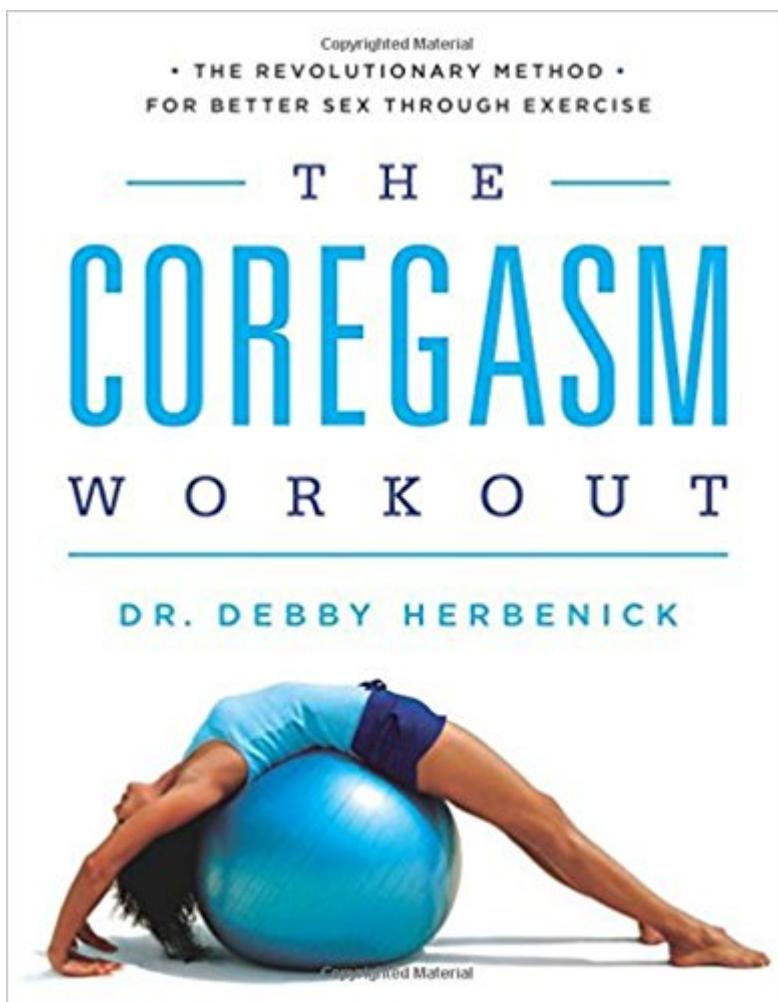


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The Coregasm Workout: The Revolutionary Method For Better Sex Through Exercise



Synopsis

The Coregasm Workout is a revolutionary new book that provides natural, safe, and effective techniques for enhancing sex through fitness. Developed by leading sex researcher, educator, and columnist Dr. Debby Herbenick, The Coregasm Workout introduces simple, science-backed exercises to make working out more fun and sex lives more satisfying. Debby has developed The Coregasm Workout based on her deep background in health science and unprecedented research on exercise-induced arousal in order to bring fitness and sexuality closer together. Her fact-based methods are specifically designed to improve orgasm and have been tested, refined, and proven by real women, for women. The Coregasm Workout will help improve your sex life and help you enjoy exercising more often through four C.O.R.E. principles: Challenge yourself through cardio, reps, and resistance; Order matters: it's not just the kind of exercises you do, but the order in which you do them; Relax and receive: be open to the experience of coregasm; Engage your lower abs, muscles often strongly linked to coregasm. Fun, fascinating, and useful, The Coregasm Workout offers new exercise techniques for women who want to stay sexy, healthy, and fit, and enjoy the benefits of the gym in the bedroom.

Book Information

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Customer Reviews

"Kinsey Institute researcher and fitness enthusiast Herbenick draws on her studies of exercise-induced orgasms and arousal for a captivating guide to how exercise can help one feel more connected to one's body, ultimately improving one's sexual life";

Embedded throughout are helpful quotes and carefully detailed exercises featuring refreshingly diverse exercise models, which will ensure the book's appeal to women of all body types. Going by this book, Herbenick's expertise as a sex researcher is as unimpeachable as her passion for fitness." Publishers Weekly "For anyone looking to start an innovative new exercise routine, The Coregasm Workout delivers the ultimate happy ending!" Ian Kerner, New York Times best-selling author of She Comes First "Debby Herbenick has written a fascinating description of the phenomenon of exercise-induced orgasm that is at once an experiential account of a 'coregasm' and a guide for those seeking to learn how to achieve one. This book helps shed light on the complexity of orgasm as well as its intimate connection to the functioning of the whole body. Everyone has something to learn from reading this book!" Madeleine M. Castellanos, MD, author of Wanting to Want: What Kills Your Sex Life and How to Keep It Alive "As a sex therapist, clients are often surprised at the way lifestyle changes related to diet or exercise can boost their sex life. The Coregasm Workout shows how exercise is connected to sexual arousal and orgasm in fascinating ways." Rose Hartzell, PhD, EdS, CHES, LMFT, and AASECT Certified Sexuality Therapist, San Diego Sexual Medicine "The Coregasm Workout is amazing in its premise, but it's no hype; this book is meticulously researched, and it delivers what it promises. Herbenick's lively style is clear, friendly, and motivating, and you'll want to put her program into action!" Joan Price, author of Naked at Our Age: Talking Out Loud About Senior Sex and Better Than I Ever Expected: Straight Talk About Sex After Sixty "The Coregasm Workout is a fascinating look into the science of exercise arousal. It's a must-read for anyone who wants to explore the connection between sex and exercise and feel better about her body. Dr. Herbenick once again leads the way in helping people embrace their sexuality, for more enjoyment and healthier relationships. At Men's Health, there's no one we trust more." Adam Campbell, fitness director at Men's Health and bestselling author of The Women's Health Big Book of Exercises "The Coregasm Workout is not just about sex (though a fit, healthy, sexual self is certainly a benefit). This workout is about body awareness, physical fitness, and being comfortable with yourself; something that all women could use more of. I really loved that Herbenick used women of all shapes and sizes and ages to demonstrate the exercises in the book. It was refreshing and a pleasure to see." Selene Yeager, author of The Women's Health Big Book of 15-Minute Workouts

Dr. Debby Herbenick is an internationally known sex researcher, educator, columnist, and author. She is an Associate Professor at Indiana University's School of Public Health and a

research fellow and sexual health educator for the Kinsey Institute for Research in Sex, Gender, and Reproduction. She holds a PhD in Health Behavior from Indiana University, a master's degree in public health from Indiana University, and a bachelor's degree in psychology from the University of Maryland. She is also certified as a sexuality educator by the American Association of Sexuality Educators, Counselors, and Therapists. Dr. Herbenick has published more than 80 scientific articles about sexual health, behavior, sexual arousal, and orgasm (including exercise-induced orgasm, also called "coregasm"), and has written five books about sex and love. Originally from Miami, Florida, she currently lives and works in Bloomington, Indiana.

Very good book

Best book ever

Excellent exercises, and I love the layout of the book. The science of "coregasm" makes sense to me and so far, I do like how these exercises make me feel.

Very interesting for those who like different method of exercise.

I've always been a fan of Dr. Herbenick's work and this book just takes that to the next level. Finally, someone has studied the "coregasm" phenomenon and broken it down in an easy to read format.

I bought this book for my gf thinking it would be about female specific workouts routines which help sexual performances (think actual gym workouts that help you have better sex.) This book is basically all about kegel exercises and how to have orgasms at the gym while working out. No workout plans, which was what was expected.

I'll tell you the truth here; I requested this book because the title made me giggle. Debby Herbenick kept me reading though. The beginning gets a little scientific theory heavy, but it is written conversationally. The theory itself was unique and well presented and amply supported. The book is organized logically and the progression of exercise and applications is beautifully detailed. I actually learned quite a bit from Dr. Herbenick and I believe I could put a lot of it into practice easily. Glad I read it.*I received my copy from NetGalley.com in exchange for an honest review.

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