

# Satisfaction The Art Of The Female Orgasm

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**Slow Sex** - Nicole Daedone  
2014-07-02

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

**Steps to Make Your Woman Orgasm** - Zack Rack  
2019-02-02

A Woman love to have sex with the man who gives her Intense ORGASM, this guide will help make your woman Orgasm (shaking orgasm, rolling eye orgasm). this Ebook will tell

every thing you need to give your wife the ultimate satisfaction, that only 30% of women has.this guide will answer many questions, about female feeling during a sexual relationship, (is size of the penis matters...).

Slow Sex - Diana Richardson  
2011-01-27

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 sustainable and enjoyable well into old age.

*How to Make Love All Night (and Drive Your Woman Wild)* - Barbara Keesling, PhD  
2009-03-17

No matter how old or young, experienced or not, anyone can achieve levels of fulfillment and satisfaction never before thought possible. Sex therapist Dr. Barbara Keesling tells men and women the simple secret that can give couples unmatched pleasure for years. Using Dr. Keesling's techniques, you and your

partner will embark on an erotic exploration of the realm of the senses and experience intimacy like never before. Her proven, helpful tips include: How to prolong lovemaking for as long as you want Exercises that can enhance pleasure Learning how to touch and how to feel Igniting your partner's passion And so much more!

**Women's Anatomy of Arousal** - Sheri Winston 2010

**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.

**Beauvoir in Time** - Meryl Altman 2020

"*Beauvoir in Time* situates Simone de Beauvoir's *The Second Sex* in the historical context of its writing and in later contexts of its international reception, from then till now. The book takes up three aspects of Beauvoir's work more recent feminists find embarrassing: "bad sex," "dated" views about lesbians, and intersections with race and class. Through close reading of her writing in many genres,

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alongside contemporaneous discourses (good and bad novels in French and English, outmoded psychoanalytic and sexological authorities, ethnographic surrealism, the writing of Richard Wright and Franz Fanon), and in light of her travels to the U.S. and China, the author uncovers insights more recent feminist methodologies obscure, showing Beauvoir is still good to think with today"--

**The Oxford Handbook of Sexual Conflict in Humans** -

Todd K. Shackelford

2012-01-11

Sexual conflict - what happens when the reproductive interests of males and females diverge - occurs in all sexually reproducing species, including humans. This is the first volume to assemble the latest theoretical and empirical work on sexual conflict in humans from the leading scholars in the fields of evolutionary psychology and anthropology.

**O Wow** - Jenny Block

2015-08-11

What is an ultimate orgasm?

An ultimate orgasm is your

personal best orgasm. It doesn't leave anything at the table. It doesn't want anything more. It lasts as long as it lasts. It takes as long as it takes. It's as messy and loud or quiet and tidy as you like. It has no room for shame or apology. An ultimate orgasm comes from questioning, exploring, experimenting, with no concern for how society or religion or anything else defines sex or female orgasm. The ultimate orgasm belongs to you and only you and it is your responsibility to find it, to have it, and to keep it for as long as you want to live a fully sexually satisfying life. Want to know the secret to having the ultimate orgasm? Knowing your body and being in the zone. That's it. Lots of tips and tricks and ideas follow later in the book. But first and foremost, we have to empower ourselves to pleasure. No matter how much your partner is committed to your orgasm, you are the only one who can and should be responsible for your orgasm. There's no judgment. No right or wrong

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way. No bad orgasms.  
Womens Pleasure Or How to Have Pleasure - Rachel Swift 1994

*Woman's Orgasm* - Georgia Kline-Graber 2011-12-01  
Find out what millions of women who have read "Woman's Orgasm" have learned. Any woman can achieve orgasm and sexual satisfaction. This 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. The book candidly teaches the physiological facts of woman s sexuality, and clearly tells her exactly how she can learn to reach total and consistent sexual fulfilment. 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.

**Female Ejaculation** - Jeffrey Talltrees 2010-09

Do you want amazing, mind-blowing sexual ecstasy--full-body, multiple and extended orgasms, as well as the elusive and mysterious experience of female ejaculation? In this book, you'll learn how to awaken your secret orgasmic trigger, the G-spot. With step-by-step instruction for both men and women, this book shows how to give and receive incred...

Why Women Have Better Sex Under Socialism - Kristen Ghodsee 2018-11-01

'Funny, angry, urgent. Ghodsee is going to start a revolution' Daisy Buchanan, author of *The Sisterhood* A witty, fiercely intelligent exploration of why capitalism is rigged against women and what we can do about it. Unregulated capitalism is bad for women. Socialism, if done properly, leads to economic independence, better labour conditions, better work/family balance and, yes, even better sex. If you like the idea of such outcomes, then come along for an exploration of how we can change women's lives for the better.

*Activate the Female Orgasm System* - Charles Runels  
2013-12-22

The reader can better activate the sexual response of herself or that of a lover after following the steps in this book. Dr. Runels brings to this book his 23 years of experience in treating and conducting research with thousands of women suffering with sexual and hormonal problems. Also, since he invented and was first to do the O-Shot (R) procedure

{Orgasm Shot (R)}, he offers unique insight about how the procedure was invented and how to know if it may benefit you or someone you love. He also explains the components of the "Female Orgasm System" (he was first to use the term). By understanding the system, including the O-Spot (a new idea that he introduced into the medical literature). He also explains the role of the O-Shot (R) procedure in rejuvenating the Female Orgasm System. The last chapter helps the reader make treatment plans for common sexual problems in women: (1) decreased sex drive (libido), (2) decreased arousal, (3) dyspareunia (pain with sexual intercourse), and (4) difficulty with orgasm. He also explains female ejaculation, the anatomy of the phenomenon, and how the O-Shot (R) can enhance and promote that experience. Also, see plans for treatment of urinary incontinence and depression and anxiety.

**The female orgasm  
Stimulation of the clitoris**

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## **and labia minora with fingers sex toys and oral sex**

- Vincenzo Puppo 2021-08-03

Female orgasm is not a mystery, it is not complicated. In this ebook, very useful for all women and men of any age (and for sexual medicine experts, physicians, psychologists), there are links to free video/pdf: sexologists must teach in sex education how to stimulate the clitoris and labia minora with many illustrations and video. Many women have never looked at their vulva or are unable to identify the location of the clitoris and labia minora. Sexologists must explain that vaginal orgasm and G-spot do not exist (premature ejaculation is not a sexual dysfunction). Women can experience orgasm, multiple orgasms, orgasmic state and superorgasmic state in all ages, with effective stimulation of the female erectile organs during masturbation, cunnilingus, partner masturbation, and also during vaginal/anal intercourse simply by stimulating the clitoris/labia minora with a

finger, or a sex toy. The first vaginal intercourse must always be with orgasms, without pain: males must learn to make love even in adolescence. Cunnilingus is a method to have one or more orgasms. Anal sex can give orgasms that can last also for minutes (i.e. superorgasmic state). Coitus must be one of many possibilities in a whole spectrum of possible physical relations, there are many ways of having sex. Ejaculation in the vagina does not have to be essential to define sexual intercourse as "complete"...

Female Organism - Adam ROBBINS 2017-01-20

The Secret Of Pleasuring Women - How To Give Her A Mind-Blowing Oral Pleasure She'll Never Forget! - Are you looking for a guide book for men who want to learn the way to turn women on? - Do you want to give your girlfriend/wife sexual satisfaction in the bedroom? - Do you want to bring her an orgasm? - Do you want to know how to eat her right? - Do you want to give her a mind-blowing pleasure she'll

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never forget? - If your answer is "yes" to these above questions, then this book is perfect for you. LIMITED TIME OFFER ONLY \$2.99 As the author of this book, I believe that this book will be an indispensable reference and trusted guide for you who may want to make your woman orgasm, crazy about you and be happy with you forever. Once you read this book, I guarantee you that you will have learned an extraordinarily wide range of useful, practical tips, valuable information that will help you on how to give her an oral stimulation, teasing her, open her up, spice up your bedroom, make her scream and sustain long-term relationships. Take action today and BRING THE SPARK TO YOUR RELATIONSHIP tomorrow! Here is a preview of exactly what you will learn: - Why Women Love Oral Sex - Benefits Of Oral Sex For Men And Woman - 6 Things You Need To Know Before Oral Sex - What Your Girlfriend/ Wife Loves About Oral Sex - Quick Oral Sex Tips For Men - 11

Secrets On How To Eat Her Pussy - The Magical Guide For Men! - The Top 6 Oral Sex Tips - How To Give The Best Oral Sex To A Woman - G-Spot - Where Is The G-Spot & How To Stimulate It? - 6 Things Your Woman Hates During Oral Sex - The Best Positions For Oral Sex - And Much Much More! ..... Don't delay any more seconds, scroll back up, DOWNLOAD your copy TODAY for only \$2.99 and start giving her a mind-blowing pleasure she'll never forget tomorrow!

*A Tired Woman's Guide to Passionate Sex* - Laurie B Mintz  
2009-08-18

"Honey, I'm too tired" may sound like just another excuse—but for millions of American women, it's simply the truth. They may settle for no sex at all or the obligatory "I'd better do this for my marriage" sex—often to the detriment of their relationships. In this guide, Dr. Laurie B. Mintz shows women how to bring their libido back to life—and put the passion back into their lives. Mintz, a

psychologist and sex expert, has been there, both personally and professionally. She shares her own story, as well as the stories of her many clients, as she puts forward her foolproof five-step plan designed to excite and energize even the weariest of stressed-out women. Complete with case studies and exercises, this sex-cure-in-a-book is all readers need to feel strong, sexy, and sensual again!

*The Art of Female Orgasm* - Michael Bush 2018-04-03  
HOW TO EASILY MAKE A WOMAN SQUIRT You won't get the information embedded in this book anywhere else in the world. This book was born out of the desire to help a brother whose wife was messing around with other men. I gave him some tips and tricks, and that was all he needed to keep his beautiful wife back at home. I have slept with countless women, and I know every single damn thing about a woman's body. Making a woman squirt is a technique that isn't common among the male folks. Whoever makes a

woman squirt keep her for life irrespective of your misdoings. Several years, making a woman squirt was an art only Cassanova knew, but today I will show you all you need to make her squirt and want more of you all the time. If you've never seen or felt a true G-Spot orgasm, imagine for a moment, an orgasm that causes the whole vagina to spasm rigorously, often contracting so tight that it literally forces out your finger or any object inside the vagina. And imagine that while these intense contractions are throbbing and pulsing throughout the vagina, the vagina becomes very wet and ejaculates a stream or spurt of fluid with each contraction. Imagine an orgasm that causes such intense ecstasy that even the quietest and most controlled woman will yell, buck and become wild; one that makes normal "screamers" go dead silent--the scream caught in her throat--a scream that if freed may wake all the neighbours within a four-block radius. Then you can imagine

the satisfaction of never having to wonder: "Did she orgasm? Was it fake, or was it real?" But instead knowing the instant her orgasm begins with clear physical signs that occur involuntarily and comes along with the orgasm. This is the glory of a G-Spot orgasm!!! But we don't want you to take our word for it. We want you to see for yourself. SEE WHAT PEOPLE ABOUT THE MAKING A WOMAN SQUIRT "It was absolutely the furriest, most wonderful climax I've had! It was like warmth started in my vagina center and splashed outward all over my body. Wonderful!" -- J. K. "I thought I took a leak! And then (name withheld) explained what had happened after reading series of books and I could hardly believe it finally happened to me. . . I would prefer having this every day and take the stress of washing the sheets everyday"-- T.C. "After I felt what it's like to squirt, I'd rather die than (name withheld) stop making love to me! Our love life has never been better. . ." -- K. C. Like I

said, whoever makes a woman squirt owns her for life. If your wife is about to leave you, divorce you, or having an affair with another man, then you need to satisfy her on bed and watch how she turns over a new leaf. The secrets are embedded right inside this book. This book will expose you to How to initiate sex the right way Ways to make a woman want you on bed How to get her wet Where to locate her G-spot The right way to stimulate the G-spot and Clitoris Understanding a Woman's anatomy How to stimulate yourself as a woman Advanced sexual techniques for ultimate pleasure Sexy positions for G-spot stimulation Making a woman finally squirt If you really want to improve your sex life as a man, or help your husband bedroom skills as a woman, then this book is a must buy. What are you waiting for? Just click the purchase button NOW!!!

The Art of Intimate Marriage -  
Tim and Dr. Jennifer Konzen  
2019-01-08

From a two-time nationally

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award winning sexuality researcher - The Art of Intimate Marriage. God's plan for sexual intimacy in marriage is the work of a Master artist and genuine intimacy is like a beautiful masterpiece. Your marriage is going well but you want to make your sex life better and you're looking for help on how to do that. You want to know what God has to say about how to build a fulfilling sexual intimacy in your marriage. Your sexual relationship has been full of pain, discouragement, and frustration and you need some answers. You have some medical issues that are making sex difficult and you would like to rekindle experiencing mutually pleasurable sex. For these issues and more, The Art of Intimate Marriage provides direction and guidance on how to get there. Creating that masterpiece may mean learning God's view of sex, gaining life-giving intimacy skills, and figuring out how to work through conflict in a way that creates deeper connection. It may also mean overcoming

things in your background, healing things in your marriage, or dealing with those medical challenges. We have the opportunity to have a deeper understanding of God's loving heart through being deeply known and erotically bonded with our spouse. The Art of Intimate Marriage gives us a road map to experience growth toward a more rewarding, spiritual sexual relationship.

### **Female Ejaculation and the G-spot** - Deborah Sundahl 2003

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

**XX.Ladyeraad** - Amakiri Nneka 2019-05-25

Headings for the use of Lady Era Woman Era is a female noteworthy of the male Viagra which contains Sildenafil citrate. Female Viagra acts like male one - it makes a strong circulatory structure the private parts yet the enduring effect of Lady Era is completely surprising. A physiology of a woman is gotten than the male one, and subsequently it is sufficiently difficult to women to get satisfaction in the midst of closeness. They are not set up to have sexual vitality due to the unquestionable physiological and mental dissipates. The period of oil is scoured, the dividers of the private parts are not set up for the sex, rankling sensations appear in the midst of sex, and a terribleness for sex is made. From this time forward, Lady Era helps in the treatment of the going with sexual disarranges in women: Candace issue lacking oil swelling hypoactive sexual need issue (hipolibidemia) anorgasmia

5 Minutes to Orgasm Every Time You Make Love - D. Claire

Hutchins 1998  
Is sex more trouble than it's worth? In "5 Minutes To Orgasm Every Time You Make Love", author D. Claire Hutchins opens a discussion for women who are unhappy with their sex lives. She suggests that a perfect lover is not the answer to a woman's difficulty reaching orgasm. Giving down-to-earth information she explains the quick, easy formula, and shows women how to take control of their orgasmic response.

**The Best Oral Sex Ever - Her Guide to Going Down -**

Yvonne K Fulbright 2010-12-18  
Just because she's going down doesn't mean he's having all the fun. "Sexpert" author Yvonne K. Fulbright gets real with women in this bold book on giving and getting oral sex. This guide tackles the dirty taboos and awkward assumptions that keep fellatio from being seductive and satisfying. You will enjoy giving oral sex as much as men enjoy getting it when you learn: Breathing techniques to last longer Positions he'll love, like

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"The Starfish" and "Deep-Throating" How to give (and receive) multiple orgasms from oral sex How to talk about what they feel is right and wrong Armed with sexy self-confidence and an arsenal of tongue-twisting tips, you will discover exactly how delightful the plunder down-under can be.

Becoming Cliterate - Dr. Laurie Mintz 2018-05-15

We've been thinking about sex all wrong. Mainstream media, movies, and porn have taught us 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 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 cuming—and Becoming Cliterate offers a radical, simple solution to progress and pleasure for all.

**The Female Orgasm** - Seymour Fisher 1973

**Sex; Woman First** - Jean-Claude Carvill 2015-07-19  
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: Confessions of a Hollywood Tantra Masseur: The Untold Secret of the G-Spot Power.  
**She Comes First** - Ian Kerner 2019-10-10

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

Satisfaction - Kim Cattrall  
2008-11-16

Kim Cattrall, best known for her depiction of Sex and the

City's Samantha, slides between the sheets with readers to share her secrets on reaching the heights of pleasure. In this illustrated guidebook for women looking to improve their sex, Kim Cattrall teams up with her husband to share tips and tricks. This how-to-sex book is based on viewer feedback from the show and designed to help couples focus on achieving the female orgasm.

### **Sex Tips for Straight Women From a Gay Man -**

Dan Anderson 2012-08-10  
Witty sex guide which will appeal to watchers of Sex and the City and Will and Grace. A huge word-of-mouth success in the States.

### **The Art Of Seduction -**

Robert Greene 2010-09-03  
Which sort of seducer could you be? Siren? Rake? Cold Coquette? Star? Comedian? Charismatic? Or Saint? This book will show you which. Charm, persuasion, the ability to create illusions: these are some of the many dazzling gifts of the Seducer, the compelling figure who is able to

manipulate, mislead and give pleasure all at once. When raised to the level of art, seduction, an indirect and subtle form of power, has toppled empires, won elections and enslaved great minds. In this beautiful, sensually designed book, Greene unearths the two sides of seduction: the characters and the process. Discover who you, or your pursuer, most resembles. Learn, too, the pitfalls of the anti-Seducer. Immerse yourself in the twenty-four manoeuvres and strategies of the seductive process, the ritual by which a seducer gains mastery over their target. Understand how to 'Choose the Right Victim', 'Appear to Be an Object of Desire' and 'Confuse Desire and Reality'. In addition, Greene provides instruction on how to identify victims by type. Each fascinating character and each cunning tactic demonstrates a fundamental truth about who we are, and the targets we've become - or hope to win over. *The Art of Seduction* is an indispensable

primer on the essence of one of history's greatest weapons and the ultimate power trip. From the internationally bestselling author of *The 48 Laws of Power*, *Mastery*, and *The 33 Strategies Of War*.

*The Technology of Orgasm* - Rachel P. Maines 2001-06-15

The author explores hysteria in Western medicine throughout the ages and examines the characterization of female sexuality as a disease requiring treatment. Medical authorities, she writes, were able to defend and justify the clinical production of orgasm in women as necessary to maintain the dominant view of sexuality, which defined sex as penetration to male orgasm - a practice that consistently fails to produce orgasm in a majority of the female population. This male-centered definition of satisfying and healthy coitus shaped not only the development of concepts of female sexual pathology but also the instrumentation designed to cope with them. *The Art of Going Down* - J. D. Rockefeller 2016-11-04

When last did you leave a woman virtually speechless during sex? When last did you fill your woman with sexual satisfaction up to a point where she couldn't bring herself to think, speak, or even stand and walk after sex? If it's been a while, then you need to learn new explosive tricks and techniques that would guarantee your woman 500% satisfaction and have her addicted to you. This book covers the psychological, physiological, and emotional aspects of sex. By the time you get to the last chapter, you will fully understand female orgasms, techniques that guarantee your woman reaches orgasm, and how you can make her beg you for more.

### **The Book of the Orgasm -**

Tara Barker 1997

It's fun, it's frank, and it's packed with information about how an orgasm works, what women wish men knew about the female orgasm and how to make your orgasms bigger, better and more satisfying. What makes this book unique is that it includes the stories of

real women and not just tips from sex experts. Throughout, women talk candidly about how they reach orgasm, what works for them (and what doesn't) and describe in detail their own sexual responses. And what they have to say may surprise you! Other hot topics include: , "The best positions for female orgasm , How to find that elusive G-spot and the newest pleasure zone, the A-spot , Ways to increase your and your partner's excitement , Intimate exercises to give you the ultimate orgasm , Seven crucial steps to joyful orgasmic sex Perfect for the nightstand or for slipping into an overnight bag, "The Book of the Orgasm allows women -- and men -- to explore the ultimate sexual pleasure!

The Pleasure Gap - Katherine Rowland 2020-02-04

American culture is more sexually liberal than ever. But compared to men, women's sexual pleasure has not grown: Up to 40 percent of American women experience the sexual malaise clinically known as low sexual desire. Between this low

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desire, muted pleasure, and experiencing sex in terms of labor rather than of lust, women by the millions are dissatisfied with their erotic lives. For too long, this deficit has been explained in terms of women's biology, stress, and age. In *The Pleasure Gap*, Katherine Rowland rejects the idea that women should settle for diminished pleasure; instead, she argues women should take inequality in the bedroom as seriously as we take it in the workplace and understand its causes and effects. Drawing on extensive research and interviews with more than one hundred women and dozens of sexual health professionals, Rowland shows that the pleasure gap is neither medical malady nor psychological condition but rather a result of our culture's troubled relationship with women's sexual expression. This provocative exploration of modern sexuality makes a case for closing the gap for good.

[Super Sexual Orgasm](#) - Barbara Keesling, PhD 2009-03-17  
Sex is one of the purest forms

of human endeavor--the ultimate arena of sharing between people. It is the nourishing confluence of so many special elements: touch, physicality, communication, play, arousal, and intimacy. So why so often does the entire focus of sex for women become: Will I have an orgasm or won't I? Wouldn't it be wonderful--for both men and women--if female orgasm were no longer an uncertainty, but rather, a given? Dr. Barbara Keesling allows this fantasy of sexual fulfillment to be any woman's reality--following her unique exercises designed to strengthen and gain control over a little-known, rarely exercised internal area of the female body, it is possible for all women to control and guarantee orgasm! Once loving partners are no longer worried about climax, the pressure often associated with lovemaking gives way--and sex can reach its full potential. To this end, Dr. Keesling paves the way for wonderful sensual payoffs by including racy and romantic exercises to help

couples rediscover that sex is much more than striving for a big finish--it's the sensual stops along the way that make it worthwhile.

Sexual Intelligence - Kim Catrall 2008-07-01

Sexual Intelligence explores the possibilities drawing on many authoritative sources as well as the insights of ordinary people as she explores the answers to questions such as: Are big penises really better? Why do we kiss? What is the only sexual organ whose sole purpose is to give pleasure?

Orgasmic Bodies - Hannah Frith 2015-06-30

Orgasmic Bodies explores how bodily experiences of orgasm are worked up as present/absent, complicated/straightforward, too slow/too fast, fake or real, in the doing of masculinities and femininities. Engaging with both science and popular culture it examines the meanings given to orgasmic bodies in contemporary heterosex.

**Female Ejaculation and the G-Spot** - Deborah Sundahl

2014

The first edition of Female Ejaculation and the G-Spot was meant to raise awareness about the phenomenon of female ejaculation and resurrect a now lost wonder, as well as the mystery surrounding this aspect of female sexuality. It empowered women who already ejaculated and taught women who wanted to. The second edition of the book promises to do even more. It includes even more testimonials from workshop participants, an interview with a sexual healer, and an expanded list of outside references, resources, product makers, and tantra teachers. Sundahl summarizes and explains new information that has come to light regarding the G-spot, paying special attention to the renamed and researched PC muscles, and new "find, see, and feel" techniques for ejaculating with a partner. She has also added new information to her section on men's role in female ejaculation, updating findings on men's sexual tastes. Finally, this edition includes

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new illustrations and links to online video clips. With its new features meant to enhance Sundhal's original empowering and healing message regarding female sexuality, the second edition of Female Ejaculation and the G-Spot helps readers appreciate the wonders and healing potential of female ejaculation.

### **The Science of Orgasm -**

Barry R. Komisaruk 2006-11-26

This award-winning book "offers a thorough compilation of what modern science, from biomechanics to neurochemistry, knows about the secrets of orgasm" (Publishers Weekly). The coauthor of the international best-selling book *The G Spot and Other Discoveries about Human Sexuality*, Beverly Whipple joins neuroscientist Barry R. Komisaruk and endocrinologist Carlos Beyer-Flores to view orgasm through the lenses of behavioral neuroscience along with cognitive and physiological sciences. Covering every type of sexual peak experience in women and men from intense

to phantom, this fascinating and comprehensive work illuminates the hows, whats, and wherefores of orgasm. The authors explain how and why orgasms happen, why they fail to happen, and what brain and body events are put into play at the moment of orgasm. They also describes the genital-brain connection, how the brain produces orgasms, how aging affects orgasm, and the effects of prescription medication, street drugs, hormones, disorders, and diseases.

Winner of the 2007 Bonnie and Vern L. Bullough Book Award, given by the Foundation for the Scientific Study of Sexuality

### **The Art of Female Pleasure -**

Gabrielle Cerise 2007-04-01

Want to Really Satisfy a Woman? Then read on...Based on empirical evidence, women in same sex encounters report more pleasure and satisfaction. According to the groundbreaking Shere Hite report on Female Sexuality (described as one of the 100 key books of our time by the Times) 52% of women in the UK ALWAYS orgasm when with

a woman!! In Australia and New Zealand that's even higher! 60 % and 61% respectively. Furthermore when asked 'are you curious or would you like to try a sexual relationship with a woman'. . .71% of UK women said yes! And in Australia and New Zealand its 78% and 80%.Furthermore ancient texts advocate the immense sexual potential of women, in fact in 15AD a spiritual leader in the East declared that when God was giving out sexual desire one tenth went to men, and a whopping nine tenths went to women! Through it all, one truth has remained - women inherently know how to please and satisfy women in a way that, until now, has received little recognition. The Kama Sutra, Ananga Ranga, The Perfumed Garden, and The Tao have all touched upon these areas, but none have fully explored the process and learning to be gained by women who love women.Intense desire, coupled with a not so fulfilling bedroom life, means a tide of sexual

frustration sweeping many women!However the situation is not as bleak as it seems. In discussions with numerous bisexual and lesbian women a number of factors have been isolated which may hold the key to bringing pleasure and satisfaction to many women.- Develop a great appreciation of your partners body. Large, small, simply show your appreciation in words or touch, make her feel truly admired. - Facilitate relaxation. In other words take the time to relax the lady in your life - talk, give her a massage, rub her hands, play some music. Remember relaxation precedes arousal - therefore the more relaxed the lady, the greater will be her arousal, and response to your touch.- Increase your foreplay repertoire! For many couples there seem to be degree of focus on two strategic points. By expanding your vision to include often neglected areas such as the neck, back, forehead, eyes, hips, hands - you will be able to provide greater stimulation to her body, and increase arousal.

Just make sure you keep this up for at least 20 - 30 minutes to create the desired effect.- Holistic seduction : Vary the stimulation when seducing your love object. Find out her likes and dislikes, interests, hobbies, and talk about them. Make her really feel listened to.. Now use your body language, words, questions, and atmosphere to create the seduction. Your body language should be open and relaxed; your words gentle and pleasing to the mind; the tone of your voice - deep, gentle and steady; slowly steer your line of questioning to sensual topics - i.e. her favorite food, types of massage she likes, the forms of art she admires. This will stimulate her inherent sensuality.- Holistic lovemaking : involve her mind, body and soul. The central idea here is to fundamentally create a sense of connection. By creating this feeling, you will be involving

her mind, body and soul in the process, and thereby increase her response to you and her pleasure. Tantric exercise such as simply looking into each other's eyes - creates an intense bond, and fires neurons in the brain responsible for making us feel grounded, protected, and valued. Lye face to face, or sit face to face and simply gaze into each other's eyes. A variation of this is to sit, lie, or stand face to face (with eyes closed and foreheads touching) and simply feel the connection. Once you are familiar with these exercises try co-ordinating your breathing, to create an even greater feeling of connection.- Discover her body, find out her preferences! Is she a G-Spot or clitoral woman? Taylor you positions to give her - her favorite stimulation. As a general rule - positions which stimulate the clitoris are usually face to face, and those tha