

# Womens Anatomy Of Arousal Secret Maps To Buried Pleasure

Become a sexual virtuoso by learning to use your inner toolkit of body, mind, heart, and spirit with author and sex teacher Sheri Winston in this fun, easy, hot and smart guide to the erotic arts. You'll discover Wholistic Sexuality? the integral, inspirational and empowering path to connect you to your own delicious sexual potential and make you a masterful lover. With this sequel to Winston's award-winning Women's Anatomy of Arousal, you'll learn how everyone, whether solo or partnered can amp up your erotic experience and give exquisite pleasure to others. Packed with sexy games, fun activities and invaluable information, this book gives the gift that keeps on giving'a lifetime of ecstasy. In this fully illustrated companion book to "Extended Massive Orgasm" by sex workshop leaders Steve and Vera Bodansky, readers delve deeper than ever before into the actual techniques for prolonged orgasm for both men and women. Photos & illustrations throughout.

Practical exercises to reach higher levels of orgasm, renew relationships, and discover the healing power of sex • Illustrates how to identify and best please the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman •

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Provides exercises for greater sexual pleasure and orgasmic intensity, including the Firebreath exercise for full-body orgasm • Explains how to perform powerful healing sexual energetic work with the chakras and light body Based on ancient Mayan, Olmec, and Toltec teachings passed down through the generations by the Twisted Hair Nagual Elders of the Sweet Medicine Sundance Path, the practice of Quodoushka offers practical guidance on sex, intimacy, and relationships as well as how to reach higher levels of orgasm and sexual ecstasy. Working with the healing power of sexual union and orgasm, this practice offers a path to repair emotional wounds and sexual insecurities, revive monotonous relationships, and discover the sweet medicine of sex. Revealing these once-secret teachings for the first time, initiated Quodoushka instructor Amara Charles explains the physical, energetic, and sexual qualities of the nine male and female genital anatomy types--such as Coyote Man or Buffalo Woman--and how to identify and best please each type as well as take pride in your own unique anatomy. Describing the nine variations of orgasmic expression--from avalanche to forest fire--she provides exercises for greater sexual pleasure and increased orgasmic intensity, including the Firebreath exercise, a method for reaching a full-body orgasm through breathwork. Covering role playing and sexual energetic work with the chakras

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and the light body as well as ceremonies to bring the sacred back into your lovemaking, the practice of Quodoushka reveals how we can--through pleasure--become more sensitive, creative lovers. From the One Who Made Squirt Hundred of Hollywood Goddesses. Prepare to become a Sexual Goddess Forever. Don't try to understand my advices but follow them. I promise you will reach your sexual nirvana. You will discover your most secret erogenous zones. You will learn to let go and have the best Orgasm ever. This book will teach you to have your first vaginal orgasm. If you are a Man, this book will teach you how to never miss her G-spot, make her squirt and soak the bed every time you have sex. It will teach you the perfect oral Sex technique. She will always wonder how you learn about "analingus" her biggest secret pleasure. She will know that you are the one even before you enter in the bedroom. It will teach you how to Penetrate her and drive her crazy. She will wonder how you discover the ultimate sexual power of her A spot or U spot. You will learn about the two vibrators that you absolutely need to drive her insane and how to use them. If you are a Woman it will give you the secret to welcome Sex anytime. It will teach you how to talk about sex and your desire before to enter in the bedroom. This is the only sex book you will ever need. To men and women those secrets will change your entire sex life forever. From the same author:

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Confessions of a Hollywood Tantra Masseur: The Untold Secret of the G-Spot Power.

From the Author of Squirting: It's Easier Than You Think, Squirt Stories and the Creator of Squirt School. In Squirt School: The Book you'll learn more about squirting, and maybe more importantly you'll learn techniques and be encouraged to participate in exercises which can help you learn to squirt.

Features more than 10 positions which help with g-spot stimulation. Also learn clitoral stimulation techniques, including a revolutionary clitoral stimulation technique that unfortunately most people know nothing about. Learn about masturbation techniques, including some warm-ups, and a masturbation technique which may just be the trick to getting you to squirt! Squirt School: The Book includes several homework assignments to get you started on the right path to squirting pleasure!

Hunter House has a new year's resolution you can stick to: better sex! Published just in time for the new year, the second edition of Extended Massive Orgasm offers even more in-depth information on how to achieve great sexual pleasure, so that your goals for 2013 can include: 1. Longer and more intense orgasms 2. More pleasure 3. A deepened relationship The authors of this book reveal techniques that everyone can use to give and receive extended massive orgasms. Readers will learn how to produce an extended orgasm manually,

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with fingers and hands touching the genitals in a precise way. With a strong focus on how to pleasure a woman, the authors also discuss pleasing men. They describe how satisfying your partner in this way is an ecstatic experience for both parties and can enhance your relationship. New updates in this edition include: new techniques for focusing on pleasure 14 new diagrams and drawings for understanding techniques new stroking techniques for the clitoris expanded section on the male orgasm expanded section on communication and relationships Additionally, the authors have re-written some of the original material, with insights gained from the decade of teaching sexual ecstasy that has passed since the first edition was published. Rewritten parts include: Positions for optimum orgasm Detailed training techniques The nature of orgasm and the capabilities of the human nervous system The difference between sensuality and sexuality Safe sex practices Overcoming resistance to pleasure Understanding how both partners benefit from extended massive orgasm Filled with specific techniques, methods, ideas, and scientific and anatomical information phrased in an accessible and readable style, this book explores the nature of pleasure and why it is so difficult to achieve in our society. The authors discuss the differences and similarities between the sexes and how to exploit those to achieve a fantastic relationship. They also

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include information on how to seduce your partner, how to explore your own sexuality through learning how you enjoy being touched, and how to communicate your desires to your partner clearly and joyfully. The benefits to both partners of an extended massive orgasm are immeasurable.

Women who thought they were unable to experience orgasm at all have learned to become fully orgasmic through the techniques in this book. These women experienced such pleasurable intensity and sensation in their bodies for an extended time period that the preconceptions and limitations they had placed on themselves and their sexual potential were totally vanquished. And this is available to anyone who reads the book and applies and practices the methods described in Extended Massive Orgasm.

**TANTRIC MASSAGE FOR BEGINNERS 3rd EDITION** Discover The Best Essential Tantric Massage- and Tantric Love Making Techniques! Bonus Inside Are you and your partner starting to feel distant with one another when you're in the bedroom together? Do you oftentimes wonder if there isn't something more that the two of you could be doing that would make you feel closer to one another? Has someone maybe mentioned tantric sex to you in passing? If you've answered yes to one or more of those questions or you're just looking for a way to spice things up in the bedroom as you

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deepen the connection between you and your partner, then this might be the book for you! You'll find information as to how the tantric sex movement got started over six thousand years ago, and how you can start practicing it today with your partner without feeling the pressure of having sexual intercourse! At the end of the book, you'll be introduced to some easy and a few not so easy positions that maximize the tantric sex experience! In this book, you'll find the following: What is Tantric Sex? The Benefits of Tantric Sex Importance of Sex in a Relationship Types of Intimacy Beginning Exercises Basic Tantric Sex Techniques Tantric Massage Tantric Sex Positions for Beginners And much, much more... Want to find out more ? Buy your copy today!

Sex means different things to different people – it's as varied as the different species on the planet. So, seduction and foreplay are not only about getting what you want, but about giving and receiving, teasing and pleasing for the best possible rewards, no matter how you define them. (And, yes, foreplay IS sex!) The Ultimate Guide to Seduction & Foreplay teaches readers how to tune into their own desires, become better communicators, and ultimately be more confident, passionate, and attentive lovers. Inspired by fantasies of seduction, Marla and Jess take you on a journey of sexual exploration and help you understand the many factors that add to or

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inhibit arousal and pleasure on psychological, sociological, and sexological levels. Readers gain a deeper understanding of their own sexual needs and the foundations for greater compatibility and connection. As you explore your own learning and seduction styles (and your lover's), you'll discover and experiment with new and exciting ways to stimulate arousal and deepen intimacy: verbal, emotional, and digital seduction, foreplay, eroticizing daily actions, games, fantasy play, mindfulness, and more. Packed with practical exercises, techniques, and creative ideas — especially for busy couples — this inclusive guide is a surefire way for folks of all genders to master the art of seduction. You don't have to be a rockstar in (or out of) the sack each time you have sex, but this book will help you approach your lovers with the confidence and comfort you deserve! Whether you are adding to your repertoire for later or striving to please your current lover, you'll discover thrilling new pathways to pleasure and intimacy.

Results from world-renowned relationship expert John Gottman's famous Love Lab have proven an incredible truth: Men make or break relationships. Based on 40 years of research, *The Man's Guide to Women* unlocks the mystery of how to attract, satisfy, and succeed with a woman for a lifetime. For the first time ever, there is a science-based answer to the age-old question: What do women really want



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in a man? Dr. Gottman, author of the New York Times bestseller *The Seven Principles for Making Marriage Work*, and his wife and collaborator, clinical psychologist Julie Schwartz Gottman, PhD, have pored over the research along with bestselling coauthors Douglas Abrams and Rachel Carlton Abrams, MD. Together, they have written this definitive guide for men, providing answers on everything from how to approach a woman and build a connection with her to how to truly satisfy her in bed and know when the relationship is on the right track. *The Man's Guide to Women* is a must-have playbook for how to play—and win—the game of love. The clitoris has been dismissed, undervalued, unexplored, and misunderstood for hundreds of years, but the truth is out there, and internationally celebrated sex educator Rebecca Chalker has found it. In *The Clitoral Truth*, Chalker offers the only mainstream, in-depth exploration devoted solely to women's genital anatomy and sexual response. Women readers everywhere--be they straight, gay, or bisexual--will learn about the countless sexual sensations and discover how to enhance their sexual responses in a more concrete way than ever before. Enhanced with personal accounts, comprehensive illustrations, and a thorough appendix of female sexuality resources, this book helps women and their partners understand and expand their sexual potential and work toward becoming independent

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sexual beings.

"Required reading for every woman who longs to step into her power and live with pleasure and purpose." — Kris Carr, New York Times best-selling author, educator, and School of Womanly Arts founder Regena Thomashauer has been working with women for the past 25 years, and what began as just a few women in her living room has since grown into a global movement with thousands of graduates worldwide. In her New York Times bestseller *Pussy: A Reclamation*, she reveals what no one taught you about the source of your feminine power and how to use it. This power is the part of a woman that she has been taught to ignore, push down, and despise. Indeed, the word that most viscerally sums it up is "arguably the most powerful pejorative word in the English language." Like any expletive used effectively, the title of this book is meant to be a wake-up call. It is a reclamation, in a world that desperately requires the feminine.

Readers learn the secret ingredient every woman is missing; how to crack the confidence code; why sex appeal is an inside job; what's ahead on the next frontier of feminism—and how they can help make it happen; and much more. By turns earthy and erudite, passionately argued and laugh-out-loud funny, *Pussy* delivers the tools and practices a woman requires to do and be whatever she wants in this life. It's a call for her to tune in, turn on, and not

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drop out—but live more richly, fully, and lusciously than she ever thought she could.

WOMAN explores the essence of what it means to be female. In mapping the inner woman - from organs to orgasms - Natalie Angier presents an extraordinary new vision of the female body as an evolutionary masterpiece. 'Anyone living in or near a female body should read this book' - Gloria Steinem 'Women have long been regarded as slaves to biology and evolution, prisoners in a hormonal swamp. But now, some of the sacred tenets of evolutionary psychology . . . have come under fresh challenge. As the century turns, it could be Goodbye women's lib; hello female liberation! . . . WOMAN is a delicious cocktail of estrogen and amphetamine designed to pump up the ovaries as well as the cerebral cortex' - Barbara Ehrenreich, Time magazine 'Drawing on science, literature and history, Angier provides valuable insight into the power of hormones, breast milk and the all-important clitoris. A must for every woman's bookshelf' - Woman's Journal

The Lady and Her Monsters by Roseanne Motillo brings to life the fascinating times, startling science, and real-life horrors behind Mary Shelley's gothic masterpiece, Frankenstein. Montillo recounts how—at the intersection of the Romantic Age and the Industrial Revolution—Shelley's Victor Frankenstein was inspired by actual scientists of the period:

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curious and daring iconoclasts who were obsessed with the inner workings of the human body and how it might be reanimated after death. With true-life tales of grave robbers, ghoulish experiments, and the ultimate in macabre research—human reanimation—*The Lady and Her Monsters* is a brilliant exploration of the creation of Frankenstein, Mary Shelley's horror classic.

Guidance from sixteen of the world's best sex teachers on how to be a great lover. Coverage includes basic skills (oral/anal), advanced skills (female ejaculation, non-ejaculatory male orgasm, expanded female orgasm), the 'inner game' of sex (fantasy and role play, sex and shame, finding the lover within), more. Contributors include Nina Hartley (power play), Charles Muir (Tantra), Reid Mihalko (energy sex) and Sheri Winston (male and female genital anatomy). Consistently insightful, entertaining and accessible.

Discusses our changing understanding of human sexuality, explains the nature and function of the Grafenberg spot, and suggests how women can improve their sexual relationships. Reprint. 30,000 first printing.

Like men, women also can ejaculate, enhancing and intensifying their sexual pleasure. In an open, positive style, Deborah Sundahl presents information about female ejaculation including scientific findings, anatomical illustrations, historical accounts, a

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chapter on how men can help their female partners to ejaculate, and women's and men's experiences collected during the past two decades.

Empirical data is one of the cornerstones of knowledge in the social sciences, and yet the researcher often takes it for granted, reserving his or her imaginative faculties for finding a theory that 'fits the data'. This revealing account of the theory-data relationship calls this faith in data into question and establishes a reflexive framework and vocabulary to explore the creative, political and philosophical elements of data production. Rather than thinking about the theory-data 'fit', Alvesson and Karreman will encourage you to consider the research process as one of theory-data interplay, asking if creative empirical material can challenge established theory and inspire new lines of development, and if breakdowns and mysteries encountered in research can be a constructive rather than destructive process. They will encourage you to think critically about empirical data in terms of construction rather than verification, and most importantly they will encourage you to develop theory that is interesting and novel, rather than naive or irrelevant, making this title essential reading for those who often find the traditional vocabulary and frameworks of social science research obvious or simplistic.

Explains how to use the growing practice of Orgasmic Meditation to slow down, connect emotionally, and achieve authentic female sexual satisfaction.

Open Her teaches a man how to embody 7 Masculine Archetypes to engage his woman in a deeper, more passionate dance of love. Each archetype brings a

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power and a gift, a secret key to his woman's love and desire. Open Her will inspire a man to love his masculinity and to know the power it holds to open a woman to ever deepening states of pleasure and love. Wonderful sex does more than melt both body and soul; it brings power, energy, and deep satisfaction to all aspects of our lives. In this unique book, women who consider themselves highly sexually responsive talk in intimate detail about what gives them the greatest pleasure. They redefine sex—based on how women really experience sexual pleasure—confirming what every woman knows instinctively, while creating a new language that every woman will understand. Based on extensive one-on-one interviews conducted by Dr. Ogden with hundreds of women, this thought-provoking, wise, and unprecedented book transforms how we view sex by giving us new ways to think about sexual pleasure. To learn more about the author, Gina Ogden, go to [www.ginaogden.com](http://www.ginaogden.com).

Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman's life • Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential Through the

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Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman's life and allow women to awaken their genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy exchange and intimacy building,

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Minke de Vos's detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.

Do you want to be a great lover and enjoy consistently great sex? Would you like reliable erections that don't wilt in the middle of lovemaking? Would you like superb ejaculatory control? Would you like your penis to be as large as it possibly can be? Do you want women to sing your sexual praises? All these sexual benefits can be yours if you read *Great Sex* and take its message to heart. Author Michael Castleman is the nation's top journalist specializing in men's sexuality. He has been a sex educator, counselor, and writer for 30 years, including 5 years as the expert who answered the sex questions submitted to the *Playboy* Advisor. Written with the help of an advisory board that includes some of the nation's leading sex therapists, *Great Sex* is certain to help you overcome your sex problems; become a better, more confident lover; and enjoy the sex of your dreams. Castleman's message is surprisingly simple: Stop imitating the rushed, all-genital sex you see in pornography. Instead, cultivate the opposite: leisurely, playful, total-body, massage-based lovemaking that includes the genitals, of course, but is not focused on them. Sex inspired by pornography is a major reason why men think their penises are too small and why they have erection and ejaculatory problems. With wit, wisdom, and down-to-earth sympathy for men, Castleman discusses his own penis--like yours, it's a



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little too small--and his own struggles with balky erections, rapid ejaculation, and not expressing orgasm at all. Then, based on state-of-the-art sex therapy techniques, leading sexology texts, and almost 400 medical journal articles, he reveals how to overcome these issues and enjoy a satisfying and exciting sex life. What's more, the sexual style Castleman advocates is the way most women prefer to make love. Take Castleman's advice and you'll benefit by having a lover who is more arousable, responsive, enthusiastic, and complimentary. In other words, when you embrace sensual, creative, whole-body lovemaking, everybody wins. You have fewer sex problems. The woman you love gets what she wants in bed. And you both enjoy sex that's hotter, more erotic, and more fulfilling.

A straight-talking guide for women offers counsel on how to achieve greater sexual satisfaction, addressing issues related to anxiety and insecurity while offering advice on such topics as communicating with a partner, sex for older couples, and postpartum intimacy. By the author of *What Your Mother Never Told You About Sex*. Reprint. 30,000 first printing.

A history of the clitoris

Transform Yourself from "Passion Victim" to Passionista! In the smash hit *She Comes First*, Ian Kerner singlehandedly waged battle against male sexual "ill-cliteracy," and women everywhere benefited from his "viva la vulva" philosophy of female pleasure. Now, in *Passionista*, it's time to learn all about what turns men on and makes them stay on. In this point-by-point, "blow-by-blow" guide, Kerner makes giving as much fun as receiving as he covers every angle of male sexuality, unlocks the secrets of satisfaction, and offers

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knowledgeable answers to the questions every woman wonders about. His advice is the closest you'll ever come to waking up in a guy's skin and knowing what truly makes him sexually tick. Written in the same witty, insightful, and utterly readable voice that has made *She Comes First* and *Be Honest* so popular, *Passionista* is the empowered woman's guide to enjoying sex to the fullest

**A FRANK, FUNNY AND EMPOWERING CELEBRATION OF FEMALE PLEASURE** An orgasm will help you sleep and keep you looking younger, it doesn't cost money and isn't a scarce resource. So why is it that, like the pay gap, there is an 'orgasm gap' between women and men? The Hotbed Collective began life as a podcast with a mission 'to make life better one orgasm at a time'. Their debut book, *More Orgasms Please* is an open, honest and at moments hilarious dive into all aspects of sex for women. It covers feminist porn, body image, menopause and much more. Like the podcast that inspired it, *More Orgasms Please* is like the best sort of chat between friends: punchy and playful, normalising and educating. It is an eye-opening read that puts women's bodies and our right to pleasure firmly on the map. Think of it as 'Couch to 5k' ... for orgasms.

Are you ready to fully embrace your sensual and erotic self? For centuries, women have been taught their sexuality was something to be ashamed of and their sexual pleasure was controlled. This wasn't always the case. Eons ago, a woman's sexuality was celebrated: Aphrodite in Greek mythology, Qetesh from Egypt, the Hindu Goddess Kunti, just to name a few. With this groundbreaking book, you will find the courage to leave fears behind, communicate your wants and desires, and set your own boundaries. You CAN unlock your sexuality and reclaim your right as a woman to enjoy sensual pleasures without being judged. If you want to experience every part of your sexual pleasure without shame and frustration, this book

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is for you. You will find your power to free yourself from society's antiquated and conflicting expectations of being a sexual woman. Within this book you will discover: How sex education programs in public schools continues to fail young women Your most important erogenous zone (hint: it isn't what you think) The amazing hidden secret to your life force Reject shame and give yourself the power to R.E.C.L.A.I.M. your sexuality Breaking down myths about the big "O" once and for all Overcome excessive dryness with the G.L.I.D.E. technique How to find your eroticism and why it's essential to desire Why sex can and should be J.U.I.C.Y. How to give yourself permission for pleasure Awakening the G.O.D.D.E.S.S. inside of you How to take control of your sexual pleasure And much more... After reading this book, you will understand and know how to embrace your sexual pleasure.

Did you know that the clitoris has 8000 nerve endings, twice as many as the penis? Here is everything you've wondered about the female orgasm and how to make it happen. A witty, well-researched and revealing guide to giving your lover an orgasm every time. More than just foreplay, Ian Kerner argues that oral sex is the key to a great sex life for both partners. Short sections cover philosophy, technique, step-by-step instructions and detailed anatomical information, essential to both beginners and experienced lovers. 'It's time to close the sex gap and create a level playing field in the exchange of pleasure, and cunnilingus is far more than just a means for achieving this noble end; it's the cornerstone of a new sexual paradigm, one that exuberantly extols a shared experience of pleasure, intimacy, respect and contentment. It's also one of the greatest gifts of love a man can bestow upon a woman.' Ian Kerner

The nation's leading experts on women's sexual health offer up the secrets to female sexual satisfaction using data culled

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from their groundbreaking new survey Not since The Hite Report twenty-five years ago has female sexuality been so comprehensively addressed and analyzed. In *Secrets of the Sexually Satisfied Woman*, Drs. Laura and Jennifer Berman topple common misconceptions and reshape conventional wisdom based on their revolutionary and highly anticipated National Women's Sexual Satisfaction Survey. Extrapolating from the study results, the Bermans address the psychological and medical factors that affect sexuality while providing expert, accessible advice on how women can improve their sex lives and enhance sexual pleasure. The Bermans are not afraid to take on topics that make most people blush, and this book is sure to be an essential resource for women throughout the country.

An unparalleled exploration of the mysteries underlying women's sexuality that rivals the culture-shifting Kinsey Report, from two of America's leading research psychologists Do women have sex simply to reproduce or display their affection? When University of Texas at Austin clinical psychologist Cindy M. Meston and evolutionary psychologist David M. Buss joined forces to investigate the underlying sexual motivations of women, what they found astonished them. Through the voices of real women, Meston and Buss reveal the motivations that guide women's sexual decisions and explain the deep-seated psychology and biology that often unwittingly drive women's desires—sometimes in pursuit of health or pleasure, or sometimes for darker, disturbing reasons that a woman may not fully recognize. Drawing on more than a thousand intensive interviews conducted solely for the book, as well as their pioneering research on physiological response and evolutionary emotions, *Why Women Have Sex* uncovers an amazingly complex and nuanced portrait of female sexuality. They delve into the use of sex as a defensive tactic against a mate's infidelity

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(protection), as a ploy to boost self-confidence (status), as a barter for gifts or household chores (resource acquisition), or as a cure for a migraine headache (medication). Why Women Have Sex stands as the richest and deepest psychological understanding of female sexuality yet achieved and promises to inform every woman's (and her partner's) awareness of her relationship to sex and her sexuality.

A revolutionary practice for couples to enhance sexuality and reach higher states of consciousness • How to make sex a conscious decision, not an accidental encounter • Discusses how slowness increases sensitivity and awakens the body's innate mechanism for ecstasy • Reveals how sexuality can be sustainable and enjoyable well into old age While fast, hot, orgasm-driven sex can bring momentary satisfaction, in the long run it can become boring and mechanical, causing many couples to lose interest and stop making time for physical intimacy. The first step to revive a waning sex life or make a healthy one more fulfilling, says author Diana Richardson, is to make sex a conscious decision rather than an accidental encounter. Focusing on eye contact, subtle sensations, and deep breathing, Diana's practice of slow sex awakens the body's innate mechanism for ecstasy, unlocking the door to extraordinary realms of sensitivity, sensuality, and higher consciousness. Exploring the healing, spiritual power of slow sex, this book offers a step-by-step guide for committed couples to transform sex into a meditative, loving union of complementary energies. It explains how slow sex increases sensitivity and sexual vitality and how, because it creates and restores love, slow sex is loving sex. With a focus on coolness rather than heat, this practice provides couples a way to reach a shared meditative state and use it as a vehicle to achieve higher consciousness. Illustrating different positions for eye contact, deep sustained penetration, and soft penetration, this book reveals that sex truly can be

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sustainable and enjoyable well into old age.

An essential exploration of why and how women's sexuality works—based on groundbreaking research and brain science—that will radically transform your sex life into one filled with confidence and joy. Researchers have spent the last decade trying to develop a “pink pill” for women to function like Viagra does for men. So where is it? Well, for reasons this book makes crystal clear, that pill will never be the answer—but as a result of the research that's gone into it, scientists in the last few years have learned more about how women's sexuality works than we ever thought possible, and *Come as You Are* explains it all. The first lesson in this essential, transformative book by Dr. Emily Nagoski is that every woman has her own unique sexuality, like a fingerprint, and that women vary more than men in our anatomy, our sexual response mechanisms, and the way our bodies respond to the sexual world. So we never need to judge ourselves based on others' experiences. Because women vary, and that's normal. Second lesson: sex happens in a context. And all the complications of everyday life influence the context surrounding a woman's arousal, desire, and orgasm. Cutting-edge research across multiple disciplines tells us that the most important factor for women in creating and sustaining a fulfilling sex life, is not what you do in bed or how you do it, but how you feel about it. Which means that stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it. Once you understand these factors, and how to influence them, you can create for yourself better sex and more profound pleasure than you ever thought possible. And Emily Nagoski can prove it.

A practical guide to deepen and expand your orgasmic experience by yourself. Based on ancient

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Tantric teachings, modern sexology and tons of experience, *Orgasm Unleashed* is filled with inspiring ideas and powerful practices that will transform your sex life. It might even change your life.

The *One-Hour Orgasm* is one of the best, most tasteful, explicit and effective sex education books ever published. It demonstrates, with pictures and words, how you can master the famous "Venus Butterfly" technique, immediately improve your intimate experiences, and enjoy ever-expanding levels of pleasure in your sex life. The book is filled with fresh, easy-to-learn new approaches and photos to aid the reader in learning sensual "safer sex" skills and what the authors trust you will find to be the most gratifying lovemaking techniques ever discovered. Women will learn how to: \* Increase the strength and duration of his erections \* Initiate sex without effort on his part \* Avoid common mistakes in the bedroom \* Put the fun back into any relationship Men will learn how to: \* Thoroughly satisfy her every time \* Increase the frequency of sex by making it more pleasurable for her \* Avoid common mistakes in the bedroom \* Be more self-confident as a lover.

Women's Anatomy of Arousal Secret Maps to Buried Pleasure  
Mango Garden Press  
Female Ejaculation and the G-spot  
Hunter House

We've been thinking about sex all wrong.

Mainstream media, movies, and porn have taught us

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that sex = penis + vagina, and everything else is just secondary. Standard penetration is how men most reliably achieve orgasm. The problem is, women don't orgasm this way. We've separated our most reliable route to orgasm—clitoral stimulation—from how we feel we should orgasm—penetration. As a result, we've created a pleasure gap between women and men: 50% of 18-35-year-old women say they have trouble reaching orgasm with a partner 64% of women vs 91% of men said they had an orgasm at their last sexual encounter 55% of men vs. 4% of women say they usually reach orgasm during first-time hookup sex In *Becoming Cliterate*, psychology professor and human sexuality expert Dr. Laurie Mintz exposes the broader cultural problem that's perpetuating this gap, and what we can do about it. Pulling together evidence from biology, sociology, linguistics, and sex therapy into one comprehensive, accessible, and prescriptive book, *Becoming Cliterate* features: Cultural & historical analysis of female orgasm (spoiler: the problem's been going on for ages) An anatomy section (it's all custom under the hood) Proven techniques for cliterate sex (it starts with training the sex organ between your ears) A comprehensive final chapter for men (because you don't have to have a clitoris to be cliterate) By dispelling the lies, misunderstandings, and myths that have been holding us back, *Becoming Cliterate* tackles both



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personal and political problems and replaces them with updated outlooks and practical skills needed to change our collective perspective on sex. It's time to finally inform women and men on how to have satisfying experiences in bed that benefit both parties. The revolution is coming—and *Becoming Cliterate* offers a radical, simple solution to progress and pleasure for all.

What is this series about? This is a how-to series on sexual intercourse and intimacy for men who want more pleasure, fun, connection, and fulfillment from their sexual experiences with women (and they from you!). This series will take you on a transformative journey of sexual-self discovery from a guy who fumbles around during sex, to becoming a multi-orgasmic man who understands the importance of building sexual energy, and who can maintain his sexual energy - and therefore his erection - for hours, days, and even weeks, while still experiencing toe-curling, non-ejaculatory, tantric orgasms the entire time. Sexual intercourse is the most powerful physical connection we know. It holds the promise of transcendent union between men and women. Unfortunately, intercourse is not fulfilling its potential. Find out why mastering control over your ejaculation – and therefore your masculine sexual energy – is the fundamental basis upon which having heated, fulfilling, intensely connected and orgasmic sexual interactions depends. In other words, you will learn

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the proper way to f\*ck a woman. And when you can do this, you and your partners will discover the real magic of sexual intercourse, with its promise of connection, heat, passion, and transcendence, fulfilled. Your sexual self-discovery will include: - What does your authentic sexual expression look like? – How do you go from technical sex, to the erotic? – If orgasm is not the goal of sex, then what are you aiming for? – What is the connection between ejaculation control and orgasm – both yours and hers? – What is so important about having intercourse beyond the Magical 20-Minute Mark? – How to get to deeper levels of connection, intimacy, fun, fulfillment, and satisfaction with your female partners. – How to bridge the gap between your fantasy life, and what you are actually living. This series will help you if: – you have no control at all over your ejaculation while having intercourse – you regularly have unwanted/uncontrollable (premature) ejaculations – you think intercourse means pumping like a jackhammer – you expect her to orgasm within minutes of having intercourse – you feel insecure, lost, uncertain about what you are doing while having sex – you shy away from sex because you don't know what you are doing – your sexual encounters are usually less than 20 minutes in total, from first kiss to final ejaculation – your sex life is superficial, unsatisfying without feeling, unfulfilling, These books are easy to read, fun, funny, and chock-

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a-bloc with vital information necessary to a satisfying, fulfilling, heated sex life. What is in Book One – the importance of having intercourse beyond the Magical 20-Minute Mark – the 8 fundamental sexual misconceptions which ruin your sex life, clarified! – the first two Personal Milestones of Masculine Sexual Energy – complete set of 10 exercises for accomplishing the first two personal milestone, all of which can be done on your own. Start them today! Men Are Multi-Orgasmic What you will discover in this book is something few know: that men can separate the process of ejaculation from orgasm. This kind of non-ejaculatory orgasm, also known as a tantric orgasm, can be just as intense as an ejaculatory orgasm, with one big difference: you do not release your sexual energy along with your ejaculation, and therefore you do not lose your erection. The Magical 20-Minute Mark Discover the importance – and the benefits! – of having intercourse beyond The Magical 20-Minute Mark. It is only beyond Magical 20-Minute Mark that sexual energy is built to sufficient levels to reach deeper levels of orgasm. It is at this point – after the couple has had intercourse (not just sex, but intercourse alone) beyond the Magical 20-Minute Mark, where the confluence of masculine and feminine sexual energies begin to join forces, and together you dance off to transcendent landscapes created by the sexual energy of your union.

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In this headline-making book, Daniel Bergner turns everything we thought we knew about women's desire on its head. Drawing on extensive research and interviews with renowned behavioural scientists, sexologists, psychologists and everyday women, Daniel Bergner asks: - Do women really crave intimacy and emotional connection? - Are women more disposed to sex with strangers or multiple partners than either science or society have ever let on? - And is 'the fairer sex' actually more sexually aggressive and anarchic than men?

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