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FOR IMMEDIATE RELEASE:

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The Essential Guide to Pleasure for all Women

Everything you need to understand about women's orgasms — what works, what doesn't and why:

- How to ask for what you need and want
- Embracing your complexity
- Multiple orgasms, extended orgasms, and energetic orgasms
- The "elusive orgasm" and why some women have difficulty having one
- How often we fake them and why
- How personal history shapes sexual experience
- Orgasm as an emotional release
- Masturbation
- The power of fantasy
- Penetration, the G-spot and ejaculation
- Defining the erotic
- The joy of sex toys

There are a lot of books giving advice about orgasms—and many women find their relentless cheerleading to be depressing. Not having the orgasms they want—or think they should have—they feel defeated. Mikaya Heart's book changes all that. **THE ULTIMATE GUIDE TO ORGASM FOR WOMEN** is an unflinchingly honest and thoroughly comprehensive exploration of female sexuality. Coming from a position that normalizes women's experiences — including difficulty with orgasm and the pressure to fake it, Mikaya Heart gives readers the information and support they need to take the first steps toward their own fulfillment.

“This book changed everything for me: my orgasms, my relationship with sex, my relationship with my orgasms, and how I shared my orgasms (or not) with other people.”—From the foreword by Violet Blue, author of [The Ultimate Guide to Cunnilingus](#)

About the Author:

Mikaya Heart is an author, speaker, life coach and explorer. She grew up in Scotland and immigrated to Northern California in the 1970s. The author of seven books, Mikaya's most recent book, *My Sweet Wild Dance*, received a Golden Crown Literary Award, bestowed by The Golden Crown Literary Society, a literary and educational organization for the enjoyment, discussion and enhancement of lesbian literature. Her next book, **THE ULTIMATE GUIDE TO ORGASM FOR WOMEN**, will be published by Cleis Press in September 2011.

Trained as an agricultural mechanic, Heart has run an organic market garden, raised free-range pigs and built her own house out of recycled lumber in the backwoods. She's done a great deal of personal growth and healing work with illustrious teachers including Brooke Medicine Eagle and Angeles Arrien. Heart is a spiritual teacher, offering workshops based on the art of being human, and a qualified kitesurfing instructor, her greatest passion.

Ultimate Guide to Orgasm for Women by Mikaya Heart

ISBN: 978-1-57344-711-9 US Price: \$17.95 5 1/2 x 8 Trade Paper September 2011

Distributed by Publishers Group West