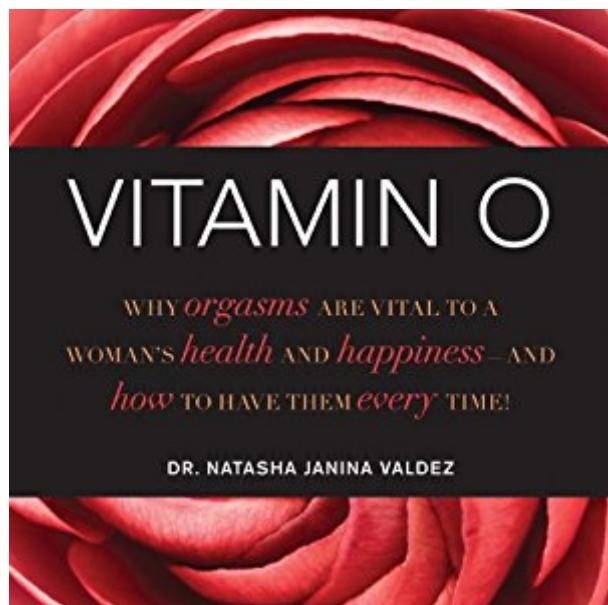


The book was found

# Vitamin O: Why Orgasms Are Vital To A Woman's Health And Happiness – And How To Have Them Every Time!



## Synopsis

They're free, fun, and with this book, easy to achieve. And just look what a woman stands to gain from her orgasmic life: Oxytocin - nature's Ecstasy - in her bloodstream, relaxation - less stress and tension, falling asleep and staying asleep better, more supple skin (really!), lower risk of heart disease, immunity boost, reduced hunger and cravings for junk food. Far too many women aren't enjoying the benefits of this delicious activity, and Dr. Natasha wants to change that. In Vitamin O, she explores manual techniques, oral methods, and crazy-fun sex positions that maximize a woman's pleasure. She covers the basics in orgasmic foreplay, orgasmic positions, exercises to improve orgasms, orgasm-enhancing yoga, breathing techniques, and more. She also offers up the 411 on more advanced climaxing - multiples and simultaneous orgasms. And she breaks out lots of quick fixes for getting a daily dose without any fuss. By the time she's through, having orgasms will become as natural and pleasantly habitual as drinking a morning coffee (which you'll be drinking less and less of, as you'll have increased energy from better sleep and less cravings for caffeine!). Vitamin O's benefits are layered and far - reaching, without any worry of toxicity or build-up because Vitamin O is all about release. Regular doses will benefit every listener for life.

## Book Information

Audible Audio Edition

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Self-Help > Sex

## Customer Reviews

Healthy sized book just packed full of great info. I haven't finished reading it yet, but I've loved it so far! The inside pages are just as beautiful as the outer ones and the author truly pulls you through the book just dousing you in fantastic, down-to-earth info. I'm so glad I purchased this book!

This is such a great book. I would recommend it to anyone who wants to have better sexual experiences and great orgasms every time.

When I was in my preteens my mother had a talk with me. She said that orgasms are a healthy part of life and it's important to have them regularly. I believed my mother but seeing it as a book cemented that idea; so, I dove right in. Dr. Natasha Janina Valdez, a licensed clinical sexologist, introduces the reader to women's sexuality and explains the health benefits to orgasms. As a well-read, sex-positive woman I didn't learn anything that was new although, had I been a "beginner," her explanations were a perfect introduction to the woman exploring herself. She places great emphasis on self-love which is wonderful. Too many women are devoid of self-love and Valdez is determined to make women comfortable with their bodies. The book was well organized but I found that a lot of the ideas were repeated. Now, this could be a good thing as this book was dedicated to a beginner but I wanted something more. I do commend her for encouraging women to show their lover (she uses the male pronoun when she talks about a woman's partner) how they like to be touched. This can strengthen a relationship and bring both partners pleasure they didn't know they could have. Overall, the idea was great and her advocacy for women to explore their bodies and find what they like was very sex-positive. For a woman who is in the process (or about to start) of making herself into a orgasmic woman, this book is a must. For those who already know their likes and dislikes, this is a good reminder.

We deserve it, owe it to ourselves, and need it. This should be a way of life for us. Men have been doing it forever. It is time for us ladies.

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