantra Wisdom™, communication, mediation, somatic's and family health.

At the age of nine she experienced one of her first awakenings whereby she was hospitalized for six months with rheumatic fever. Being alone and away from home, confined to a bed without privileges, she learned to open her heart to her own feelings, cultivate wisdom and develop a self relationship. As the only white child amongst African American children she learned that love goes beyond race.

She was a consultant for MTV X-Affect, Blind Date, Playboy's Sexcetera and Fox Brazil and has been featured in TV Guide and Shape magazine. She was instrumental in developing therapy groups for women in Woar and created RAP groups for drug and addictions populations. A two time award winning medical journalist for stories on “infertility” and “leukemia”. She produced her own cable television shows in Phila and Los Angeles titled: Anita's Point of View, Dr. Dr. Give me the News, The Breathless Series, Makin Da Moves (a dating show). Wrote a column called “Love Buzz” for century city news.

She was inspired early on in her career by Marianne Williamson, **Rock Star STING**, Sondra Ray and Alexander Lowen, M.D. whom she had the opportunity to personally work with all of them. She works in the areas of somatic therapy, sex coaching and psychotherapy for the last 25 years and is also a master Yoga teacher. Splits her time between Philadelphia where she was born and Los Angeles.