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PRESS RELEASE

THE MULTI-ORGASMIC DIET: Embrace Your Sexual Energy and Awaken Your Senses for a  
Healthier, Happier, Sexier You

by Rebecca Clio Gould

Learn the secret to looking and feeling your best, without restrictive dieting

*“The Multi-Orgasmic Diet is what I call a “soul food” diet in which women learn how to fill up on the pulse and pleasure of life in order to stop using food to fill an inner void. Unlike traditional, restrictive diets, this book is more of a lifestyle plan in which the “menu” is full of inner well-being practices.” ~Rebecca Clio Gould*

Don't be fooled by the title. This book doesn't focus on teaching orgasm techniques, and it's not a traditional diet book. It's something better. A sexy spin on diet, weight loss, and women's self-help, *The Multi-Orgasmic Diet* is a revolutionary and fun approach to natural, shame-free healthy living. Instead of a restrictive diet that tells women what to eat and what not to eat, this book provides a lifestyle plan that teaches you how to fill up on the ecstasy of life rather than overeating or using emotional eating to fill a void.

You will also learn to cultivate deeper love and acceptance for yourself in this body positive approach to women's health and sexuality.

The Multi-Orgasmic Diet gives you:

- A lighthearted, playful, and decidedly sexy way to achieve your weight loss and health goals without restrictions or deprivations.
- A “menu” plan full of practices to help you cultivate your sexual energy and awaken your senses, both of which will bring more joy and satisfaction to your life.

- A solid foundation that sets you up for success, plus valuable book bonuses and an online community for support along the way.
- The knowledge you need to use energy cultivation, sensuality, and self-love – not food – for happiness and fulfillment.
- Exercises for releasing shame and other blockages standing in your way, so that you can live the life of radiant health and happiness you deserve—with sex appeal to boot!
- A pleasure-filled journey that will give you a sexy, alluring glow and spice up your life both in and out of the bedroom.

Certified Integrative Nutrition Health Coach and Sexual Awakening for Women Facilitator, Rebecca Clio Gould, serves as a guide on a journey toward self-empowerment. Her mission is to help do away with shame and taboo and help others experience deeper happiness and live juicier lives. This book is inspiring and hopeful while also being grounded in reality.

After years of her own battle with weight loss, cravings, emotional eating, traumatic injuries, and body image issues, Rebecca found a way out of the struggle and into blissful surrender, acceptance, and transformation. The practices she's gathered and created along the way, as well as the wisdom she has to share, are changing the paradigm around dieting and self-care.

In addition to the more than 80 step-by-step practices in this book, readers will have access to audio and video book bonuses that will support them in their transformational journey of fulfillment and wellness. This book will help readers learn to live a shame-free orgasmic life, filled with true joy and present moment ecstasy.

#### CONNECT ONLINE:

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#### ABOUT THE AUTHOR:

Rebecca Clio Gould is a Certified Holistic Health Practitioner, Integrative Nutrition Health Coach, Qigong and Meditation Teacher, Sexual Awakening for Women Facilitator, and Author of *The Multi-Orgasmic Diet*. She's on a mission to help women live healthier lives, step into their power, love themselves more, experience more joy, and live life to the fullest--emotionally, physically, and sexually. Rebecca is a graduate of the Heartwood Institute and the Institute for Integrative Nutrition. She has been running her own business, Elemental Harmony, PLLC since 2007 and lives in Seattle, Washington.

#### ABOUT THE BOOK:

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