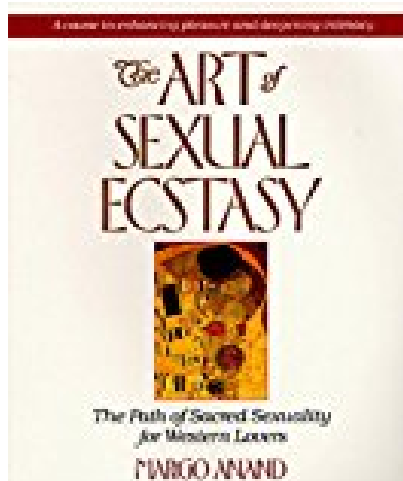


The Art of Sexual Ecstasy The Path of Sacred Sexuality for Western Lovers



BOOK DETAILS

- Author : Margot Anand
- Pages : 450 Pages
- Publisher : Jeremy P. Tarcher
- Language : English
- ISBN : 0874775817

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BOOK SYNOPSIS

A new, concise edition of the best-selling guide to transforming sexuality and orgasm through sacred ritual and ancient techniques. This book opens the way to a new stage of fulfillment and bliss, making the sacred lovemaking techniques of the East available to Western readers and extending sensual experience for everyone. This highly illustrated book on human sexuality provides simple techniques that help readers to discover a new sexual experience, in which physical pleasure combines with an intense emotional and spiritual joy. Margot Anand teaches a wide range of measures that enhance sexual pleasure and deepen intimacy, including massage, visualization, breathing, ritual, movement and fantasy. Learning how to remain aroused while fully relaxed; extending orgasm from a localized sensation to a full body experience; healing from a lack of sexual sensation; recovering from sexual trauma; achieving multiple orgasm for men and women; discovering many innovative positions for versatility and compatibility; increasing arousal and extending the sexual experience; transforming sexuality into a truly spiritual experience. Bringing the spirit back into sex, of honouring sexual union as a bridge between body and soul and of discovering a new sexual experience in which physical pleasure becomes a delight of the heart and an ecstasy of the spirit.

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