

female orgasm

female orgasm is a complex physiological and psychological phenomenon that has been the subject of scientific research, sexual health discussions, and cultural conversations for decades. Understanding the female orgasm involves exploring anatomy, neurological responses, emotional factors, and social influences that contribute to sexual pleasure and satisfaction. This article delves into the biological mechanisms behind the female orgasm, common myths and misconceptions, techniques to enhance sexual experience, and the role of communication and mental health. By gaining a comprehensive understanding of this topic, individuals and couples can foster healthier sexual relationships and promote overall well-being. The following sections will provide detailed insights, supported by scientific findings and expert perspectives.

- Biological and Physiological Aspects of the Female Orgasm
- Psychological and Emotional Factors
- Common Myths and Misconceptions
- Techniques and Tips to Enhance Female Orgasm
- Health Benefits and Sexual Well-being

Biological and Physiological Aspects of the Female Orgasm

The female orgasm is a multifaceted physiological response involving several anatomical structures and neurological pathways. It is characterized by rhythmic muscle contractions, increased heart rate, and heightened sensory experiences. Understanding the biological underpinnings is crucial for comprehending the diversity and variability of orgasmic experiences among women.

Anatomy Involved in the Female Orgasm

Several key anatomical features play a vital role in the female orgasm, including the clitoris, vagina, pelvic floor muscles, and the brain. The clitoris, often considered the primary source of sexual pleasure, contains thousands of nerve endings, making it highly sensitive to stimulation.

Neurological Mechanisms

The female orgasm triggers complex neurological activity in the brain, involving areas

responsible for sensation, emotion, and reward. Neurotransmitters such as dopamine and oxytocin are released, promoting pleasure and bonding. These neurological responses contribute to the intensity and emotional satisfaction of orgasm.

Physiological Responses During Orgasm

During orgasm, women experience a series of involuntary muscle contractions, primarily in the pelvic region, along with increased blood flow and heart rate. Other physiological changes include elevated breathing rate and heightened skin sensitivity.

Psychological and Emotional Factors

The female orgasm is not solely a physical event; psychological and emotional states significantly influence its occurrence and quality. Factors such as stress, body image, relationship dynamics, and mental health can either facilitate or hinder orgasmic response.

Impact of Mental Health

Conditions such as anxiety, depression, and past trauma can affect sexual desire and orgasmic function. Conversely, positive mental health and relaxation enhance the likelihood of experiencing orgasm.

Emotional Connection and Intimacy

Emotional intimacy and trust between partners often increase comfort levels, leading to a more fulfilling sexual experience. Feeling emotionally connected can facilitate arousal and orgasm.

Role of Sexual Confidence and Body Awareness

Understanding one's own body and sexual preferences contributes to greater sexual satisfaction. Sexual confidence enables women to communicate their needs effectively, promoting orgasmic experiences.

Common Myths and Misconceptions

Many myths surround the female orgasm, which can impact sexual expectations and experiences. Dispelling these misconceptions is essential for promoting healthy attitudes toward female sexuality.

Myth: All Women Orgasm Through Penetration Alone

This common belief is inaccurate; many women require clitoral stimulation or a combination of methods to reach orgasm. Penetrative sex alone does not guarantee orgasm for most women.

Myth: Female Orgasm is Difficult or Rare

While orgasmic experiences vary, many women can achieve orgasm with proper stimulation and comfort. The idea that female orgasm is elusive perpetuates stigma and misunderstanding.

Myth: Female Orgasm is Only Physical

Ignoring psychological and emotional aspects oversimplifies the female orgasm. Mental and emotional factors are deeply intertwined with physical sensations.

Techniques and Tips to Enhance Female Orgasm

Enhancing female orgasm involves understanding individual preferences, communication, and exploring different stimulation techniques. Knowledge and experimentation can improve sexual satisfaction for both partners.

Effective Stimulation Methods

Clitoral stimulation, vaginal penetration, combined stimulation, and the use of sex toys are common ways to enhance orgasmic potential. Varying pressure, speed, and rhythm allows customization to personal preferences.

Communication Between Partners

Open dialogue about desires, boundaries, and feedback fosters a supportive sexual environment. Partners who communicate effectively are more likely to achieve mutual satisfaction.

Creating a Relaxing and Comfortable Environment

Reducing distractions and stress, setting the mood with lighting or music, and ensuring physical comfort contribute to a more enjoyable sexual experience and increased chances of orgasm.

Techniques to Explore

- Mindfulness and focusing on sensations
- Pelvic floor exercises (Kegels) to strengthen muscles
- Using lubrication to enhance comfort
- Experimenting with different sexual positions
- Incorporating foreplay to increase arousal

Health Benefits and Sexual Well-being

Experiencing female orgasm has been linked to various physical and psychological health benefits. Understanding these benefits underscores the importance of sexual wellness as part of overall health.

Physical Health Benefits

Regular orgasms can promote cardiovascular health, reduce pain through endorphin release, improve pelvic floor muscle tone, and boost immune function.

Psychological and Emotional Benefits

Orgasms contribute to stress reduction, improved mood, and enhanced emotional bonding due to the release of oxytocin and other neurochemicals.

Role in Relationship Satisfaction

Mutual sexual satisfaction, including the experience of female orgasm, often correlates with stronger relationship bonds and higher overall relationship quality.

Frequently Asked Questions

What are the most common myths about the female orgasm?

Common myths include that all women orgasm the same way, that orgasms are the only indicator of sexual satisfaction, and that clitoral stimulation is always necessary. In reality,

female orgasms vary widely and can be influenced by emotional, physical, and psychological factors.

How can women improve their chances of achieving orgasm?

Improving communication with partners, exploring different types of stimulation, focusing on relaxation, and understanding one's own body through masturbation can help women achieve orgasm more consistently.

What role does the clitoris play in female orgasm?

The clitoris is a highly sensitive organ with thousands of nerve endings and is the primary source of sexual pleasure for many women. Stimulating the clitoris can lead to orgasm, although some women may also experience orgasm through vaginal or other types of stimulation.

Can stress and mental health affect female orgasm?

Yes, stress, anxiety, and other mental health issues can significantly impact a woman's ability to reach orgasm by affecting libido, focus, and physical responses during sexual activity.

Are there different types of female orgasms?

Yes, women can experience various types of orgasms, including clitoral, vaginal, blended (a combination of clitoral and vaginal), and even nipple-induced orgasms. Each type involves different stimulation and sensations.

Is it normal for women to have difficulty achieving orgasm?

Yes, many women experience difficulty reaching orgasm at some point in their lives. This can be due to physical, psychological, relational, or medical factors and is a common issue that can often be addressed with education, communication, and professional support if needed.

Additional Resources

1. The Clitoral Truth: The Secret World at Your Fingertips

This book by Rebecca Chalker offers an in-depth exploration of the anatomy, physiology, and cultural significance of the clitoris. It aims to dispel myths and educate readers on female sexual pleasure. With clear explanations and illustrations, it empowers women to understand and embrace their sexuality.

2. She Comes First: The Thinking Man's Guide to Pleasuring a Woman

Ian Kerner's guide focuses on the importance of female pleasure in sexual relationships. It

emphasizes techniques and communication skills that prioritize the woman's orgasm. The book is both informative and accessible, making it a valuable resource for partners looking to enhance intimacy.

3. *Come as You Are: The Surprising New Science that Will Transform Your Sex Life*

Emily Nagoski combines scientific research with personal stories to explain the complexities of female sexuality. She highlights the role of the brain, emotions, and context in achieving orgasm. This book is praised for its compassionate and evidence-based approach to understanding women's sexual experiences.

4. *Women's Anatomy of Arousal: Secret Maps to Buried Pleasure*

Rachel Wright provides a detailed look at the female body and its pathways to sexual pleasure. The book includes practical advice and exercises to help women discover what feels best for them. It encourages self-exploration and open-mindedness about sexual expression.

5. *The Hite Report: A Nationwide Study on Female Sexuality*

Shere Hite's groundbreaking research presents candid insights into women's sexual desires and orgasms. The report challenges traditional notions of female sexuality and highlights the diversity of female orgasmic experiences. It remains a seminal work in sexology and feminist literature.

6. *Becoming Cliterate: Why Orgasm Equality Matters—and How to Get It*

Laurie Mintz addresses the orgasm gap between men and women with a focus on education and empowerment. The book combines scientific findings with practical advice to help women achieve sexual satisfaction. It advocates for open conversation and dismantling stigma around female pleasure.

7. *Girl Boner: The Good Girl's Guide to Sexual Empowerment*

Written by Tera Jansen, this book encourages women to embrace their sexual desires and experience orgasm without shame. It offers a mix of humor, science, and personal anecdotes to motivate readers toward sexual confidence. The book is a celebration of female sexuality and empowerment.

8. *Secrets of the Sexually Satisfied Woman: Ten Keys to Unlocking Ultimate Pleasure*

Laura Berman and Jennifer Berman provide practical strategies to enhance female sexual pleasure and intimacy. Drawing from clinical experience, the authors explore physical and emotional factors that affect orgasm. The book serves as a comprehensive guide for women seeking fulfilling sexual experiences.

9. *Come Again: Sex Toy Erotica*

Edited by Rachel Kramer Bussel, this anthology includes erotic stories centered around female pleasure and orgasms. While fiction, the collection celebrates the diversity of women's sexual fantasies and experiences. It offers an entertaining and imaginative perspective on female sexual empowerment.

Female Orgasm

Find other PDF articles:

<http://www.speargroupllc.com/suggest-articles-01/Book?trackid=ABv73-1737&title=annotated-bibliography-example-with-multiple-sources.pdf>

female orgasm: Undrstdg Femal Orgasm Seymour Fisher, 1973-05-21

female orgasm: Women's Sexual Function and Dysfunction Irwin Goldstein, Cindy M.

Meston, Susan Davis, Abdulmaged Traish, 2005-11-17 The first, definitive text on female sexual dysfunction, this major new book summarizes the current body of knowledge in the field, traces the history of developments in the area, and identifies work still needed in the future. Reflecting a multidisciplinary approach to the subject, the book details the methods and materials for ensuring the appropriate management of women with sexual health problems, and concentrates on the presentation of evidence-based data concerning the physiology, pathophysiology, diagnosis and treatment of sexual function and dysfunction in women. The inclusion of 'difficult cases' also enhances the use of text as a practical guide to all disciplines concerned with the field of female sexual dysfunction. This important work will become a key resource for basic science researchers, endocrinologists, gynecologists, psychologists, urologists, health care clinicians, and anyone else interested in women's sexual health. All proceeds are donated to the International Society for the Study of Women's Sexual Health.

female orgasm: The Case of the Female Orgasm Elisabeth A. Lloyd, 2009-07 Why women evolved to have orgasms--when most of their primate relatives don't--is a persistent mystery among evolutionary biologists. In pursuing this mystery, Lloyd arrives at another: How could anything as inadequate as the evolutionary explanations of the female orgasm have passed muster as science?

female orgasm: Textbook of Female Sexual Function and Dysfunction Irwin Goldstein, Anita H. Clayton, Andrew T. Goldstein, Noel N. Kim, Sheryl A. Kingsberg, 2018-07-02 Dieses umfassende Fachbuch zur weiblichen Sexualfunktion und Sexualdysfunktion (FSD) verfolgt einen interdisziplinären, biopsychosozialen Diagnose- und Behandlungsansatz. Das Textbook of Female Sexual Function and Dysfunction mit seinem interdisziplinären, biopsychosozialen Ansatz gibt Hilfestellung für die sichere und wirkungsvolle Diagnose und Behandlung verschiedenster Störungen der Sexualfunktion. Dieses Referenzwerk umfasst Beiträge internationaler Fachexperten und bildet die wissenschaftliche Grundlage für klinische Empfehlungen bei sexueller Störung, Lustlosigkeit, Erregungsstörungen, Orgasmusstörungen und Schmerzen beim Geschlechtsverkehr. Das Fachbuch erörtert vier Erkrankungsszenarien bei weiblicher sexueller Dysfunktion und wird von der International Society for the Study of Women's Sexual Health (ISSWSH) empfohlen. Die Autoren decken ein Fülle von Themenbereichen ab, u. a. hypoaktive Störung des sexuellen Lustempfindens, psychologische Behandlung sexueller Störungen, Anatomie und Physiologie sexueller Dysfunktionen und Schmerzzuständen, und informiert über zukünftige Entwicklungen und Forschungen. Darüber hinaus werden alle von der FDA zugelassenen Medikationen bei sexueller Dysfunktion vorgestellt, ebenso ?Off-Label?-Behandlungsansätze. - Das einzige Fachbuch zu sexuellen Dysfunktionen bei Frauen vor dem Hintergrund neuester, von der FDA zugelassener Medikamente. - Präsentiert den einzigartigen biopsychosozialen Ansatz eines interdisziplinären Teams aus Ärzten, Psychologen, Physiotherapeuten und weiterer Experten aus dem Fachgebiet. - Ein umfassendes Referenzwerk eines der weltweit führenden Fachexperten. Irwin Goldstein ist Gründer der ISSWSH. Mitgearbeitet haben ebenfalls drei frühere Präsidenten sowie ein designierter Präsident der Gesellschaft. Dieses Referenzwerk richtet sich an Experten, die sich mit der Sexualgesundheit von Frauen beschäftigen und stellt eine wertvolle Handreichung für eine sichere und wirkungsvolle Diagnose und Behandlung dar.

female orgasm: With Pleasure Paul R. Abramson, Steven D. Pinkerton, 2002-10-17

Challenging everything from the mandates of the Catholic Church to the hotly debated ethics of pornography, and from the controversy surrounding gay rights to issues of gender and feminism,

With Pleasure explores a new theory of human sexuality that ignites every hot topic in the public domain. What role, authors Paul Abramson and Steven Pinkerton ask, does sexual pleasure play in our lives? Is the pursuit of sexual enjoyment in our blood? Our brains? Our very nature? Regardless of the source, it can be agreed that the joys of sex are widely appreciated. Why, then, is pleasure so often overlooked in discussions of sexual behaviour, and why do cultural, historical, and religious treatises so often fail to emphasise, or outright ignore, this obvious aspect of human sexuality? Responding to these and many other questions about our most private affairs, With Pleasure provides a profoundly original challenge to the cherished truisms of human sexuality. Abramson and Pinkerton proclaim the paramount importance of pleasure, while at the same time overthrowing traditional ideas about gender, pornography, contraception, homosexuality, abortion, and much more. Supported by rigorous research and co-written by one of the foremost authorities on sex, With Pleasure argues that human sexuality cannot be understood if its significance is limited to reproduction alone. The authors posit that in humans reproduction itself occurs as a byproduct of pleasure--not the other way around--and that it is the strong drive for pleasure that makes people overcome many obstacles--and even life-threatening dangers such as AIDS--to have sex. Ranging from discussions about the church to current debates about pornography, and from evolutionary theory to questions about the future of sex and pleasure, Abramson and Pinkerton argue persuasively that the pleasurable of sex cannot be restricted to purely reproductive behaviour. With Pleasure advances a startling and original new theory about human sexuality, one which the authors believe will replace all existing notions about sex. The book, standing in direct and deliberate opposition to traditions that try to confine sexuality to procreation, is sure to ignite a firestorm of controversy.

female orgasm: Moan Emma Koenig, 2018-05-22 Imagine you could give an essay entitled How to Make Me Come to a past, present or future sex partner, free of judgment or repercussion. What would you want them to know? In this book inspired by Emma Koenig's wildly popular website, a diverse collective of women do just that. Emma Koenig was inspired to answer this question after a truly frustrating sexual experience with a partner. As she says, THE SIMPLEST VERSION OF THIS STORY DEVOID OF ALL IDENTIFYING DETAILS: He thought I had an orgasm. I hadn't. She knew she couldn't be the only woman to have been mystified by an experience such as this, and so her Tumblr, How to Make Me Come, was born as a safe space for women to talk honestly and openly. The website touched a major chord. It received tons of press and garnered over a million page views in a month. And now, a broad range of the best of these anonymous essays have been collected into MOAN. The ways through which women achieve sexual pleasure are often ignored, devalued, or misunderstood. MOAN tackles the ideas surrounding the sometimes elusive orgasm head on. Here is a look into the spectrum of desire. Of frustration. Of experiences that have left an impact. From the hilarious to the tragic, from the intellectual to the erotic, these essays will leave you feeling inspired and excited to embark on your own journey of sexual exploration and empower women to do what most of the time is hardest for us: asking for what we want and don't in the bedroom and beyond. What people are saying about it: Prioritizing women's pleasure is a critical part of our liberation. Not only is MOAN an intimate, educational and funny collection about orgasm and desire but it pushes the cultural conversation forward.--RASHIDA JONES, actress, writer, producer Koenig's book is exactly what we need to break the absurd, toxic silence around female sexual pleasure.--PEGGY ORENSTEIN, bestselling author of Girls & Sex and Cinderella Ate My Daughter

female orgasm: Understanding the Female Orgasm Seymour Fisher, 1973

female orgasm: Sexual Selection and the Origins of Human Mating Systems Alan F. Dixson, 2009-05-15 Comparative analyses of the anatomy, reproductive physiology, and behaviour of extant primates and other mammals can offer important insights into the origins of human sexual behaviour, allowing us to reconstruct the origins of human mating systems, the evolution of sexual attractiveness, patterns of mate choice, and copulatory behaviour. Sexual Selection and the Origins of Human Mating Systems provides a modern synthesis of research on the evolution of human mating systems, bringing together work on reproductive physiology, behavioural biology,

anthropology, primatology, palaeontology, evolutionary psychology, and sexological research. The approach taken is genuinely cross-disciplinary in scope, and provides a fascinating account of the effects of sexual selection upon human evolution in the light of the latest advances in the field.

female orgasm: Sperm Competition in Humans Nicholas Pound, 2006 This volume presents the intricate ways in which sperm compete to fertilize eggs and how this has prompted reinterpretations of breeding behavior from a biological perspective. *Sperm Competition in Humans: Classic and Contemporary Readings* provides a theoretical framework for the study of sperm competition and also discusses the roles of females and the relationships between paternal care in sperm competition. The chapters focus on everything from evolutionary biology to taxonomic development.

female orgasm: Human Sexuality and its Problems John Bancroft, 2008-12-29 Prepared by one of the world's leading authorities, *Human Sexuality and its Problems* remains the foremost comprehensive reference in the field. Now available in a larger format, this classic volume continues to address the neurophysiological, psychological and socio-cultural aspects of human sexuality and how they interact. Fully updated throughout, the new edition places a greater emphasis on theory and its role in sex research and draws on the latest global research to review the clinical management of problematic sexuality providing clear, practical guidelines for clinical intervention. Clearly written, this highly accessible volume now includes a new chapter on the role of theory, and separate chapters on sexual differentiation and gender identity development, transgender and gender non-conformity, and HIV, AIDS and other sexually transmitted diseases. *Human Sexuality and its Problems* fills a gap in the literature for academics interested in human sexuality from an interdisciplinary perspective, as well as health professionals involved in the management of sexual problems. Long awaited new edition of the definitive reference text on human sexuality Addresses the neurophysiological, psychological and socio-cultural aspects of human sexuality and how they interact Examines the normal sexual experience and covers the various ways in which sex can be problematic, including dysfunctional, 'out of control', high risk and illegal sexual behaviour Reviews the clinical management of problematic sexuality and provides clear, practical guidelines for clinical intervention Presents a broad cross-disciplinary perspective of the subject area making the book suitable for all professionals involved in the field Presents a more theoretical approach to the study of human sexuality reflecting recent changes in research Includes a section on brain imaging to demonstrate the latest research findings in sexual arousal and to compare and contrast individuals with normal and low levels of sexual desire Discusses the use of sex as a mood regulator and the importance of current research in this area Discusses the impact on the internet on the modern sexual world Explores the relevance of transgender and gender non-conformity Contains a chapter on HIV and AIDS and other sexually transmitted infections Chapter on therapy fully updated to reflect the movement towards integration of psychological and pharmacological approaches to management Explores the complex relationships between anger, sexual arousal and sexual violence

female orgasm: The Handbook of Evolutionary Psychology David M. Buss, 2005-07-15 The foundations of practice and the most recent discoveries in the intriguing new field of evolutionary psychology Why is the mind designed the way it is? How does input from the environment interact with the mind to produce behavior? By taking aim at such questions, the science of evolutionary psychology has emerged as a vibrant new discipline producing groundbreaking insights. In *The Handbook of Evolutionary Psychology*, leading contributors discuss the foundations of the field as well as recent discoveries currently shaping this burgeoning area of psychology. Guided by an editorial board made up of such luminaries as Leda Cosmides, John Tooby, Don Symons, Steve Pinker, Martin Daly, Margo Wilson, and Helena Cronin, the text's chapters delve into a comprehensive range of topics, covering the full range of the discipline: Foundations of evolutionary psychology Survival Mating Parenting and kinship Group living Interfaces with traditional disciplines of evolutionary psychology And interfaces across disciplines. In addition to an in-depth survey of the theory and practice of evolutionary psychology, the text also features an enlightening discussion of

this discipline in the context of the law, medicine, and culture. An Afterword by Richard Dawkins provides some final thoughts from the renowned writer and exponent of evolutionary theory. Designed to set the standard for handbooks in the field, *The Handbook of Evolutionary Psychology* is an indispensable reference tool for every evolutionary psychologist and student.

female orgasm: Perspectives on Human Sexuality Anne Bolin, Patricia Whelehan, 1999-01-01 Presents the first book-length examination of both the biological and cultural factors in human sexuality.

female orgasm: New Sex Therapy Helen Singer Kaplan, 2013-10-28 First published in 1975. The last two decades have brought remarkable advances in our knowledge of human sexuality. These data are in the process of being assimilated into the main body of psychiatric thought, which is being greatly enriched thereby. Our increased understanding of sexuality is also currently being translated into innovative new approaches to the treatment of sexual difficulties. These developments promise relief to many persons with distressing sexual problems who were previously thought to be beyond help. At the present time, the specific approach to sex therapy described in this volume is being employed, further developed and, most important, systematically evaluated at the Sex Therapy and Education Program of the Payne Whitney Psychiatric Clinic of the Cornell University-New York Hospital Center. The Cornell program is psychiatrically oriented. It regards sex therapy as a specialized branch of psychotherapy. The Clinic conceives of sexual dysfunctions as psychosomatic symptoms and its orientation is multicausal and eclectic in that it believes that sexual dysfunctions are the product of multiple etiologic factors, and our treatment armamentarium comprises an amalgam of experiential, behavioral and dynamically oriented modalities.

female orgasm: How Women Got Their Curves and Other Just-so Stories David P. Barash, Judith Eve Lipton, 2009 Barash and Lipton discuss the theories scientists have advanced to explain evolutionary enigmas--from how women get their curves to why women menstruate--and present hypotheses of their own.

female orgasm: The Orgasm Answer Guide Barry R. Komisaruk, 2009-12 Credible, readable, and easy to follow, *The Orgasm Answer Guide* tells you everything you ever wanted to know . . . but were afraid to ask. *The Orgasm Answer Guide* answers common questions many people have about one of life's most fascinating experiences. In an accessible question-and-answer format, four of the world's leading sexuality experts address every aspect of orgasms: how they happen, why they don't, and what can be done to enhance sexual experiences. The authors provide clear and informed answers to more than 80 common questions, including: • Can an orgasm cause a heart attack? • Does childbirth affect orgasm? • What is the G spot? • How can I tell whether my partner is faking an orgasm? • Do orgasms end at a certain age? The all-star author team includes neuroscientist Barry R. Komisaruk, bestselling author and sexual health researcher Beverly Whipple, BBC sexuality talk-show host Sara Nasserzadeh, and Mexico's leading sex researcher, Carlos Beyer-Flores.

female orgasm: Sex, Time, and Power Leonard Shlain, 2004-08-03 As in the bestselling *The Alphabet Versus the Goddess*, Leonard Shlain's provocative new book promises to change the way readers view themselves and where they came from. *Sex, Time, and Power* offers a tantalizing answer to an age-old question: Why did big-brained *Homo sapiens* suddenly emerge some 150,000 years ago? The key, according to Shlain, is female sexuality. Drawing on an awesome breadth of research, he shows how, long ago, the narrowness of the newly bipedal human female's pelvis and the increasing size of infants' heads precipitated a crisis for the species. Natural selection allowed for the adaptation of the human female to this environmental stress by reconfiguring her hormonal cycles, entraining them with the periodicity of the moon. The results, however, did much more than ensure our existence; they imbued women with the concept of time, and gave them control over sex—a power that males sought to reclaim. And the possibility of achieving immortality through heirs drove men to construct patriarchal cultures that went on to dominate so much of human history. From the nature of courtship to the evolution of language, Shlain's brilliant and wide-ranging exploration stimulates new thinking about very old matters.

female orgasm: New York Magazine, 1973-01-22 *New York Magazine* was born in 1968 after

a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country. With award-winning writing and photography covering everything from politics and food to theater and fashion, the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself, while celebrating New York as both a place and an idea.

female orgasm: The Oxford Handbook of Sexual Conflict in Humans Todd K. Shackelford, Aaron T. Goetz, 2012-01-04 Sexual conflict -- what happens when the reproductive interests of males and females diverge -- occurs in all sexually reproducing species, including humans. The Oxford Handbook of Sexual Conflict in Humans is the first volume to assemble the latest theoretical and empirical work on sexual conflict in humans from the leading scholars in the fields of evolutionary psychology and anthropology. Following an introductory section that outlines theory and research on sexual conflict in humans and non-humans, ensuing sections discuss human sexual conflict and its manifestations before and during mating. Chapters in these sections address a range of factors topics and factors, including: - Sexual coercion, jealousy, and partner violence and killing - The ovulatory cycle, female orgasm, and sperm competition - Chemical warfare between ejaculates and female reproductive tracts Chapters in the next section address issues of sexual conflict after the birth of a child. These chapters address sexual conflict as a function of the local sex ratio, men's functional (if unconscious) concern with paternal resemblance to a child, men's reluctance to pay child support, and mate expulsion as a tactic to end a relationship. The handbook's concluding section includes a chapter that considers the impact of sexual conflict on a grander scale, notably on cultural, political, and religious systems. Addressing sexual conflict at its molecular and macroscopic levels, The Oxford Handbook of Sexual Conflict in Humans is a fascinating resource for the study of intersexual behavior.

female orgasm: *Kaplan & Sadock's Concise Textbook of Clinical Psychiatry* Benjamin J. Sadock, Virginia A. Sadock, 2008 Ideal for any student or health care professional who needs an authoritative text that is sharply focused on clinical psychiatry, this book contains the most relevant clinical material from the bestselling Kaplan and Sadock's Synopsis of Psychiatry, 10th Edition and includes updated information on recently introduced psychiatric drugs.

female orgasm: *Quick Guide to Female Orgasms* Jason Julius, 2018-09-18 Goal of this module is to introduce you to the healthy mindset you need to have in order to give a woman an orgasm. - The truth is every healthy woman is capable of multiple full body orgasms - Sadly most women will never reach their full orgasmic potential - Stats - Around 29% of women have never had an orgasm at all Around 70% report never having an orgasm during sex Only 20% of women have experienced a vaginal orgasm (deeper orgasm than clitoral orgasm) - There are a number of reasons for this but the biggest is lack of knowledge and understanding of how it works - Very few people realize this but guiding a woman to orgasm requires leading both her mind and body - What I

Related to female orgasm

Anorgasmia in women - Symptoms and causes - Mayo Clinic Symptoms An orgasm is a peak feeling of intense pleasure in response to stimulating sexual activity. Vaginal penetration during sex indirectly stimulates the clitoris. But

Anorgasmia in women - Diagnosis and treatment - Mayo Clinic Anorgasmia is regular difficulty having an orgasm after plenty of sexual stimulation. It affects many women, causing distress

Female sexual dysfunction - Symptoms and causes - Mayo Clinic Overview Female sexual dysfunction is a medical term for ongoing sexual problems that upset you or your partner. Problems may involve sexual response, desire,

Sex headaches - Symptoms & causes - Mayo Clinic In rare instances, headaches can be brought on by sexual activity — especially with orgasm. You may notice a dull ache in the head and neck that builds up as sexual

Female sexual dysfunction - Diagnosis and treatment - Mayo Clinic Diagnosis To diagnose

female sexual dysfunction, your healthcare professional may: Discuss your sexual and medical history and your gender identity. You might be uneasy

Viagra for women: Does it exist? - Mayo Clinic Viagra even has been tried as a treatment for sexual dysfunction in women. But the U.S. Food and Drug Administration (FDA) hasn't approved this use of Viagra. For years

Antidepressants: Which cause the fewest sexual side effects? Sexual side effects are common with antidepressants in both men and women, but there are options to prevent or reduce such side effects

Vaginal bleeding after sex Causes - Mayo Clinic Vaginal bleeding after sex also can be caused by conditions that affect the lower, narrow end of the uterus, called the cervix. These include

High blood pressure and sex: Overcome the challenges High blood pressure may affect your sex life. Talking openly about your concerns with a healthcare professional can be helpful

Dry orgasm Causes - Mayo Clinic Dry orgasm can happen after some surgeries for testicular cancer too. Those include retroperitoneal lymph node dissection, which can affect the nerves that control orgasm.

Anorgasmia in women - Symptoms and causes - Mayo Clinic Symptoms An orgasm is a peak feeling of intense pleasure in response to stimulating sexual activity. Vaginal penetration during sex indirectly stimulates the clitoris. But

Anorgasmia in women - Diagnosis and treatment - Mayo Clinic Anorgasmia is regular difficulty having an orgasm after plenty of sexual stimulation. It affects many women, causing distress

Female sexual dysfunction - Symptoms and causes - Mayo Clinic Overview Female sexual dysfunction is a medical term for ongoing sexual problems that upset you or your partner. Problems may involve sexual response, desire,

Sex headaches - Symptoms & causes - Mayo Clinic In rare instances, headaches can be brought on by sexual activity — especially with orgasm. You may notice a dull ache in the head and neck that builds up as sexual

Female sexual dysfunction - Diagnosis and treatment - Mayo Clinic Diagnosis To diagnose female sexual dysfunction, your healthcare professional may: Discuss your sexual and medical history and your gender identity. You might be uneasy

Viagra for women: Does it exist? - Mayo Clinic Viagra even has been tried as a treatment for sexual dysfunction in women. But the U.S. Food and Drug Administration (FDA) hasn't approved this use of Viagra. For years

Antidepressants: Which cause the fewest sexual side effects? Sexual side effects are common with antidepressants in both men and women, but there are options to prevent or reduce such side effects

Vaginal bleeding after sex Causes - Mayo Clinic Vaginal bleeding after sex also can be caused by conditions that affect the lower, narrow end of the uterus, called the cervix. These include

High blood pressure and sex: Overcome the challenges High blood pressure may affect your sex life. Talking openly about your concerns with a healthcare professional can be helpful

Dry orgasm Causes - Mayo Clinic Dry orgasm can happen after some surgeries for testicular cancer too. Those include retroperitoneal lymph node dissection, which can affect the nerves that control orgasm.

Anorgasmia in women - Symptoms and causes - Mayo Clinic Symptoms An orgasm is a peak feeling of intense pleasure in response to stimulating sexual activity. Vaginal penetration during sex indirectly stimulates the clitoris. But

Anorgasmia in women - Diagnosis and treatment - Mayo Clinic Anorgasmia is regular difficulty having an orgasm after plenty of sexual stimulation. It affects many women, causing distress

Female sexual dysfunction - Symptoms and causes - Mayo Clinic Overview Female sexual dysfunction is a medical term for ongoing sexual problems that upset you or your partner. Problems

may involve sexual response, desire,

Sex headaches - Symptoms & causes - Mayo Clinic In rare instances, headaches can be brought on by sexual activity — especially with orgasm. You may notice a dull ache in the head and neck that builds up as sexual

Female sexual dysfunction - Diagnosis and treatment - Mayo Clinic Diagnosis To diagnose female sexual dysfunction, your healthcare professional may: Discuss your sexual and medical history and your gender identity. You might be uneasy

Viagra for women: Does it exist? - Mayo Clinic Viagra even has been tried as a treatment for sexual dysfunction in women. But the U.S. Food and Drug Administration (FDA) hasn't approved this use of Viagra. For years

Antidepressants: Which cause the fewest sexual side effects? Sexual side effects are common with antidepressants in both men and women, but there are options to prevent or reduce such side effects

Vaginal bleeding after sex Causes - Mayo Clinic Vaginal bleeding after sex also can be caused by conditions that affect the lower, narrow end of the uterus, called the cervix. These include

High blood pressure and sex: Overcome the challenges High blood pressure may affect your sex life. Talking openly about your concerns with a healthcare professional can be helpful

Dry orgasm Causes - Mayo Clinic Dry orgasm can happen after some surgeries for testicular cancer too. Those include retroperitoneal lymph node dissection, which can affect the nerves that control orgasm.

Anorgasmia in women - Symptoms and causes - Mayo Clinic Symptoms An orgasm is a peak feeling of intense pleasure in response to stimulating sexual activity. Vaginal penetration during sex indirectly stimulates the clitoris. But

Anorgasmia in women - Diagnosis and treatment - Mayo Clinic Anorgasmia is regular difficulty having an orgasm after plenty of sexual stimulation. It affects many women, causing distress

Female sexual dysfunction - Symptoms and causes - Mayo Clinic Overview Female sexual dysfunction is a medical term for ongoing sexual problems that upset you or your partner. Problems may involve sexual response, desire,

Sex headaches - Symptoms & causes - Mayo Clinic In rare instances, headaches can be brought on by sexual activity — especially with orgasm. You may notice a dull ache in the head and neck that builds up as sexual

Female sexual dysfunction - Diagnosis and treatment - Mayo Clinic Diagnosis To diagnose female sexual dysfunction, your healthcare professional may: Discuss your sexual and medical history and your gender identity. You might be uneasy

Viagra for women: Does it exist? - Mayo Clinic Viagra even has been tried as a treatment for sexual dysfunction in women. But the U.S. Food and Drug Administration (FDA) hasn't approved this use of Viagra. For years

Antidepressants: Which cause the fewest sexual side effects? Sexual side effects are common with antidepressants in both men and women, but there are options to prevent or reduce such side effects

Vaginal bleeding after sex Causes - Mayo Clinic Vaginal bleeding after sex also can be caused by conditions that affect the lower, narrow end of the uterus, called the cervix. These include

High blood pressure and sex: Overcome the challenges High blood pressure may affect your sex life. Talking openly about your concerns with a healthcare professional can be helpful

Dry orgasm Causes - Mayo Clinic Dry orgasm can happen after some surgeries for testicular cancer too. Those include retroperitoneal lymph node dissection, which can affect the nerves that control orgasm.