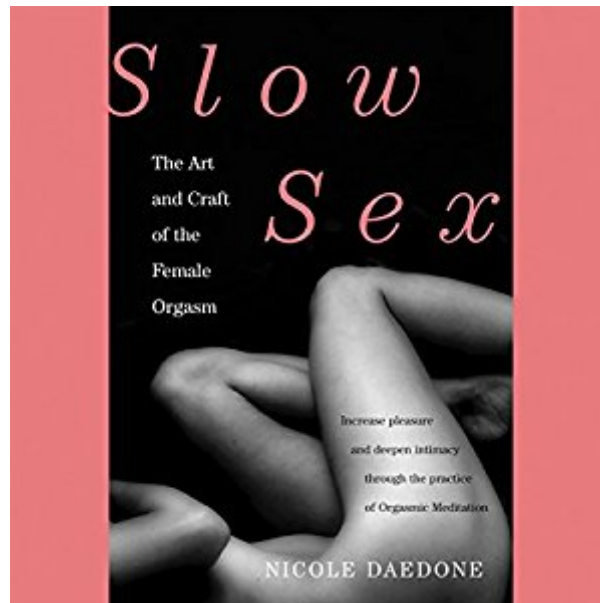




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# Slow Sex: The Art And Craft Of The Female Orgasm



## Synopsis

The truth is: Most women do not have satisfying sex lives. Slow Sex can change that. Better sex is about one thing: better orgasm. This life-altering guide teaches men and women how to use the practice of Orgasmic Meditation - or OM - to slow down, connect emotionally, and achieve authentic female sexual satisfaction. The promise: In just fifteen minutes every woman can become orgasmic. And, with the right partner and the right technique, that orgasm could last and last! For more than a decade, Nicole Daedone has been leading the "slow sex movement," which is devoted to the art and craft of the female orgasm. OM is the act of slowing down, tuning in, and experiencing a deeper spiritual and physical connection during sex. Slow Sex reveals the philosophy and techniques of OM and includes a step-by-step, ten-day OM starter program, as well as OM secrets for achieving ultimate satisfaction. It also includes exercises to help enhance readers' "regular" sex lives, such as Slow Oral for Her, Slow Oral for Him, and Slow Intercourse. This book is the argument for daily intimacy, and for paying attention as the foundation of pleasure, all with a focus on the female experience.

## Book Information

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## Customer Reviews

This could start a revolution in the line of spiritual practice that uses the sexual experience as the springboard to enlightenment. As stripped-down tantra, the technique Daedone is promoting is accessible to anyone who has the courage to jump into it and is almost guaranteed to be life-changing. Try it.

I have been trying to be the best I could since pre teen. Experience, listening, and learning from whatever source has taught me a lot. This is one of the best books I have found on the subject. It really maps things out and tells you where to go. But more important it teaches us a lot about the feelings. The first half is about OM, which is an interesting concept that I would use under certain circumstances. The second half of the book is really helpful for those who need the basics to many great things for us who are more experienced. This book is more than important if you are long term married and not sharing sex. I think many guys think that the difference between sex with themselves and sex with a woman is that he will have help, if there is a woman. I learned young that if you help a woman come first, she will be there for you in every way she can, unlike you have ever experienced. I admit I meet some women who just lay back and enjoy and wonder why they never see me again. But they are the minority. So if you are long term married, please read and take this book to heart. You need it more than most. If you haven't given her a real deep kiss with tongue and loving it today, please start kissing and read this book. For the rest I highly recommend it.

Absolutely brilliant. I'm a little challenged by the concept of Orgasmic Meditation, but the rest of the book is filled with so much good information that it has dramatically improved my sex life. True insights into how women actually think about sex in details that even women themselves aren't aware of. The best two chapters are on the ten things that men need to know about women and vice versa.

I wish everyone I know in a relationship would read this book. Yes, their sex life and intimacy would improve... But it wouldn't improve because they learned a secret technique. The biggest benefit of this book is focusing on communication with the backdrop of intimacy - learning to verbalize desire with a starting point that may be the hardest from which many allow themselves to express. This difficulty is probably the root cause in broken relationships... And a deficiency carried into new ones, much worse than the blame typically assigned to one another. Working through these issues while learning specific skills is direct and immediately visible. The lessons ripple into many broader aspects of one's life and I'd like to believe if people in relationships saw sex as a foundation of communication rather than its stereotype, most would have a much deeper connection to their partner. All that said, the techniques work.

After starting to read Fifty Shades I realized that at 50 years old I was missing out on something. The

fact that my wife wasn't having a great orgasm like me every-time...I just assumed that women knew all they needed to know about sex and that was just the way it was. Well this book opened my eyes to a new world. I even cried at the thought that my wife was just going through the routine of sex. This book was a gateway to other books that have been a sexual rebirth for me and my wife. THANK YOU! I spend a lot of time on the road and when I am at home, I am very busy so now I subscribe to Audible.com I now have hours and hours of listening pleasure on the road. Great read and great audio book!

Lots of useful insight for life in general. I'm feeling like I'm home reading the two sections about what men should know about women and women about men. Tears welled up by #2 of 10 in each section. I really dig her stories about her experiences with her uncle and her grandmother. Great examples of living life to the fullest, feeling everything fully. I look forward to the rest of the book and learning more and experiencing OM for the first time next month (if not sooner). I highly recommend it to women AND men, singles AND couples.

This is not a book about just sex, it is so much more. It teaches you to remember who you truly are. All the ups and downs that life throws at you seem to melt away with a simple, yet so powerful tool like OMing!

Kudos! Kudos! Kudos! What Nicole Daedone has gone through to bring her to the place of Wisdom in her offerings is something I bow to in full-hearted acknowledgement and delight! Nicole is delivering her promise and giving her gift to the world. Her body of work will outlast her lifetime and is raining boon upon boon to all of us!!!

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