



The Orgasmic Diet: Boost Your Libido and Achieve Orgasm (Paperback)

By Marrena Lindberg

Little, Brown Book Group, United Kingdom, 2007. Paperback. Book Condition: New. 197 x 128 mm. Language: N/A. Brand New Book. Improve your libido, enhance your sexual pleasure and expand your sexual horizons! It s been written about in Elle magazine and the Telegraph, mentioned in Forbes and joked about on the Tonight show - a sure sign that something has entered the cultural zeitgeist. Now for the millions of women unable to reach orgasm, or for those who want to improve their sex lives, here is a groundbreaking nutrition and exercise plan to bring women to orgasm for the first time - and every time they have sex! The Orgasmic Diet, by Marrena Lindberg, is designed to regulate a woman s brain chemistry and body functioning and bring her to mind-blowing orgasm. It achieves this through four easy-to-adapt elements including: a diet low in carbohydrates that avoids orgasm killers like refined sugar and caffeine; high doses of fish oils, vitamin C and dark chocolate; internal exercises that go far beyond Kegels; and maintenance of serotonin and dopamine levels. Unlike other orgasm books, which just focus on new positions to try or psychological issues, here is the first-ever scientifically supported nutritional...



READ ONLINE
[3.5 MB]

Reviews

It is really an awesome ebook that we actually have actually study. It can be loaded with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mr. Coleman Ortiz**

This publication is very gripping and interesting. We have go through and so i am confident that i am going to planning to read through yet again again in the foreseeable future. You are going to like how the blogger write this ebook.

-- **Dr. Thaddeus Turner PhD**

Relevant Kindle Books



Read Write Inc. Phonics: Yellow Set 5 Non-Fiction 4 a Model Bird (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 197 x 116 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...



Read Write Inc. Phonics: Grey Set 7 Non-Fiction 5 a Place in Space: The Moon (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 197 x 88 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...



Read Write Inc. Phonics: Green Set 1 Storybook 3 Six Fish (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 197 x 78 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 sounds. Each set...



Read Write Inc. Phonics: Grey Set 7 Non-Fiction 2 a Flight to New York (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 213 x 98 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...



Read Write Inc. Phonics: Orange Set 4 Storybook 2 I Think I Want to be a Bee (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



Read Write Inc. Phonics: Blue Set 6 Non-Fiction 2 How to Make a Peach Treat (Paperback)

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 205 x 74 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books is carefully levelled to match childrens growing...