



# 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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### Editorial Review

#### Review

"Required education for every man on the planet." -**Timothy Ferriss**, *New York Times* bestselling author of *The 4-Hour Body* and *The 4-Hour Workweek*

"Ah! Combining meditative awareness with sexual pleasure! What could be better--or more life-enhancing--than this?" -**Christiane Northrup, MD, OB/GYN physician, and New York Times bestselling author of Women's Bodies, Women's Wisdom and The Wisdom of Menopause**

"*Slow Sex* is the real deal on pleasuring a woman. For any guy who want his fifteen minutes of sexual fame, Daedone offers practical and inspired guide to the orgasmic big leagues." -**Ian Kerner, sexuality counselor and New York Times bestselling author of She Comes First**

"Daedone makes her arguments persuasively, with clear instructions and a knack for the just-right analogy or phrase. This is not another tantra book....OM practice should give many people a fresh and satisfying conduit to deeper sexual intimacy. Recommended." -**Library Journal**

"Daedone's philosophy is a refreshing counterpoint to the porny mainstream." -**Salon.com**

"At a time when many women feel pressured to add sex to their Superwoman to-do list without feeling like they get much in return, *Slow Sex* is a much needed and welcome invitation for women and men to strip down to the bare essentials of a woman's authentic sexuality so sex can fill her up, rather than deplete her. A must-read for any woman who hasn't fully accessed her orgasmic potential and yearns to more fully embody the intimacy and surrender a loving sexual relationship can bring to a woman's wholly healthy life." -**Lissa Rankin, MD, OB/GYN, author of What's Up Down There and founder of OwingPink.com**

#### About the Author

Nicole Daedone is the founder of the OneTaste retreat centers located in San Francisco and New York. She helped develop the OneTaste curriculum and train faculty based on her innovative approaches to relationships, healing and mindful sexuality. Mentored by Dr. Dean Barnlund, an early collaborator of Alan Watts, she writes, teaches and lectures on the relationship between language and spirituality, body and mind. Her undergraduate and graduate work was in gender studies and semantics.

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#### Phyllis Branson:

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