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Sexercise for Chaps: Like a Workout, But Better. Better Beach Bodies Through Better Orgasms (Paperback)

By Dr Virginia Comewell

Createspace, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Get it up, get it on and get it off (the beer belly) Hump until you re pumped Get buff while you bonk . read on: Sexercise is all about getting fitter through sex. Most of us want to be fitter. We want to look more impressive and feel better. We also like sex. This is about how to combine sex and exercise. Think win win. This book will show you the benefits to health and mental wellbeing of lots of sex. If you aren t fortunate enough to have plenty, it will help you make the most of what action you do get. And even how to practice on your own to greatest efficiency if that is what your current life situation is. It is not a sex manual, there are plenty of those on the market. It is a do-it-yourself guide to making the most out of each and every orgasm. It is about making each one count. We live, thrive and survive so much better when we have more orgasms. Only really chafing and pressing...



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