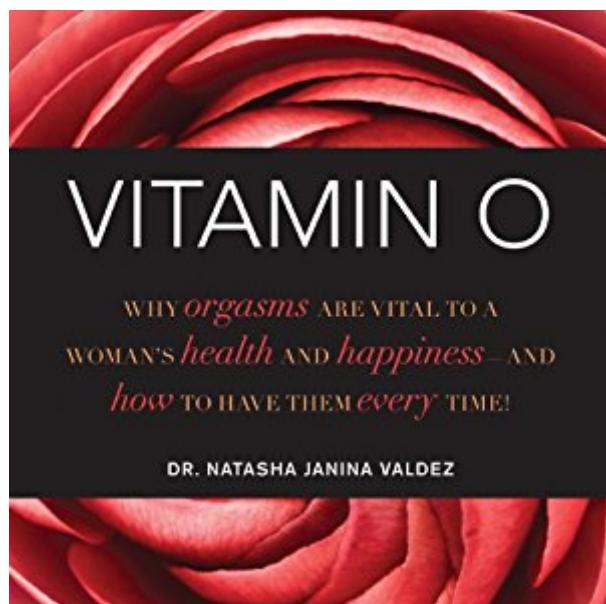


The book was found

Vitamin O: Why Orgasms Are Vital To A Woman's Health And Happiness – And How To Have Them Every Time!



Synopsis

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. She also offers up 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 and less cravings for caffeine!). 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 listener for life.

Book Information

Audible Audio Edition

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Customer Reviews

Healthy sized book just packed full of great info. I haven't finished reading it yet, but I've loved it so far! The inside pages are just as beautiful as the outer ones and the author truly pulls you through the book just dousing you in fantastic, down-to-earth info. I'm so glad I purchased this book!

We deserve it, owe it to ourselves, and need it. This should be a way of life for us. Men have been doing it forever. It is time for us ladies.

It has some good point on how to keep your sex life going . A good book the best I read on sex life .

Great book to read. Every male should get this one if u want to know about a woman"s body and different ways to please her.

This is such a great book. I would recommend it to anyone who wants to have better sexual experiences and great orgasms every time.

This book is good because it gives a clear discription about a females anatomy and how it sexually functions, but I don't agree with the view it has about sex. I would not buy or read this book again. (The seller was great about the condition of the book and it shipped fast! I would by from ten again)

When I was in my preteens my mother had a talk with me. She said that orgasms are a healthy part of life and it's important to have them regularly. I believed my mother but seeing it as a book cemented that idea; so, I dove right in. Dr. Natasha Janina Valdez, a licensed clinical sexologist, introduces the reader to women's sexuality and explains the health benefits to orgasms. As a well-read, sex-positive woman I didn't learn anything that was new although, had I been a "beginner," her explanations were a perfect introduction to the woman exploring herself. She places great emphasis on self-love which is wonderful. Too many women are devoid of self-love and Valdez is determined to make women comfortable with their bodies. The book was well organized but I found that a lot of the ideas were repeated. Now, this could be a good thing as this book was dedicated to a beginner but I wanted something more. I do commend her for encouraging women to show their lover (she uses the male pronoun when she talks about a woman's partner) how they like to be touched. This can strengthen a relationship and bring both partners pleasure they didn't know they could have. Overall, the idea was great and her advocacy for women to explore their bodies and find what they like was very sex-positive. For a woman who is in the process (or about to start) of making herself into a orgasmic woman, this book is a must. For those who already know their likes and dislikes, this is a good reminder.

very useful and applicable information...highly recommend

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Vitamin O: Why Orgasms are Vital to a Woman's Health and Happiness - and How to Have Them Every Time! Vitamin K: Understanding The Healing Powers Of A Little Known Vitamin (Vitamin K, Vitamin K2, vitamin k2 and the calcium paradox, vitamin K and the calcium paradox, osteoporosis, osteoporosis cure) Scientifically Guaranteed Male Multiple Orgasms and Ultimate Sex: Restart natural penis enlargement, Eliminate forever premature ejaculation, erectile dysfunction, impotence and Enjoy daily orgasms Fruit Infused Water - 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) Cancer and Vitamin C: A Discussion of the Nature, Causes, Prevention, and Treatment of Cancer With Special Reference to the Value of Vitamin C, Updated and Expanded The Vitamin Cure for Eye Disease: How to Prevent and Treat Eye Disease Using Nutrition and Vitamin Supplementation Cancer and Vitamin C: A Discussion of the Nature, Causes, Prevention and Treatment of Cancer With Special Reference to the Value of Vitamin C DRI Dietary Reference Intakes for Vitamin C, Vitamin E, Selenium, and Carotenoids Think...like a Bed Bug: A Guide To Knowing What Bed Bugs Are, Who's At Risk, How You Get Them, How To Spot Them Early, Health Implications, Prevention ... Tips, And What To Do If You Get Them! The Promise of Sleep: A Pioneer in Sleep Medicine Explores the Vital Connection Between Health, Happiness, and a Good Night's Sleep Why Photographs Work: 52 Great Images Who Made Them, What Makes Them Special and Why The Road to Key West, Marathon to Key West: The guide every local should have for their guest and every visitor should have by their side (2017 Edition) Every Man's Marriage: An Every Man's Guide to Winning the Heart of a Woman (Every Man (Christian Audio)) Every Man's Marriage: An Every Man's Guide to Winning the Heart of a Woman (The Every Man Series) Tender Warrior: Every Man's Purpose, Every Woman's Dream, Every Child's Hope Flavored Butters: How to Make Them, Shape Them, and Use Them as Spreads, Toppings, and Sauces (50 Series) Essential Spices and Herbs: Discover Them, Understand Them, Enjoy Them 30 Things Every Woman Should Have and Should Know by the Time She's 30 How to Satisfy a Woman Every Time - and Have Her Beg for More! The Big "O" - multiple male and female orgasms

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