



The Multi-Orgasmic Diet

Embrace Your Sexual Energy and Awaken Your Senses for a Healthier, Happier, Sexier You

Author

Rebecca Clio Gould

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Fill up on the Pleasure of Life!

Award-Winning Book Shows Women How to Live “Turned On,” Utilizing Energy Cultivation Practices and the Power of Self-Love To Yield Healthy, Fulfilling, Orgasmic Lives

Want to feel more turned on and less stressed out? Want to learn how to fill up on the pleasure of life rather than with unhealthy or excessive food? Want to cultivate more self-love and a more fulfilling, mindful existence?

The award-winning book titled *The Multi-Orgasmic Diet: Embrace Your Sexual Energy and Awaken Your Senses for a Healthier, Happier, Sexier You* offers a revolutionary and fun approach to natural, shame-free, healthy living.

Written by Rebecca Clio Gould, an Integrative Nutrition Health Coach and Sexual Awakening for Women Facilitator, this sexy spin on diet, weight loss, and women's self-help is more than a diet. Gould explains that it's a way of being turned on by life that makes women feel satisfied and fully alive. It does this by providing:

- A lighthearted, playful, and decidedly sexy way to achieve weight loss and health goals without restrictions or deprivations
- A menu plan full of practices that cultivate sexual energy and awaken the senses, both of which will bring more joy and satisfaction to life
- A solid foundation plus valuable book bonuses and an online community that offers support along the way
- The knowledge needed to use energy cultivation, sensuality, and self-love rather than food for happiness and fulfillment
- A pleasure-filled journey that results in a sexy, alluring glow and a spicier life both in and out of the bedroom
- Support in releasing shame and other blockages standing in the way of living a life replete with radiant health, happiness, and sex appeal to boot!

Gould explains that *The Multi-Orgasmic Diet* teaches readers how to truly nourish and feed themselves by tuning into their own body wisdom to identify their desires and needs. This approach includes healthy whole foods and water but also what she calls “soul food” such as breath, touch, movement, and pleasure.

Gould comments, “Empowering women to get more in touch with their sexuality and sensuality while cultivating more self-love is important to me. I want to help make the world a happier, healthier, sexier world by helping women unleash their feminine power and fall in love with themselves and with life.”

For her efforts, *The Multi-Orgasmic Diet* received the 2017 Independent Publisher (IPPY) Book Awards Award Gold Medal in the Sexuality/Relationships category.

“In a world where women are constantly faced with pressure to be or look a certain way, *The Multi-Orgasmic Diet* is like a breath of fresh air. Rebecca provides a playful, pleasurable, and loving approach to what is often full of shame and restriction. This book turns traditional dieting on its head and has the potential to help many women live ecstatic lives.” ~ **Margot Anand, Founder of SkyDancing Tantra* and Author of *The Art of Everyday Ecstasy***

Author: Rebecca Clio Gould is a Women's Holistic Health & Empowerment Coach specializing in spirituality and sexuality. She graduated from the Institute for Integrative Nutrition as a certified Integrative Nutrition Health Coach and is also a certified Sheng Zhen Teacher, Supreme Science Qigong Instructor, and Sexual Awakening for Women Facilitator. Rebecca began studying and practicing energywork in 1996, after a nearly fatal car accident, and has been a Board Certified Holistic Health Practitioner since 2007. She has extensive training in various modalities and has studied with some of the best teachers in her fields, including Paul Pitchford, Shakti Malan, and Master Li Junfeng.