



# Because It Feels Good: A Woman's Guide to Sexual Pleasure and Satisfaction

*Debby Herbenick*

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In our sophisticated, liberated, *Sex and the City* age, women are eager to enjoy sex to the fullest. But for many women, it's not quite that easy. In fact, *Men's Health* columnist Debby Herbenick receives thousands of letters and emails from women across the country who admit to having less than spectacular sex lives?and they're looking for advice.

Herbenick is the kind of confidante every woman longs for?a sex advisor who is as approachable as a girlfriend and as knowledgeable as a sex education professor. At the core of her advice is the belief that sex should be fun, satisfying, and intimate?but first and foremost, it should simply feel good. From enlightening lessons on female anatomy to the complicated issue of libido to an overview of sex toys and positions, *Because It Feels Good* informs women about every aspect of sexual function, providing the knowledge they need to have the sex lives they deserve. This is a pleasure manifesto?and your handbook to a great sex life.

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#### **Brian Rankins:**

People live in this new moment of lifestyle always attempt to and must have the extra time or they will get wide range of stress from both way of life and work. So , when we ask do people have free time, we will say absolutely yes. People is human not just a robot. Then we consult again, what kind of activity do you have when the spare time coming to you of course your answer can unlimited right. Then ever try this one, reading publications. It can be your alternative within spending your spare time, typically the book you have read is usually Because It Feels Good: A Woman's Guide to Sexual Pleasure and Satisfaction.

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