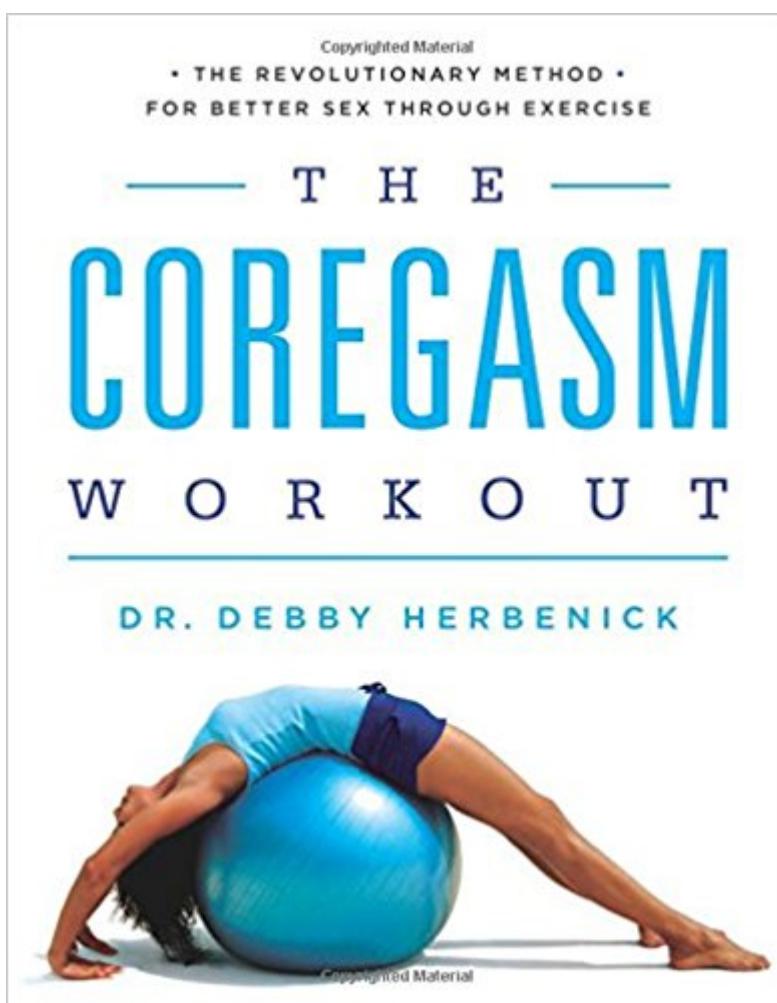


The book was found

# 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

Paperback: 192 pages

Publisher: Seal Press (June 9, 2015)

Language: English

ISBN-10: 1580055648

ISBN-13: 978-1580055642

Product Dimensions: 7 x 0.5 x 9.1 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 7 customer reviews

Best Sellers Rank: #576,483 in Books (See Top 100 in Books) #120 in Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health #864 in Books > Sports & Outdoors > Coaching > Training & Conditioning #970 in Books > Health, Fitness & Dieting > Sexual Health > General

## 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 appeals 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."#151;Publishers Weekly"For anyone looking to start an innovative new exercise routine, The Coregasm Workout delivers the ultimate happy ending!"#151;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!"#151;Madeleine M. Castellanos, MD, author of Wanting to Want: What Kills Your Sex Life and How to Keep It Alive#147;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."#151;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#151;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!"#151;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#151; 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."#151;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#151;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."#151;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.

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

The Coregasm Workout: The Revolutionary Method for Better Sex Through Exercise Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) 200 Dirty Talk Examples: How to Dirty Talk your way to the Most Graphic, Mind-Blowing Sex of your Life (Sex Advice and Sex Tips to Improve Sex Life and have Better Sex) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Kama Sutra: Best Sex Positions from Kama Sutra and Tantra to Skyrocket Your Sex Life (Kama Sutra, Sex Positions, How to have Sex, Tantric Sex) (Volume 1) 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) XXX MATURE SEX Pictures 3: sex, porn, milf, mature sex, love girls, sex pictures, anime sex pictures Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1) Fitness Journal & Planner: Workout / Exercise Log / Diary for Personal or Competitive Training [ 15 Weeks \* Softback \* Large 8.5" x 11" \* Full Page ... Cycling / Biking ] (Exercise & Fitness Gifts) 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) Sex and Marriage: More Sex, Passion and Desire for Married Couples: Discover the 10 Ways to Turn Your Sex Life From Routine to Lustful Desire (Sex Tips, ... Marriage, Marriage Advice, Marriage Help) Tantric Massage: #1 Guide to the Best Tantric Massage and Tantric Sex (Tantric Massage For Beginners, Sex Positions, Sex Guide For Couples, Sex Games) (Volume 1) How To Build The Rugby Player Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle ECG

Workout: Exercises in Arrhythmia Interpretation (Huff, ECG Workout) Squats: The Best Butt  
Workout Revealed - How to Sculpt the Most Voluptuous Butt Ever with Squats (30, 60, & 90 Day  
Workout Plans)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)