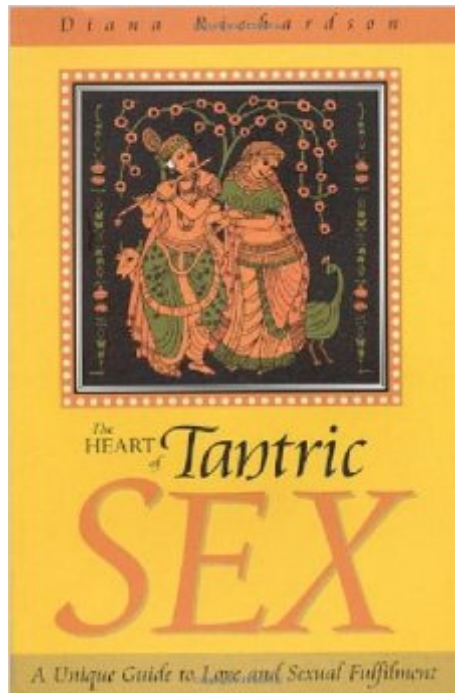


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# The Heart Of Tantric Sex: A Unique Guide To Love And Sexual Fulfillment



## Synopsis

After many years of exploration, Diana Richardson found that the ancient practice of Tantra, with its unique, intelligent approach to sex, had the effect of enhancing intimacy and deepening love. Here she has adapted Tantra for modern Western lovers in a practical, sympathetic way. Tantric Sex can transform your experience into a more sensual, loving and fulfilling one.

## Book Information

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Best Sellers Rank: #42,249 in Books (See Top 100 in Books) #86 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality](#) #165 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #194 in [Books > Self-Help > Sex](#)

## Customer Reviews

This is going to be a long review, so let me state my background and perspective up front: I've been doing tantric sex regularly for over 20 years. I have interviewed 59 veteran tantric couples in depth, and done extensive research into what is happening during tantric sex that explains its powerful differences from normal sex. And I've posted a practical guide to learning tantric sex online at [...]. My background is in science and I have a bias against mystical explanations for things that are quite adequately explained by human psychology, neuroscience, and biochemistry. Over the years, I have read many books, articles, and websites that discuss tantric sex, and most of them were (and are) appalling mixtures of spiritual nonsense and bad advice about sex. So when I received a review copy of this book, I expected to dislike it. When I discovered that the author had once been a follower of Osho, aka Rajneesh, a notorious spiritual fraud, my expectations sank further. As anticipated, there is some junk science and spiritual doubletalk. However, there was much less of that than I expected, and I also found a lot to like. I think this would be a very useful book for certain readers. Let's start with the bad: • Junk science: Richardson talks about "sexual energy" as if it were physically real, instead of a metaphor for emotional and physical

arousal, and this leads her into some common errors. Her discussion of 'asexual polarity,' as if human beings were sexual 9-volt batteries, is particularly bad. She thinks men have a positive pole in their pelvic floor, while women have a negative pole there and a positive one in their breasts.

(Because | yin & yang?)

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