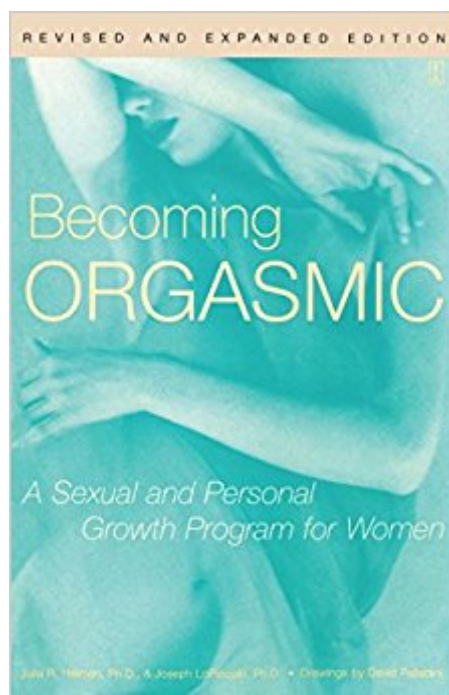


The book was found

Becoming Orgasmic: A Sexual And Personal Growth Program For Women



Synopsis

Are you shy or self-conscious when it comes to sex? Do you want to learn how to enhance the pleasure you derive from sex? The revised and expanded edition of *Becoming Orgasmic* provides a program designed to help anyone overcome the myriad obstacles to complete sexual satisfaction. Whether married or single, young or old, the program presented in these pages will help you feel comfortable with yourself and your ideas about sex and enable you to grow as a person. *Becoming Orgasmic* will help you: -Evaluate your sexual history and put it in perspective -Explore your body through touch -Understand the effects of pregnancy, menstruation, and menopause on sexual desire and response -Be comfortable with your body and yourself as a woman -Share self-discovery with your partner -Find techniques to try if something turns you off -Overcome the fear of orgasm -Learn how to bring yourself to orgasm -Practice safe sex in today's world "precautionary measures, social expectations, personal values, and choosing a partner in the age of AIDS A personal and sensitively written book that is also informative, *Becoming Orgasmic* is designed to make you feel good about your sexuality and yourself.

Book Information

Paperback: 266 pages

Publisher: Fireside; Rev Exp edition (December 10, 1987)

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Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars See all reviews (27 customer reviews)

Best Sellers Rank: #42,565 in Books (See Top 100 in Books) #87 in Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality #196 in Books > Self-Help > Sex #2518 in Books > Parenting & Relationships

Customer Reviews

This was a pioneering book back in the 70s and 80s, and it is still just as excellent now as it was then. Many of the more recent books on the same topic are just clones and rehashes of this one, and many are not as good because they are more interested in promoting specific therapists than actually helping you solve problems. Rather than duplicate all the other five-star reviews, I thought I would add two bits of information that may be helpful to women who have worked through the

program in the book and want to know, what next? The first half of the book is a guided journey of self-exploration, to help you get (re)acquainted with your body and your thinking about things like sex, nudity, your self-image, and your sexual wants and needs. Learning to give pleasure to yourself is an essential part of the program. Most women will manage just fine if they follow the program step-by-step, but some will stall out just before graduation: your first solo orgasm. If you get that far and get stuck, I recommend Betty Dobson's website. She's been teaching women to orgasm for 40 years and has over 200 hundred posts specifically on how to orgasm. This is probably the best starting point: <http://dodsonandross.com/sexfeature/first-time-orgasm>. Once you have successfully graduated from the program in the first half of the book, the second half is devoted to helping you become orgasmic during sex with a partner. Although the authors never mention this by name, the exercises for couples are based on the key elements of tantric sex. (For a point-by-point comparison, see my article at <http://moderntantra.blogspot.com/2015/05/becoming-orgasmic-tantra-as-therapy.html>).

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