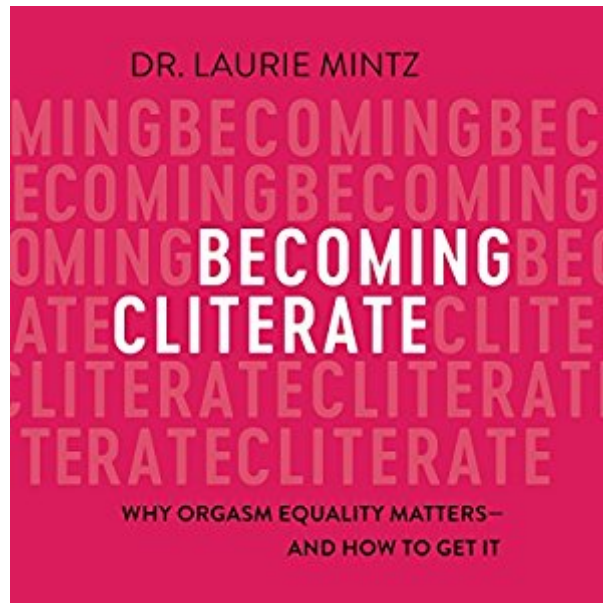




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# Becoming Cliterate: Why Orgasm Equality Matters - And How To Get It



## Synopsis

We've been thinking about sex all wrong. Mainstream media, movies, and porn have taught us that sex = penis + vagina, and everything else is just secondary. Standard penetration is how men most reliably achieve orgasm. The problem is, women don't orgasm this way. We've separated our most reliable route to orgasm - clitoral stimulation - from how we feel we should orgasm - penetration. As a result we've created a pleasure gap between women and men: 50 percent of 18- to 35-year-old women say they have trouble reaching orgasm with a partner 64 percent of women versus 91 percent of men said they had an orgasm at their last sexual encounter 55 percent of men versus 4 percent of women say they usually reach orgasm during first-time hookup sex In *Becoming Cliterate*, psychology professor and human sexuality expert Dr. Laurie Mintz exposes the broader cultural problem that's perpetuating this gap and what we can do about it. Pulling together evidence from biology, sociology, linguistics, and sex therapy into one comprehensive, accessible, and prescriptive book, *Becoming Cliterate* features: Cultural and historical analysis of female orgasm (spoiler: the problem's been going on for ages) An anatomy section (it's all custom under the hood) Proven techniques for cliterate sex (it starts with training the sex organ between your ears) A comprehensive final chapter for men (because you don't have to have a clitoris to be cliterate) By dispelling the lies, misunderstandings, and myths that have been holding us back, *Becoming Cliterate* tackles both personal and political problems and replaces them with updated outlooks and practical skills needed to change our collective perspective on sex. It's time to finally inform women and men on how to have satisfying experiences in bed that benefit both parties. The revolution is cuming - and *Becoming Cliterate* offers a radical, simple solution to progress and pleasure for all.

## Book Information

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## Customer Reviews

A friend recommended that I read this book, telling me I ought to read the summary chapter for men. I did and it was awesome. Dr. Mintz is really funny! I laughed out loud when at the start of the chapter she said she was going to "blow" (no pun intended) some myths about sex. She delivered on that promise. This chapter helped me unlearn a lot of what I'd learned about sex and taught me a lot of things I didn't know about women's bodies. Dr. Mintz also included some helpful information for men's concerns as well. She also included a section on good communication that has already helped me in my relationships, not just with women but with my friends and my parents as well since she teaches both general and sexual communication. Honestly, I learned so much from the chapter for men that I went ahead and read the whole book. It's all just as great.

Dr. Mintz, thank you for writing this! Now I have just the right book to recommend to my clients that are worried that they aren't normal because they don't have orgasms the way they and the guys think they're supposed to, whatever that means!

The message of this book was clear - My sexual pleasure is important. And while I do believe that I should communicate and ask for what I need from my sexual partners - it can sometimes be hard to actually know how to do so and then I feel like I messed up by not communicating right. This book did an amazing job of first, explaining the contextual reasons that contribute to the inequality in sexual pleasure (i.e. it isn't all my fault) and second, providing practical tips of how to pay attention to my sexual pleasure. Highly recommend this book!

Until women and men become Cliterate, heterosexual pleasure will continue to be owned by men as it has been for millennia. Laurie Mintz's *Becoming Cliterate: Why Orgasm Equality Matters And How to Get It* identifies the first essential steps that women must take in order to achieve equity in pleasure and orgasm. Mintz identifies the essential problem: most people in our culture define sex as intercourse. The key for women who are tired of disappointing sex is equal opportunity orgasms and she encourages women to ask for what they want and walks them through the steps to rewrite the male-focused sexual script. As a Woman's Studies professor, I know that many of my female students feel cheated by the male control of sex.

Becoming Cliterate is based on Mintz's decades of teaching college students and its sage, hands-on (!) advice will help women of all ages, and their partners, reconceptualize and actualize the benefits of shared pleasure and orgasm. There is also an essential chapter, "For Him", that helps men understand that most women don't orgasm from thrusting alone and helps them see the advantages of shared pleasure opportunities. As one of my male student said, "Why didn't someone tell me this in the Sixth Grade?"

This book should be a part of EVERY girl's sex education. I think it's a shame that many women grow up with the lack of knowledge regarding this issue ALONG with the misconceptions, body image distortion and social media pressure we all deal with. I wish I had this book and knowledge in my 20's. THANK YOU Dr. Mintz for covering an uncomfortable topic in a wonderful way with humor and most importantly passion for orgasm equality! I will share this book with MANY!

Becoming Cliterate brings attention to an important but underrated fight for equality. This book is fun, funny, informational, and empowering! A must-read for people with clits, especially those who are having sex with people with penises. (One note: the book is a bit cisnormative as it is currently written, but I saw a response to that in a PsychologyToday article.) As a person who is relatively informed about this subject matter, I was unsure if I would get the same benefit from reading this book, but I was pleasantly surprised. In addition to learning some new information, this book helped me to be more confident in asserting my needs. Great and important read!

Clear, concise, explicit, warm, encouraging, and best of all erotic -- this book takes you by the hand and shows you how to orgasm in style. It's also field-tested, which is a definite plus. The author teaches a human sexuality course every year to 150 college students at the University of Florida, and the recommendations in this book are the result of feedback from students in the class -- so we know they work. This is the book to get for millennials and younger looking to find more reliable ways to orgasm. Gen-Xers and boomers will certainly find it useful too!

What a fantastic book! As a mother, I see this is an important resource for young adults with the potential to facilitate a much more satisfying and fulfilling sexual future. As a psychologist, I will be sharing this with my clients who are dealing with sexual and orgasm issues. I love how it is so packed full of research and clinical wisdom, yet written from a fun and engaging perspective. The

unique combination of feminist/cultural analysis self-help, and an accessible writing style is highly recommended for anyone (male or female) interested in closing the orgasm gap.

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