



# Great Sex Made Simple: Tantric Tips to Deepen Intimacy & Heighten Pleasure

*Mark A. Michaels, Patricia Johnson*

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Take your sex life from ordinary to extraordinary with this fun and easy-to-use beginner's guide to authentic Tantra. Explore new and surprising sources of sensual delight with fifty-four Tantric techniques for enhancing intimacy and deepening pleasure. Proving that Tantric lovemaking doesn't have to take hours, Tantra experts Mark A. Michaels and Patricia Johnson present straightforward, simple practices that anyone can do. Along with fundamental principles of Tantric sex, you will discover amazing ways to prolong arousal, satisfy your partner, maximize bliss, and reach higher states of consciousness.

- \* Erotic trigger points
- \* Massage
- \* Fantasy and role-play
- \* Kissing
- \* Self-pleasuring
- \* Breathwork
- \* Eye-gazing
- \* Meditation

## Praise:

**"Patricia Johnson and Mark A. Michaels have written a compassionate and accessible guide to an often mysterious but valuable tradition, and made it relevant for today's readers who want to find more connection, spirituality, and care in their lives and love."**

--Naomi Wolf, author of *Vagina* and *The Beauty Myth*

*"Great Sex will be a useful resource for individuals seeking to enrich their sexual experiences to open their minds to new possibilities of intimacy."*--ForeWord

**2013 IPPY Awards Gold Medalist in Sexuality/Relationships.**

**2013 International Book Awards Winner in Self Help: Relationships.**

**2013 ForeWord Reviews Book of the Year Silver Medalist in Self Help and Finalist in Family and Relationships.**

**2013 Eric Hoffer Awards Honorable Mention in Health.**

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