



# Awakening Women's Orgasm: A Guide for Women and Their Lovers

By Pala Copeland, Al Link

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**Awakening Women's Orgasm: A Guide for Women and Their Lovers** By Pala Copeland, Al Link

Women have a capacity for orgasm that is truly awesome. It is a power of pleasure that ranges from sweet to sublime to superlative and it is one that almost every woman can unleash. You simply need to learn a few new things and unlearn a few old ones.

In this Book you will learn about the **many different types of orgasm** a woman's body is waiting to give her. You will understand that **sex is more than physical, it is also an emotional and energetic experience.**

**Exercises for mind, heart and body** help women open up to their sexual selves, on their own and with their partners. For example...

- Identify and Shift Your Sex-limiting Messages
- Getting to Know your Body and How it Responds
- Pelvic Lifts and Bounces: for flexibility and increased sensation
- The Big Draw: for powerful orgasms

There are explicit **tips for lovers** on how to make love to a woman. For example...

- What are the "hot spots" and when and how can you find them?
- How to give an extraordinary genital massage for pleasure and healing.
- What are the best intercourse techniques for maximum pleasure?

Learn how to become sex positive in a sex negative world; how to free yourself from sexual stereotyping; and how to **love your body** so that she will give you great pleasure.

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