

The Art Of Sexual Ecstasy Margot Anand

Interesting, Stimulating and Erotic from the reputed insatiable sexual appetites of Swingers and the sexual revolution in modern time. The purpose of this book is to essay morals on sexual attitudes and behaviour in the swinging scene taking in the wildest behaviour and practices from the earliest times to the present day. The phenomena of swinging and wife swapping have mystified me and after encounters with several swingers has led me to research sexual attitudes, and partner swapping in the Swinging scene. In my attempts to analyse the psychology of swingers wife swapping and auditory I have come to understand that human behaviour is very complex and that there are degrees of differences in sex, morality and behaviour. Also available in AuthorhouseUK online bookstore: <https://www.authorhouse.com/en-gb/bookstore/bookdetails/815861-a-passage-to-sexual-ecstasy-and-eroticism>

A guide to meditation, sex, and ecstasy. The Art of Tantra offers a fascinating method of improving your pleasure, vitality, and internal strength. Clear, practical, and profound, it contains over five hundred color photographs and illustrations demonstrating the positions and exercises that the reader can use to reach a new sexual dimension in his or her emotional relationships. The Art of Tantra promotes the comprehension, understanding, and experience of the most important taboo in the history of humanity—sex—and in its pages you will discover Tantra as a form of comprehensive wisdom on the energies and art of living. There is an ample variety of exercises and meditations, such as: The Rainbow Greeting the Sun The Dragon Dance of the Five Elements The Art of Tantra is an invitation to expand your consciousness in a simple and dynamic manner.

Focusing on keeping the passion alive and energized within a relationship, this guide to having mind-blowing sex again and again in a stable relationship addresses the questions that everyone wants answered: what is it that makes some people such great lovers and what are they doing that keeps the fires burning? It reveals the tips and techniques that should help us do just that. Writing in an easily-accessible one-a-day format, she provides both men and women with refreshing, savvy and informative essays on: secrets and advice on maintaining an attitude to sex that is open, curious and passionate; hot tips for creating a sexual atmosphere in your relationship; the most popular types of sexual fantasies and how to ask for what you want; Lou's greatest techniques for hot foreplay, sensational positions and trying something new; and frequently asked questions and the very best of the lesser-known sexual tidbits.

- The secret sexual energy practices of Toltec-Mayan shamans revealed at last.
- The author studied with don Juan Matus and the same circle of Nagual sorcerers who taught Carlos Castenada.
- Offers specific step-by-step instructions for mastering the ancient sexual techniques that lead to spiritual transformation. Readers of Carlos Castenada have often complained that his work in ancient Meso-american shamanism never covered sexual practices beyond celibacy. With his death in 1998 it seemed that these practices might never be revealed, but fortunately Marilyn Tunneshende has stepped in. Set against the backdrop of the golden deserts of Sonora, Mexico, Don Juan and the Art of Sexual Energy recounts Tunneshende's initiation into the ancient sexual energy practices of the Toltec-Mayan tradition. Under the tutelage of don Juan Matus, Chon Yakil (whom Castenada referred to as Don Genaro), and dona Celestina de la Soledad, she learns to reclaim her feminine power and balance the masculine and feminine forces within herself. At the heart of the book is the mythical Rainbow Serpent: the phallic energy within women, the creative power within men. Each chapter focuses on a particular technique for awakening the serpent and connecting with its energy. Twenty-two sequential practices are covered, providing a powerful program for serious spiritual transformation.

This landmark book on human sexuality makes the sacred lovemaking techniques of the East fully comprehensible to Western readers. Elegantly illustrated, it helps the reader acquire new attitudes and broaden his or her range of experience, to revitalize and strengthen relationships. This book opens the way to a new stage of fulfillment and bliss, making the sacred lovemaking techniques of the east available to western readers and extending sensual experience for everyone. "The most comprehensive and clearly written work on contemporary Tantric sex. An exceptional detailed program for both the beginner and the advanced practitioner." —Herbert A. Otto, author of "Total Sex".

If you can do all it takes to have sex with her to a point of sexual ecstasy, then nothing stops her from going wild about you. Do you plan to plan to peruse these lovely stories? You should. Going gradually from understanding the psychology of sexual desire is always almost enough to keep the body sane and active. Not just that, it keeps you in the right frame of mind. As you go through this collection of stories, keep your minds alert and your body full of expectation. This book is collection of short stories of Intense Love Making, Sexual Adventure and Dirty Talking where Lola, a last in her prime discovers that her husband's secretary is showing off to him. All hell is let loose in the event to tie the knots. These stories are eventful as they promise to evoke the most sexual arousal in making love. You do not want to miss this adventure. Advantages of reading this book are (But not limited to) these... Besides the fact that it is entertaining, and fun filled, it is adventurous This book takes you on such a deep sexual ride that you can not dare get over in days and weeks It helps you increase the mode at which you turn on your sexual desires in the slightest of times. Words that accompany their feelings are here in the book, set to set your life making on fire. This is a book you need not only for sexual ecstasy but for your everyday life. Evidently, this book is a collection of stories that covers much more than adventure and fun but eats deep into very personal details and life matters. Get yours now!

This guide to sexual satisfaction explores the physical, psychological, and interpersonal problems that can inhibit sexual intimacy and outlines effective therapeutic techniques, including specific exercises that women can do alone and with their partners. Reissue.

An irresistible tome from the insurrectionist theoretician, Hakim Bey. His incendiary words are beautifully illustrated by the renowned collage artist Freddie Baer. The result is a

delightful compilation by two talented artists. A must read for those who have followed their work for years. In this collection of essays, Bey expounds upon his ideas concerning radical social reorganization and the liberation of desire. Immediatism is another lyrical romp through intellectual corridors of spirituality and politics originally set forth in his groundbreaking book, TAZ. A stunning achievement from this prodigious author and scholar. "A Blake Angel on Acid."--Robert Anton Wilson "Fascinating..."--William S. Burroughs "Exquisite..."--Allen Ginsberg

In Sexual Ecstasy, Margot Anand offers a magnificently illustrated, concise, and step-by-step guide to giving magical orgasms to your partner, male or female. Sexual Ecstasy will: Bring fresh awareness to sexually sensitive areas and new ways of caressing these areas. Open the way for ecstatic states of orgasm. Help reveal and dissolve psychological and emotional blocks inhibiting the flow of orgasmic energy. Enhance communication between love partners, deepening their sense of intimacy. Teach you, the woman, how to take responsibility for your sexual well-being. Teach you, the man, how to bring a woman to orgasmic ecstasy.

Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman's life • Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman's life and allow women to awaken their genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy exchange and intimacy building, Minke de Vos's detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.

Shows couples how to increase their physical and spiritual energy during sex and channel it into their professional lives, using a series of exercises based on ancient rituals. By the author of The Art of Sexual Ecstasy.

An essential exploration of why and how women's sexuality works—based on groundbreaking research and brain science—that will radically transform your sex life into one filled with confidence and joy. Researchers have spent the last decade trying to develop a “pink pill” for women to function like Viagra does for men. So where is it? Well, for reasons this book makes crystal clear, that pill will never be the answer—but as a result of the research that's gone into it, scientists in the last few years have learned more about how women's sexuality works than we ever thought possible, and Come as You Are explains it all. The first lesson in this essential, transformative book by Dr. Emily Nagoski is that every woman has her own unique sexuality, like a fingerprint, and that women vary more than men in our anatomy, our sexual response mechanisms, and the way our bodies respond to the sexual world. So we never need to judge ourselves based on others' experiences. Because women vary, and that's normal. Second lesson: sex happens in a context. And all the complications of everyday life influence the context surrounding a woman's arousal, desire, and orgasm. Cutting-edge research across multiple disciplines tells us that the most important factor for women in creating and sustaining a fulfilling sex life, is not what you do in bed or how you do it, but how you feel about it. Which means that stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it. Once you understand these factors, and how to influence them, you can create for yourself better sex and more profound pleasure than you ever thought possible. And Emily Nagoski can prove it.

In ten interlocking essays, the acclaimed author of Written on the Body and Art & Lies reveals art as an active force in the world--neither elitist nor remote, available to those who want it and affecting those who don't. Original, personal, and provocative, these essays are not so much a point of view as they are a way of life, revealing "a brilliant and deeply feeling artist at work" (San Francisco Chronicle).

For the first time, Kenneth Ray Stubbs brings together the books of his beloved "Secret Garden Trilogy"--Tantric Massage, Sensual Ceremony, and Sacred Orgasms--into one complete volume. In this three-in-one book, couples will find the broadest range of creative ideas and resources available in any Tantric guide.

Achieve Cosmic Consciousness through Sexual Ecstasy This hardcover edition of an influential classic provides sexual techniques and positions for ritual intercourse that will flood you with physical ecstasy and activate expanded states of consciousness. These Tantric practices not only teach you how to build sexual love and passion to an amazing peak, but also how to push your mind even higher to reach transcendental bliss. With more than forty years of experience, Dr. Jonn Mumford helps you bring holiness and magick into your sexual relationship. This book skillfully interweaves theory and practice so you can understand why you are doing each exercise as you learn potent techniques. Discover the God/Goddess as incarnate in your beloved and experience the same divinity within yourself through physical and spiritual union. Learn how to engage in the Asanas of Love and use a powerful technique known as the Rite of Naked Fire. Featuring a new introduction and a wealth of illustrations and photographs, this book reveals the secrets of erotic mysticism.

The aim of this book is to transform sexual ecstasy into a spiritual performance through a wide range of methods for enhancing and deepening intimacy. Margo Anand presents ancient Tantric

and Taoist erotic practices that have been fully adapted for western lovers. These include ways of removing psychological fears, increasing arousal, prolonging pleasure, recovering from sexual trauma and achieving multiple orgasms for both men and women.

An illustrated workbook to Tantric lovemaking by the best-selling author of Sexual Ecstasy and The Art of Sexual Ecstasy counsels readers on how to overcome such challenges as communication obstacles, busy schedules, and insecurity. Original.

Instructions on how to obtain higher emotional intimacy and sexual sensations with a partner through different positions, massage, mindfulness and ritual.

The classic guide to fully enjoying the pleasures of self-love, full of warmth, intelligence, and informative line drawings—from a renowned sex educator featured on Netflix's the goop lab with Gwyneth Paltrow Confronting one of our last and most deeply rooted taboos—masturbation—noted sex expert and pro-sex feminist Betty Dodson, Ph.D., takes the shame out of self-love by creating a straightforward and appealing guidebook that reveals masturbation as a satisfying, vital form of sexual expression. Dr. Dodson demonstrates how anyone can learn to make love alone with feelings of guilt or loneliness, and explains why masturbation is sexually and spiritually fulfilling for both men and women. Not only is it the safest sex, but sharing masturbation can also be a sensual treat for couples who want to learn more about each other's sexual responses. Sex for One demonstrates that self-loving is not just for times in-between lovers or for social misfits. Masturbation is the joyful and ongoing love affair that each of us has with ourselves throughout childhood, adulthood, and the golden years of old age.

Tantra--the "great school of sexual intercourse"--provides ecstatic exchanges of erotic energy that can last for hours. These illustrated techniques and positions demonstrate a variety of approaches to intercourse, based on special yoga exercises that help you prepare for great sex through relaxation, breathing, and meditation. The tantric erotic rituals that enhance a romantic encounter range from personal body care such as exercise and nutrition to partner games, including erotic bathing, dance, and massage. Turn any room into a sensual pleasure dome using special lighting, fragrances, oils, fabrics, aphrodisiacs, and furnishings, all designed to prolong the erotic atmosphere. Leave everyday life behind, including inhibition, fear, and anxiety, as you learn to live all of life as an erotic experience.

"Sexual Secrets" is the definitive and all-encompassing guide to sex and mysticism. No book of this magnitude has ever appeared on the subject. The distillation of more than two thousand years of practical techniques for enhancing sexual awareness and achieving the transcendental experience of unity, "Sexual Secrets" explores the path of love and mysticism, making accessible for the first time the sexual mysteries of the East.

Famed tantric practitioner and teacher Margot Anand has led a life of spiritual bliss and erotic ecstasy. This book recounts the fascinating adventures, turning points, and breakthroughs on her path from sex to awakening, and it includes techniques and exercises to help you connect to the powerful energy of the erotic spirit.

Tantra is a vital path toward full interior development through sex, love, and meditation. Its origin dates back to ancestral India, and from there has enlightened many generations of lovers who have penetrated the secret that leads to ultimate happiness. The practice of Tantra heightens the energy and creativity levels, in addition to reinforcing the partners' connection. It is an integral method that permits the growth of the participants in all aspects of their personality: sexuality, intuition, spirituality, and more. Through the words of Guillermo Ferrara, whose teachings on Tantra are known worldwide, the step-by-step exercises and photographs come to life. The Ultimate Guide to Tantric Sex contains, amongst other themes: • Introduction to Tantra and the energies of love • Seduction and sensuality • Yoga for lovers • Sensitive touch and sensual massages • Secret erotic points • Sexual magic, rituals, symbols, and dances • Advanced sexual poses • Tantric exercises for couples • How to achieve a multiple orgasm • Prolonging pleasure • Eighteen lessons of tantric sex

Contains everything a man needs to know in order to be a good lover, based on esoteric traditions of sexual ecstasy. • Includes practical and easy-to-follow Tantric rituals and sacred sexuality exercises for a modern lifestyle. • Uses real-life stories of couples to show the benefits achieved with the practices. • Offers an approach to lovemaking that encompasses all dimensions--physical, emotional, and spiritual. • Written by the co-creators of The Secrets of Sacred Sex video Being a good lover isn't easy. With more freedom, knowledge, and body awareness, today's woman knows better than to settle for predictable, performance-based sex. Tantric Secrets for Men offers everything a man needs to know in order to satisfy a woman's physical, emotional, and spiritual yearnings. Employing the ancient secrets of physical ecstasy, men learn to transform rote sex into passionate lovemaking, pleasure into ecstasy, and partnership into union. From the expert teachings of a committed couple practicing and teaching ecstatic sexuality in a modern-day context, men will learn how to satisfy a woman on the levels of body, heart, and soul--and how to bring themselves to new heights of ecstasy in the process. The authors draw upon time-honored tantric and Taoist practices and modern sexology that will enable couples to make love more frequently, achieve higher and prolonged states of orgasmic intensity, experience lovemaking as a sacred endeavor, and deepen loving relationships.

The Tao of Love and Sex is a revealing and vivid account of the ancient Chinese sexual teachings and techniques banned by the invading Mongols in the 13th century. The book describes, through text and contemporary illustrations, the ways in which Taoist teachings about sexual love can be used as a means to achieving ecstasy and as a therapeutic and healing force. The modern Western reader can here discover the ancient Eastern methods of ejaculation control, types of thrust, love-making positions, erotic kissing, the conquest of impotence and about sex and longevity. Frank and explicit, yet inseparable from the Taoist spiritual tradition, The Tao of Love and Sex will enrich the variety, subtlety and sheer sexual pleasure of all who read it.

Though they disagree on virtually everything else, evangelicals and gays, Catholics and agnostics all agree that sex should be innocent and ecstatic. For most of Western history people have not had such expectations. Innocent Ecstasy shows how Christianity led Americans to hope for so much from sex. The book explains how the sexual revolution could have occurred in a nation so deeply imbued with Christian ethical values. Tracing our strange journey from the hands of Jonathan Edward's angry Puritan God to the loving embrace of Marabel Morgan's Total Woman, Gardella draws his surprising evidence from widely disparate sources, ranging from Catholic confessionals to methodist revival meetings, from evangelical romances to The Song of Bernadette. He reveals the sexual messages of mainstream Protestant theology and the religious aspirations of medical texts found at the Kinsey Institute for Sex Research. He sheds new light on such well-known figures as Henry Adams, Margaret Sanger, Aimee Semple McPherson, and Harriet Beecher Stowe, and introduces us to such fascinating, lesser-known characters as Dr. John Harvey Kellogg and Sylvester Graham, inventors of corn flakes and Graham crackers, who devised their products as anti-aphrodisiacs. While detailing the development of moral obligations to pursue sexual pleasure and to follow certain patterns of sexual practice, Gardella incidentally provides one of the few books to bring together the liberal Protestant, Roman Catholic, and evangelical perspectives on any aspect of American culture. Gardella attributes the American ethic of sexual pleasure to the eagerness of Americans to overcome original sin. This led to a quest for perfection, or complete freedom from guilt, combined with a quest for ecstatic experience. The result, he maintains, is an attitude that looks to sex for what was once expected from religion. In this new edition, a new conclusion explores how popular music, gay liberation, and recovery from sexual abuse have substantially expanded innocent ecstasy during the past thirty years while continuing the Christian themes of redemption and mission. A new afterword deals with contemporary developments in popular culture and offers thoughts about the future

From Barbara Carrellas, sex expert and author of the best-selling book *Urban Tantra*, comes *Ecstasy is Necessary*. This is not your average tips-and-techniques sex book; rather it is an exploratory journey of the sexual self and the infinite possibilities of ecstatic expression. In *Ecstasy is Necessary*, Carrellas teaches readers how to discover, nurture, expand, and embrace their authentic, ever-evolving, sensual, sexual self. Everyone goes through different phases of sexual expression and desire, and there are an infinite number of erotic and ecstatic possibilities available at all points along the way. The insights readers will gain in their journey with Carrellas will help them confidently approach sex and relationships in a way that works for them no matter where they are in their sexual evolution. They will get tools for solving the inevitable challenges that arise. They'll even receive permission not to have sex at all, if that's what's right for them, because it is possible to create ecstatic experiences even when sex itself is not possible, available, or appropriate. Using stories and simple exercises, Carrellas helps readers understand how they are wired for sex and relationships, what their personal warning signs look like, and what they need for optimum care. Plus, they'll learn how to effectively communicate this information to others so that they can be loved more easily and effectively. As readers discover their authentic sexual selves, they will learn how to create the conditions that allow more and more of their experiences and relationships to be opportunities for-and invitations to-ecstasy.

"I recommend *The Art of Sexual Magic* to all those who want to know from the depth of their own being that sexual ecstasy and exaltation of the spirit are the same experience in different disguises." --Deepak Chopra Restoring a sense of sacred significance to the act of lovemaking, the practice of sexual magic also enables couples to celebrate the highest form of erotic communication. Sexuality becomes a way to honor both physical instincts and spiritual yearnings. A world-renowned expert in the field of Tantric sexuality, Anand sensitively guides readers through a series of unique exercises, many of which are based on ancient erotic rituals. In the process, readers will become "sexual magicians," gaining enchanting new powers that are magically accessible to every man and woman. Beautifully illustrated, with more than sixty explanatory drawings, *The Art of Sexual Magic* is a life-changing book for those who seek to discover the magic potential of sexual energy. It invites lovers on an exciting, unexplored pathway and richly rewarding journey.

The authors of *Conscious Loving* present an innovative mind-body approach to sexual fulfillment that incorporates simple breathing techniques to overcome sexual dysfunction or promote pleasure, covering *The Master Practice*, *Discovering the "B-Spot,"* sexual exercises to promote intimacy, and other topics. Original. 15,000 first printing.

"Ecstasy is about waking up and finding that you are in love with life." Most people think of ecstasy in terms of sexual ecstasy, which Tantric sex expert Margot Anand wrote about in her bestselling *The Art of Sexual Ecstasy*. Now, in *The Art of Everyday Ecstasy*, Anand expands our definition of ecstasy and shows how we can harness its energy to help us live, work, and love more passionately, joyfully, and with true spiritual focus. Our modern, work-obsessed, stress-filled culture--what Anand calls the "anti-ecstatic conspiracy"--has dulled our spirits, thrown us off balance, and alienated us from meaningful everyday experiences. In this inspirational journey toward finding the healing nature of ecstasy, Anand explains how the two types of ecstatic experiences--the moments of epiphany called *Ecstatic Awakenings*, and *EveryDay Ecstasy*, or the *Ecstasy of Flow*, a connection to our power and inner wisdom--can help us move beyond pain and doubt to reach our highest potential. Based on the spiritual path of Tantra, Anand shows how to use the natural energy system of our bodies--the seven chakras--as a map to ecstasy. As she guides us through the chakras, she explains how each one plays an important role in transforming energy into erotic passion, healing, empowerment, compassion, creativity, insight, and gratitude. Blocked chakras manifest themselves in surprising ways; wholeness can be achieved only when all of the chakras are open with energy flowing freely. By transforming negative behavioral patterns into positive ones and strengthening ourselves physically, emotionally, and spiritually, we can improve our health, sex life, career, relationships, and find profound meaning in everyday moments. With personal anecdotes, exercises, meditations, and rituals, *The Art of Everyday Ecstasy* shows us how to bring ecstatic energy into the body, mind, heart, and spirit--"to embrace every moment in our totality, to respond bodily, feel from the heart, perceive with clarity, and be fully present to others and to life."

A Joy of Sex for the New Age, this treasury of Eastern and Western sexual secrets will help couples enjoy the best physical and spiritual relationship possible. Contains Tantric and Taoist techniques of sacred sexuality, guided meditation passages, and tasteful drawings by Allan Parker.

Discusses the eight core pleasures--primal pleasure, pain relief, the pleasures of play and humor, and mental, emotional, sensual, sexual, and spiritual pleasure--and how they can enrich one's life

View Book Videos and Pictures on Author Page. The audiobook is now on Audible.com. The book has been read by many thousands of women and men. Due to your continuous support and great feedback, it has been the #1 selling product on "How-To Anal Sex with a woman" since Feb. 2011, on Amazon! Thank You! This book is about how to pleasure your woman deeply and creating an anal sex experience that satisfies her mind, body, and soul. You'll give her intense full-body orgasms, stronger than clitoral orgasms, and she'll yearn for more! Best Illustrated & Most Innovative System for Arousing Her Anal Ecstasy This book is very different, as it focuses on how to introduce a woman to anal sexuality with a pleasurable and painless detailed step-by-step system. This book teaches exactly what to do and how to do it. She'll enjoy incredible full-body orgasms because you will stimulate multiple erogenous zones simultaneously! All images are provided inside the book. The 7 Nights To Ecstasy System For Beginners, The 3 Night Delight System For Advanced Couples, or The Custom System 2 Nights or More for your specific situation along with the SEPOR Method will provide a clearly defined strategy on how to take it slow with your woman, so the process is pleasurable for her from beginning to end. Since it's a woman's preventable pain on the line. The content is what women want men to remember. Learn how to approach communication, build trust, gradually increase stimulation, and properly prepare for anal play. Why - The unmet need to provide a highly illustrated, innovative, and detailed step-by-step system to painless anal ecstasy. Other books do not provide an illustrated step-by-step system on how to take it slow. They state "take it slow" but do not define what is "slow!" If you go too fast you will hurt your woman. So learn to do it right! Compare the number of illustrations of competing books and the educational content in the images. The system & detailed illustrations provide an easy to learn from guide. THE DIFFERENCE 1. A different strategy that arouses the body in order to seduce the mind 2. 76 illustrations that serve several purposes: a) What to do b) How to do it c) Seduces readers to learn in an artistic manner and visually stimulates them as they progress through the book. 3. The best anal toys and my favorite lubricants (20 product images) 4. Fun preparation 5. Unique and advanced anal play activities, even for the experienced 6. Thrilling cunnilingus techniques 7. A unique combination of a detailed how-to system, hot arousal and Gem entry techniques, and number of instructional images that are not found in any other books, DVDs, online videos, or anal sex resource. 8. Different solutions tailored for your specific situation. 9. Erotic dialogue & explanations, clinical terms are not used. 10. Chapter summaries THE SOLUTION To seduce and pleasure the body and mind simultaneously to take her from NO, or maybe, to OMG that feels incredible! THE BENEFITS 1. Many women have reported the most incredible orgasms of their lives from anal sexuality. 2. Men will gain valuable skills. 3. The amount of sexual fun you can have is more than doubled. 4. The intimacy and passion you reach with anal sexuality is very deep. 5. The process will build better trust and communication in your sex life. 6. The process will provide an abundance of erotic fun both partners and the sense of novelty in your sex life will be increased forever! Now available in Spanish on Kindle and paperback: *Excitacion Hasta Su Extasis Anal* . YOUR REVIEWS HELP

OTHERS! Indicate which reviews help, so you can help others evaluate the book like you before your purchase and help them enjoy!

Sexual desire is one of the most powerful forces in our lives. When repressed or expressed inappropriately, it can create problems-but when celebrated in a loving relationship, it can take you to the heights of sexual ecstasy and emotional fulfillment. "Sex and the Perfect Lover is a guide for those who wish to strengthen sexual relationships and discover a source of power, pleasure, and intimacy like no other. Explore the magic and power of sacred sexuality through philosophies and practices both ancient and modern: -Visualization and other magical techniques to increase your sex appeal -Techniques for overcoming sexual blocks and inhibitions -Instructions for how men and women can achieve multiple orgasms, and how to find and stimulate a woman's G-Spot -Illustrations and descriptions of the positions of the Kama Sutra for increased intimacy and sexual pleasure -Techniques for a perfect first time with your lover -Tips for rekindling the flames of passion in an existing relationship -How to find your twin soul and the seven golden rules for creating loving relationships

A concise, illustrated workbook to Tantric lovemaking by the bestselling author of Sexual Ecstasy and The Art of Sexual Ecstasy. The Sexual Ecstasy Workbook is the perfect practical guide for the countless lovers who complain that sexual harmony is so easily broken and that love, rather than being pure bliss, is more like walking through a minefield-where at any moment a false move can turn off enthusiasm and snuff out all chances for orgasmic satisfaction. Problematic situations readers will learn how to successfully maneuver include: - She is turned on and wants to make love, but doesn't dare express it. - He wants her, but she seems so busy that he doesn't dare interrupt and ask. - The world-in the form of ringing cell phones, paging beepers, droning television, and domestic duties-prevents the focused intimacy that is the core of bliss. - Awkwardness-not knowing how to caress-turns lovemaking into a burdensome chore. The Sexual Ecstasy Workbook presents a user-friendly, step-by-step method for connecting more deeply with one's ecstatic potential, erotic goals, and ability to appreciate one's self and one's partner. New edition of the best-selling guide to transforming sexuality and orgasm through sacred ritual and ancient techniques. The New Art of Sexual Ecstasy opens the way to a new stage of fulfillment and bliss, making the sacred lovemaking techniques of the East available to Western readers and extending sensual experience for everyone. This landmark book on human sexuality provides simple techniques that help readers to discover new sexual experiences, combining physical pleasure with intense emotional and spiritual joy. Includes a wide range of practical ways to enhance sexual pleasure and deepen intimacy, including massage, visualisation, breathing, ritual, movement and fantasy. The sexual secrets outlined in this book include: * how to prolong pleasure * how to extend orgasms so it becomes a whole body experience * how to recover sexual sensation * how to have a multiple orgasm - for men and women * how to increase arousal and extend the sexual experience. Also included are many innovative sexual positions for versatility and compatibility. The emphasis in the book is on transforming sexuality beyond the merely physical, making it a truly spiritual experience. This book is ideal for anyone looking to bring spirituality back into sex, using it to bring the body and soul into union to discover a whole new experience.

[Copyright: b79672e1e51a15cb6536500d8587f910](https://www.amazon.com/dp/B079672E1E)