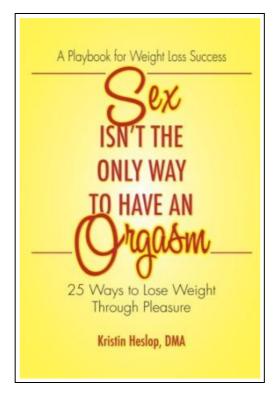
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SEX ISN T THE ONLY WAY TO HAVE AN ORGASM: 25 WAYS TO LOSE WEIGHT THROUGH PLEASURE (PAPERBACK)



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Flint Hills Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A Weight Loss Book Like No Other!In her unique and uplifting book, Sex Isn t the Only Way to Have an Orgasm, 25 Ways to Lose Weight Through Pleasure, author Kristin Heslop invites those who struggle with issues surrounding eatting, body image, dread of exercise, self-love, to explore the keys to success she discovered in her own very personal journey. This book will be the catalyst to help you shed negative thoughts and emotions, enabling you to succeed on your path to long lasting health in both body and mind. PRAISE FOR A NEW APPROACH TO WEIGHT LOSS: In this era of harsh public judgments and increasingly punitive diet and exercise regimes, Dr. Heslop s book offers a welcome dose of kindness, wisdom, and sanity. She helps readers use pleasure, self-love, and celebration to create beautiful relationships with our bodies-and coax our bodies into the shape and functioning we most desire. Catherine Paul-Chowdhury, PhD, Founder of INKorporated Business Writing. Dr. Heslop describes perfectly the missing secret to a healthy, happy body: pleasure. Danita Wilford, Homemaker. If you read this book and take its message to heart, you Il never need to go on another diet. This book can revolutionize your relationship with your body and help you view it with the love and compassion it deserves. I highly recommend this book to anyone who struggles with her weight or body image. Our bodies deserve our full out adoration and gratitude and this book will show you how to make that happen. Get ready to love your body and your life! Rene Suzanne, Love Coach. Kristin is a gifted and insighted writer. She takes us over the difficult places with humor and great ideas. It...



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