

Becoming Orgasmic A Sexual And Personal Growth Program For Women

[Better Sex Through Mindfulness](#) - Lori A. Brotto 2018-04

A groundbreaking look at improving desire, arousal, and sexual satisfaction through mindfulness. Studies show that approximately half of all women experience some kind of sexual difficulty at one point in their lives, with lack of interest in sex being by far the most common--and the most distressing. And when sex suffers, so do all other areas of life. But it doesn't have to be that way. In *Better Sex through Mindfulness*, acclaimed psychologist and sex researcher Lori A. Brotto, offers a groundbreaking approach to improving desire, arousal, and satisfaction inside--and outside of--the bedroom. A pioneer in the use of mindfulness for treating sexual difficulties, Brotto has helped hundreds of women cultivate more exciting, fulfilling sexual experiences. In this accessible, relatable book, she explores the various reasons for sexual problems, such as stress and incessant multitasking, and tells the stories of many of the women she has treated over the years. She also provides easy, effective exercises that readers can do on their own to increase desire and sexual enjoyment, whether their goal is to overcome a sexual difficulty or simply give their love life a boost.

Becoming Orgasmic - Julia Heiman 1988

Advises women how to reassess their sexual backgrounds, explore their sensual feelings, and improve their sexual relationships, and discusses how to recover from sexual traumas.

Woman - Kaz Riley 2021-06-23

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 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 lifeforce 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.

For Women Only - Dr. Jennifer Berman 2014-08-05

The groundbreaking New York Times bestseller now in a fully revised edition Dr. Jennifer Berman, one of the few female urologists in the United States, and her sister, Dr. Laura Berman, a sex therapist, wrote this comprehensive handbook for the whole woman to examine all facets of her sexual health. They discuss surprising new information about how the female anatomy really works, ways female sexual response changes through various stages of life, how women can recognize and identify sexual problems, and tips for talking to doctors about sexual complaints without embarrassment. This new edition brings all the information in the book fully up to date and includes - advice about the latest medical treatments - information on new drugs and products - a revised exercises section and all-new case studies - a self-assessment questionnaire to help women recognize whether a problem exists and lend direction on where to seek help *For Women Only* is still the most complete guide available to treating sexual problems and achieving full sexual potential.

Sex Matters for Women - Sallie Foley 2011-12-13

A guide to help women understand how their bodies work and to take charge of their sexuality, discussing anatomy, body image, trauma, overcoming difficulties, and related topics.

I Love Female Orgasm - Dorian Solot 2008-03-03

Whether you're celebrating your thousandth female orgasm, searching for your first, or cheering on your girlfriend or wife, women and men across the country agree: *I Love Female Orgasm! I Love Female Orgasm* is crammed with everything you want to know about the big O, including: How to have an orgasm during intercourse--and why most women don't Directions on finding your way to the G-spot Detailed advice on how to have your first orgasm Advice for better oral sex Tips on surfing waves of multiple orgasms (even if you usually have just one) The truth about female ejaculation (yes, it exists!) Answers to your questions about vibrators, sex toys, piercings, and more The real deal on orgasms for lesbian, bisexual, and queer women An entire chapter for men on how to turn her on and get her off Plus tips for partners in every chapter Solot and Miller have spoken to thousands of men and women and surveyed thousands more about their experiences with female orgasm. Here they share all that they've learned--plus give you a sneak peek behind bedroom doors as women and men share their favorite moves, mistakes to avoid, and best "oh, yeah!" moments. span

Woman's Orgasm - Georgia Kline-Graber 2011-12

Find out what millions of women who have read *Woman's Orgasm* have learned. Any woman can achieve orgasm and sexual satisfaction. *Woman's Orgasm* is an invaluable resource and self-help guide filled with illuminating information, referencing medical studies and research, including the psychological, historical, social, and cultural aspects of female sexuality and issues in obtaining orgasm. Much of the book is devoted to teaching proven methods and exercises that can help women learn to achieve orgasm. The authors comprehensive and focused guide provides many easy to follow step-by-step instructions, including an eleven-step program for achieving self-stimulating orgasm and a ten-step program for achieving orgasm with intercourse. *Woman's Orgasm* candidly teaches the physiological facts of woman s sexuality, and clearly tells her exactly how she can learn to reach total and consistent sexual fulfillment. The key word in this superbly practical and proven approach is learn. As the authors have discovered in their work as highly successful sex therapists, the key to the prevention of sexual dysfunction is adequate sex education. In this case knowledge really is power. World Renown Husband and Wife team of cutting edge sex therapists. This ground breaking couple have been featured as guests on Dinah Shore, Merv Griffin and numerous other national radio and television shows. Dr. Graber was a Planned Parenthood M.D. and a practicing Psychiatrist for three decades. He is a graduate of the University of Michigan Medical School. Georgia Kline-Graber is a R.N. and M.F.C.C. who specializes in sexual issues.

Becoming Orgasmic - Julia Heiman 1986

The Orgasm Answer Guide - Barry R. Komisaruk 2009-12

Credible, readable, and easy to follow, *The Orgasm Answer Guide* tells you everything you ever wanted to know . . . but were afraid to ask. *The Orgasm Answer Guide* answers common questions many people have about one of life's most fascinating experiences. In an accessible question-and-answer format, four of the world's leading sexuality experts address every aspect of orgasms: how they happen, why they don't, and what can be done to enhance sexual experiences. The authors provide clear and informed answers to more than 80 common questions, including: • Can an orgasm cause a heart attack? • Does childbirth affect orgasm? • What is the G spot? • How can I tell whether my partner is faking an orgasm? • Do orgasms end at a certain age? The all-star author team includes neuroscientist Barry R. Komisaruk, bestselling author and sexual health researcher Beverly Whipple, BBC sexuality talk-show host Sara Nasserzadeh, and Mexico's leading sex researcher, Carlos Beyer-Flores.

More Orgasms Please - The Hotbed Collective 2019-07-04

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.

Mind the Gap - Karen Gurney 2020-03-05

'This book taught me so much about female desire. A must read!' Cherry Healey Did you know that there is an orgasm gap of around 30% between heterosexual couples when they have sex? In Mind The Gap, Dr Karen Gurney, a clinical psychologist and certified psychosexologist, explores not just this gap, but the gaps in our knowledge of so much of the most important new science around sex and desire. In this book, you will learn that nearly everything that you've been led to believe about female sexuality isn't actually true. And that, despite what you might think, it is possible to simultaneously feel little to no spontaneous desire and have a happy and mutually satisfying sex life long term. Exploring the mismatch between ideas about sex in our society and what the science tells us, Mind The Gap also explains how this disconnect lies at the root of many of our sexual problems. Combining science with case studies, practical exercises and tips, this is a book for anyone who wants to better understand the mechanics of desire and futureproof their sex life, for life.

Getting Off - Jamye Waxman 2007-11-02

Masturbation is like tuning a radio -- you don't know what frequencies you'll enjoy until you play with the knobs. Masturbation has a complicated stigma attached to it; everybody is doing it, but not everybody talks about it. Some were told that touching oneself would cause cute kittens to die, some were told masturbation led blindness. Getting Off: A Woman's Guide to Masturbation is here to debunk those masturbation myths, and reinforce the truth. Masturbation is a totally natural and normal way for women to connect with and find pleasure in their bodies. Fun, informative, and illustrated, Getting Off provides women with a wealth of masturbation knowledge -- its history, the mechanics of it, the joys of sexy toys -- plus clear, concise tips on getting off. Foreword by Betty A. Dodson

Becoming Orgasmic - Gary W. Heiman 1984

This novella, the writer's first work of fiction, depicts the harsh and at times brutal world of Australia's itinerant workers. The story revolves around Edie, a woman who finds it difficult to forget the neglect and brutality she experienced during her earlier years.

Becoming Orgasmic - Julia Heiman 1988

This is the ideal book for any woman who has inhibitions about sex and wants to enhance the pleasure she gets from sex. Written sensitively, it is designed to make readers feel good about their sexuality and themselves.

Expanded Orgasm, 2E - Patricia Taylor 2014-01-07

The best resource for the ultimate orgasm A great sex life is about more than just being good in bed; it's about communicating your every desire to your partner—in and out of the bedroom. Newly updated, Expanded Orgasm will help you discover exactly what turns you on, how to ask for what you like, and how to blow your partner's mind in pleasure. The newly updated second edition of Expanded Orgasm is a

concise, detailed, how-to book for women on giving and receiving extended, expanded orgasms, from Dr. Patti Taylor, an expert in the field.

How to Have an Orgasm- as Often as You Want - Rachel Swift 1993

Written with style and sophistication, this sensible book is a straightforward, easy-to-follow guide that will teach women how to have as many orgasms as they want, with or without the full cooperation of their partner. Swift deals with what really happens during sex, not what is supposed to happen.

The Elusive Orgasm - Vivienne Cass 2002-02-02

Are you one of the thirty percent of women who has difficulties with orgasm? Do you want to experience greater sexual satisfaction? In easy to read language, The Elusive Orgasm provides a full overview of women's sexual pleasure, covering sexual triggers, stages of arousal, the power of mind, and how women differ from men. Longtime clinical psychologist and sex therapist Dr. Vivienne Cass reveals all the causes of women's orgasm difficulties-and how to remedy them. In The Elusive Orgasm, you'll learn: What an orgasm is, How the clitoris is much more than "a little button", The five types of orgasm difficulties, The twenty-five causes of those difficulties, Self-awareness via quizzes and questionnaires, Step-by-step plans to help you and your partner. An extraordinarily thorough, all-inclusive exploration of every possible reason why women have orgasm challenges, The Elusive Orgasm gives you the tools to discover the source of your own orgasm difficulties, along with straightforward remedies. Book jacket.

How to Overcome Premature Ejaculation - Helen Singer Kaplan 2013-06-17

How to Overcome Premature Ejaculation discusses male sexual response and the cause of its disorders, and provides advice on leading a more normal sex life. Based on the same therapeutic methods that have proven clinically effective for 90% of men suffering from premature ejaculation (PE), this straightforward volume describes a rapid, practical self-help program that can be used by single men or couples in the privacy of their home. Dr Kaplan first explains the nature of PE and its causes and then describes her effective treatment techniques. She also discusses the errors and resistances that can arise and provides suggestions on how to overcome them.

Becoming Orgasmic - 1976

Par le biais du discours intérieur, on peut suivre les réflexions d'une femme qui cherche à connaître son corps pour atteindre l'orgasme, d'abord seule, puis avec un partenaire.

The Come as You Are Workbook - Emily Nagoski 2019-06-11

A new, practical workbook from the New York Times bestselling author of Come As You Are that allows you to apply the book's groundbreaking research and understanding of why and how women's sexuality works to everyday life. In the twentieth century, women's sexuality was seen as "Men's Sexuality Lite": basically the same, but not quite as good. From genital response to sexual desire to orgasm, we just couldn't understand that complicated, inconsistent, crazy-making "lady business." That is, until Emily Nagoski changed the game with her New York Times bestseller, Come As You Are. Using groundbreaking science and research, she proved that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organized, but how you feel about them. Which means that things like stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it. And, that even if you don't yet feel that way, you are already sexually whole. Nagoski's book changed countless women's lives and approaches to sex, and now she offers the next step. The Come As You Are Workbook is a practical companion to this bestselling guide, filled with new activities, prompts, and thought-provoking examples to help you exercise and expand on the knowledge you've learned. This collection of worksheets, journaling prompts, illustrations, and diagrams is a practical and engaging companion for anyone who wants to further their understanding of their own bodies and sex lives.

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