



The Pleasure Treasure: Discover Pelvic Floor Muscle Training the Fun Way

By MS Carol Armitage

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting savvy with the very core of your physical female being, your vaginal musculature, offers a treasure trove of rich experiences waiting to be discovered. I have spent my professional life explaining how this little group of muscles can dramatically impact the way our bodies perform in a functional sense. But as Mae West famously said Sex is emotion in motion. So if you are ready, let's explore clench by clench, what's really sexy, erotic and so good for your soul. Pelvic floor also known as Kegel's or PC muscle exercises done my way, will provide yourself and your partner intimate pleasure while my get a little sweaty workout beats the hell out of a gym session. Get ready to discover the exercise tips and secrets that I have condensed and refined from many years of experience and the thousands of wonderful women I've worked with.



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