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## The Ultimate Guide to Orgasm for Women: How to Become Orgasmic for a Lifetime (Paperback)

By Mikaya Heart, Violet Blue

Cleis Press, United States, 2011. Paperback. Condition: New. None. Language: English. Brand new Book. Owning our desires should be neither embarrassing nor uncomfortable. Nor should they be subject to anyone else's moral judgment of what is right or wrong, good or bad, normal or abnormal. Combining communication and information is the key. By shrugging off the taboos against talking about our preferences and experiences when we're being sexual, we will take the first and most important steps toward ensuring our own fulfillment. The Ultimate Guide to Orgasm for Women is an unflinchingly honest, responsible, and thoroughly comprehensive exploration of female sexuality. Topics include: The physical types of orgasm, such as electrical, flying, pounding, deep, waves, and blips; orgasm as an emotional release; the "elusive orgasm" and why some women have difficulty having one; how often we fake them and why; masturbation; multiple orgasms; the male-female dichotomy; penetration and the G-spot; defining the erotic; and the joy of sex toys.


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