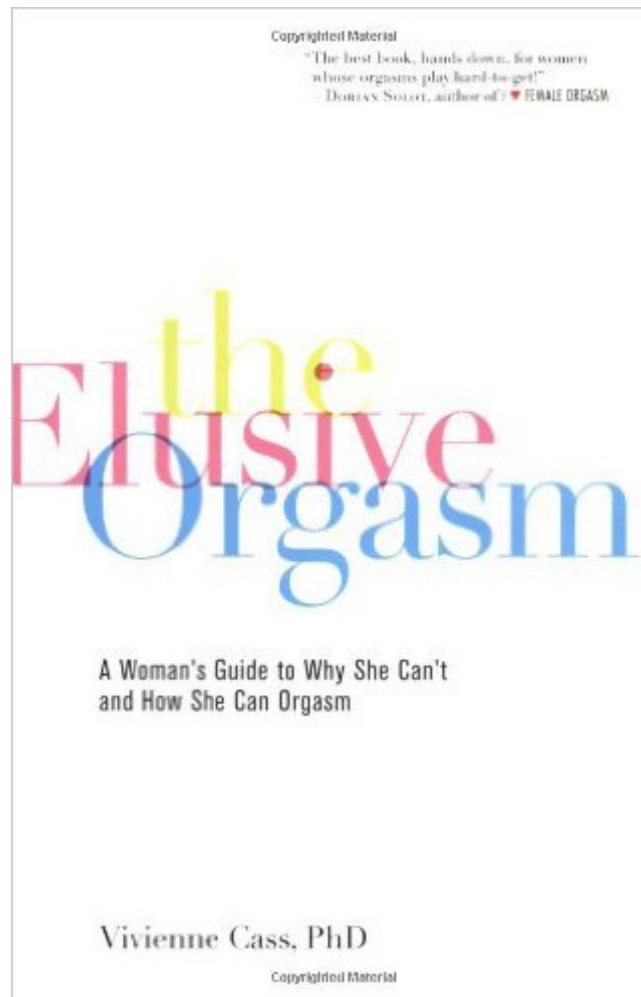


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# The Elusive Orgasm: A Woman's Guide To Why She Can't And How She Can Orgasm



## Synopsis

Are you one of the thirty percent of women who has difficulties with orgasm? Do you want to experience greater sexual satisfaction? In easy to read language, *The Elusive Orgasm* provides a full overview of women's sexual pleasure, covering sexual triggers, stages of arousal, the power of mind, and how women differ from men. Longtime clinical psychologist and sex therapist Dr. Vivienne Cass reveals all the causes of women's orgasm difficulties &#151; and how to remedy them. In *The Elusive Orgasm*, you'll learn: What an orgasm is How the clitoris is much more than "a little button" The stages of a woman's arousal The five types of orgasm difficulties The twenty-five causes of those difficulties Self-awareness via quizzes and questionnaires Sexual and non-sexual changes to help you orgasm Step-by-step plans to help you and your partner An extraordinarily thorough, all-inclusive exploration of every possible reason why women have orgasm challenges, *The Elusive Orgasm* gives you the tools to discover the source of your own orgasm difficulties, along with straightforward remedies.

## Book Information

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## Customer Reviews

I got this book and also 5 minutes to orgasm, but this book is great for people who have problems with orgasm in general. I found this is especially helpful for women who haven't (or just aren't very good at) masturbating which is where a lot of young women have problems. The author is an expert and has tons of knowledge and experience helping women, plus she writes in an informal way that's fun to read. I love this book! It helped me after only the first couple chapters. It also has trouble

shooting for lots of various problems, not just for newbies. If you can orgasm, but not during sex I recommend 5 minutes to orgasm, it is much more geared to that specific problem.

This book was helpful in helping me to overcome my orgasm difficulty. The good thing about this book is that it describes all the problems women have orgasming in depth, and instructs the reader on how to overcome these problems. My only complaint about this book is that the author feels the need to constantly remind the reader that you don't have to orgasm if you don't want to. I found that continuous restatement annoying. If I didn't want to orgasm I wouldn't have bought the book. (Hence the four stars instead of five.) However, this book was very helpful to me personally and I believe that it is the only book of its kind for helping women overcome orgasm difficulty. I would definitely recommend it.

This is a wonderful, no-pressure book. Really affirming. If you are looking for a "sex tips by porn stars" kind of book or a "three hundred positions for better sex" it is the wrong book. But if you are looking for ways to feel better about yourself, to deal with difficult issues, to enjoy lovemaking more, and to get practical advice about all these issues, it is perfect.

This book is definitely helpful to anyone having trouble with orgasms. Most of the difficulty was in my head (upbringing, religious background, lack of knowledge). It also addresses health issues and other issues that may be affecting your orgasm or lack thereof. There are some parts in the book that are redundant, but overall this book is excellent and helped solve my problem!!

As a practicing gynecologist with a speciality in sexuality I am thrilled that this invaluable book will now be available to a wider audience. Its practical suggestions, presented in clear and straightforward language, cannot help but improve the sexual satisfaction of everyone who reads it. And sex therapists will also benefit from the wisdom Dr. Cass has accumulated over decades of clinical experience.

I appreciate the "research" she has done on this elusive topic for women. I can't believe that I have gotten to this age and stage of my life without knowing more about my own female body. Maybe "dumb luck" has gotten me through the last many years. She writes with authority and humor and keeps the reader engaged and interested. I'd recommend this book for all women and the men in their lives.

Not an easy read. The information is presented in a dry manner. (No pun intended) It breaks women into a 1-5 level category of difficulty- the book would be better if they then carried that through with a color code. So if you are a #5- then you could flip through and JUST read what pertains to you!

very informative, complete info, easy to understand, very helpful, it did fix my problem. i would compleatly recommend this book.

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