

"The best book, hands down, for women  
whose orgasms play hard-to-get!"  
—Dorothy Brown, author of I ♥ FEMALE ORGASM

# Find the Oversive Orgasm

**A Woman's Guide to Why She Can't  
and How She Can Orgasm**

**Vivienne Cass, PhD**

# Elusive Orgasm A Womans Guide To Why She Cant And How She Can Orgasm

**Amelie Swift**



## **Elusive Orgasm A Womans Guide To Why She Cant And How She Can Orgasm:**

*The Elusive Orgasm* Vivienne Cass, 2002-02-02 Are you one of the thirty percent of women who has difficulties with orgasm Do you want to experience greater sexual satisfaction In easy to read language The Elusive Orgasm provides a full overview of women s sexual pleasure covering sexual triggers stages of arousal the power of mind and how women differ from men Longtime clinical psychologist and sex therapist Dr Vivienne Cass reveals all the causes of women s orgasm difficulties and how to remedy them In The Elusive Orgasm you ll learn What an orgasm is How the clitoris is much more than a little button The five types of orgasm difficulties The twenty five causes of those difficulties Self awareness via quizzes and questionnaires Step by step plans to help you and your partner An extraordinarily thorough all inclusive exploration of every possible reason why women have orgasm challenges The Elusive Orgasm gives you the tools to discover the source of your own orgasm difficulties along with straightforward remedies Book jacket *The Elusive Orgasm* Vivienne Cass, 2009 Easy to read informative reassuring practical essential reading for any woman and her partner chasing the elusive orgasm Sandra Pertot PhD clinical psychologist Sex therapist This new updated edition highlights some new findings in sexual health and Dr Vivienne explains clearly what this means Are orgasms influence to some degree by genetics Women who are aware of the sensations inside their vagina are more likely to orgasm during intercourse All orgasms originate from the clitoris which has internal and external parts to it and each type has a different feeling Sugar pills given to women during research improved their sex life by 40% Be wary of people advertising creams lotions and herbal supplements to improve their sexuality there is little evidence to support these In easy to read language The Elusive Orgasm provides a full overview of women s sexual pleasure covering sexual triggers stages of arousal the power of the mind and how women differ from men Longtime clinical psychologist and sex therapist Dr Vivienne Cass reveals all the causes of women s orgasm difficulties and how to remedy them You will learn what an orgasm is How the clitoris is much more than a little button the five types of orgasm difficulties the twenty five causes of those difficulties self awareness via quizzes and questionnaires and step by step plans to help you and your partner *Sex: the Woman?s Orgasm Guide* Ashley Fitzgerald, 2015-06-02 A sex tutorial to lead women into one of the most elusive feelings orgasm Discover the tips and lessons that can transform your sex life forever If you re one of the millions of women who struggle to experience an orgasm with a partner this book could be your key to success You ll find advice and techniques to help you unlock the secrets to getting an orgasm Get to know why the male orgasm is easy to get and the female orgasm is usually very hard to achieve If you like many women have found orgasms elusive on more than one occasion this book is for you Here you will find many tips and tricks as well as information gathered in one place to help you to have orgasms every time you have sex You are sure to enjoy your time with your partner that much more once you know the secrets to mind blowing orgasms Find out what you should do and try to have more fun in bed Here is a preview of what you will learn Why is the orgasm so elusive for many women Why you should take matters into your

own hands Positions best suited for orgasms What turns you on Techniques to make it happen This book is guaranteed one happy endings      *Quick Guide to Female Orgasms* Jason Julius, 2018-09-18 Goal of this module is to introduce you to the healthy mindset you need to have in order to give a woman an orgasm The truth is every healthy woman is capable of multiple full body orgasms Sadly most women will never reach their full orgasmic potential Stats Around 29% of women have never had an orgasm at all Around 70% report never having an orgasm during sex Only 20% of women have experienced a vaginal orgasm deeper orgasm than clitoral orgasm There are a number of reasons for this but the biggest is lack of knowledge and understanding of how it works Very few people realize this but guiding a woman to orgasm requires leading both her mind and body What I      Multiple Orgasms for Women: The Complete Guide for Him and for Her to Reach Ecstasy: Psychological Techniques for Her, Sex Positions, Toys and Tec E. L. Sweet, Giuseppe Guarino, 2020-12-24 Are you a woman that has never experienced an orgasm despite the many sexual encounters you've had Or are you a man that cannot seem to get their woman to climax and make them have multiple orgasms Would you like to learn how to unlock the secrets of the female body so that every sexual encounter is filled with maximum pleasure and body shaking toe curling and face flushing orgasms If you've answered YES then keep reading You Are About To Discover How You Can Ensure Orgasmic Sexual Encounters Every Single Time By Leveraging The Power Of Sex Toys Orgasm Inducing Sex Positions And Powerful Psychological Techniques That Will Ensure She Reaches Climax Every Single Time As you may probably be aware women's orgasms are elusive it takes more than penetration to achieve orgasm for most women And while many men and women know that the truth is that it is frustrating to try to figure a woman's sexuality to ensure repeated orgasms with every sexual encounter And this probably explains why you are here to decode a woman's body and figure out a woman's orgasms out so that every encounter becomes one that yields toe curling eye rolling and probably skin flushing orgasms It is likely you have all manner of questions going through your mind Perhaps you're wondering Why is a woman's orgasm so elusive despite trying all manner of sex positions and hacks Is it possible for a woman to experience an orgasm even when she's never had one How do you tell when a woman has had an orgasm must she squirt And how can you as a man make your woman experience mind numbing lip biting and eye rolling orgasms If you have these and other related questions this book is for you so keep reading as it covers the ins and outs of women's orgasms in simple straightforward language so that you don't have to feel like you are doing things blindly Here is what to expect The psychological factors that affect the female orgasm and how you can use them to make your woman cum uncontrollably The right mindset and techniques that apply best to women to ensure you experience an orgasm or even multiple orgasms during sex How to make a woman cum during sex by mastering her body and setting the right mood How to introduce the right toys that will push her off the edge and have strong body rocking orgasms that will leave her feeling flushed and giggling like never before The best sex positions that guarantee maximum pleasure and multiple orgasms And MUCH MORE Even if you've never experienced an orgasm or ever

made a woman experience an orgasm this book will help in unlocking the right path that will guarantee breath taking voice trembling and body shaking orgasms Scroll up and click Buy Now to get started right now *Woman's Orgasm* Georgia Kline-Graber, Benjamin Graber, 1975 **The Ultimate Guide to Orgasm for Women** Mikaya Heart, 2011 From A to Z everything you need to understand about women's orgasms what works what doesn't and why **Moan** Emma Koenig, 2018 Imagine you could give an essay entitled How to Make Me Come to a past present or future sex partner free of judgment or repercussion What would you want them to know In this book inspired by Emma Koenig's wildly popular website a diverse collective of women do just that Emma Koenig was inspired to answer this question after a truly frustrating sexual experience with a partner As she says THE SIMPLEST VERSION OF THIS STORY DEVOID OF ALL IDENTIFYING DETAILS He thought I had an orgasm I hadn't She knew she couldn't be the only woman to have been mystified by an experience such as this and so her Tumblr How to Make Me Come was born as a safe space for women to talk honestly and openly The website touched a major chord It received tons of press and garnered over a million page views in a month And now a broad range of the best of these anonymous essays have been collected into MOAN The ways through which women achieve sexual pleasure are often ignored devalued or misunderstood MOAN tackles the ideas surrounding the sometimes elusive orgasm head on Here is a look into the spectrum of desire Of frustration Of experiences that have left an impact From the hilarious to the tragic from the intellectual to the erotic these essays will leave you feeling inspired and excited to embark on your own journey of sexual exploration and empower women to do what most of the time is hardest for us asking for what we want and don't in the bedroom and beyond **Awakening Women's Orgasm** Pala Copeland, Al Link, 2013-05 Women have a capacity for orgasm that is truly awesome It is a power of pleasure that ranges from sweet to sublime to superlative and it is one that almost every woman can unleash You simply need to learn a few new things and unlearn a few old ones In this eBook you will learn about the many different types of orgasm a woman's body is waiting to give her You will understand that sex is more than physical it is also an emotional and energetic experience Exercises for mind heart and body help women open up to their sexual selves on their own and with their partners For example Identify and Shift Your Sex limiting Messages Getting to Know your Body and How it Responds Pelvic Lifts and Bounces for flexibility and increased sensation The Big Draw for powerful orgasms There are explicit tips for lovers on how to make love to a woman For example What are the hot spots and when and how can you find them How to give an extraordinary genital massage for pleasure and healing What are the best intercourse techniques for maximum pleasure Table of Contents Introduction A Cornucopia of Orgasms Personal Responsibility Permission Becoming Sex Positive in a Sex Negative World Cultivate a Pleasure Attitude Body Image Learning to Love Your Body Female Sexual Anatomy Yoni Empowerment Yoni Power Vaginal Exercisers Letting Go Of Control Grounding Becoming Connected Feeling Safe Following and Initiating Taking Receptive and Active Roles The Importance of Love Sexual Abuse Partner's Role Time Kindling Desire Sex Is More Than Intercourse Foreplay Moving from the Outside In

Being Present Breath Breasts Focus Building Desire Moving Energy Sexual Fire Breath Passion Pump and other Secrets Self Pleasuring Masturbation More Tips for Partners Intercourse Thrusting Techniques Positions for Pleasure Yoni Massage Permission Time Summary Sex Toys and Lubricants Stimulants and Aphrodisiacs A Note on Safer Sex Resources Books about Body Image Female Anatomy and Women s Health Body Movement Breathing G Spot Orgasm Info More Orgasm Books Tantric and Taoist Approaches Inspirers and Trailblazers Betty Dodson Annie Sprinkle Mama Gena Nina Hartley Aphrodisiacs Resources for Sexual Abuse [Summary of Vivienne Cass, Ph.D.'s The Elusive Orgasm](#) Everest Media,2022-05-10T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Women differ in their ability to orgasm and it is not a problem for some women For others it is a major problem If you do not orgasm and are content with this save yourself the cost of the book and don t read it 2 There are many women who have lost the ability to orgasm In the twelve months prior to a study being conducted 31.6 percent of American women had never rarely or only sometimes felt an orgasm 3 To help you better understand your orgasm difficulty you must first identify what type of orgasm difficulty you have and why This is important if you re going to choose the right program to overcome it 4 Orgasm difficulties can be caused by a variety of factors such as being engaged in a specific type of sexual activity having sex with a particular person or having sex with a particular type of person [Thanks for Coming](#) Mara Altman,2009-04-14 By turns uproarious and touching the memoir of a young woman s search for an orgasm and for the elusive connections between sex and love Twenty six year old Mara Altman wanted to know what all the screaming was about She d lost her virginity at seventeen grown up in southern California with sexually free parents had lovers in India Burma and Peru and spent a year in Bangkok observing all manner of depravity And yet she was an attractive successful single woman in New York who d never had an orgasm And so she embarked on a wildly funny emotionally resonant odyssey a journey both inside and outside herself only to discover that for Mara orgasm was connected to a part of her that no vibrator could reach Thanks for Coming is one woman s look at our obsession with and anxiety over the female orgasm Her quest to get her own yields poignant results that will surprise even the sexually awakened among us From sex shows to sex conventions from a therapist s couch to her own couch from the bedroom to the bar Mara Altman proves to be a guide as hilarious as she is investigative *The PS-Spot Orgasm* Michelle Tallia, Hello thank you for stopping by It took three tries but it finally happened my first PS Spot orgasm and I want a lot more Jennifer Wilkie Coopertown TN When my boyfriend told me about the PS spot orgasm I didn t believe it but after some research I agreed to give it a try It hasn t changed my life but it is nice Emma Freedman Glenwood AR It finally got me to enjoy anal sex I m grateful for that Sara Jones Davenport WA My husband s magic fingers have given me a lot of PS spot orgasms Gina K Galveston Texas My husband found my PS spot and I orgasmed so hard I passed out Molly Sanders Winston Salem NC This ebook contains 4 bonus ebooks which are normally sold separately Your four ebooks are presented in this order 1 Absolutely Essential Tips for Buying A Step by step Guide 5 THE PS SPOT ORGASM Women

Don't Wait Any Longer For This Kind of Pleasure How could there be a major discovery for women's sexual pleasure that hasn't already been reported to death Well there is and it's the other G Spot You already know that most of the clitoris is actually inside the body two inches on average so you want to make sure the clitoris inside of you is being adequately stimulated You've read reports on how to find and stimulate the G spot and you know that the G spot is actually more of a backdoor way to access the vast treasure trove of clitoral nerve endings versus being a separate collection of its own nerves You've experimented with different sex toys until you've found one or more that you'll kill for You know all about nipple stimulation and who hasn't heard about anal sex Well there's still another major way for women to get sexual pleasure Often known as the other G Spot this part of a woman's anatomy begs to be played with and offers the promise or at least possibility of more exciting sex Now in all fairness it should be added that not all women will benefit from this discovery as is the case with the G spot But what if you're one of the many that can benefit from it and you go through life never knowing about it

Publisher's Note This publication contains explicit sexual content      *Ultimate Guide to Orgasm for Women* Mikaya Heart, 2011-08-02 Owning our desires should be neither embarrassing nor uncomfortable Nor should they be subject to anyone else's moral judgment of what is right or wrong good or bad normal or abnormal Combining communication and information is the key By shrugging off the taboos against talking about our preferences and experiences when we're being sexual we will take the first and most important steps toward ensuring our own fulfillment The Ultimate Guide to Orgasm for Women is an unflinchingly honest responsible and thoroughly comprehensive exploration of female sexuality Topics include The physical types of orgasm such as electrical flying pounding deep waves and blips orgasm as an emotional release the elusive orgasm and why some women have difficulty having one how often we fake them and why masturbation multiple orgasms the male female dichotomy penetration and the G spot defining the erotic and the joy of sex toys      **Sex Woman**

**First** Jean-Claude Carvill, 2012-08-07 From the One Who Made Squirt Hundred of Hollywood Goddesses Prepare to become a Sexual Goddess Forever Don't try to understand my advice but follow them I promise you will reach your sexual nirvana You will discover your most secret erogenous zones You will learn to let go and have the best Orgasm ever This book will teach you to have your first vaginal orgasm If you are a Man this book will teach you how to never miss her G spot make her squirt and soak the bed every time you have sex It will teach you the perfect oral Sex technique She will always wonder how you learn about analingus her biggest secret pleasure She will know that you are the one even before you enter in the bedroom It will teach you how to Penetrate her and drive her crazy She will wonder how you discover the ultimate sexual power of her A spot or U spot You will learn about the two vibrators that you absolutely need to drive her insane and how to use them If you are a Woman it will give you the secret to welcome Sex anytime It will teach you how to talk about sex and your desire before to enter in the bedroom This is the only sex book you will ever need To men and women those secrets will change your entire sex life forever From the same author Confessions of a Hollywood Tantra Masseur The Untold Secret of the G Spot Power

**Pathways to Pleasure** Robert W. Birch, Cynthia Lief Ruberg, 2000 Written by a male Sexologist Adult Sexuality Educator and a female Relationship and Sexuality Therapist this adult self help book is for women who have never experienced orgasm for women whose orgasms have been difficult to reach for those women wishing for orgasms that are more frequent and intense Based on over 45 years of combined clinical experience the authors address issues of early messages about sex body image self exploration the role of fantasy effective modes of communication issues of menopause the sexual concerns of women with disabilities and much much more The book contains an extensive Appendix of homework assignments self awareness exercises and a comprehensive list of written visual and online resources

**The Orgasm's Guide to the Galaxy** Amelie Swift, 2019-02-02 Are you ever frustrated with sex or masturbation because you feel like there is something wrong with you or you just don't get it The Orgasm's Guide To The Galaxy is a short and inspirational guide to how to orgasm as a person with a vagina Don't worry it's not you Well it is but it's also all of us This short book is here to help The Orgasm's Guide To The Galaxy Woman You Are Not Alone is a short book about female empowerment through orgasm When Amelie Swift came to the realization that most women on the planet suffer from an inability to orgasm from sex yet do not realize that this is normal she decided to help This book is about her personal journey to sexual freedom through experience failure and eventually victory It gives a step by step method to learning how to achieve orgasm by one's self and with a partner through simple physical processes This book is not designed to be a substitute for relationship advice but it is the author's hope that by mastering one's own sexuality one could also find an increased sense of happiness in their relationships both internally and externally Amelie Swift is the author of five books 501 Erotic Haiku the largest book collection of erotic haiku to date the Food Haiku for Lovers series a parody of erotica and food romance trilogy and The Orgasm's Guide To The Galaxy Woman You Are Not Alone She holds a BA in Applied Communications an AA in Theatre and has been a Nationally Certified Massage Therapist and Energy Worker for thirteen years

*A Woman's Guide to More Orgasms* Deanne Cummings, 2013-11-02 Unlock your full sexual potential This short guide will change your sex life quickly learn how to unleash the orgasms that lie within you and have multiple orgasms When your mind is at peace with your body amazing things can happen

**4 Minute Female Orgasm** Jessica Potisto, 2014-01-09 Let's face it some women take forever to reach orgasm or never make it at all Some fake it some live with it while some just lose it Both you and your partner when in an unsatisfying relationship can suffer inner pain which could eventually lead to a breakup of the relationship The key to her orgasm is to outlast her and not to out run her You don't get out of a hole by digging deeper neither do you get her to orgasm by pounding away You will get there before her I'll share an open secret with you Cunnilingus is the key to her orgasm but it has to be done right You do not want to spend hours down there and still not get the job done leaving your partner questioning herself what in the world is she doing with you The four minute female orgasm book will show you how to perform Cunnilingus smarter not harder to get your partner coming before you It also covers other aspects you need to know

to out last and satisfy her You need your partner to feel sexy all day long to ensure her orgasm Don t be complacent and don t take her for granted A woman has to be pursued adored and loved even when in a relationship This guide will show you what you should do to first get her in the mood and have her orgasm at your finger tips To get her to squeeze your head in appreciation of your efforts as if she is trying to squeeze some juice out of a pineapple with her legs wrapped around your head read on

**The Book of the Orgasm** Tara Barker,1997 It s fun it s frank and it s packed with information about how an orgasm works what women wish men knew about the female orgasm and how to make your orgasms bigger better and more satisfying What makes this book unique is that it includes the stories of real women and not just tips from sex experts Throughout women talk candidly about how they reach orgasm what works for them and what doesn t and describe in detail their own sexual responses And what they have to say may surprise you Other hot topics include The best positions for female orgasm How to find that elusive G spot and the newest pleasure zone the A spot Ways to increase your and your partner s excitement Intimate exercises to give you the ultimate orgasm Seven crucial steps to joyful orgasmic sex Perfect for the nightstand or for slipping into an overnight bag The Book of the Orgasm allows women and men to explore the ultimate sexual pleasure

**A Woman's Orgasm** Kline Georgia Graber,1983-06-01

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