



The One-Hour Orgasm: How to Learn the Amazing "Venus Butterfly" Technique

By Leah Schwartz, Bob Schwartz

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The One-Hour Orgasm is one of the best, most tasteful, explicit and *effective* sex education books ever published. It demonstrates, with pictures and words, how you can master the famous "Venus Butterfly" technique, immediately improve your intimate experiences, and enjoy ever-expanding levels of pleasure in your sex life. The book is filled with fresh, easy-to-learn new approaches and photos to aid the reader in learning sensual "safer sex" skills and what the authors trust you will find to be the most gratifying lovemaking techniques ever discovered.

Women will learn how to:

- * Increase the strength and duration of his erections
- * Initiate sex without effort on his part
- * Avoid common mistakes in the bedroom
- * Put the fun back into any relationship

Men will learn how to:

- * Thoroughly satisfy her every time
- * Increase the frequency of sex by making it more pleasurable for her
- * Avoid common mistakes in the bedroom
- * Be more self-confident as a lover.

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Editorial Review

From the Back Cover

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About the Author

New York Times bestselling author BOB SCHWARTZ, Ph.D., and his wife, LEAH SCHWARTZ, Ph.D., have been featured on HBO, CNBC, *Oprah*, *Joan Rivers*, *The View*, and over 2,000 other television and radio shows throughout the United States, Canada and Great Britain. They have dedicated over two decades to helping couples improve their marriages and sex lives.

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Chapter One

A What?

"A one hour orgasm! Is this a joke?," asked a friend when we told him what we were working on.

No.

A "one hour orgasm" is an orgasm with hundreds, even thousands, of orgasmic contractions one after the other after the other.

You don't believe this is possible? Join the club. Neither did we. No one we had ever met, including Dr. Ruth, had any idea of what we were talking about. The only way you will become a believer is the way we did. After your first one.

Do You Really Know What an Orgasm Is?

Most men and women, including many sex and relationship experts, seem to be very confused about what an orgasm actually is. Most of them talk and act as if the ejaculation phase is the orgasm. This is not accurate, even for men. Of course, if that were true, women would never have them.

The most obvious signs of orgasm for both men and women are the orgasmic contractions which produce the intense pleasurable feelings which shoot those “wonderful-out-of-control” feelings throughout your whole mind and body.

The beginning phase of an orgasm starts when your genital area is feeling better than any other part of your body! If the pleasure you are experiencing continues and builds up, the sensations becomes stronger. These wonderful feelings usually begin to create mild orgasmic contractions. The orgasmic contractions can continue to build in intensity. They soon seem to take over your whole body and finally you feel as if you have come into contact with a cosmic light socket.

Have You Ever Counted Them?

During what most people consider a normal orgasm, men generally have 6 to 9 orgasmic contractions, each contraction lasting for approximately 8/10ths of a second. These contractions in a man are followed by the ejaculation of semen.

According to our research, only one out of three women had often, if ever, experienced orgasm through intercourse, but when they do, they have, on the average, 9 to 12 orgasmic contractions. Each contraction lasts for the same 8/10ths of a second that the man experiences.

One woman in a study we read had 33 orgasmic contractions, but they wrote her off because they thought her sexual nervous system had malfunctioned.

Bliss Is Closer Than You Think

As did thousands of other students, we learned the “Venus Butterfly” technique at More University and The Institute For Human Abilities in California, where “Basic Sensuality 101” has been taught for over 30 years.

At the Institute, they call the 6 to 12 orgasmic contractions of a typical orgasm a “genital sneeze.” It is not that sneezes are bad, it is just that they have discovered that a whole lot more is available with some education and a little homework.

Being able to produce a one hour orgasm means that you have mastered the “Venus Butterfly” technique in this book. Once you have practiced enough, you will be able to produce hundreds and hundreds of orgasmic contractions in your partner, man or woman.

Sound impossible? You won't see this in the Guinness Book of World Records, but the longest a woman's orgasm was kept going at More University was 11 hours! (Please don't try this at home. These were trained professionals and it was done only as a scientific experiment...not for fun.)

The good news is that after over 30 years of research, the researchers at More University and The Institute of Human Abilities still can't say what the upper limits of pleasure are that you can give your partner or that you can experience. With this new information you will:

- Have more confidence in bed
- Be able to increase the intensity and duration of your partner's orgasm
- Have more fun together as a couple
- Put the spark back into your relationship or keep it from going away
- Eliminate boredom and increase the fun you both have in the bedroom
- Learn something new that makes a big difference in your sex life and relationship
- Solve the common problem of not being in the mood at the same time
- Learn how to talk to each other about one of the most emotionally charged subjects in the world... sex!
- Bring back his (or her) sex drive
- Learn how to solve the two biggest problems men face today without drugs--his occasional or often inability to have or maintain an erection and pre-mature ejaculation
- Make every love-making session a pleasurable learning experience
- Even lose weight!

Ask yourself this question: When was the last time you or your partner learned something new that improved your sex life and was so incredible that you continued to use it?

That time has come!

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Users Review

From reader reviews:

Maria Asbury:

Now a day individuals who Living in the era wherever everything reachable by connect to the internet and the resources inside it can be true or not call for people to be aware of each data they get. How many people to be smart in getting any information nowadays? Of course the correct answer is reading a book. Reading through a book can help people out of this uncertainty Information specifically this The One-Hour Orgasm: How to Learn the Amazing "Venus Butterfly" Technique book since this book offers you rich facts and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it you know.

Alan Castorena:

People live in this new morning of lifestyle always make an effort to and must have the time or they will get

lot of stress from both day to day life and work. So , whenever we ask do people have extra time, we will say absolutely of course. People is human not a robot. Then we inquire again, what kind of activity are there when the spare time coming to you of course your answer may unlimited right. Then do you try this one, reading ebooks. It can be your alternative with spending your spare time, the particular book you have read will be The One-Hour Orgasm: How to Learn the Amazing "Venus Butterfly" Technique.

Clarice Johnson:

Reading can called imagination hangout, why? Because if you find yourself reading a book especially book entitled The One-Hour Orgasm: How to Learn the Amazing "Venus Butterfly" Technique your mind will drift away trough every dimension, wandering in every single aspect that maybe mysterious for but surely will end up your mind friends. Imaging each word written in a e-book then become one application form conclusion and explanation which maybe you never get prior to. The The One-Hour Orgasm: How to Learn the Amazing "Venus Butterfly" Technique giving you another experience more than blown away the mind but also giving you useful facts for your better life in this particular era. So now let us demonstrate the relaxing pattern is your body and mind will likely be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

Joseph Barnett:

Are you kind of hectic person, only have 10 or maybe 15 minute in your morning to upgrading your mind expertise or thinking skill also analytical thinking? Then you are having problem with the book as compared to can satisfy your short space of time to read it because pretty much everything time you only find e-book that need more time to be study. The One-Hour Orgasm: How to Learn the Amazing "Venus Butterfly" Technique can be your answer because it can be read by anyone who have those short extra time problems.

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