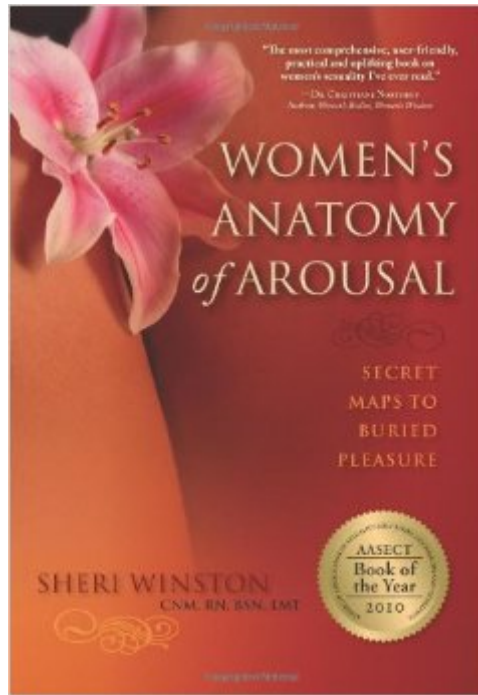


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# Women's Anatomy Of Arousal



## **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

Author Sheri Winston, CNM, RN, BSN, LMT is a sex educator who gives workshops on "Wholistic Sexuality," her trademark unique perspective. In this book she integrates ancient wisdom, lost knowledge and modern sexual information in a fun, empowering way. Sheri says, "It's hard to believe that in this day and age, so much information about female genital anatomy is missing from our science, our media and our minds...Very few people know about these parts or understand how they enable both reproduction and erotic ecstasy...Many professionals, including sex teachers and gynecologists, don't have accurate or complete maps, either." And Sheri does a great job of remedying our ignorance with this book. *Women's Anatomy of Arousal* is filled with info sure to enable women to higher levels of sexual ecstasy, and to enlighten men on how to become any woman's dream lover. The book is divided into three sections, with section one being "Maps, Models and Mistakes." This includes a list of five different types of orgasms, the definition of wholistic sex, the definition of sexual energy, the differences between men and women when it comes to sex, and lots more. There are tons of drawings from various traditions of couples engaged in love making. Section two is "Journey to the Origin of the World," with the first chapter being "Welcome to the Yoniverse" (a great pun; for those of you who don't get it, "yoni" refers to female genitals). There are many drawings and diagrams of female "sacred places." WOW. I didn't realize we varied so much! There is also a chapter on female erections and another on the vagina. There is a list of the various hormones that make us enjoy sex and fall in love, plus much more.

As a middle-aged, plus-sized, average woman married 25 years who had never experienced a climax, to stumble upon this book has been an incredible blessing, to say the least. After reading it aloud to my husband on our road trip to the beach, we found freedom, healing, and other pleasures unknown to me before including (my first as well as) several orgasms. My husband also mentioned several times how helpful, detailed, and encouraging the book was for him. We are both so encouraged! I have been a doula as well as birthing my 6 kiddos naturally....I had resigned myself to being satisfied with my ability to birth naturally and help others reach that goal, but had given up on ever having orgasm. I've tried to be content with the success and sacredness of the procreating part

of my sexuality, and accept that I just wasn't ever gonna really like or 'get' the sex part. One of the important things I discovered through Sheri's book was that so much of the feelings and words I use with my doula clients are mirrored in sexual response. Why this surprised me, I don't know, but her book helped me tap into those resources. I've always loved birth, but now I can say I've experienced BOTH sides of my female sexuality. Of course there's much more than this particular connection in the book, but it was one point that really helped me due to my experiences with giving and coaching birth. I can't say what made me order this particular book except that I had been having a mind and heart shift recently, read the reviews, and I dared to grasp a shimmer of hope that someone could help me try again. Thankfully, Sheri's Women's Anatomy of Arousal was a perfect fit.

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