



The Big O: How to Have Them, Give Them, and Keep Them Coming

Lou Paget

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In her first book, *How to Be a Great Lover*, bestselling sex educator Lou Paget showed women how to master a man's body. In her second book, *How to Give Her Absolute Pleasure*, Paget showed men how to please the woman they adore. In this, her third book, Paget shows both sexes how to bring each other to unimaginable heights of sexual excitement—together.

In her first two books, Paget has proven herself to be not only a source of both the most provocative and useful techniques and technical information about sexuality but also an honest and candid voice that men and women have come to rely on. In her nine years of giving Sexuality Seminars, the questions most commonly posed are about orgasms: "Are simultaneous orgasms really possible?" "What can I do if I've never had an orgasm?" "Do only certain types of orgasms 'count'?" In *The Big O* she answers these questions by debunking the myths and demystifying the questions and confusion surrounding orgasms that can wreak havoc on your sex life, your relationship, or your self-esteem.

In *The Big O* Paget provides the most essential and cutting-edge information that will explain and show—with explicit step-by-step instructions—all you want to know about having an orgasm and giving one, including:

- The ten different ways that women and the seven different ways men are known to orgasm
- Tips on how to control the timing and frequency of orgasms
- Exercises to increase your body's sensitivity and suggestions for women who have never experienced an orgasm to explore and practice privately
- The real scoop on aphrodisiacs and other orgasm enhancers
- Emotional enhancers and inhibitors: the psychology of orgasms
- Physical obstacles to orgasms, including medications, diet, alcohol, and recreational drugs
- Historical and hysterical facts about orgasms
- The Kama Lou-Tra: Lou's own look at Tantric sex and the spiritual side of orgasms

Each chapter contains elucidating and entertaining anecdotes based on research and interviews with thousands of men and women that show readers how the techniques work and what obstacles to avoid. *The Big O* is a book for men and women of all ages—from the time you want to start experiencing the crescendo of an orgasm to the time in your life when having one might not be such an easy feat. With her signature style of fresh information and clear detail, Paget shows you and your partner how to have and give more pleasure than you ever thought possible.

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