



Tantra for Erotic Empowerment: The Key to Enriching Your Sexual Life

Mark A. Michaels, Patricia Johnson

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Authentic and engaging, this illustrated guide is unique in its holistic approach?showing how Tantric practice not only greatly enhances your sexual pleasure but also leads to richer and more satisfying experiences in every area of your life. Relevant for anyone, regardless of relationship status or sexual orientation, *Tantra for Erotic Empowerment* features original techniques, self-exploration exercises, and provocative selections from classical and contemporary Hindu Tantric literature to help you discover the source of your own erotic power and transform your life.

Tantra for Erotic Empowerment has been named a National Best Books 2008 Award Winner in the Health: Sexuality category, and is an award-winning finalist in the Religion: Eastern Religions category.

Download a free 15-minute Anandra Nidra meditation by Mark A. Michaels and Patricia Johnson on their website Tantra PM.

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