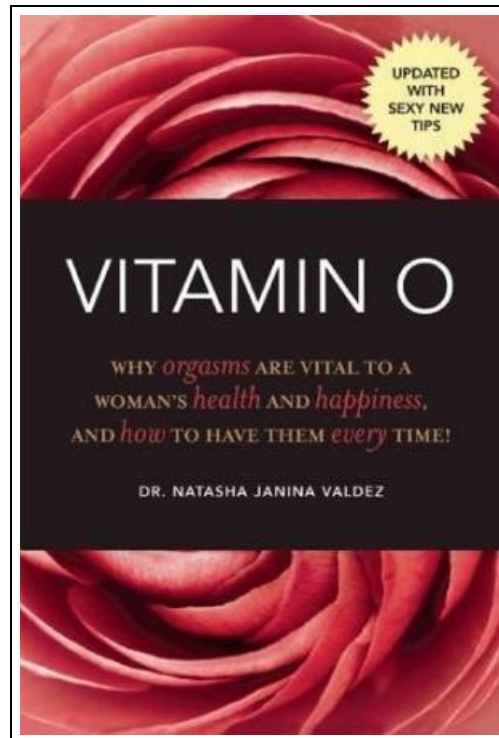


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Skyhorse Publishing, United States, 2015. Paperback. Condition: New. Revised Edition. Language: English . Brand New Book. They re free, fun, and with this book, easy to achieve. And just look what a woman stands to gain from her orgasmic life: * Oxytocin--nature 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. Here is 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.) 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 reader for life.

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