



The Wild Woman's Way: Unlock Your Full Potential for Pleasure, Power, and Fulfillment

Michaela Boehm

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Discover how to create and enjoy a pleasure-filled and meaningful life with this practical tantra handbook for the high-achieving modern woman.

For women today, achieving a successful career, a fulfilling romantic relationship, and a rewarding personal life can feel like opposing goals, leaving their deepest yearnings just beyond reach. It has even become difficult to enjoy the simplest pleasures of our lives. We are stuck in “go-mode,” damaging our romantic relationships, pleasure, and creativity.

But what if there were a way to experience the simplest pleasures of our lives on a deeper level, freeing the body and psyche from these damaging patterns?

Beyond our current stereotypes about femininity lies the ancient wisdom of the Wild Woman archetype, a model of building a feminine “body intelligence.” By embodying this archetype and using tantra—not just in the bedroom, but also to build intimate connections to our senses and physical movements, bringing bliss to smaller or more mundane activities like taking a sip of tea or walking down the street—we can break harmful psychological patterns.

In *The Wild Woman's Way*, Michaela Boehm shares practical rituals and exercises drawn from years of experience as a celebrity relationship and life counselor and an expert in tantric yoga. She reveals the power of different types of touch, while also training you in forms of meditation and stretching that increase activity and sensual pleasure.

Soon, you will learn to switch effortlessly between the aggressive “go-mode” required to compete successfully at work, and the feminine “flow-mode” of softness and receptivity. By harnessing the duality of the Wild Woman, you will attract and inspire meaningful relationships with romantic partners, your own body, and with life itself.

The Wild Woman's Way: Unlock Your Full Potential for Pleasure, Power, and Fulfillment Details

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Rose says

The Wild Woman's Way is a wonderful book for every woman. It will help you get in touch with yourself and your nature. It will guide you in following your intuition and turning off the noise of the outside world. I lived the exercises found in this book and think every woman will find something in this book. It was a very good read.

I would like to thank Netgalley and the publisher for providing me with a review copy in exchange for my honest and unbiased opinion of it.

Tanya Burkhardt says

Michaela is an amazing source of knowledge, based on years of practice and training, and beautifully articulates and translates the teachings into everyday useable techniques. I highly recommend this book and her workshops for any man or woman who strives to cultivate more pleasure, integrity & embodiment into their lives!
