



The Heart and Soul of Sex: Making the ISIS Connection

Gina Ogden

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Drawing on the results of her unique national sex survey—and on decades of clinical practice as a sex therapist—Gina Ogden offers a revolutionary exploration of women's sexual experience. The best sex, say thousands of women, doesn't just happen in the body. It is multidimensional, connecting body, mind, heart, and soul. In *The Heart and Soul of Sex*, Ogden coaches readers to fully realize the physical, emotional, mental, and spiritual aspects of sex, making what she calls the "ISIS Connection."

Throughout the book are firsthand stories of survey respondents, offering examples of how ordinary women—from ages eighteen to eighty-six and from many backgrounds—have found their own way to sexual expression that is deeply satisfying and even life-changing. *The Heart and Soul of Sex* takes the reader on a journey beyond the usual emphasis on performance, including practical exercises that can be done alone or with a partner. Ogden shows us that we can be much more than we've been told—not just fun and exciting but deeply healing, magical, and transformative.

[Click here](#) to read an interview with Gina Ogden on Oprah.com.

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