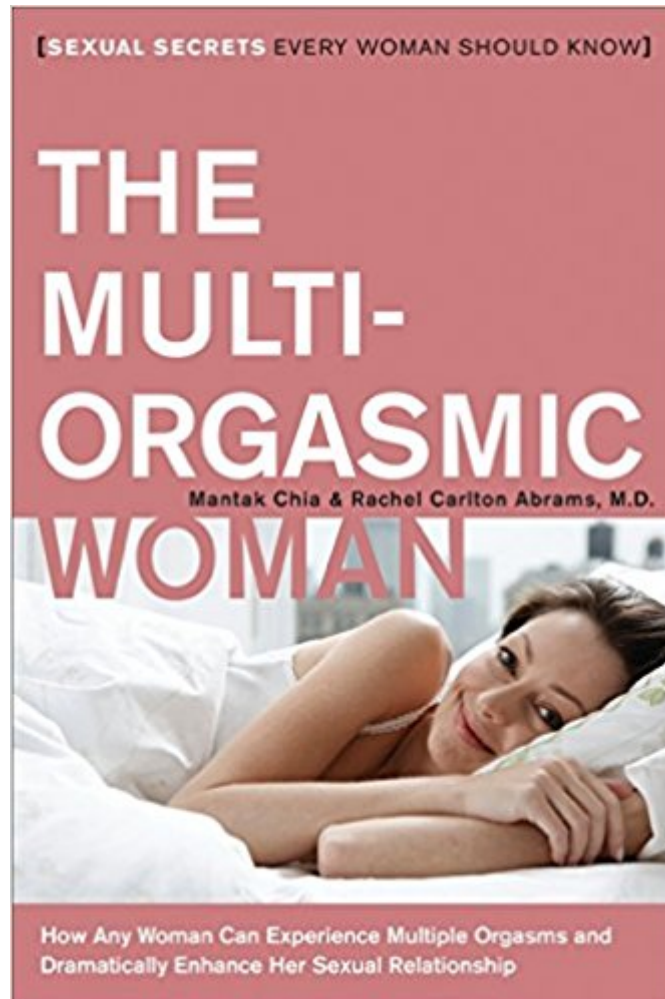


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# The Multi-Orgasmic Woman: Sexual Secrets Every Woman Should Know



## Synopsis

A classic work on human sexuality, *The Multi-Orgasmic Woman*—along with *The Multi-Orgasmic Man* and *The Multi-Orgasmic Couple*, the other volumes in the ground-breaking trilogy—is the first popular, accessible book designed to teach women the essential techniques to enjoying multiple orgasms in their sexual relationships. Co-written by Mantak Chia, the foremost expert in the field of Taoist sexuality, and Rachel Carlton Abrams, M.D., a family practice physician specializing in women's health and sexuality, *The Multi-Orgasmic Woman* combines ancient Eastern wisdom with Western knowledge to provide the sexual secrets that every woman needs to know.

## Book Information

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## Customer Reviews

I am writing a book about women and sex myself. In the process of researching for the book I constantly read books on gender, sex, and sexuality. This is the first 'how to have better sex' book that has captured my imagination. It is well written, well organised, underpinned by the best of Western and Chinese sexual knowledges and best of all, if you follow the suggested practices it does make a difference. I thoroughly recommend it.

I had two babies 2 years apart, and then, just 2 years later and still feeling pretty fatigued, had an advanced-stage breast cancer that required 9 surgeries (including double mastectomy), 6 months of chemotherapy, 2 months of radiation--this meant early menopause (at age 40), on top of the treatment-related and small-child-related (and job-related!) fatigue. I got the first edition of this book

while undergoing treatments, and it made an enormous difference. Now that I'm completely out of the woods and my children are a bit older, I feel even better, and I do credit much of that to the \*Multi-Orgasmic Woman\*! I had the privilege of knowing Rachel Carlton Abrams during our high-school years, but I'm not unduly biased towards her work--I mention it only because even then she was a healer, an empathetic and wise person whose very presence was steadying and inspiring. I'm not at all surprised that she has pursued both Western and Eastern medicine at an advanced level, and is finding scientifically valid ways to work with both to improve people's lives. Thanks so much, and I highly recommend this wonderful book--if I can feel this great, at age (almost) 44 and after experiencing many challenges to my sexual and overall well-being, then I know it will help others as well.

This book is filled with tons of explanations, exercises, pictures, and research to help women (and guys reading it) to explore themselves deeper sexually. I can say that I have taken a lot away from this book and it is right next to my copy of "The multi-Orgasmic Man". A lot of guys only focus on themselves, but I tell ya, reading this has upped my game in the love department. I not only have a better anatomical grasp of how to love, but now better understand energetically too. I now know what a woman who is spiritually and sexually awakened expects and needs so I can better meet the needs of that type of woman. Over all a very useful guide!

This was a great book. It helped me understand the sexual capabilities of men and women. The exercises made me feel better physically, emotionally, and sexually. It also would be a helpful book for women going through menopause.

Tao made simple and inspiring. This book will give you a simple but good introduction about the Tao and sexuality. Taoism can be complex and an esoteric science, so this book is a must for women who are on the journey to learn and understand about the techniques transmitted by the universal healing tao in regards to sexual health and healing. The author is wonderful. I love this book !!

good book but WAY more diluted than Chia's "Cultivating Female Sexual Energy" This is a good starting approach to those who are new to Taoist Energy concepts.

I have been following Master Chia's teaching for some years and I know for my own experience that the Qi Gong is an amazing way to restore health and joy in life. Joining the Western Medicine and

the Taoist tradition, Master Chia teaches the practices that lead to a health sexual life and how to use sexual energy to maintain health, vitality and for longevity. Very well written and easy to follow. I am a Western medical doctor and I also graduated in Traditional Chinese Medicine and I can say that the content is very good and it is true to the principles of Taoism and TCM.

This book is so inspiring! and has opened my understanding about my body that is delicious. I have a new appreciation for my body and I'm loving all of me!! so enjoyed this book I have recommended to my single friends and the married.

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