



# The Multi-Orgasmic Woman

*Mantak Chia, Rachel Carlton Abrams*

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**The Multi-Orgasmic Woman** Mantak Chia, Rachel Carlton Abrams

Now any woman can dramatically increase her pleasure with this holistic guide to female sexuality that combines the sexual wisdom of the East with the best of Western medical research. The book brings together the secrets of an Eastern spiritual master, Mantak Chia, the leading teacher of Taoist sexuality, and the health knowledge of a Western physician, Rachel Carlton Abrams, MD.

Through a series of tailor-made techniques and exercises that will increase chi or "life energy," readers will learn how to reach intense, prolonged, whole-body orgasms. This is a book to help all women reach their true sexual potential and discover a more blissful and fulfilling way of living in their bodies.

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