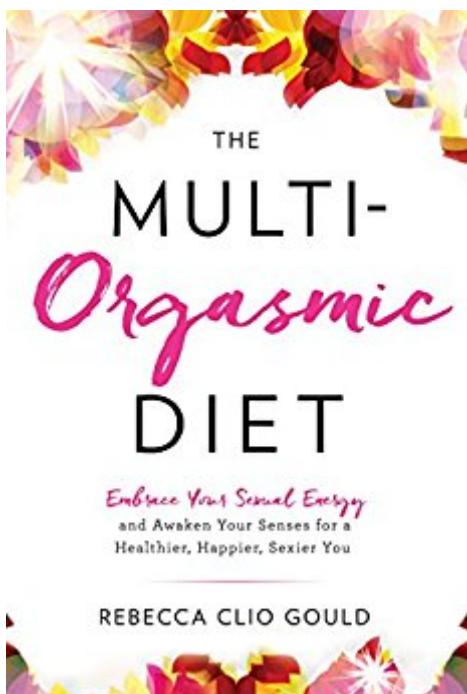


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# The Multi-Orgasmic Diet: Embrace Your Sexual Energy And Awaken Your Senses For A Healthier, Happier, Sexier You



## Synopsis

â œIn a world where women are constantly faced with pressure to be or look a certain way, The Multi-Orgasmic Diet is like a breath of fresh air. Rebecca provides a playful, pleasurable, and loving approach to what is often full of shame and restriction. This book turns traditional dieting on its head and has the potential to help many women live ecstatic lives." â " Margot Anand, Founder of SkyDancing Tantra and Author of The Art of Everyday EcstasyDonâ ™t be fooled by the title. This book doesnâ ™t focus on teaching orgasm techniques, and itâ ™s not a traditional diet book. Itâ ™s something better. A sexy spin on diet, weight loss, and womenâ ™s self-help, The Multi-Orgasmic Diet is a revolutionary and fun approach to natural, shame-free healthy living. Instead of a restrictive diet that tells women what to eat and what not to eat, this book provides a lifestyle plan that teaches you how to fill up on the pleasure of life rather than overeating or using emotional eating to fill a void. You will also learn to cultivate deeper love and acceptance for yourself in this body positive approach to womenâ ™s health and sexuality. The Multi-Orgasmic Diet gives you:<sup>\*</sup> A lighthearted, playful, and decidedly sexy way to achieve your weight loss and health goals without restrictions or deprivations.<sup>\*</sup> A menu plan full of practices to help you cultivate your sexual energy and awaken your senses, both of which will bring more joy and satisfaction to your life.<sup>\*</sup> A solid foundation that sets you up for success, plus valuable book bonuses and an online community to support you along the way. The knowledge you need to use energy cultivation, sensuality, and self-love â “ not food â “ for happiness and fulfillment.<sup>\*</sup> Support in releasing shame and other blockages standing in your way, so that you can live the life of radiant health and happiness you deserveâ "with sex appeal to boot!<sup>\*</sup> A pleasure-filled journey that will give you a sexy, alluring glow and spice up your life both in and out of the bedroom. Integrative Nutrition Health Coach and Sexual Awakening for Women Facilitator Rebecca Clio Gould serves as your guide on this journey. Her mission is to help do away with shame and taboo and help others experience deeper happiness and live juicer lives. She does so in a way that is inspiring and hopeful while also being grounded in reality. After years of her own struggles with weight loss, cravings, emotional eating, traumatic injuries, and body image issues, Rebecca found a way out of the struggle and into blissful surrender, acceptance, and transformation. The practices sheâ ™s gathered and created along the way, as well as the wisdom she has to share, are in these pages. In addition to more than 80 step-by-step practices in the book, readers also receive audio and video book bonuses that will support them in their transformational journey of fulfillment and wellness. And thanks to Rebeccaâ ™s delightfully conversational writing style, and her dedication to setting you up for success, you are likely to feel as if she is right there in the room with you as a trusted advisor and

friend.

## Book Information

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## Customer Reviews

FINALLY a book that brings everything together in one place. I have been a therapist for over 30 years and specialize in working with women who are wanting to heal their sexuality, body image and self-esteem. There are many resources on emotional eating, diet, mindfulness, exercise, sexuality etc however, I have not seen anything where they are tied together. 'The Multi-Orgasmic Diet' is now going to be my recommended "reference book" for my clients. It is probably the most holistic approach in a book I have seen, and it is clearly laid out and simplified through chapters focusing on specific issues and aspects of living a healthy, happy and sensually fulfilled life. There are lots of practical exercises and it is informative as well as fun. I most highly recommend this to everyone. ~  
Bonnie Bhatti PhD LICSW

In a world where we focus on getting things done quickly and being stressed is a badge of honor,

Rebecca brings us back to ourselves in a nurturing, sexy and beautiful way. I love the fact this juicy book brings awareness that being orgasmic is about living a full delicious life and that personal pleasure is paramount to a life well felt and truly lived. Easy to read with delightful practices to explore The Multi-Orgasmic Diet gives us a safe place to reinvest in ourselves with a fresh take on what truly fuels our body and soul.

This book is inspiring! It's about more than diet and sexual energy - it's about how we change ourselves for the better. Also, it's about embracing the positive rather than restricting the negative. The author is a natural teacher. With a style that is casual, clear and crisp, Gould slowly and patiently lays out the building blocks for breaking out of bad habits and forming good new ones. Very well organized in bite size pieces, with the right mix of philosophy and daily practices. As for the substance - this is like three books in one! It covers chi energy cultivation, diet and sexuality, and the relationships between them all. And as a male reader, I will say that although it is clearly targeted towards female readers, that perspective is so honest and refreshing that I found it brought an additional dimension to the reading for me. A unique addition to the genre.

This book is full of juicy morsels in the form of short exercises that build to a crescendo of full body-mind-spirit delight. Rebecca gives readers permission and encouragement to view their sexuality through the lens of wholeness and to flow sexual energy as a way of life. This is a true tantric approach. I'm not a fan of the title, as I associate diet with restriction of one type or another and could have done without the correlation between sexual energy and eating habits altogether. I think the material stands on its own. I'm excited to work through, or rather play through the exercises, taking my time and savoring each drop. The book is written by someone who clearly understands and practices her topic and the tone is encouraging and supportive. Highly recommend it.

This truly is a sexy spin on wellness and self-love (something we all need!). There are some really special practices in here that are clearly from years of studying under the 'greats'. The author emphasizes being in the present moment to experience the juiciness of life through all our senses. This book has helped me embrace my femininity and enjoy the love, sensuality, abundance and joy that is all around us if we only activate our attention with intention. I recommend this book to all women (men too!).

The Multi-Orgasmic Diet is a wonderful way to come back to yourself, both sexually and as a woman. Rebecca takes us on a journey of self-discovery unlike any other resource. There are lots of books on sexuality out there that assume that we are at a certain level. And there are a lot of books that go unread because we can't relate. Rebecca calls this out from the very beginning:1. There's no assumptions. You are okay just as you are and can start from where you are.2. There are a lot of exercises, but no pressure to do them all. In fact, Rebecca asks you to pick and choose and create your own menu.3. And apparently she can read minds because just when you get to the point of feeling uncomfortable, she reminds you that you don't have to do anything you don't want to. You go at your own pace. And it's all okay. She give you the permission you might need. I love it and I highly recommend it for every woman.

I first bought the Kindle version, but the orgasmic sensuality it was awakening in me was so much I just had to have a physical copy in my hands! Caress this Ladies, and apparently even Gentleman! Love'n it!

Fantastic guide book for women who struggle with body acceptance and emotional overeating. Wonderful, unique insights and powerful truths are woven throughout this book. As a woman who went from overeating myself many years ago to discovering a more tantric, self-loving, sex-positive reality, I am a big fan and believer in this work! Highly recommend you follow this book with the Mantak Chia books the author mentions (like The Multi-Orgasmic Couple). Life changing, life-affirming book!

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