



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.

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

Date : Published May 8th 2001 by Crown Archetype (first published 2001)

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Author : Lou Paget

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From Reader Review The Big O: How to Have Them, Give Them, and Keep Them Coming for online ebook

Steve Malley says

Very, well, informative.

Andrea says

madami kong natutunan.
ngayon kelangan kong pag-practice-an harhar

Amber Lea says

This book is poorly written. It feels like it was slapped together without much thought, which sucks considering it starts out talking about what an expert the author is because she's read so much and is so deeply interested in the subject. Really? Well, you've failed to prove that's the case, but thanks for telling me about it.

Also, There are these frustrating "tip" boxes and "historical facts" sections sprinkled throughout. They break up the text in a way that's very distracting. What she's interjecting has nothing to do with what you're reading, and a lot of that stuff isn't interesting in the least. I wish she had nixed about 80% of it. To make matters worse, there are "historical facts" that aren't historical or factual. Awesome work. Way to show you give a shit man.

I feel like maybe the publisher was like, "We have a three book contract...give us a third book damn it. Also, it has to have this shitty format." And she just phoned it in. That's my theory. Based on the way it feels when you're reading it.

It felt like the author couldn't figure out who the target audience is. She talks to the reader like a beginner who's never before put down her bible long enough to wank off for the first time, then BAM, suddenly we've moved on to anal sex and toys within the span of like, a sentence. It feels all wrong. Shit is missing. If you're going to address these different groups of people, you really need to, you know, take a second and address them.

It also has this disjointed feeling, almost as if there are multiple authors or it was written over a very long period of time, because the tone contradicts itself, or something will be stated without explanation and then not revisited again for 60 pages leaving you to wonder, "What in the fuck?"

I think what irritates me the most is that it wasn't solidly feminist. It says a lot of really feminist things, but then completely destroys that by saying shit that's gross and regressive. Was this book written in the 90's or the 50's? I can't tell. (For the record, it was released in 2001, but it doesn't feel like it AT ALL.) The author should've perhaps read less about tantric sex and a little more about feminism before writing this book because it gets in it's own way. "Liberate yourself!...Do what's expected of you!...Be your own woman!...Be

what your man needs!" Maybe it was just poor word choice. But it's like, hey, if you're trying to address people who are afraid to try masturbation for the first time because it makes baby Jesus cry...you need to be more clear. They're likely never going to get off with this confusing advice.

I don't know. Maybe 2001 was a shitty confusing time for female sexuality and I'm just not remembering it all that well because that was 11 years ago and I was in high school. But that doesn't really change the fact that this book kind of blows.

Maybe it's not a total throw away? It seems like if you don't take all the nonsense to heart, and bad writing doesn't bother you, maybe you could get something out of it? But honestly, I wouldn't bother.

And if you're as much of a beginner as this book tries to address, throw this book away and get S.E.X. by Heather Corinna. It might conflict with conservative values a little (it addresses homosexuality! Holy shit), but at least it won't scramble your brain like this mess might.

Timothy Warnock says

I love any open and honest discussion of sex; this was a fun read more for the reaction I would get reading in public. If you do read this in public expect people to interrupt and ask you about it-- I always got a positive reaction but typically people kept their voices down.

I'm amazed how something as prolific and important as sex can be considered transgression or taboo

Karen says

Originally recommended to me by a friend several years ago, I recently found out that my (new) husband had a copy and thought it was about time I gave it a go. Turned out to be interesting, although not terribly informative. Perhaps (like many books) the information in it has become more mainstream after the popularity of the book and I'm just late reading it so I've heard most of the content from other sources.

Erica says

Somehow I ended up with this book in my jacket pocket after a drunken party with a bunch of friends. I vaguely remember having a conversation about it. The book was ok...I guess I wasn't really looking for anything in it, so I didn't really get a ton out of it. A fun read, though, with some creative ideas should you need them.

Jason says

Some very good and new info in here, but it's few and far between. A more appropriate subtitle would have been "How to Turn a Few Pages Worth of Very Useful Knowledge Into an Entire Book and How to Use a Clever and Enticing Title to Make that Book Sell". Maybe it's a bit too long....

Lola Martin says

I found this book to be very enlightening. It is full of useful information with precise details and visual aids. She is very clear in getting the information across to the reader and does so in a way that makes it easy to read.

Jevon Scott says

Some good tips and makes you feel comfortable about private things you may worry about, but I can't say it helped a great deal.

Rosie says

Do I even have to state the obvious on this one?? .. it was a very educating book, gave a different outlook on something I thought there was nothing more to know about but, OH! was I wrong ... in a pleasantly surprised kind of way.
