



Full Body Orgasm

by Oscar Naval



Non-Fiction - Health - Fitness

260 Pages

Reviewed on 03/14/2009

Book Review

Reviewed by Anne Boling for Readers' Favorite

When you first see the title of Full Body Orgasm, you might think it is a sex manual. However, you will quickly learn it is much more. Full Body Orgasm is a release of energy; it is allowing your physical, spiritual, and mental body to be happy. This book is about living life to its fullest. Too often, we repress our emotions; we hold back a part of us. Oscar Naval assures us that it is all right to be just who we are.

Naval presents his thesis in an easy-to-understand manner. The chapter on personalities was very interesting, but I could not pinpoint my personality. I seem to be some of each. I also read with great interest the chapter titled "Spiritual Warfare". All in all, this is a very interesting read. We all want to achieve complete happiness. We will never find it in possessions. Happiness comes from within us. Trying to find happiness from anything else is like a dog chasing its tail. I learned a lot from Full Body Orgasm. I highly recommend it to others.