

Slow Sex: The Art and Craft of the Female Orgasm

By Nicole Daedone

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Slow Sex: The Art and Craft of the Female Orgasm By Nicole Daedone

The truth is: Most women do not have satisfying sex lives. *Slow Sex* can change that.

Better sex is about one thing: better orgasm. This life-altering guide teaches men and women how to use the practice of Orgasmic Meditation - or OM - to slow down, connect emotionally, and achieve authentic female sexual satisfaction. The promise: In just fifteen minutes every woman can become orgasmic. And, with the right partner and the right technique, that orgasm could last and last!

For more than a decade, Nicole Daedone has been leading the "slow sex movement," which is devoted to the art and craft of the female orgasm. OM is the act of slowing down, tuning in, and experiencing a deeper spiritual and physical connection during sex. *Slow Sex* reveals the philosophy and techniques of OM and includes a step-by-step, ten-day OM starter program, as well as OM secrets for achieving ultimate satisfaction. It also includes exercises to help enhance readers' "regular" sex lives, such as Slow Oral for Her, Slow Oral for Him, and Slow Intercourse.

This book is the argument for daily intimacy, and for paying attention as the foundation of pleasure, all with a focus on the female experience.

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