

Having an Orgasm could boost your career

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Women who orgasm regularly are healthier, can think more clearly and are more likely to be successful at work, according to The UK's first Orgasm Coach Dr Lisa Turner.

"Orgasms are the ultimate luxury, although many women see them as totally unnecessary," says Dr Turner, who claims that orgasms are the most fundamental way for women to raise their energy, increase their health and concentration and perform better at work. But with reports claiming that over 50% of the female population cannot achieve orgasm, Dr Turner warns that women could even be doing damage to their bodies and their careers by not 'letting go'.

"When a women can't achieve orgasm, it is a significant energy drain for her. Women who cannot orgasm usually don't love themselves enough, are afraid to let go, or afraid to be vulnerable and many are underperforming at work or in business as a result of these underlying issues. My job is to help them overcome the emotional problems so they can love themselves, become free from inhibitions and just relax", says Dr Turner, who runs training and coaching sessions for women wanting to increase their energy and charisma by having better orgasms.

Dr Turner claims that there are five forms of abuse, which can prevent women from achieving orgasm ranging from social isolation, psychological and financial problems through to sexual and physical abuse, but that once they can break through these barriers, they will be able to live more fulfilling and successful lives. In her book due out later this year Turner explains the fundamental link between increased energy and power that leads to a successful career.

"People are naturally attracted to energy. In fact, most power is achieved through sexual energy (think Nigella Lawson and Hilary Clinton). Powerful women have an "X" factor that goes beyond looks. Whilst men lose their energy through orgasm, women are empowered by them and gain clarity of thought. I work with lots of businesswomen who want to achieve more success in business and often, this is the primary stumbling block in their path", says Dr Lisa.

And if your are concerned that your age may be against you in the race to achieve the perfect orgasm, fear not as you're likely to find your bedroom antics improving with age. "Orgasms get better and easier as you get older", adds Dr Turner.

For more information visit www.theorgasmcoach.com

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