

*"The art of pleasure. Getting it, not giving it." —New York*

Using the Power of Pleasure  
to Have Your Way with the World

Mama Gena's  
School of  
Womanly  
Arts

Regena Thomashauer

*"Diva of desire Regena Thomashauer teaches women how to celebrate their passions, indulge their appetites, and savor their lives." —Chicago Tribune*

Regena Thomashauer

## Mama Gena's School of Womanly Arts: Using the Power of Pleasure to Have Your Way with the World (How to Use the Power of Pleasure)



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The book that shows women how celebrating their sensuality might help them achieve their dreams—“because building pleasure your priority can in fact help you achieve your goals.come to Mama.Relationship professional Regena Thomashauer teaches the shed “ So if you need a refresher course in fun— of identifying your wishes, having fun irrespective of where you are, understanding sensual pleasure, befriending your internal bitch, flirting (in a way that makes your day, not just his), and more—think of it as THE ENERGY of Positive Thinking while interpreted simply by Anais Nin“womanly arts”and you understand you do— (THE BRAND NEW York Times).



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Read for the overall message of empowerment, not for the specific details I'm choosing to provide this book a good 3 stars. I purchased it at the recommendation of a pal of mine who said she received some encouragement from it to greatly help her cope with her anger after an abusive relationship. Right up there with books that will change your daily life! Overall, I felt that Mama Gena's general ideas were pretty spot-on: the key to happiness is loving yourself, maintaining circumstances of mindfulness, and, most of all, respecting yourself as the initial and fabulous creature you are. But there seems to be no judgment passed on men except that "they are all the same" and that a simple, four-step process will magically change them into prince charming. I experienced forgotten how to enjoy life. So her insistence that ladies shift this paradigm and commence to accept themselves as gorgeous, fierce, intelligent, and capable people is absolutely accurate, and bless her for composing it in such an accessible way. I guess there is an viewers for this in some Depression-era parallel America where people have mean eyes and restricted lips and go to mean churches and give one another mean looks and strike themselves with flails and toss dirt at one another. Come on, don't be prudes. Mama Gena encourages bragging to yourself and additional girl friends, rather than concentrating on the negatives in lifestyle (which we as females appear to get so caught up in! I kept waiting for wisdom to leap out at me, \*something\*, \*anything\*! For the more modest and shy, avoid being scared off by her debate about personal exploration and sexy exercises! She spent a lot of time discussing how you'd to love yourself DESPITE the attention (or lack thereof) of guys.. My girl is up next today I've completed it. However they didn't and the publication is boring and things that Thomashauer presents are therefore basic that it blows your mind anyone wrote or published a reserve about them. I love it so much I purchased six copies and sent all of them to my girlfriends. All that said, I did involve some serious problems with the book. Diving deep and healing from the inside out Going through this book with an excellent tooth comb, and loving every minute of it. After all seriously.. I still refresh my list of desires every couple of months as a reminder to focus only on what I must say i want. I sensed sexy, I had procedures to achieve that made me feel good every day and it was a more fun spiritual practice for myself. She discussed how women with all the cash and treasures in the globe were still unhappy, after that discussed how a few of her Sister Goddesses received jewels and furs just because they really, actually desired them. The book also seems to assume that the women reading it have boatloads of money to spend. Obviously things like getting a manicure or a facial or a massage every week or buying yourself plants or sexy new underwear aren't the only method to pamper yourself, nonetheless it would have been fine if she had considered those folks who simply don't have a whole lot of disposable income and offered some ideas for us. Anywhere near this much is very clear. This book is an excellent soul booster. On that take note, I was just a little offended by the "simplicity of men" concept on a few different amounts: the guys in my life are every bit as complex, insecure, and sensitive as I am. For just about any girl who offers stumbled in confidence, sexiness, or joy, this book may be the ultimate pick and choose me up! Respect should go both ways. The reserve doesn't talk much about displaying your man respect. It can talk a lot about dangling a carrot in front of your man (easily recall correctly she in fact uses that metaphor at one point). Also, she said nothing at all about toxic men. Amazing. She correctly points out that women are typically raised with the theory that we must be nice to everyone, not trigger waves, and not be selfish at all. Mama Gena is not a writer. There exists a LOT approximately "getting and keeping a man" in this book, which really seemed to be a significant betrayal of the entire first chapter. She has the right ideas, and I think she means well in this reserve, but it feels like this book can be a transcript of 1 of her classes, rather than a well-

thought-out tome of feminine empowerment. Read it designed for the message. No more excuses. Let her message of your specific fabulousness clean over you and transform you, if you like. But don't hold on her every term. I love all the Sister Goddess stories she features that provide you a great deal of personal encounters from real people who tried Mama's assistance, and transformed. I love Mama! I really like Mama Gena! I've read this book 3 times now at different factors in my own life where I must say i required a reboot. Mama is that girl friend that I never had, giving the best pep talks, no-BS assistance, and empowerment on every web page. Many of her words are flawed. How well do you know your man's equipment, what he wants, how he likes it?). It's easy to resist a few of the guidance and think " I already know that" or " I'm not doing that", but you really need to step out of your safe place to get out of your funk! There is completely nothing wrong with becoming intimately familiar with your vag.! This book changed my life.. The validation, like, support, and enthusiasm she statements we should expect from men is something that is very much indeed a give-and-take in my own marriage (that i would classify to be a very good marriage). Woman's empowerment essentials Beautiful and just what a powerful woman Five Stars Love this reserve! Great boost for females. I absolutely loved this publication! I highly recommend Disappointing and Dated A friend of mine invited me to a Mama Gena week-end but I needed to check on her out first before committing therefore i read this—who is the audience because of this book? (Some might also not like it at all. I enjoyed it so very much I produced a Training + Book Club knowledge for Sister Goddesses for connecting though, to practice and explore the 8 Womanly Arts that are outlined in this publication. I have recommended it to other people who have liked it. A little personal indulgent but i am a little bit of a personal indulgent person. To the energy of P! After all if you're going to talk about how exactly to hook a good man, you'd think she'd have SOME THING to say about the men out there who are abusers, or leeches, or emotional vampires. By firmly taking something we frequently hardly understand and - ahem - fleshing it out in plain watch, Mama Gena has given us actionable measures and a complete on guide book to owning our enjoyment, asking for abundance in our lives and fostering a feeling of purpose within our relationships. Having also been a victim of emotional, physical, and sexual abuse in my own life, I decided to give it a try. You need to read this.. If you would like to be content and revel in life as a female. Read it in the event that you feel, as I generally do, that you will be somehow "lesser". It's time ladies. You will like the way you experience. One voracious bite after another we will consume Life's grand offerings and turn them into something more amazing than we dared wish they could be. Let's move sister souls... A way to feel great every morning I really enjoyed this book since it made me feel empowered each time I go through it.and then talked about approximately a zillion women who used her course to get a man. I highly recommend this publication to any woman who wants to feel sexy and empowered and also have fun while doing it:) Great Little Book This is a nice little book in case you are a woman and prepared to reinvent your daily life! I currently perform the marjority of the items listed in the publication apart from putting myself first at all times. The book discusses pampering yourself and dealing with yourself well above all others. Maybe I've simply read too much self-help books over the years that the tales in that one were interesting but the basic injunctions were not new to me.. Would have given 5 starts but like I said I currently do the majority of the points that she asks her readers to do. She's a whole chaper on self enjoyment / masterbation. Didn't want that chapter either and experienced it was sort of unnessesary but whatever. I had forgotten how exactly to have fun! I experienced forgotten how to enjoy life We had forgotten how to have fun! Sadly, this leads to women, who could be tremendously powerful forces in the world, feeling unimportant, useless, and

consistently disappointed and depressed. If you read this reserve and you already have a guy, or you aren't looking for a man, or if you are into ladies, you can virtually just skip chapters 5-6, as they are about how simple males are to determine. I took myself too seriously. With a whole lot of introspection, I became too serious. This book helped to provide me some stability. But I can discover where others might really love it. Are there really ladies who are therefore starved for satisfaction and live on a planet of self-denial that Thomashauer informing them to have a bubble bath or consume a potato chip on a china plate is usually some kind of revelation? You need to know your own equipment even better.you bought a book that has a graphic about the front that looks like a vaginal opening.A lot of people giving this negative reviews are deeply offended by Mama Gena's orders to "explore yourself" physically. Not for me I wanted to like this book, and I did like a couple of the ideas. However, I suspected it wasn't for me pretty early on, which was verified when Mama Gena talked about that one woman got three job offers the same week she began masturbating regularly. I'm 42. You need to read this book.As much as her overall messages were on-point, the specific examples she gave appeared to wildly comparison with them. I really like it so very much I bought 6 copies and delivered .. She encourages people to dress in lingerie, dress to impress, pamper yourself at least one weekly if not a day, and let your wishes be known. It's tempting to skip over the homework she gives and just continue reading, but I guarantee the homework is vital! Did you really think your spouse friend wasn't likely to reach least a few pages dedicated to her? I've taken notes, written my Womantra and I'm practicing a far more fabulous life with some courageously great behaviors. There are points I know because I've tried them, and they didn't work. It'll change how you start to see the world. Stop living small and robbing the globe of your greatness. Life-Changing Book Wit, depth, courage, this book has everything. Buy copies for yourself, your daughters, moms, sisters, friends, and enemies! This book inspired me to create a Coaching + Book Club! For me, this is an okay book.) The best part concerning this book and, especially the writer, is that she actually is empowering women to become bold and also have fun. Good read.



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