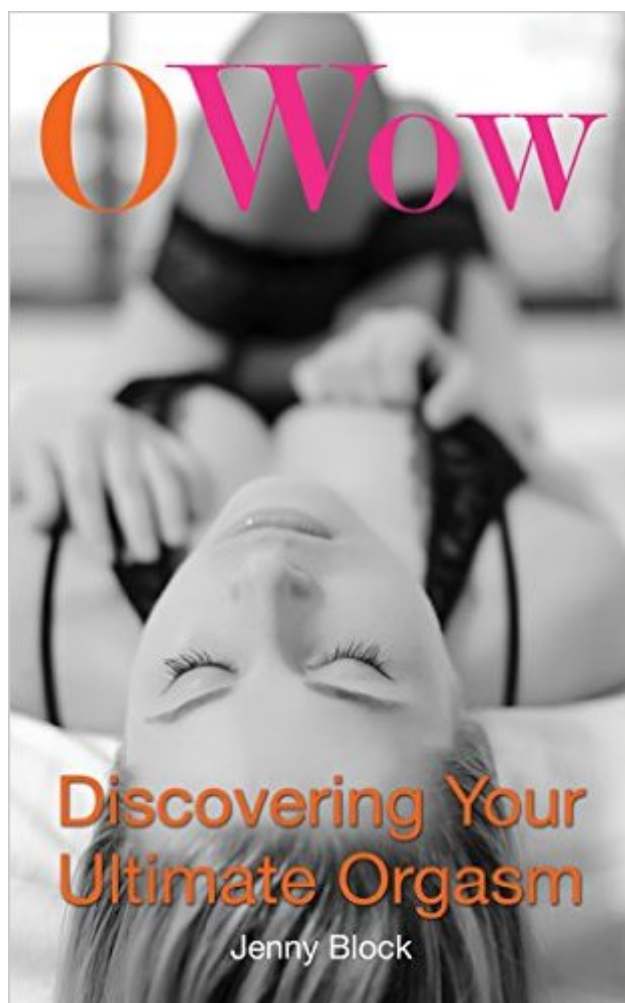


The book was found

O Wow: Discovering Your Ultimate Orgasm



Synopsis

What is an ultimate orgasm? An ultimate orgasm is your personal best orgasm. It doesn't leave anything at the table. It doesn't want anything more. It lasts as long as it lasts. It takes as long as it takes. It's as messy and loud or quiet and tidy as you like. It has no room for shame or apology. An ultimate orgasm comes from questioning, exploring, experimenting, with no concern for how society or religion or anything else defines sex or female orgasm. The ultimate orgasm belongs to you and only you and it is your responsibility to find it, to have it, and to keep it for as long as you want to live a fully sexually satisfying life. Want to know the secret to having the ultimate orgasm? Knowing your body and being in the zone. That's it. Lots of tips and tricks and ideas follow later in the book. But first and foremost, we have to empower ourselves to pleasure. No matter how much your partner is committed to your orgasm, you are the only one who can and should be responsible for your orgasm. There's no judgment. No right or wrong way. No bad orgasms.

Book Information

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Customer Reviews

OH MY GOSH, this book has really changed how I look at elements of sex. It's a funny and entertaining read while also giving some great perspective on ways to improve your orgasms. Sometimes it can come off a little "anti-man", but I think it can be necessary to drive home the points Jenny Block wants to make about finding the partner that cares not just about their enjoyment but yours as well. I read it and also bought other copies to send to friends.

This book has provoked me to think about sex and my sex life in a different way. I have recently found it more difficult to orgasm alone and with my partner. I realize now the focus of sex with my partner has been giving him pleasure. That has been MY focus and unfortunately, my having an orgasm has been ancillary. I have imposed that thinking on myself. This is something I intend to work on now and Ms. Block's book has given me a starting point. All I can say is Thank You!

I held a dramatic, sensual reading with friends over happy hour. This book is HOT!! We really enjoyed reading passages to each other. It was so much fun, the two tables next to us got very quiet so they could listen in! One couple in our reading "had" to leave early. Great book, great read.

I was only 10 pages into this book when I realized this was a must have for all the women in my life! I quickly purchased additional copies for my daughters, my daughter in laws, and many of my close friends! As Jenny Block so eloquently points out, "An ultimate orgasm comes from questioning, exploring, experimenting, taking every chance, making every turn and looking under every rock to figure out what feels best to you" I think as women we so often sell ourselves short in the orgasm department because we have been "trained" to be more concerned with the male orgasm...Jenny reminds us as women how important it is to stand up and walk (if not run) to the front of the line...to embrace our sexuality and ultimately our orgasm! A mind blowing and must have read!

This is the book that you need to buy for every single one of your girlfriends. Literally every woman on the planet deserves to have great orgasms, and you don't have to hang out in Betty Dodson's living room to find yours -- you can just spend an afternoon at home with O Wow, and then do a lot of practice on your own.

Very informative - didn't know there was so much to learn about a woman's body. Entertaining too, very good writer, she is quite funny but very positive and direct with immense knowledge of a woman's body. A really good read.

Book came quickly and packaged well. Just started reading it but the content is well written and very helpful advice for women, and men for that matter. It's about time that women stand up for women and their needs.

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