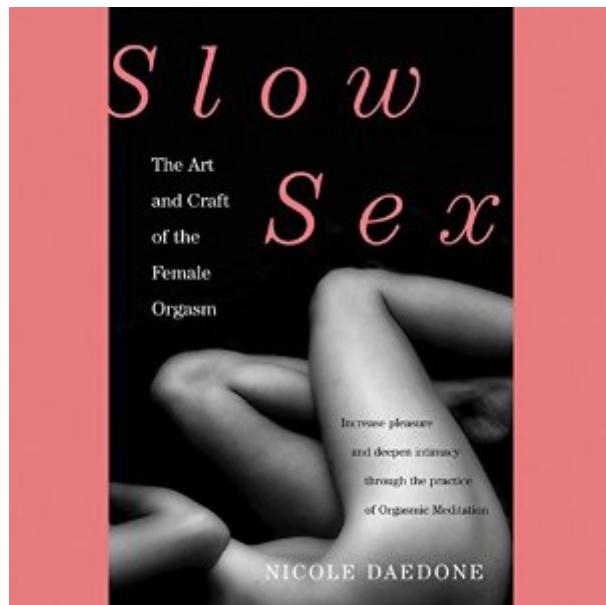


The book was found

Slow Sex: The Art And Craft Of The Female Orgasm



Synopsis

The truth is: Most women do not have satisfying sex lives. Slow Sex can change that. Better sex is about one thing: better orgasm. This life-altering guide teaches men and women how to use the practice of Orgasmic Meditation - or OM - to slow down, connect emotionally, and achieve authentic female sexual satisfaction. The promise: In just fifteen minutes every woman can become orgasmic. And, with the right partner and the right technique, that orgasm could last and last! For more than a decade, Nicole Daedone has been leading the "slow sex movement," which is devoted to the art and craft of the female orgasm. OM is the act of slowing down, tuning in, and experiencing a deeper spiritual and physical connection during sex. Slow Sex reveals the philosophy and techniques of OM and includes a step-by-step, ten-day OM starter program, as well as OM secrets for achieving ultimate satisfaction. It also includes exercises to help enhance readers' "regular" sex lives, such as Slow Oral for Her, Slow Oral for Him, and Slow Intercourse. This book is the argument for daily intimacy, and for paying attention as the foundation of pleasure, all with a focus on the female experience.

Book Information

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Customer Reviews

"Women who think they're going to learn anything from Fifty Shades of Gray are wasting their time. They'd do better to read `Slow Sex: The Art and Craft of the Female Orgasm.'" I read that on a message board. So I bought Nicole Daedone's book. On page 1: "I teach a practice called Orgasmic Meditation. It's a way that any man can bring out the orgasm in any woman, in just fifteen

minutes."Would you read on?Very quickly I learned that orgasm, for Daedone, is not the moment of climax. It's the entire experience of sex. It's the way sexual potency is "a source of power," an "entry point" to joyful living, a "gateway" to a deeper connection with your lover.Sounds good?Or would you prefer to learn, from "50 Shades," how to enjoy being whipped with a riding crop?Given that choice, any reasonable woman --- or any man involved with a woman who prefers improved reality to romance novel fantasy --- would ask: So what is the technique?It's not sex. It's not even foreplay. After 15 minutes, you get up and leave. It's just what Daedone says it is --- meditation. But because we're talking about orgasm, you do it with your body.Or rather, you do it with the woman's body --- because the man remains fully clothed. She removes her pants. Lies down. Spreads her legs. From there, he does everything. Looking. Stroking. Talking.However much I may be a man of the world, I blush to tell you the specifics. So please watch Nicole Daedone's TED Talk (yes, she made a presentation at TedxFSF). I'd suggest that you start at 5:30 and cut out around the 10-minute mark.

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