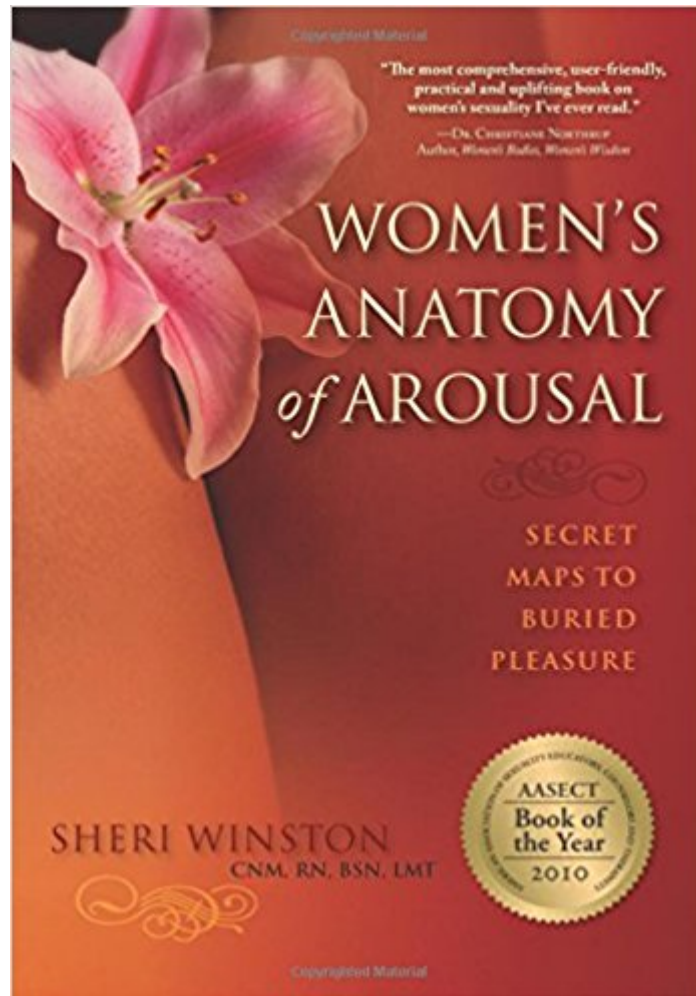




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# Women's Anatomy Of Arousal



## Synopsis

WINNER, 2010 BOOK OF THE YEAR AWARD! THE AMERICAN ASSOCIATION OF SEX EDUCATORS, COUNSELORS & THERAPISTS (AASECT). Find out why Dr. Christiane Northrup has called *Women's Anatomy of Arousal* "the most comprehensive, user-friendly, practical and uplifting book on women's sexuality I've ever read. It's the gold standard!" Women have a largely unknown network of structures responsible for arousal and orgasm that their owners and even most medical professionals don't know about. We're not just talking about Ye Olde G-Spot here. Women have an entire erectile network that, if properly stimulated, can elevate their erotic experience from "Oh!" to "Oh! Oh! Oh!" Join celebrated sexuality teacher Sheri Winston as she integrates ancient wisdom, lost knowledge and modern sexuality information in a sexy, fun, empowering guidebook that illuminates every woman's secret paths to fabulous, orgasmically abundant sex. Whether you're a woman or a man who loves women, this book is for you! There's great information here, but that's not why Winston wrote the book. She wrote it to transform people's lives and support them to reclaim their erotic birthright. And what she shares works! When people apply the information and techniques she provides, the result is often a whole new level of sexual pleasure. Many women experience their first ejaculations and/or become multi- or mega-orgasmic. Men learn how to make their female partner REALLY happy. *Women's Anatomy of Arousal* includes discussions of anatomy and energetics, female ejaculation and expanded orgasm, and much more. It's packed with sidebars providing great tips to women and their lovers. There's even a short chapter for guys ("The Easy Girl's Guide to Making It Easy for Guys") summarizing the main points of the book! Winston's background includes over twenty years as a nurse-midwife, gynecology practitioner and student of the ancient erotic traditions. Over the years, she has developed her own unique approach to sexuality education, called Wholistic Sexuality. She gets rave reviews as a teacher. Now her teaching is available in this fun, fascinating, immensely readable book that can transform your sex life for the better. Winston is the executive director of the Kingston, NY-based Center for the Intimate Arts.

## Book Information

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## Customer Reviews

“The most comprehensive, user-friendly, practical and uplifting book on women’s sexuality I’ve ever read” ---Dr. Christiane Northrup, author of Women’s Bodies, Women’s Wisdom  
--This text refers to the Audio CD edition.

Sheri Winston (CNM, RN, BSN, LMT) is one of the country’s leading teachers about sex and sexuality. She is the founder and executive director of the Kingston, NY-based Center for the Intimate Arts. As a teacher, Winston is hailed for her lively and engaging style, the comfort level she creates for her students, and the high quality and original content of her material. Her first book, *Women’s Anatomy of Arousal: Secret Maps to Buried Pleasure*, won the 2010 Book of the Year Award from the American Association of Sex Educators, Counselors and Therapists.

Winston’s journey to being a sex teacher began when she became a licensed massage therapist in 1980. This was the first of many times she was to study the human anatomy. Soon after, she felt called to become a midwife and began assisting and apprenticing at home births. She then became a childbirth educator and doula (someone who provides professional labor support). In order to become legally certified, she attended nursing school at SUNY/Stony Brook and graduated valedictorian, summa cum laude, receiving her BSN (Bachelor’s degree in Science of Nursing) and becoming a RN (registered nurse). She then attended midwifery school for her graduate education, becoming a certified nurse-midwife and gynecology nurse-practitioner. Spending twenty years serving the power of birth turned out to be the best possible apprenticeship Winston could have for being a sex teacher. This is because it was the birth process that taught her much of what she learned about how to have great sex. For years, she taught women how to breathe themselves into an altered state; how to surrender to the tide of labor; how to release their sound and use it to open themselves; and how to use their pelvic muscles as well as their mind to facilitate the birth process. She helped women get in touch with their innate wisdom and showed them how to use their inner tools to cooperate with the natural process. During this time, Winston had also unwittingly incorporated these skills and practices into her own increasingly fabulous sex life. Once she became aware that she’d been unconsciously using these techniques, she decided to start

learning and practicing them purposefully – and she made it her personal mission to bring her specialized knowledge about how to have great sex to men and women everywhere.

You know how some people keep a Bible/Quran/Torah next to their beds to read here and there to make them feel safe, nourished, and alright with the world? That is what I do with Women's Anatomy of Arousal. :-)

An excellent simplification for women to learn about themselves. The connections between anatomy, energy, and sex are beautifully laid out for anyone who truly wants to own their sexuality and orgasm! Highly recommend for couples or singles, whoever is a woman and/or loves women!

Very informative. Read this - your wife will appreciate your new found insights.

Men all over the world need to read this book...you would get more sex from women!

When I decided to buy this book I was unsuspecting of the treasure trove I was about to discover. The material contained, as well as the manner in which it's presented makes it a masterpiece. When it comes to the subject (sex), there is a superabundance of junk out there. This book changes all that. It puts sex where it needs to be. The truth is that sex is not sinful but divine. We are all aware of the pleasures of sex, however, not so many are ready to admit of the pain and suffering that negative attitudes toward sex, including repression and ignorance have caused. The author helps changing all that by using a two-pronged approach, finding our way through pleasure to an encounter with our Self, and leaving our misconceptions, including repression, shame and guilt behind. The material in this book, if put in practice, will definitely make you not only a better lover but a more authentic and real human being. By the way, if you happen to be a man, as I am, don't let the title fool you. Get this book and put it into practice...you won't regret it!

Unbelievably detailed book on how women think and feel about their sex. Everything is covered from sexual philosophy and hangups on every culture, to the psychology of sex, to incredibly detailed medical anatomy lessons. Buy it for your girlfriend and read it first.

Wonderful book!! It's a quick read, and she created the book to be very "user friendly". :)

Recommended. It's not incredibly in-depth in some areas, but it's an overall great start for many

women.

a very arousing read..full of interesting and a new way of presenting the whoopee spots of your lady....especially the clitoris and its extended super sensitive anatomy that extends deep into the vaginal and vulvar tissues....powerful perspective on the female anatomy of pleasure...

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