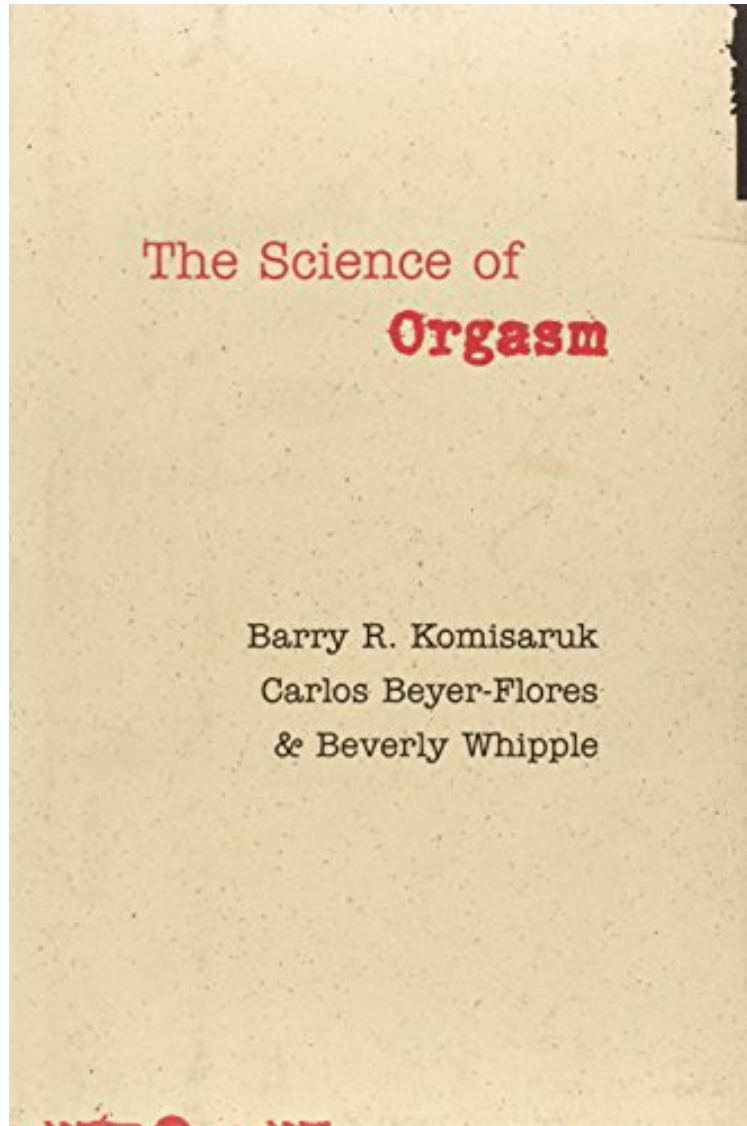


## The Science of Orgasm

*Barry R. Komisaruk, Carlos Beyer-Flores, Beverly Whipple*

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**Barry R. Komisaruk, Carlos Beyer-Flores, Beverly Whipple : The Science of Orgasm** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Science of Orgasm:

2 of 2 people found the following review helpful. An excellent book on a subject that every mature adult should ...By VICAn excellent book on a subject that every mature adult should read in order to keep them completely informed about their own body and how to optimize it. It may be more technical than most people would appreciate - but it is worth the effort to take the time to read and digest its contents.4 of 5 people found the following review helpful. Not an exact scienceBy books4parentsProvides a wealth of technical information about research on orgasm, but it's not

enough: There is no clear or widely accepted definition of orgasm, and where exactly in the body or brain orgasm occurs is still an unanswered question. Interestingly, the lack of understanding of orgasm results, in part, from some silly inherited preconceptions, inhibitions and continuing political interests. One of the many researchers quoted in this book makes the remarkable statement: since women don't always have orgasm during intercourse, this "...must be seen as a design flaw." That reminds me of another book I read on the technology of orgasm (see my other reviews), which suggested that the clitoris is in the "wrong place." There seems to be an active movement to promote the belief that women's widespread difficulty in achieving orgasm during conventional intercourse is an accident of nature, rather than a result of miseducation and early neglect: the lack of stimulation of the genital organs during development leads to atrophy of the relative brain areas and subsequent dysfunction of the organ, a physiological principle recognized in relation to other organs, but absolutely taboo to mention in the realm of sex, because the obvious implication is that childhood sex play is the best way to develop healthy clitoral function and thereby prevent female sexual dysfunction. This book repeats the conventional myth that sexual activity naturally "begins" at puberty. Interestingly, there is much evidence that regular or frequent orgasms correlate with health (including lower rate of heart disease and cancer). The book concludes with an unhelpful discussion of the difficulty of understanding the dimension of time, as a weak analogy for the difficulty of understanding the complex phenomenon of orgasm. This book is most valuable for its extensive bibliography, since understanding the complexity of orgasm merits a lot more information than this little book can offer. - Frank Adamo, author of the online article: "Clitoral Erectile Dysfunction." 2 of 2 people found the following review helpful. What the Average Person May Not Know About Orgasm By Jeffrey For me, this book has confirmed a number of things my intuition tells me about orgasm. However, there are many things I read that had never previously crossed my mind. This is a book whose time had come long before its first publishing.

This fascinating and comprehensive book is the first to explore the complex biological process leading to orgasm. Here, sexuality researcher and nurse Beverly Whipple, coauthor of the international best-selling book *The G Spot and Other Discoveries about Human Sexuality*, joins neuroscientist Barry R. Komisaruk and endocrinologist Carlos Beyer-Flores to view orgasm through the lenses of behavioral neuroscience along with cognitive and physiological sciences. The authors explain how and why orgasms happen, why they fail to happen, and what brain and body events are put into play at the moment of orgasm. No topic is left unexplored, as the book describes the genital-brain connection, how the brain produces orgasms, how aging affects orgasm, and the effects of prescription medication, street drugs, hormones, disorders, and diseases. Covering every type of sexual peak experience in women and men from intense to phantom this informative and entertaining work illuminates the hows, whats, and wherefores of orgasm.

From Publishers Weekly Behind its tongue-in-cheek "plain brown wrapper" cover, this unique book offers a thorough compilation of what modern science, from biomechanics to neurochemistry, knows about the secrets of orgasm. The three coauthors neuroscientist Komisaruk, endocrinologist Beyer-Flores and sexuality researcher Whipple (coauthor of *The G-Spot and Other Discoveries About Human Sexuality*) begin with a short overview of the role of hormones and the nervous system, as well as how the body changes during orgasm. Later chapters go into greater detail, describing the connection between the brain and genitals, and how various factors, from aging and physical condition to drugs, disorders and diseases, affect sexual response and orgasm. While some of the information is fairly common knowledge (the connection between antidepressants and reduced orgasmic response, for example), other topics, such as "phantom" orgasms in men and women with spinal cord injuries, orgasmic "auras" experienced by some epileptics and sexual response in transgendered individuals, provide fascinating glimpses into the complex and subtle interaction of brain and body in this most intimate and euphoric of states. The authors do a good job of keeping technical discussion at or near the layperson's level, and an extensive bibliography provides a wealth of resources for further investigation of this intriguing topic. (Nov.) Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "In considerable but lucid detail, three researchers from different fields address every aspect of the science behind orgasms, from why they feel so good to whether transsexual men with surgically created vaginas can have them." (New Scientist) "Approach the book with any question you can conjure about the whys and wherefores of orgasm and you'll receive a minutely detailed answer that incorporates findings from the latest sex research." (Psychology Today) "Behind its tongue-in-cheek 'plain brown wrapper' cover, this unique book offers a thorough compilation of what modern science, from biomechanics to neurochemistry, knows about the secrets of orgasm." (Publishers Weekly) "Those with real faith in science as an exit route from dysfunction might want to check out *The Science of Orgasm*." (Elle) "The authors cast gimlet eyes over such subjects as multiple and phantom orgasm, as well as the biological process and the effects of various drugs on it. A most stimulating read." (Gay Times) "A neuroscientist, an endocrinologist and a sex researcher team up to create an impressively comprehensive book about orgasms. In intimate detail, authors Barry R. Komisaruk, Carlos Beyer-Flores and Beverly Whipple... discuss the history, mechanics, physiology and neurochemistry of this most mysterious of physical events." (Los Angeles Times) "Twenty-five years after she made the G-Spot famous, Professor Beverly Whipple is still probing the mysteries of the female orgasm. She has shifted her focus higher up the body to the brain exploring the areas that light up when

women climax." (Sydney Morning Herald)"Important information about sexuality... Highly recommended." (Choice)"There are very few books on this subject area and the book is highly commended. It is certainly one to add to the personal library of clinicians working in human sexuality." (Journal of Sexual Relationship and Therapy (UK))"This is a very easy book to read... There are very few books on this subject area and the book is highly recommended." (Kevan R. Wylie Sexual and Relationship Therapy)"A readable comprehensive account on the literature of orgasm. All psychosexual clinics will need to have a copy as well as anyone who advises others about psychosexual problems." (Nick Dunn British Journal of Psychiatry)"The authors should be congratulated on taking the trouble to produce a readable comprehensive account of the literature on orgasm. All psychosexual clinics will need to have a copy as well as anyone who advises others about psychosexual problems." (British Journal of Psychiatry)"The book deserves its eye-catching title... An excellent, well-written assembly of the current scientific understanding of not only the phenomenon of orgasm but of sexual pleasure in general." (JAMA)"Of the many aspects of our sexuality, the unique experience of orgasm remains the most mysterious. This intriguing book sheds light on that mystery and reveals what is known and unknown about the orgasmic process. Anyone with an interest in sexuality should own this book." (John Bancroft, The Kinsey Institute for Research in Sex, Gender and Reproduction)"Destined to be a classic in human sexuality. A comprehensive guide to one of life's greatest pleasures. A must read!" (Hilda Hutcherson, M.D., Columbia University, author of *What Your Mother Never Told You About Sex*)"Orgasms are electrifying and mysterious. Why do orgasms feel so good? What inhibits them? Do men's and women's orgasms differ? How many kinds are there? Does aging affect orgasm? I was delighted to find the answers to these and many more questions in this engaging book. An intriguing read that just might improve your health and change your life." (Helen Fisher, Ph.D., author of *Why We Love*)"As someone who has long cared about sexual health, I found this book to be of immense value. Well-written and enjoyable to read, this book lays out the bases for orgasm disorders, sexual problems, the effects of specific illnesses on orgasm, and how drugs and hormones affect the orgasmic process. With refreshing insights into what makes sexuality a healthy and pleasurable life process, this book belongs in the hands of anyone who wants to know more about this integral part of sexual health." (David Satcher, 16th Surgeon General of the United States)

About the Author Barry R. Komisaruk is a professor of psychology at Rutgers University. Carlos Beyer-Flores is head of the Laboratorio Tlaxcala in Mexico. Beverly Whipple is Professor Emerita at the College of Nursing, Rutgers University.