

## Big O Testimonials

I wasn't sure if I was having orgasms as they didn't feel like what was described when researching information about them, and I've never had an orgasm (or anything close to it) during intercourse. Before taking the course I've read some books, done some internet research and visited with a licensed sex therapist. But wasn't making much headway. After taking the course I learned more about what I liked sexually, received some great suggestions regarding different types of stimulation, and learned some better ways of communicating what I like/want with my partner. As a result I'm enjoying sex more and have more skills with which to continue to make it better. I would recommend this course to anyone with any type of orgasm issue, isn't sure what steps to take to improve their sexual experience and/or who has difficulty communicating what they want to their partner.

Michele A.

Before taking the course, orgasm had been a bit of a mystery to me. Generally the problem was that I could reach a certain point of arousal but it always seemed to plateau. After menopause the issue became more noticeable - combined with a change in body image after having had a mastectomy for breast cancer. I definitely assumed I would never have an orgasm and accepted it - so when I saw promotion about an online course I had to apply. I would never have sought any advice or help via a face to face consultation. The background information was invaluable. Everything was so clearly explained - it was like a jigsaw with different pieces coming together each week. Taking time to focus and learn about my own body was something I'd never given myself the time to focus on. I think once a woman has family her own needs go on the back burner. I've shared the information with my partner and it has changed the way we experience sex. I'd recommend it to all women everywhere. Even those women who do have no problems reaching orgasm are likely to have issues at some point in their lives - and perhaps their sense of loss would be greater than women who've never climaxed. It is the sort of information we need to be giving to our young women - as a healthy alternative to the false information that's out there on social media and in the media.

Jill B.

Prior to taking the course, I thought my body was broken, and I didn't know why. I looked for the answers in physical, emotional / cognitive, and spiritual aspects of being human. I was really turned off with the idea of "being sexy." When that word became a popular description of something cool, I would disdain its use. I was shy about the sexiness

of my character and body and tried minimalizing it. I never had orgasms before this class, even within the context of a 41 year marriage. And although I really wanted to, I was so uptight about "making it work," that I couldn't. I had seen specialists in hormonal therapy such as gynecologists, urologists and urogynecologists; received counseling from sex therapists, counselors, and spiritual healers; purchased and tried using sex toys, sexy clothing and "how-to" books; mixed things up a bit "for interest" and talked with all my close girlfriends. As a nurse, I worked in women's health care for over 25 years, during which time I talked with and educated myriads of women about sexual health, learning much from them as I carried out my role as their nurse and health advisor. I also am a teacher of Human Growth and Development for girls in grades 5-7. Therefore, I spend a lot of time studying the subject and talking with both moms and girls about living female. As a result of the course... I had an orgasm! I feel comfortable feeling and being sexy. OMG! And now I know how to have orgasms and am able to whenever I want to! It's amazing! My body is not broken! To whom would you recommend this course, and why? I would recommend this course to anyone who is sexually active and / or wants to understand the mystery of the female body and soul. I even wish parts of this course were available for teaching pre-sexual teens.

Anne M.

I have noticed that having an orgasm post menopause can be more difficult. Still feels great but just takes longer. I was very interested in learning more, personally and professionally. Owning a clinic where we encounter a lot of clients with some degree of sexual dysfunction, I'm always looking for new ideas/treatments that can help myself and my clients. This course has been beneficial and providing new ideas and insight. I would recommend this course to anyone that wants to learn more and increase their sexual pleasure.

Cheryl Briggs, RN, BSN

DermaHealth Laser & Skin Care Clinic

1850 S Stewart Avenue

Springfield, MO 65804

I'm a 62 yr old woman. I've always enjoyed sex but never had a orgasm. Prior to this class, I never investigated if there was a method for achieving an orgasm. While, I still haven't had one, I now feel more confident in pleasuring myself. Dr Erica's course teaches you to speak up for your needs and desires in a relationship. I think any woman who is open

to the possibility of capturing the missing orgasm should try the course. I wish I had done this earlier in life before I became post menopausal with a lower libido and no ability to self-lubricate.

Debra C.

I wanted to take the course because I have never been able to have an orgasm with heterosexual penetrative intercourse or external stimulation; however, I was able to climax occasionally with masturbation when I was alone. Even though I'm a gynecologist and understand all of the physical and anatomical factors that go into having an orgasm, I was never able to relate my clinical knowledge to myself. I also felt as if something was deficient with me which is what ultimately led me to explore alternative techniques and ways to think about sex in hopes of enhancing my sex life. Prior to taking the course, I tried using a vibrator and exploring erotica and porn, which often would allow me to reach orgasm; however, it always left me feeling "dirty". The main benefit I learned from this course was not to feel guilty about sex. I was raised in a family where sex was not discussed nor encouraged. I can remember my mother throwing a fit when my 18 year old sister who was in her first year of college wanted to watch a rated R movie. I was 30 at the time and she berated me for having such poor judgment. The ordeal started because there was a sex scene in the movie. Simply recognizing how my past experiences and upbringing effected my views about sex and self pleasure have been instrumental in changing my mindset and helping me to relax. This simple shift has helped me feel sexier (a turn on in itself). I would recommend this course to women with sexual dysfunction that was negatively affecting their quality of life. Dr. Marchand helped me to release the barriers I had in place that were blocking my ability to fully enjoy sexual experiences. Through her course I was able to understand how relaxation, arousal and stimulation impact sexual pleasure. My mindset about sex and pleasure has changed, This simple shift has resulted in improved sexual experiences, and has given me more confidence to move through the world. I recommend this course to women who are unsatisfied with the sexual lives.

MG

Before this course, I'd never had an orgasm before, and I had difficulty sustaining pleasure throughout sex and masturbation. I would tell myself that some women were wired for orgasm, and others weren't, and that I was firmly in the second camp. As a result of this course, I've been able to firmly dispel that troubling idea. Thanks to Dr. Marchand's lessons on focus, mindfulness, and sexual confidence and communication, I've been able to experience much greater presence of mind and pleasure during sex and masturbation--I even experienced orgasm for the very first

time. I would recommend this course wholeheartedly to anyone who has difficulty embracing sexual pleasure; Dr. Marchand is able to understand and articulate so many of the causes for these problems as well as helpful potential strategies for addressing these issues.

Elaine C.

Prior to this course, I had never had an orgasm before. I honestly just assumed that I had either never had great sex, or that I was just someone that wouldn't ever be able to achieve an orgasm. I'm not the most experienced person when it comes to sex, but I thought that if I could have one by now (at age 27) then I would have. I also never really knew 'what it took' to get there. I really had to grasp and take into account the 'mindful activity' aspect. Whenever I have tried to do things on my own (prior to this course), I would just go right into it. That never did it for me, clearly haha! Knowing how to relax and spend time to get into the mood and appreciate and explore your body is the foundation for experiencing orgasm! I've learned to take more time with it, be more patient, and more accepting - if it happens it happens, if it doesn't, it doesn't! In addition, I never really knew what to do when it came to masturbation - the best things to use, how to go about it in the most satisfying way, etc. I would recommend it to anyone, really. Younger, older, experienced, not experienced, everyone can benefit from this course.

Ana C.

I'd never had an orgasm before, in part due to being on SSRI medication. Before the course, I just accepted that having an orgasm wouldn't be possible for me, and that I should enjoy sexual pleasure without it. My main outcome from the course was feeling more confident and in touch with my body, and more aware of my unconscious views towards sex and relationships. I feel more in control and knowledgeable. My main outcome from the course was feeling more confident and in touch with my body, and more aware of my unconscious views towards sex and relationships. I feel more in control and knowledgeable. I would recommend this course to other younger women like me, who for whatever reason have never experienced an orgasm before. The course is completely non-judgmental and compassionate, and addressed a lot of questions and beliefs that I didn't know I had.

Mary S.

When I started the course, my concern was achieving arousal. Childhood abuse had formed an emotional barrier that was difficult to overcome and I spent many years assuming it would rarely happen for me. Dr. Erica's course helped me

work through the process of reestablishing a more natural connection with my body. With an active family life, it was a challenge for me to find time for all the recommended pleasure sessions, but I was able to keep up enough to see results. Thank you, Dr. Erica!

Shannon R.

I had trouble having orgasms with a partner and especially on my own. I had never had one on my own. Before taking the course, I kept trying and would get discouraged. I ended up faking them with my partner. As a result of the course, I now enjoy sex more and understand that this is a common issue with many women, and that the ultimate goal is to enjoy my time, and not just climax. I'd recommend the course to anyone feeling discouraged or upset about their situation.

Anata H.

Before taking The Big O Masterclass, I thought I had a pretty healthy relationship with my body; but the exercises in this course uncovered a lot of "stuff" that I had never even considered before. Plus, I learned A LOT about anatomy, what is "normal" and new ways to talk about what I need and want. The main benefit for me personally was learning how to slow everything down, indulge more and (most importantly) enjoy more. I would recommend this course to ANY woman who wants to deepen her experience of pleasure regardless of whether or not she is currently able to orgasm.

Alicia E.

I grew up being taught that sex was reserved for marriage and that outside of that context, it was wrong and shameful. I suppressed my sexuality for so many years that when I was ready to express it, my body was completely numb to the touch, even when I felt aroused internally. I struggled to feel much of anything with my partner let alone have an orgasm. In addition to the shame and disappointment I felt at not being able to enjoy something I believed was supposed to be innately enjoyable, my inability to experience pleasure from lovemaking became problematic to the health and happiness of our relationship. I needed to do something about it, so when I stumbled on the Big O Masterclass, I was elated. Prior to finding the course, I had listened to a podcast where a woman was talking about this healing modality called de-armouring the vagina which uses breath work and pressure points to release emotional and energetic trauma from the vagina. After exploring that modality, I found it was helpful for taking my body from

experiencing numbness, then pain, to feeling some pleasure, but at that point the best I could do is hope for orgasm. Admittedly, I have only gone through the first couple lessons in the Big O Masterclass, but so far I've experienced several orgasms on my own (in at least three distinct areas) and have been able to enjoy sexy time with my partner so much more, even to the point of ejaculation (to my surprise) and orgasm. I'm still exploring and learning about what types of touch get my engine going, but I'm amazed that I've had the results I've had so early on in the program. I would recommend this course to anyone who needs to create or deepen connection with their body. I believe that all who immerse themselves in this masterclass will be truly amazed at the levels of pleasure they are able to enjoy when they do the work. Two classes in and I've gone from 0 to 25 (out of 100) on the pleasure scale. I can't wait to see what happens when I actually complete the course!!

Laurel E.

I'm a pelvic floor physical therapist at the Pelvic Health and Rehabilitation Center. I work with patients of all ages to achieve optimal bowel, bladder, and sexual health. Erica is a colleague of mine and a great resource for my patients. Erica is very well educated about sexual health. She has a way of helping clients feel comfortable with feeling pleasure in a world where female pleasure is not highly valued. I appreciate how inclusive her classes are for all people. Women who want more sexual pleasure and satisfaction will benefit from this course.

Melinda Fontaine, PT DPT

Pelvic Health and Rehabilitation Center

I've always thought orgasms were this big powerful sensation. It turns out mine (and many other people as well) seem to be just short and sweet. As I have a very low sex drive, orgasms never felt like something worth the time and work to me. Before the course, I assumed orgasms were the ultimate goal of sex and that I couldn't ever be able to crack the code of the magical Big O. Not knowing how to achieve it, not being into self exploration and with a pretty narrow minded sexual experiences, it all felt unachievable and not for me. As a result of the course, I've been studying myself more, understanding more deeply that to have somebody pleasure me, I would need to do the work of knowing what touches I liked on myself first. The course helped me explore my own body, which I have been very uncomfortable with in the past, in an easily approachable way. I discovered things about my body, things that my body liked, but also mediums that would turn my body on. I would recommend this course to women needing to learn about their bodies,

wanting to discover things to improve their sex lives and discover new mediums to help them build a collection of turn-ons. We can all learn a little from it, and it is wonderful this way!

Elodie G.

I took the course because I am concerned that I have unhealthy sexual fantasies based on very young exposure to rape-based romance novels. I do not like rape based fantasies, but they are one of the only things that give me orgasm. So, I want to learn better ways, techniques, or mindsets to change my outlook. Prior to taking the course, I have tried having different fantasies, tried to engage my partner in other things, but then I do not orgasm. I am still in the process of going through the course, life seems to get in the way of being a quick study. I hope to be able to repeat the lessons to better absorb the information. Also, I was unsure that the lessons would apply in the way I hoped, but I am very happy with the practical lessons and hope to learn more as I complete the course. I would recommend this class to every woman. I think we should take control of our own pleasure and anything we can learn to enable us to own our situation and facilitate better connection with our partners and our own bodies empowers us.

Emily F.

I was concerned that I wasn't having orgasms but everyone I talked to said I'd know it if I had one. I started seeing a psychologist that specializes in sex therapy. She suggested some videos. I learned ways to relax and not put pressure on myself. I would definitely recommend this class to anyone who is not having orgasms, especially due to past childhood experiences. This class was very easy going and started with the basics of how just get comfortable with your own naked body. You must do the pleasure sessions though to get maximum benefit. Sometimes you have to make time for them. My husband enjoyed some of the videos too. I thought this would help him understand how female minds work and what we go through emotionally.

Cindy G.

My orgasms would come slowly but sometimes not at all... Even when they'd come, they weren't very strong or long. They weren't very trustworthy. Before taking the course, I tried different vibrators but with little success. We just always tried to persevere....and know that sometimes it just wasn't going to work. As a result of the course, we learned new ways to communicate...pretty good for someone who's been married for many more years than I'm willing to admit! I would recommend this course to everyone! I think anyone going through the information can benefit!

Dee H.

I decided to take this course because I had never had an orgasm. Before taking the course, I used to have a lot of pain during sex and every attempt to masturbate just seemed pointless and frustrating. I had looked at a lot of stuff online: Betty Dodson's website, OMG Yes... read some books, but none of it seemed possible for me. I'm only 36, but I had such a pathetic sex drive. Luckily, I finally went to the ladies at Maze Health, and they got me pain free quickly and also discovered that because of many many years of birth control I had basically no androgens in my body. I'm taking testosterone now to get my hormone levels back to normal, and that makes getting aroused a possibility again! I have yet to actually have an orgasm. But I feel now that if I make the time for it and keep practicing it might be possible. I would recommend this course to anybody who wants to increase their pleasure and improve their attitude about sexual pleasure.

Emily K.

My concern centered on multiple medical conditions that made orgasms difficult. Things changed as I entered menopause and also had a low sex drive due to lack of regular level of testosterone due to long-term oral birth control use. I was also diagnosed with hypertonic pelvic floor muscles, vestibulodynia as well as a possible hooded clitoris. I decided to take the course because I saw a physical therapist who recommended the Big O Masterclass. Before that, I'd sought medical attention. I was able sometimes to achieve orgasm but had pain due to medical issues. As a result of the course, I learned to understand the orgasm process in terms of my medical challenges. I began to learn what my needs are and how to start on the path to orgasm. I would recommend this course to anyone with medical issues of any kind having trouble having an orgasm!

Persephone C.

I've never been able to climax either individually or with a partner. This has a huge impact on the way I feel about myself personally and what I feel I'm able to bring to a relationship. In general it's made me very insecure. I still have not been able to climax but this course has given me back a bit of hope to keep trying. I'd recommend this course to anyone who has trouble and feels like there's no hope or no community or no one who understands.

Rose L.

Prior to taking the course it was very difficult for me to reach orgasm alone, and I had never had an orgasm with a partner. This was in part due to medication and mental health issues experienced over the years.

Taking this course made me spend time focusing on myself, my sexual health and pleasure and seeking out new ways to experience pleasure like I had never done before. It was like going to a yoga or spa retreat for your libido, giving you an opportunity to really understand yourself, figure out what works for you and what you really want! Not finding your own path to sexual pleasure meant that frustration took hold for me, rather than patience, learning and growth. Over time this frustration makes your sexual pleasure a chore, and this course taught me the way to bring excitement, focus and desire back into sex by looking at it through a new and understanding lens.

Not finding your own path to sexual pleasure meant that frustration took hold for me, rather than patience, learning and growth. Over time this frustration makes your sexual pleasure a chore, and this course taught me the way to bring excitement, focus and desire back into sex by looking at it through a new and understanding lens.

Taking this course benefitted me so much by making me spend time learning my own body, my own desires and interests and learning how to make them work for me. Spending the time focusing on yourself, rather than feeling the pressure to "perform" by having an orgasm means that your pleasure is more about the journey.

The course may not give you the orgasm we see in movies (Dr. Erica teaches us that this isn't reality most of the time anyways), but I can't imagine anyone feeling sorry for what they learn in the process. This course would be amazing for any woman feeling disconnected with their own sexual being, anyone who has felt some kind of sexual repression or challenges, or anyone who wants to learn how to find their own sexual pleasure triggers and how to use them.

I'm so grateful to have been able to take Dr. Erica's course. She is obviously a very talented, and experienced therapist in this field, to the point where she knows what questions you are going to ask before you ask them, and is so open to your thoughts, concerns and inhibitions that you can't help but push them aside. She was always very supportive in question and answer sessions and makes you feel like you're having a tea with a friend who is sharing their knowledge with you, rather than an intimidating session at your doctor that makes you feel like there's something wrong with you.

Andrea R., 31

I am a pelvic floor physical therapist, working with people of all ages with bladder, bowel, sexual dysfunction, and pelvic pain. A number of my patients have a difficult time returning to sexual activity following an illness, surgery, or childbirth. Some may never have been sexually active in the past due to pain. I was given Erica's name through another coworker and think that her video presence is really personable and non-intimidating. I think this class is a good fit for women that are having difficulty knowing how to approach sexual activity, have had difficulty or no experience with orgasm, or find themselves having negative self talk in regards to their sexual experience.

Christina McGee PT, DPT | Sullivan Physical Therapy

I decided to take this course because while I could achieve an orgasm most of the time with a partner, I had trouble achieving orgasm by myself. This had been that way for such a long time that I didn't know what to do and just assumed that was how it was supposed to be for me. I was a bit skeptical at first that a video course could really help me. I mean how could just watching some videos help me. I had just assumed my issue was too weird for something like this to work. The advice and insight that Dr. Marchand put in the videos really worked wonders for me. I really liked the way that common concerns were addressed from the previous section at the beginning of the next section. This really helped me realize that the issues I were experiencing or the questions that I had were common and that if I stuck with the course, that I could get really achieve my goal. This also helped me realize that my issue was not weird and was 'fixable' if I put in the time and work. I would recommend this course to anyone who has concerns achieving an orgasm. It is not something that is shameful if you have trouble at it. This course really truly helps. After a couple of pleasure sessions, I was able to see positive improvement and that was something that had not happened for many years.

Laura N.

1) Inability to have an orgasm. I assumed something was wrong with me, and my gynecologist recommended trying to beta test this course!

2) I assumed there was something wrong with me. I was really embarrassed by it and didn't feel I could ask anyone for help, outside of my gynecologist. I felt really isolated because my experience was not reflected by my peers nor the media.

3) I learned to ask for what I really want during sex and to advocate for myself. The pleasure manifesto was amazing at empowering me during those moments.

4) Anyone having difficulty with orgasm for an extended period of time. Do not suffer through this if it's impacting your life and happiness.

On a personal note, I encountered a lot of mental roadblocks surrounding sex and orgasm that I wasn't previously aware of. I now have tools that I can use moving forward to improve my sex life, with and without having an orgasm. Thank you thank you thank you!

Linda L.

After having no difficulty having orgasms for many, many years, suddenly about 2 years ago, I stopped having them. Initially, I made excuses why it wasn't happening but after about 6 times and still no orgasm, I saw my family physician who referred me to a gynaecologist who dealt with older women's sexual health and gave me the name of a sex therapist. I saw them both. The sex therapist was helpful in that she told me about the 'womanizer'. The gynaecologist, after several appointments, referred me to a urologist who specialises in women with my difficulty who I am seeing now and who suggested that I might be interested in taking Dr. Erica's course. I can only speak to what I got out of the course. I am now able to ask my spouse for things that I had never asked during our married life. I was never able to do that before. When I became unable to have orgasms except with the help of the 'womanizer,' I became so focused on achieving an orgasm that I wasn't fully enjoying all the other pleasurable parts of the sexual experience. The course has opened up the lines of communication between my spouse and I and we both agree that sex is better now than when I was having orgasms without the help of sex toys (mainly the womanizer, that's the one that does it for

me). The course also seems to have had a ripple effect as once I started talking more openly, which I find hard to do, that continued into all areas of our life and as a result we've become much closer.

Who would I say this course is for? I am a 73 year old married lesbian, so it's not just for younger hetero females.

Although the course is about the big "O" I struggle to identify what woman wouldn't gain something from it, because it has changed so much for my spouse and I.

Dannie M.

What type of orgasm concern did you have that made you want to take the course? I have trouble orgasming with a partner and in general. It's happened very infrequently in the past; only while masturbating and I've never successfully orgasmed with a partner. What did you do about your concern before taking the course? Nothing. I just assumed it was something that it was me. What was the main benefit you experienced as a result of the course? To be completely honest, I never finished the course, but I did start the course and I did start to think that maybe I have an unhealthy relationship with the way I view sex. To whom would you recommend this course, and why? I would recommend it to anyone who think they might have issues orgasming.

Kate O.

1. Type of orgasm concern: I had never experienced an orgasm before. I enjoy sex and reach a sort of "climax" but never an orgasm.

2. Before taking the course I had done a little reading on my own and had talked fairly openly about it with my partner. I had sort of come to a point of acceptance that I might never orgasm but I could still enjoy the sexual experience. This reduced pressure/expectations and allowed me to be more comfortable in general, but I had no other specific tools or suggestions for continuing to improve/work toward orgasm.

3. I learned a lot from the course. The reviews of anatomy were super beneficial, as it had been years since I'd actually looked at a diagram of the body parts we discussed. It was also helpful to break down the process of acceleration and braking, to really question what specifically influences my experience. I have still not experienced an orgasm, but I

admit that I fell behind on the weeks and therefore would catch up by watching a few videos at a time and not fully engaging in the homework or pleasure sessions. I feel that I still have the tools now but I will need to be more disciplined about continuing to explore on my own.

4. I'd recommend this course to any woman who feels uncomfortable, dissatisfied, or curious about whether their sexual experience could improve.

Danielle P.

What type of orgasm concern did you have that made you want to take the course? I could only achieve orgasm a certain way, and not with a partner.

What did you do about your concern before taking the course? I listened to a lot of podcasts on sex and orgasms and tried to achieve them in different ways.

What was the main outcome or benefit you experienced as a result of the course? The main benefit is understanding that there is no hierarchy to orgasms, and that I'm not that different from other women. I just need certain stimulation. I also received many good insights as to why I'm not having an orgasm and how I can change my way of thinking surrounding asking for what I want and allowing myself the time I need to get there.

To whom would you recommend this course, and why? I would recommend this course to all women honestly. There are parts that apply to all of us in regards to equality in the bedroom.

Kelly P.

What type of orgasm concern did you have that made you want to take the course? I don't have a problem making myself orgasm, it's with my partner that I have a hard time letting myself go and feeling confident and turned on in my own skin. I also realized that I have a hard time asking for what I want. What did you do about your concern before taking the course? I actually bought the audiobook "Come As You Are" or would read articles about orgasming with a partner. What was the main benefit you experienced as a result of the course? Definitely asking for what I want more in bed is a benefit I'm experiencing. Not being shy about how I want to be touched or where I want to be kissed. To whom would you recommend this course, and why? I would recommend this course to women who are feeling insecure in their sex lives or who want to make it better with their current partner.

Natalie M.

I took this course because I had never had an orgasm. It was becoming extremely frustrating. I felt like I had tried everything and nothing was working. This course has helped me slow down and be kinder to myself. Instead of feeling like a failure, I am taking things slower and working through some internalized negative beliefs. By putting less pressure on myself, I am making breakthroughs, and I think my experiences are only going to keep getting better! I recommend this course to anyone who is feeling hopeless about their ability to orgasm.

Kate P.

"I am an Internal Medicine physician focusing on female sexual dysfunction and helping to change the dialogue of how physicians talk to patients about sex. Erica and I have collaborated on projects together and every time we collaborate I get to learn something new because of how knowledgeable she is about women's sexuality. So when I heard she was doing a master class on orgasms, I knew I had to find out more and I did! This course is for any woman who wants to break down the barriers that get in the way of pleasure in order to enjoy sex more and have better orgasms (or an orgasm for the first time)."

Cara Quant, MD

What type of orgasm concern did you have that made you want to take the course? I had trouble having orgasms with a partner.

What did you do about your concern before taking the course? I just hoped I'd have one but continued to be frustrated when I couldn't have an orgasm with my husband.

What was the main benefit you experienced as a result of the course? I had an orgasm with my husband! I learned what I liked and gained confidence to ask for things I wanted from my husband for me to enjoy sex more. It also helped to increase my desire for sex, the more I enjoyed it the more I wanted to have it!

To whom would you recommend this course, and why? I would recommend this course for anyone looking to increase your sexual enjoyment with or without a partner. Dr. Erica's course gives you all the information and tools that you

need to help figure out what pleases you and helps you to build your confidence to better communicate with your partner your needs to make your sexual experiences rewarding for both of you. After all sex should be fun!  
Sara S.

What type of orgasm concern did you have that made you want to take the course? I'd never experienced an orgasm before. Up until this point, I had gone through life worried that this would be a pleasure I would never get to experience. Determined to become my best self, I began to research solutions to my issue. I came across information of Dr. Marchand's course as soon as I decided not to accept failure and my inexperience with orgasms as the be all end all. What did you do about your concern before taking the course? Prior to taking the course I was worried that there was some physiological reason I was unable to experience an orgasm. I believed that there was something wrong with me/my body that was causing some sort of a blockage. I had read so much about orgasms and had countless failed attempts to tackle the notion of mentally letting go during intercourse--a solution so often presented on this topic. I knew that there had to be something more to it--and this course has helped to guide me to these solutions. What was the main benefit you experienced as a result of the course? I can honestly say that I now enjoy sex more. My partner has noticed the difference in our sex life and keeps asking why my libido has increased haha (it hasn't, I'm just more in tune with my desires and ready to accept pleasure). I've learned so much about my body and how to connect to it and how to experience the pleasure my body deserves. To whom would you recommend this course, and why? Anyone who wants to have an orgasm for the first time, experience better sex, or anyone who simply needs a refresher on how to communicate with their partner about sex should take this course. The course will really help you look deep into your experiences and target the root of the issue---not just the in the moment factors.  
Shari B.

I've always been sexually active and interested in exploring my sexuality BUT I never really learned how to masturbate. That's that. I just didn't know what to do to make my self feel pleasure. So, since I didn't know how to pleasure my self I was always dependent on my partners and their skills. And sure, sharing intimacy and trust with someone can be amazing, if there is someone to share it with but being single and not being able to take that edge off with my own hands... I felt like a grenade.

Erica's course helped me to understand that taking that moment, that time for your self is really important. Getting those tips of setting your mind to the right space, creating a space to feel good and inviting for feeling good and pleasurable has changed my way of thinking about masturbation and understand the bits I didn't understand before. Everyone should learn to love their selves and this course goes deeper than just jerking off.

IrisS

What type of orgasm concern did you have that made you want to take the course? (e.g., I'd never had an orgasm before, or I had trouble having orgasms with a partner, or my orgasms changed after menopause, etc.) . I've never had an orgasm before. What did you do about your concern before taking the course? (e.g., I assumed I couldn't have orgasms, or I just hoped I'd have one but didn't know how to do it, or I didn't know what to do, etc.) . I generally either felt hopeless about it or sought medical interventions. Just before starting this course I started talking about it in my own therapy which was a useful first step. What was the main benefit you experienced as a result of the course? (e.g., I had an orgasm! Or I learned to ask for things I wanted, or I now enjoy sex more, etc.) I feel like for the first time I have hope that I might one day have an orgasm. I also enjoy sex more (both alone and with a partner). To whom would you recommend this course, and why? Honestly, I'd recommend this course to anyone, regardless of if they think they struggle with orgasms or not because it's a crash course in essential learning and, even more essential, unlearning about female sexuality and orgasm. I think all women could probably use this.

Katy S.

My biggest insecurity before taking this course was that I carried the guilt of not ever having an orgasm with a partner. My last partner broke up with me in my opinion, due to my lack of experience and lack of overt enjoyment in sex which alot of guys like to see in the expression of enthusiasm in your face (I think porn influenced this idea). I still carry the sadness feeling like it is my fault because I wasn't born "sexual" enough.

I can orgasm alone, but because I haven't had many partners in the past, I still feel very inept in satisfying myself with a partner. Most men don't seem to like that you aren't satisfied perhaps due to their own egos.

I learned through your course that I am not abnormal, that many girls need very real additional stimulation to built up their desire through foreplay and emotional support which many men don't entirely understand.

I would recommend this course to most any women, even the ones that have no issues with sex and orgasm. The reason is because many of these girls carry the false notion that most girls are orgasmic and most girls lack the skills to "please" their men. They will learn that there are many other factors in play.

Thank you for teaching this course. I gained knowledge and insight through your course and I appreciate the opportunity to participate. Your videos depicts in you a sincere and caring person.

Nancy B.

I did make one absolutely awesome discovery just from lesson one and that was just to take time to relax and unwind before engaging in any sort of pleasure session. Shorter videos will definitely help, I'm looking forward to that. Your speech pattern was nice to listen to though, I enjoyed your classes. I wonder if you would be able to offer the class as more of an audio book. A good friend of mine said to me "you make time for what's important" and while she's absolutely right, it convicted me because I recognized in myself the areas where I am lacking in self discipline to make time for important things.

Stephanie W.

In answer to your questions, my concern was to do with the fact that I have never experienced an orgasm during sex with a partner - an obstacle that I am still trying to overcome. I made attempts at overcoming that problem by trying to incorporate vibrators and telling my partner that orgasms were hard to achieve for me - he honestly told me that was typical and never took my concern seriously. I started to believe him.

The main benefit I experienced as a result of this course was recognizing how much I like to be stroked gently, especially along my spine, ribs, and feet. I asked my husband to tickle my feet during sex and while I still haven't orgasmed with him, I'm getting closer and I'm getting more comfortable asking him to do things that don't seem to

make sense in a sexual scenario. It is nice to see him incorporating things that I asked for specifically being implemented into our own sexual activities and explorations whether alone or together.

Another benefit was being able to look for therapists in my area who may be able to help me sort out my sexual issues. I know that may sound like a fringe benefit, but it was extremely helpful. I don't know where else I might have gotten that information. Thank you.

I feel like every woman should take this course. I wish it was a class offered in school, it's frustrating to me that my husband (and many other men, and society in general) seem to have written off women's sexual satisfaction as unachievable and therefore not worthy of much particular notice.

Anon.

I have had difficulty having consistent orgasms with my partner. Sometimes I'd climax, other times I wouldn't. Before taking the class, I talked to my partner about it so that he was aware of what I was experiencing. We watched some videos and I read some books. I thought we might need some other help which is why I signed up for the course. I learned non-verbal ways to communicate my needs during intercourse and made adjustments in my communication style. I would recommend the course to anyone who feels they could learn more about orgasms and their orgasmic potential. That might just be about everyone I know. I feel you're never too old to stop learning about such pleasure!  
Elizabeth W.

I decided to take Dr. Erica's (Do you prefer Dr. Marchand?) Big O Masterclass because my ability to have orgasm has been very limited. I was a late bloomer and didn't have my first orgasm until my late 40s. I learned to orgasm with a vibrator but only when I was alone, never with a partner. Before I took this course, I had given up on having an orgasm with my husband. I came to feel that it just wasn't meant to be, that only certain people were able to orgasm, and I wasn't one of them. Truthfully, I didn't really know how to pleasure myself, and couldn't tell anyone what to do when I didn't even know myself. This course offers video talks, work sheets and instructions for pleasure sessions. Each component is well thought out, and each new lesson builds on the previous one. The worksheets in particular were very helpful for me. They gave me the opportunity to reflect on negative messages I had carried with me since childhood, and replace them with positive ones that are based in fact. This has allowed me to celebrate and enjoy my

sexuality in a new and healthy way. I recommend this course to anyone who has been unable to have an orgasm, has trouble having orgasms regularly, or even to anyone who is interested in improving their understanding, acceptance and appreciation of their sexuality.

Denise W.

What type of orgasm concern did you have that made you want to take the course? I'm 25 and I'd never had an orgasm before on my own or with a partner. What did you do about your concern before taking the course? Before the course, I'd lightly bring up the issue in sporadic therapy sessions, but would never take the time to really focus on how concerned I actually was. I'd also occasionally use vibrators, but would find myself still getting impatient and not fully relaxing. I would hope that the big O would magically happen on its own. I started to reach this odd complacent-acceptance: maybe orgasms are just not for me. Obviously, not the right approach! Every woman deserves to feel pleasure and have orgasms!! What was the main benefit you experienced as a result of the course? I became more comfortable with and accepting of my body, which led to more fulfilling sexual experiences! Not quite at the big O, but I'm more hopeful, less impatient, and more excited about getting there!! To whom would you recommend this course, and why? I'd recommend this course to anyone who struggles with orgasm, desperately wants to overcome the struggle, and become more comfortable with their body and sexual pleasure. It can be incredibly frustrating to be a woman who struggles with something that seems like it should be a no-brainer (thanks to media portrayal and whatnot). This course allows you to acknowledge that frustration, work through it, and conquer it. I'd also recommend the course for someone who doesn't have the time or resources to attend a Women's Clinic or regularly see a sex therapist. I'm in my mid-twenties and am not yet at that point where I can regularly spend money on expensive (though I'm sure helpful) therapy sessions. I felt at a loss in terms of where I could turn. This class was a great option and worth the investment- it's incredibly extensive, well-paced, and thoughtful. You can work through portions of the course from the comfort of home or even on the go. Dr. Marchand's videos are so reassuring and easy to connect to. I always felt like I was listening to a good friend. The written exercises are super informative. Homework, or "pleasure sessions", while initially daunting, soon become fun. I remember beginning to feel a shift in my sexual experiences (with my partner, by myself, etc.) by lesson 3, thanks to this course!!

Alexia Z.