



How To Have Magnificent Sex: The Seven Dimensions of a Vital Sexual Connection

Lana L. Holstein MD

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How to Have Magnificent Sex is written by a family physician turned sex therapist and wellness specialist at the world's premier health resorts, with the goal of helping couples expand their understanding and realize the untapped potential of their sexual connection. Dr. Holstein shows how her original conception of the Seven Dimensions of Sexuality (biologic, sensual, desire, heart, intimacy, aesthetic, and transpersonal) can be harnessed by committed couples to transform their relationship from mundane to magnificent, from vague to vital. She is able to build a bridge between the scientific, medically-documented aspects of our sexual function to the spiritual and awareness-based practices of Eastern traditions such as Tantra, in a way that is accessible to all readers. The book is illustrated throughout with case histories from her practice.

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