

BIOGRAPHY

Val Sampson



Val Sampson is a successful couples counsellor and author who writes about sex and relationships for newspapers and magazines. She is also an NLP (Neuro Linguistic Programming) Master Practitioner and a *Relate* trained Couples Counsellor with her own private practice.

She is the author of four books: *The Breast Cancer Book*, *Tantra The Art of Mind - Blowing Sex*, this was the first mainstream book on Tantra, and was widely reviewed in the national press and magazines followed by *How to Have Great Sex for the Rest of Your Life* and *The Real Sex Kitten's Handbook*.

Val gives talks on health and relationship topics and has written about sex and relationships for newspapers and magazines, including *The Times*, the *Mail on Sunday's You* magazine and *Good Housekeeping*.

She also has media experience in television and radio, including live appearances on *ITV's This Morning* and *Loose Women*.

Val trained with *Relate* and has a private couples counselling practice in Surrey and run sex education workshops at various organisations including a regular stint at London's *Coco der Mer*. She is a consultant to *Durex*.

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