



Tantric Sex for Men: Making Love a Meditation

Diana Richardson, Michael Richardson

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Tantric Sex for Men: Making Love a Meditation Diana Richardson, Michael Richardson

A revolutionary approach to male sexuality offers the keys to achieving sexual fulfillment

- Teaches how to retain semen for increased vitality and longer lovemaking
- Explains the relationship-strengthening benefits of deep, sustained penetration
- Includes foreplay approaches and position sequences

Fulfilling sex nourishes love, increases vitality, and boosts mental health. Unfortunately, prevailing attitudes about male sexuality and what is good sex work against these innate features by focusing on the excitement of ejaculation as the one and only goal.

Using the tantric guidelines they have practiced for more than 25 years, Diana and Michael Richardson show men how to move beyond their preconceptions of sex as a goal-oriented--and often unintentionally stressful--event so they can relax into sex as a meditative union of complementary energies. They explain how retaining semen allows for increased vitality and extended lovemaking sessions and show the relationship-strengthening benefits of deep, sustained penetration. They also explain how to perform soft penetration and how to avoid premature ejaculation.

Tantric Sex for Men includes tried-and-true foreplay approaches, diagrams of sexual position sequences, ways to increase sexual sensitivity through awareness, and how to have ecstatic experiences through reaching a woman's body on a sexually deeper level. The authors also demonstrate how the sexual organs can be used to heal both men and women physically, emotionally, and spiritually.

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Reading can called head hangout, why? Because if you find yourself reading a book mainly book entitled Tantric Sex for Men: Making Love a Meditation your head will drift away trough every dimension, wandering in every aspect that maybe unknown for but surely will end up your mind friends. Imaging every word written in a guide then become one application form conclusion and explanation in which maybe you never get before. The Tantric Sex for Men: Making Love a Meditation giving you yet another experience more than blown away your thoughts but also giving you useful info for your better life in this particular era. So now let us explain to you the relaxing pattern this is your body and mind are going to be pleased when you are finished examining it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

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This Tantric Sex for Men: Making Love a Meditation is great guide for you because the content and that is full of information for you who always deal with world and get to make decision every minute. That book reveal it info accurately using great plan word or we can state no rambling sentences inside. So if you are read that hurriedly you can have whole facts in it. Doesn't mean it only offers you straight forward sentences but challenging core information with wonderful delivering sentences. Having Tantric Sex for Men: Making Love a Meditation in your hand like obtaining the world in your arm, facts in it is not ridiculous one particular. We can say that no guide that offer you world with ten or fifteen tiny right but this e-book already do that. So , this really is good reading book. Hey there Mr. and Mrs. occupied do you still doubt which?

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