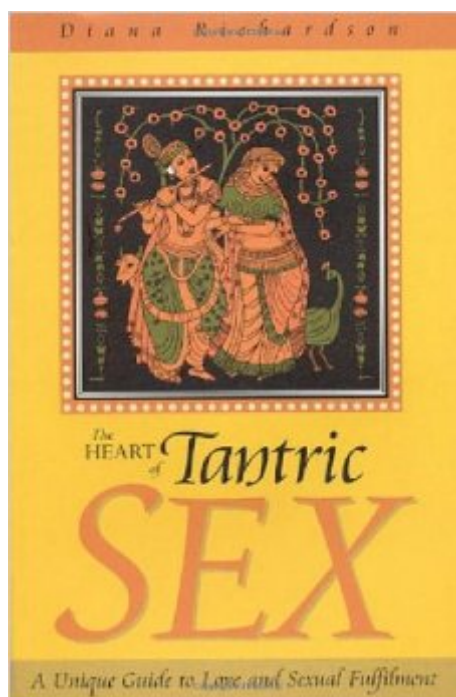


The book was found

The Heart Of Tantric Sex: A Unique Guide To Love And Sexual Fulfillment



Synopsis

After many years of exploration, Diana Richardson found that the ancient practice of Tantra, with its unique, intelligent approach to sex, had the effect of enhancing intimacy and deepening love. Here she has adapted Tantra for modern Western lovers in a practical, sympathetic way. Tantric Sex can transform your experience into a more sensual, loving and fulfilling one.

Book Information

Paperback: 256 pages

Publisher: Bedroom Books (June 9, 2003)

Language: English

ISBN-10: 1903816378

ISBN-13: 978-1903816370

Product Dimensions: 5.6 x 0.6 x 8.6 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (78 customer reviews)

Best Sellers Rank: #42,249 in Books (See Top 100 in Books) #86 in Â Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality #165 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #194 in Â Books > Self-Help > Sex

Customer Reviews

This is going to be a long review, so let me state my background and perspective up front: I've been doing tantric sex regularly for over 20 years. I have interviewed 59 veteran tantric couples in depth, and done extensive research into what is happening during tantric sex that explains its powerful differences from normal sex. And I've posted a practical guide to learning tantric sex online at [...]. My background is in science and I have a bias against mystical explanations for things that are quite adequately explained by human psychology, neuroscience, and biochemistry. Over the years, I have read many books, articles, and websites that discuss tantric sex, and most of them were (and are) appalling mixtures of spiritual nonsense and bad advice about sex. So when I received a review copy of this book, I expected to dislike it. When I discovered that the author had once been a follower of Osho, aka Rajneesh, a notorious spiritual fraud, my expectations sank further. As anticipated, there is some junk science and spiritual doubletalk. However, there was much less of that than I expected, and I also found a lot to like. I think this would be a very useful book for certain readers. Let's start with the bad: • Junk science: Richardson talks about "sexual energy" as if it were physically real, instead of a metaphor for emotional and physical

arousal, and this leads her into some common errors. Her discussion of asexual polarity, as if human beings were sexual 9-volt batteries, is particularly bad. She thinks men have a positive pole in their pelvic floor, while women have a negative pole there and a positive one in their breasts. (Because | yin & yang?

[Download to continue reading...](#)

Tantric Massage: Master the Art Of Tantric Massage - Discover Mindblowing Tantric Massage Techniques, Perfect your Tantric Massage Skills, Tantric Sex And Experience An Incredible Tantric Sex Life Tantric Sex: The Truth About Tantric Sex: The Ultimate Beginner's Guide to Sacred Sexuality Through Neotantra (Tantric Sex Books, Tantric Sex For Men And Women) The Heart of Tantric Sex: A Unique Guide to Love and Sexual Fulfillment Tantric Sex: Tantric Sex Mastery: 26 Ways To Improve Your Love Life Forever! Sex: This Book Includes - Tantric Sex: A Beginners Guide For Couples Based On The Art Of Tantra, Sex Positions: 21 Illustrated Sex Positions To F*ck Her Brains Out (Sex Techniques, Kama Sutra) Sex Positions: Sex: The Top 100 Sex Positions to try Before you Die (Sex Positions, Sex Guide, Kamasutra, Sex Books) Tantric Massage: Beginner's Guide, Tips and Techniques to Master the Art of Tantric Massage! Heart Disease: Heart Disease Prevention And Reversal Guide To Prevent Heart Disease And Reverse Heart Disease With Heart Disease Prevention Strategies And Heart Disease Diet Advice Tantric Massage: Mastery, 28 Ways To Give The Perfect Tantric Massage Intended for Pleasure: Sex Technique and Sexual Fulfillment in Christian Marriage Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) Tantric Sex: Couples Guide: Communication, Sex And Healing Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2 Lesbian Sex Bible: The Complete Guide to Sexual Love for Same-Sex Couples Every Woman's Battle: Discovering God's Plan for Sexual and Emotional Fulfillment (The Every Man Series) Increase Libido at Any Age Naturally: The Ultimate Guide to An Increased Sex Drive & Improved Sex Life for Men & Women (Increase Sex Drive, Improve Sex Life) Letters To My Ex-girlfriends: A Unique Love Story (Romance, love, sex, cheating, betrayal, ex-lover, poems,grief) Una Vida Sexual Mas Feliz/A Happier Sex Life: Study in Modern Japanese Sexual Habits Kama Sutra: The Ultimate Sex Guide To Kama Sutra, Love Making and Sex Positions - Secret Techniques For Your Sex Life! Sock Monkey Kama Sutra: Tantric Sex Positions for Your Naughty Little Monkey

[Dmca](#)