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The Beginners 10 Step Guide to the Sexual Universe: Signposts for Women on the Sexual Journey (Paperback)

By Elizabeth G Motyka M D Facog

For Women, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. So many women rate their first sexual experience as disappointing or disastrous. The right information and planning foster positive experiences. For a woman starting on her sexual journey or for a woman beginning her sexual journey again, this book can help guide her to a lifetime of happy, healthy, and fulfilling experiences discovering the sexual universe. Learn how to: discover when you are ready, follow your own path, set the ground rules, play, get to know your inner Venus, experience self-pleasuring, learn about the normal ways men s and women s sexual response cycles differ, and get in the mood. Try genital touch and orgasm with a partner, and have vaginal intercourse in a planned and conscious way.



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