



# The Heart and Soul of Sex: Exploring the Sexual Mysteries

*Gina Ogden*

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## **The Heart and Soul of Sex: Exploring the Sexual Mysteries** Gina Ogden

Drawing on the results of her unique national sex survey—and on decades of clinical practice as a sex therapist—Gina Ogden offers a revolutionary exploration of women’s sexual experience. The best sex, say thousands of women, doesn’t just happen in the body. It is multidimensional, connecting body, mind, heart, and soul. In *The Heart and Soul of Sex*, Ogden coaches readers to fully realize the physical, emotional, mental, and spiritual aspects of sex, making what she calls the “ISIS Connection.” Throughout the book are firsthand stories of survey respondents, offering examples of how ordinary women from ages eighteen to eighty-six have found their own way to sexual expression.

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