



Open Wide: A Radically Real Guide to Deep Love, Rocking Relationships, and Soulful Sex

Melissa Ambrosini

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***Open Wide* with this relationship guide for the modern woman.**

Rocking relationships with your family and friends. A soulmate who *gets* you on the deepest level. And the best damn sex of your life.

Sound like a pipe dream? Not when Melissa Ambrosini is by your side!

From the bestselling author of *Mastering Your Mean Girl*, *Open Wide* is the definitive guide to fulfilling and intimate 21st century relationships, delving into everything from cultivating self-confidence, to unleashing your inner goddess, to forming lasting friendships . . . and even experiencing toe-curling orgasms on demand.

Called a “self-love guru” by *Elle* magazine, Melissa is a voice for the new generation. Rather than the ‘preachy’ tone that plagues the genre, she’s the down-to-earth best friend sharing her wisdom in a way that makes your journey fun and simple.

Full of electric insights, deeply personal stories, and genuine ‘aha’ moments, *Open Wide* serves up *real* tools and *relatable* advice that you can put into action *immediately* for lasting results.

A powerful, life-altering read, *Open Wide* gives women real tools they can implement immediately for in order to rewrite their future, create authentic connections, and experience heart-bursting love.

Open Wide: A Radically Real Guide to Deep Love, Rocking Relationships, and Soulful Sex Details

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From Reader Review Open Wide: A Radically Real Guide to Deep Love, Rocking Relationships, and Soulful Sex for online ebook

Bethany Davey says

I absolutely loved this book. Nothing has spoken to me more on learning to nurture myself, live completely within my Truth, cherish my relationships and help them to thrive, and be completely consumed with self love. The book is split into three main sections, which essentially examine yourself, your relationships (romantic and otherwise), and sex. There is plenty of questioning activities throughout the book, which ask you to reflect on what you have just read, and act as great prompts.

The first chapter alone is an amazing read regarding being a woman, and self love. Romantic and non-romantic relationships (e.g. friends and family) are both examined, and many of the points raised can be applied to either. A large portion of the book leads toward the final part (soulful sex), however much about this is about yourself, so it is no less of an amazing read without a significant other in your life.

This book made me feel amazing about myself, and I highly recommend it as a fantastic, positive read.

Amanda Provan says

When I heard that Melissa Ambrosini was bringing out another book, I was super excited to read it because I really enjoyed Mastering Your Mean Girl (MYMG), which I read about halfway through last year. So I bought it for myself as a Christmas present. To; Me, From: Me!

The topics covered in this book, I personally don't struggle with in my life but I wanted to read it anyway as I like learning about new things....which in hindsight is likely why I didn't enjoy it quite as much as MYMG. Melissa's previous book really resonated with how I was feeling at that time so I felt inspired and connected with the message she was giving.

I feel that this book was a bit too wishy-washy and 'hippy' for me. It covered topics such as learning to love yourself (very reminiscent of MYMG), understanding your menstrual cycle and how to align it with the moon phases (umm...what), how to find your soulmate and how to enjoy sex more.

I did learn about the menstrual cycle and the 'seasons' that it has which I didn't know about before reading this so that's probably the only thing that I actually took away from this book.

The rest of it was basically a repetition of MYMG and learning to love yourself before anyone else can truly love you with a LOT of hippy shit mixed in e.g opening your chakras and using a vibrator to unleash emotions that have been built up inside of your vagina.....no joke.

Maybe if I felt that I had troubles in those areas of my life I might have enjoyed it more.

A.D. Green says

Open Wide is Melissa Ambrosini's second book and it's full of powerful ideas, deeply genuine moments and

real guidance on how to be your most amazing self. She covers a lot of information that goes way beyond relationships and intimacy. If you'd like to find out more about the importance of self-love, then rest assured that Open Wide is the book for you! It helps you learn how to fully love yourself as a great benchmark to forming loving relationships. Melissa also shares her top picks for self-care or as she puts it - her best RRR practices (rest, rejuvenate and recharge). And reminds us how to recognize and listen to our inner voice of wisdom, and live our truth. It's written in a relatable and friendly approach and doesn't come across as preachy at all!

There's irresistible valuable insight on how to handle all relationships in life - not just romantic, but the ones with your family and friends as well (include your own self, of course!). Great relationships start with knowing your values and qualities, and these ones that you'd like to see in your partner and friends. In the beautiful company of Open Wide you can also find out how to let go of expectations, the need of pleasing others, judgments and comparisons. It teaches us how to feel absolutely free and loved.

As Melissa Ambrosini says throughout the book - don't be afraid to open wide. And I'd add don't be afraid to broaden your knowledge, expand your awareness and read this amazing gem!

I have kindly received an advanced copy of this book from NetGalley and BenBella Books in exchange of a fair review.

Meghan says

I received this book as an advanced reader's copy for our family-planning/relationships section in our library. I must say I LOVED this advice and facts Melissa has presented in this book. I also like books that have a personal experience attached to the facts so it makes the book more relate-able. If reader's see in a self-help/health related book that the author incorporated a personal experience, then they are more likely to read and relate to this book. A wonderful read for those that are getting involved in a new relationship or deciding when the right time is to move to the next step in the relationship. 5 stars!

Tasmin says

4.5/5

Dieses Buch ist in einer Hinsicht ganz anders als all die anderen spirituellen Lebenshelfer, die ich im vergangenen Jahr gelesen habe: Es ist inclusive. Es beschränkt sich nicht nur auf die "weiße, westliche, monogame, cis-hetero Frau". Melissa Ambrosini ist zwar so eine, aber sie hat dieses Buch für alle geschrieben. In wie weit ihr das gelungen ist, kann ich natürlich nicht beurteilen, aber ich fand den Ansatz schon einmal erfrischend und super wichtig.

Bis auf kleine Details die mich manchmal genervt haben, war es ein fantastisches Buch. Ich denke ich werde es irgendwann nochmal lesen, wenn ich mir eine Print Edition geholt habe.

Megan says

Whilst Melissa herself seems like a thoughtful, compassionate, lovely and down right gorgeous human, this book wasn't for me.

Sections of the book come across too 'wishes-washy' and at times feels like you're not reading 'Open Wide' at all, rather chapters from her previous book, 'Master Your Mean Girl' (which I haven't read but assume to be true as she references it a lot).

I think this book will benefit those in the 18-24 age bracket mostly, as it certainly allows the reader to understand and identify that their sexual wants and needs are important. It also touches on some great building blocks for the younger generation to implement in their lives when it comes to boundaries with family and friends.

Whilst not for me, I'm certain this book will succeed amongst her avid and loyal followers!

Alina says

!!! New drinking game !!!

Drink each time you encounter " Open Wide", "Soulful Sex" and "mind blowing" !

Yes, yes I got the point and the idea of this book already! No need to repeat the same 3 words over and over again, it's getting annoying.

Overall I enjoyed this book , it was OK, can't say it was mind blowing . I personally don't struggle with the problems mentioned in the book, but there are encouraging sections about self esteem that were pretty good and can be helpful for some. The reason why I'm rating it 2 stars is because Melissa keeps repeating herself, over and over again the same 3-4 ideas for many ,many pages - which is a big no-no for me!

Molly says

It got a bit repetitive for me towards the end but overall I found a lot of good little nuggets of thought-provoking ideas & info in there!

Maggie says

A lot of this book is really about self-esteem and self-acceptance, and there are some lovely, encouraging sections about this. The relationship sections are mainly tips, lists, and the often-cited importance of respect and communication. I liked the masculine-feminine (yin-yang, firm-fluid) polarity chapter, and the parts about being aware of qualities, interests and co-existing with different 'operating systems'. These were definitely worthwhile explorations for me, while the rest wasn't anything new. I did feel there was a hint of a message that our self-love and acceptance has to be 'perfected' before we can meet a great partner - I'm wary of anything that suggests you must resolve all issues and be blissful first in order to find/create a happy relationship. Obviously self-awareness and self-respect help a great deal, but people find wonderful relationships even when they are grappling with things. If your self-love and acceptance had to be 100% sorted before meeting a great partner, none of my happily married friends would have met their husbands/wives when they did!

Christy Payne says

Reading this book is like sitting down with your bestie who gives the greatest advice and always has your back no matter what. Melissa gets deep into a lot of topics people might be uneasy to talk about, like sex and relationships.

Belinda Munro says

Some nice self esteem advice however this book was probably a little too “hippy” and repetitive for my tastes. It is probably best suited to single 20 something women (I’m in my 30s, married with children and didn’t find the advice particularly relevant to my life stage).

Thanks kindly to Netgalley, publisher and author for the opportunity to read and review this book.

Zara says

Honestly, I expected more from this book. Mastering your mean girl was good, but I found this book kind of boring. A lot of the things mentioned is pretty self explanatory and also some weird stuff mentioned like de armouring down there and a jade egg.. personally it wasn’t my cup of tea, but I’m sure someone would love it. Although there were some really good points stated, I personally didn’t enjoy it that much.

Rachel says

Melissa Ambrosini is an absolutely radiant, sunbeam of a woman. Reading or listening to her immediately feels like spending time with a soul-sister. I think she offers a lot of refreshing and inspiring perspectives. I would give this book a higher rating if not for a few truly strange pieces of advice she gave. You have to sort through a handful of "out there" stuff as you read this otherwise beautiful number. But I also took away a heap of uplifting, tender, and heartfelt words of wisdom. Melissa clearly has a gorgeous heart and I’m thankful she opened up and shared it with the world. I walked away feeling lighter and inspired, and will certainly refer back to certain quotes when I need a little burst of light in my life.

Veta says

[3.5]

She has such an authentic voice, which is just a pleasure to read. I didn't get as much out of this book than her first one, but I still enjoyed reading this.

Rachael says

I listened to the audiobook version narrated by the author and was blown away by how inspiring this women is. My niece read 'How to Master your mean girl' which she quoted was an inspiration to her as well. I gained so much out of this book and I'll refer back to it and read it again and again. A lot of the relationship advice is super helpful and her own stories were very interesting. No matter our age we can all absorb something out of this book if we really want to. It was such a pleasure to listen to. Thank you Melissa!
