



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

By Lou Paget

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

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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Editorial Review

Amazon.com Review

Did you know that women can orgasm in 10 different ways, and a man in 7 different ways? A new book from sex educator Lou Paget is always a delight. Her frank, positive attitude and sprightly style make her books a pleasure to read. Her other books have focused on the total sexual experience--this one zooms in on the "Big O": orgasm. Of course first you have to understand how your body and your partner's body function sexually, how to build seduction and foreplay into your lovemaking (no matter how long you've been together as a couple), the importance of communication, and myths you need to dispel, so don't expect a whole book of lovemaking technique. In chapters 5 (women's orgasms) and 6 (men's orgasms), she gets to the techniques: lots of them, and clearly illustrated with line drawings.

Paget also includes spicy and amusing facts, such as, "Back in the Middle Ages, straight pubic hair was a sign of too much masturbation, which presumably accounts for the wide popularity of miniature pubic hair curlers at the time," and "In 1930 there was a nude indoor bicycle race in Paris in which each woman's goal was to be the first to orgasm from rubbing on the seat."

Lou Paget is also the author of *How to Be a Great Lover: Girlfriend-to-Girlfriend Totally Explicit Techniques That Will Blow His Mind* and *How to Give Her Absolute Pleasure: Totally Explicit Techniques Every Woman Wants Her Man to Know*. Though some information from earlier books is repeated in this one (who minds a reminder about our differences, or an illustration of Ode to Bryan, AKA the Penis Samba?), most is new, or presented in a new way. You'll enjoy *The Big O*--and so will your partner! --*Joan Price*

From Library Journal

Paget is the author of two outstanding sex manuals: *How To Be a Great Lover* (for women, about men, LJ 1/99) and *How To Give Her Absolute Pleasure* (for men, about women, LJ 1/00). *The Big O* (for both men and women) draws highlights from both of those works and offers new information from psychology, health and medicine, and spirituality. But the result is too little about too much, especially in the medical chapter. When does failure to get an erection become a problem? What is "low desire"? Why does delayed ejaculation appear in the premature ejaculation section? Why is nerve-sparing prostate surgery mentioned with "enhancers" rather than in the medical chapter? What's a "Sybian vibrator"? Paget's interdisciplinary approach doesn't gel, and some of the writing and editing is sloppy and vague. Paget shines when describing sex techniques in her first two books, which libraries should buy instead of this. Martha Cornog, Philadelphia
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Review

"Lou Paget has become a one-woman sexual revival."

--*GQ*

Users Review

From reader reviews:

Gary Lane:

Now a day people that Living in the era exactly where everything reachable by connect to the internet and the resources inside it can be true or not require people to be aware of each details they get. How people have

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Shannon Thompson:

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