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Female Masturbation: Simple Pleasures to Mindblowing Orgasms

Maree Stachel-Williamson

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Learn all you ever wanted to know about masturbation in this book: The emotional and physical benefits you will gain - including the effect masturbating and orgasms have on stress, pain, vaginal health, self-esteem and sexual confidence. Included are techniques to increase your arousal and give yourself sexual pleasure - using your fingers, vibrators, Ben-Wa balls, jade eggs, dildos, anal beads, water, mindfulness and more. Discover how to use masturbation as part of developing your sensuality and sexuality as well as ways in which you can incorporate masturbation and self-pleasuring into sex with a partner - to deepen your relationship and improve your sex life. You will also learn about and discover your personal erogenous zones, your stages of arousal, how to maximize sexual pleasure and the many different types of orgasms you can learn to give yourself including peak, relaxation, G-spot, clitoral and multiple orgasms. The author, Maree Stachel-Williamson wrote this book of information and self-discovery techniques with the aim of providing a comprehensive book on female masturbation that covers all aspects of this topic - no holds barred.

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