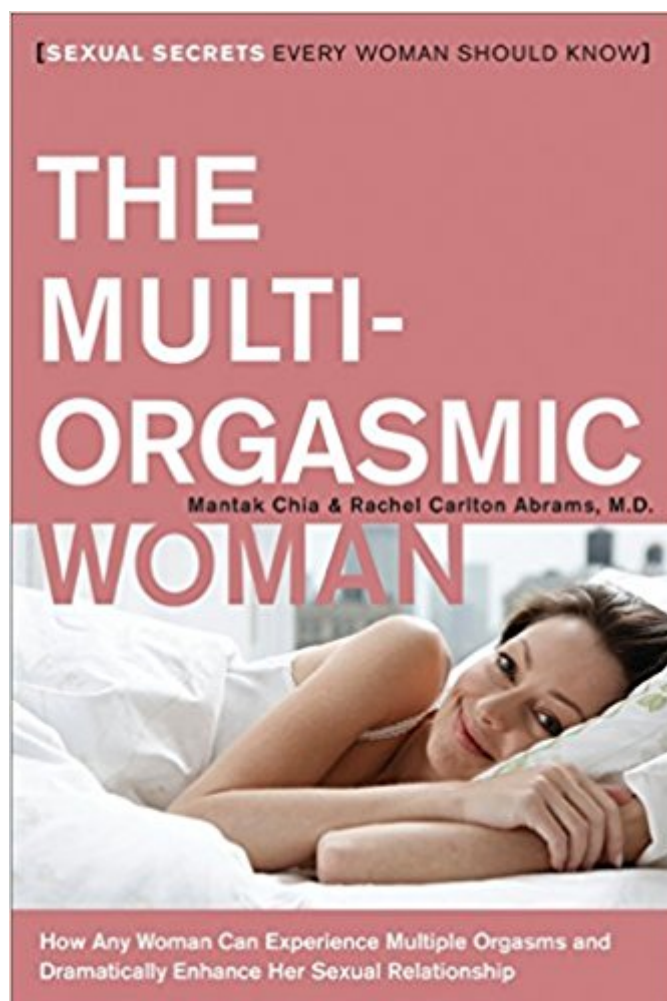


The book was found

The Multi-Orgasmic Woman: Sexual Secrets Every Woman Should Know



Synopsis

A classic work on human sexuality, *The Multi-Orgasmic Woman*—along with *The Multi-Orgasmic Man* and *The Multi-Orgasmic Couple*, the other volumes in the ground-breaking trilogy—is the first popular, accessible book designed to teach women the essential techniques to enjoying multiple orgasms in their sexual relationships. Co-written by Mantak Chia, the foremost expert in the field of Taoist sexuality, and Rachel Carlton Abrams, M.D., a family practice physician specializing in women's health and sexuality, *The Multi-Orgasmic Woman* combines ancient Eastern wisdom with Western knowledge to provide the sexual secrets that every woman needs to know.

Book Information

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Customer Reviews

For women who seek "heightened spiritual consciousness" with their extended and multiple orgasms, the coauthors of *The Multi-Orgasmic Man* and *The Multi-Orgasmic Couple* prescribe a series of meditations and exercises from the Chinese Taoist tradition. The authors' inclusive language speaks to all women, regardless of age, sexual orientation, relationship status, orgasm tendencies or level of experience with meditation. The good, basic information (including a thoughtful bibliography and appendixes) on general sexual health and wellness emphasizes holistic approaches to maintenance and treatment, and the primer on the fundamentals of chi (energy) provides a solid overview of the theoretical basis for the methods developed to cultivate and use this energy. Achieving multiple orgasms, however, requires a considerable commitment to mastering the

challenging practice of stimulating and directing sexual energy throughout the body (although the simpler meditations and breathing exercises will help even beginners to relax). There are also many more specific techniques for "self-cultivation" (the Taoist term for masturbation) and detailed instructions for developing stronger pelvic muscles than can be found in many sex manuals. However, those new to meditation may find the complicated visualization sequences difficult to follow (e.g., advanced techniques involving stone eggs may seem too bizarre for some readers). (June) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

"This fun-to-read book offers down-to-earth and clear descriptions of ways women may enjoy sensual and sexual pleasure. I love the focus on pleasure and not just on orgasm or multiple orgasms. The combination of Eastern and Western information and exercises will help women to enjoy sexual health across all ages--whether they are single or in a relationship with a man or a woman." -Beverly Whipple, Ph.D., Professor Emerita, Rutgers, The State University of New Jersey, Coauthor of the "The G-Spot" and "Other Discoveries about Human Sexuality" In "The Multi-Orgasmic Woman" Rachel Abrams is like sitting down with an MD girlfriend who focuses on women's sexual health AND knows everything about the ancient art of Taoist sexual practice. More women will have expanded access to their sexual pleasure and the possibility of multi-orgasmic sex thanks to her uncomplicated directions and illustrations. A step-by-step guide for women to explore being multi-orgasmic. -- Lou Paget, Best-selling author of "How to Be a Great Lover" and "The Big O." Publisher's Weekly, 5/9/05: For women who seek "heightened spiritual consciousness" with their extended and multiple orgasms, the coauthors of The Multi-Orgasmic Man and The Multi-Orgasmic Couple prescribe a series of meditations and exercises from the Chinese Taoist tradition. The authors' inclusive language speaks to all women, regardless of age, sexual orientation, relationship status, orgasm tendencies or level of experience with meditation. The good, basic information (including a thoughtful bibliography and appendixes) on general sexual health and wellness emphasizes holistic approaches to maintenance and treatment, and the primer on the fundamentals of chi (energy) provides a solid overview of the theoretical basis for the methods developed to cultivate and use this energy. Achieving multiple orgasms, however, requires a considerable commitment to mastering the challenging practice of stimulating and directing sexual energy throughout the body (although the simpler meditations and breathing exercises will help even beginners to relax). There are also many more specific techniques for "self-cultivation" (the Taoist term for masturbation) and detailed instructions for developing stronger pelvic muscles than

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good book but WAY more diluted than Chia's "Cultivating Female Sexual Energy" This is a good starting approach to those who are new to Taoist Energy concepts.

Very informational book! I am looking forward to reading all of them and learning new things about myself and my life partner!

This book is so inspiring! and has opened my understanding about my body that is delicious. I have a new appreciation for my body and I'm loving all of me!! so enjoyed this book I have recommended to my single friends and the married.

This is not a book written by Mantak Chia but by a woman doctor whose approach to the theme is like a women's magazine with questionnaires and shallow thinking. Deceptive!

This book is filled with tons of explanations, exercises, pictures, and research to help women (and guys reading it) to explore themselves deeper sexually. I can say that I have taken a lot away from this book and it is right next to my copy of "The multi-Orgasmic Man". A lot of guys only focus on themselves, but I tell ya, reading this has upped my game in the love department. I not only have a better anatomical grasp of how to love, but now better understand energetically too. I now know what a woman who is spiritually and sexually awakened expects and needs so I can better meet the needs of that type of woman. Over all a very useful guide!

I buy this box because i was reading a book by Mary Morrison and one of the book it recommaned to read, i have tell most of my co workers about it and they said their sex life has change

fantastic book love seeing what women like and being able to assist in pleasing your partner more, we have had a lot of enjoyment in reading this together.

Really good book!

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