



[Book] Sex Points: Reclaim Your Sex Life With The Revolutionary Multi-point System

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Sex Points-Dr. Bat Sheva Marcus 2021-03-09 In this refreshingly honest book, the "Queen of Vibrators" and the "Orthodox Sex Guru" shares her easy, proven system to help women have a healthy, robust sex life. Myth: Great sex comes naturally, and when it doesn’t, there is something wrong. Fact: Sex is a gift that takes work. Like exercise or eating right, it also takes practice and know-how. “Queen of Vibrators” Dr. Bat Sheva Marcus believes a healthy, robust, fulfilling sex life is a right for all women. And after twenty years as a sex therapist, Dr. Bat Sheva knows that there’s more to sex than lingerie and beach vacations. Sex Points is the first book that helps you identify and analyze for yourself what factors are affecting your sex life. Using Dr. Bat Sheva’s revolutionary Sex Points Assessment, you can pinpoint what’s keeping you from the great sex you deserve by looking at where you’re scoring low in four key areas: pain, arousal, libido, and orgasm. And then she’ll help you get points back in each of those areas! Your sex life is complex, unique to you, and affected by psychological, medical, and emotional variables. If you think that a diminished sex drive is natural, pain is expected, and no orgasms is no problem—prepare to have your world rocked. Covering everything from how to choose a vibrator to recapturing orgasms, understanding hormones, to rekindling lust, embracing taboo fantasies, and parsing complicated relationships, to what sex really means (hint: it's not just intercourse), Sex Points is a comprehensive, revelatory, I-didn’t-know-it-could-be-this-good guide for every woman, at every age, in every situation. A Fun, Healthy, Fulfilling Sex Life is Your Right! And Sex Points will get you there.

For Women Only-Jennifer Berman 2002 The co-directors of a renowned women's sexual health clinic offer their inside perspective on sexual dysfunction in women, sharing advice on how to overcome common physical and psychological barriers to orgasm. Reprint. 75,000 first printing.

Reclaiming Desire-Andrew Goldstein 2009-06-09 I'm so busy and tired, how can I find time for sex? How can I go from mommy one minute to passionate lover the next? What medicines or natural herbs can I take to improve my libido? At some point in their lives, most women experience a decline in their sexual desire. Yet despite the vast number of books devoted to sex, surprisingly few focus on the problem of low libido. Fewer still offer any practical advice to the woman who has lost her sex drive and longs to find it again. Reclaiming Desire presents the holistic approach that gynecologist Andrew Goldstein and clinical psychologist Marianne Brandon—co-founders of the Sexual Wellness Center in Annapolis, Maryland—use to successfully treat women with low libido. Capitalizing on their combined medical and psychological expertise, they reveal how a complex set of physical, emotional, intellectual, and spiritual factors—as well as specific life-changing events such as marriage, pregnancy, childbirth, divorce, and menopause—can affect female sex drive. Reading this book, women will come to understand that low libido isn't "all in their heads"—or all in their bodies, for that matter. The problem is real and it's diverse—but it's curable.

Woman Cancer Sex-Anne Katz 2020-11-30 Woman Cancer Sex, Second Edition, is an accessible and comprehensive resource for women living with and surviving cancer as they navigate specific challenges related to sex and sexuality. Women who have survived cancer remain sexual beings despite the challenges of cancer treatment, and they often have nowhere to go with their questions and concerns. This text interweaves stories from clinical practice with evidence-based tips and interventions for a range of physical and emotional side effects resulting from cancer and its treatment. Each chapter describes the experience of a woman with a particular kind of cancer and a variety of related problems, including loss of libido, physical pain, body image issues, depression, and struggles communicating with a partner and health care providers. Written by a leading voice in the field of cancer and sexuality, this book offers essential guidance surrounding questions about sexual health for women diagnosed with cancer. It will also be of use to health care providers including social workers and sex and couple therapists.

A Tired Woman's Guide to Passionate Sex-Laurie B Mintz 2009-08-18 "Honey, I'm too tired" may sound like just another excuse—but for millions of American women, it's simply the truth. They may settle for no sex at all or the obligatory "I'd better do this for my marriage" sex—often to the detriment of their relationships. In this guide, Dr. Laurie B. Mintz shows women how to bring their libido back to life—and put the passion back into their lives. Mintz, a psychologist and sex expert, has been there, both personally and professionally. She shares her own story, as well as the stories of her many clients, as she puts forward her foolproof five-step plan designed to excite and energize even the weariest of stressed-out women. Complete with case studies and exercises, this sex-cure-in-a-book is all readers need to feel strong, sexy, and sensual again!

The 80/80 Marriage-Nate Klemp 2021 An accessible, transformative guide for couples seeking greater love, connection, and intimacy in our modern world Nate and Kaley Klemp were both successful in their careers, consulting for high-powered companies around the world. Their work as mindfulness and leadership experts, however, often fell to the wayside when they came home in the evening, only to end up fighting about fairness in their marriage. They believed in a model where each partner contributed equally and fairness ruled, but, in reality, they were finding that balance near impossible to achieve. From this frustration, they developed the idea of the 80/80 marriage, a new model for balancing career, family, and love. The 80/80 Marriage pushes couples beyond the limited idea of "fairness" toward a new model grounded on radical generosity and shared success, one that calls for each partner to contribute 80 percent to build the strongest possible relationship. Drawing from more than one hundred interviews with couples from all walks of life, stories from business and pop culture, scientific studies, and ancient philosophical insights, husband-and-wife team Nate and Kaley Klemp pinpoint exactly what's not working in modern marriage. Their 80/80 model of marriage provides practical, powerful solutions to transform your relationship and open up space for greater love and connection.

When Your Sex Drives Don't Match-Sandra Pertot 2007 Do your partner's sexual needs, expectations, or desires vary widely from your own? While the differences between the two of you can be confusing and stressful, a break-up doesn't have to be imminent. Now, for the first time, "When Your Sex Drives Don't Match" introduces the ten libido types -- from the emotionally intimate Sensual type to the physically passionate Erotic libido. Longtime sex therapist Dr. Sandra Pertot presents her groundbreaking, highly practical discoveries and insights about: - How your libido types affect both you and your partner - Quizzes and exercises to help pinpoint the basis of your concerns, and how to remedy them - Rational ways for couples to understand, manage, and overcome sexual incompatibilities - Understanding and overcoming the Cycle of Misunderstanding that causes so much conflict - Tips on building and maintaining your intimate relationship. With clear, straightforward diagnostic tools and remedies, "When Your Sex Drives Don't Match" will help you and your partner identify, understand, and work through your problems for a mutually satisfying sex life.

Reclaiming Your Sexual Self-Kathryn Hall, Ph.D. 2004-07-14 "Kathryn Hall takes a fresh and refreshing new look at why so many women are not really interested in sex. A uniquely helpful book." -Harriet Lerner, Ph.D., author of The Dance of Anger "Women don't need medicine or magic to feel desire but rather reasons and motivation. This book provides sound strategies and sensible suggestions for overcoming sexual inertia and finding genuine satisfaction." -Sandra Leiblum, Ph.D., Director, Center for Sexual & Relationship Health, University of Medicine and Dentistry of New Jersey "The many who are searching for sexual desire in an easy-to-

swallow pill form may be pleasantly surprised to find it in this easy-to-read book form." -Gerianne M. Alexander, Ph.D., Texas A&M University At last, a drug-free, holistic program to restore sexual passion and desire Despite what many so-called experts believe, lack of sexual desire in women does not necessarily indicate a hormonal problem. More often, asserts sex therapist Dr. Kathryn Hall, it means that something is out of balance in our lives. In Reclaiming Your Sexual Self, Dr. Hall reveals how to discover the source of your lack of sexual interest and take charge of your health. Drawing on successful methods she has used in her clinical practice, she helps you identify the imbalances that are affecting your overall well-being and get in touch with lost or neglected sexual feelings. Through a series of illuminating exercises and with Dr. Hall's wise, warm advice, you'll discover: * Why it's okay to want sex-and enjoy it * Ways to improve communication with your partner * The right conditions and circumstances to spark your sexual interest * How to maintain a vital sexual connection for the long term * When to consult a professional Hormone replacement therapy doesn't have to be the answer. You can reclaim your sexual self and keep desire and passion alive and well by following the proven, reassuring advice in this authoritative guide.

Wanting Sex Again-Laurie Watson 2012-12-04 “I never want to have sex again.” If you feel like sex just isn’t worth the effort, you’re not alone. Forty million American women are frustrated by their lack of sexual passion. They know something’s missing—and their husbands know it, too—but the emotional, physical, and mental obstacles to healthy desire can be a knot that seems too tangled to unravel. Drawing on twenty years of clinical experience, Laurie Watson shows that it really is possible to restore the thrill of sex, using proven psychological methods and personal accounts from actual therapy sessions. Her strategies will: •Offer a glimpse into the reality of other people’s bedrooms •Address the sexual problems that can develop with life changes—from marriage to motherhood to menopause •Uncover the hidden factors that impact desire—stress, cultural messages, emotional connection, chemical and hormonal challenges, physical appearance issues, and more •Show how joyful, meaningful, satisfying sex can be yours again Candid, practical, and much needed, this book can help you rediscover your sexual self or discover it for the first time. Instead of dreading bedtime, you can look forward to it again.

We Plan, God Laughs-Sherre Hirsch 2009-06 In this work based on a Yiddish proverb, Hirsch addresses serious spiritual issues and teaches the importance of letting go and recognizing that even the most ordinary life is extraordinary in the eyes of God.

Le Deuxième Sexe-Simone de Beauvoir 1989 The classic manifesto of the liberated woman, this book explores every facet of a woman's life.

Rethinking Sexuality-Dr. Juli Slattery 2018-07-24 This ground-breaking resource challenges and equips Christians to think and act biblically and compassionately in matters of sexuality. Sexual abuse, sex addiction, gender confusion, brokenness, and shame plague today's world, and people are seeking clarity and hope. By contesting long-held cultural paradigms, this book equips you to see how sexuality is rooted in the broader context of God's heart and His work for us on earth. It provides a framework from which to understand the big picture of sexual challenges and wholeness, and helps you recognize that every sexual question is ultimately a spiritual one. It shifts the paradigm from combating sexual problems to confidently proclaiming and modeling the road to sacred sexuality. Instead of arguing with the world about what's right and wrong about sexual choices, this practical resource equips you to share the love and grace of Jesus as you encounter the pain of sexual brokenness--your own or someone else's.

The Hormone Fix-Anna Cabeca 2019 "As women approach the age at which they stop having their monthly period, many start to experience the physical and emotional indignities of hormonal fluctuation and an ensuing "metabolic stall." The result: hot flashes, night sweats, insomnia, weight gain, memory loss or brain fog, irritability, and discomfort during sex. Many women are resigned to accept these changes now and for years to come; some even agree to be unnecessarily medicated for their symptoms. But Dr. Anna Cabeca's research and experience with thousands of her patients shows that there is a unique diet combination and non-pharmaceutical lifestyle interventions that can dramatically alleviate these symptoms--forever! Pairing the hallmarks of ketogenic eating (very low carb, high fat) with foods and lifestyle changes that bring the body's pH to an alkaline level (and lower cortisol production), The Hormone Fix offers women everywhere an easy-to-follow, easy-on-the-body program to help thrive through menopause and beyond. It includes recipes, meal plans, stress-reduction advice, testimonials from real women, and a 10-day quick start guide to help women trim down, get off of meds, get fit, tap into unexpected energy levels, enhance intimacy levels, and completely revitalize their lives"--

The Heart and Soul of Sex-Gina Ogden 2006-07-11 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.

Transforming Sexual Narratives-Suzanne Iasenza 2020-06-03 Transforming Sexual Narratives offers readers the opportunity to address complex sexual problems through Narrative Relational Sex Therapy (NRST), an original approach that Suzanne Iasenza has developed during twenty-five years of clinical practice. This method presents a deeper, richer way of thinking about sexual challenges that has enabled clients to successfully rewrite their mistaken narratives to reclaim pleasure, intimacy, and satisfaction in their erotic lives. Drawing on the strengths of three very different therapeutic traditions--psychoanalytic, couple and family systems, and sex therapy--it delivers a fresh and dynamic way of understanding the complex interrelationship between personal, social, cultural, and familial sexual narratives. Chapters include conversations with diverse couples and individuals from all kinds of backgrounds and cultures, who exist in every kind of body, and in each case show how unconscious and harmful narratives can be transformed into healthy and pleasurable sex lives. This essential guide will help therapists to identify their client's secret sexual stories and enable them to rewrite their inner narratives and relationship with sexuality for the better. Sex therapists will be able to integrate a relational perspective into behavioral treatment, individual and couple therapists will be able to weave sexuality into general psychotherapy, and psychoanalysts will be able to use the sexual history to identify early dynamics that affect adult intimacy.

Soundtracks-Jon Acuff 2021-04-06 Overthinking isn't a personality trait. It's the sneakiest form of fear. It steals time, creativity, and goals. It's the most expensive, least productive thing companies invest in without even knowing it. And it's an epidemic. When New York Times bestselling author Jon Acuff changed his life by

transforming his overthinking, he wondered if other people might benefit from what he discovered. He commissioned a research study to ask 10,000 people if they struggle with overthinking too, and 99.5 percent said, "Yes!" The good news is that in Soundtracks, Acuff offers a proven plan to change overthinking from a super problem into a superpower. When we don't control our thoughts, our thoughts control us. If our days are full of broken soundtracks, thoughts are our worst enemy, holding us back from the things we really want. But the solution to overthinking isn't to stop thinking. The solution is running our brains with better soundtracks. Once we learn how to choose our soundtracks, thoughts become our best friend, propelling us toward our goals. If you want to tap into the surprising power of overthinking and give your dreams more time and creativity, learn how to DJ the soundtracks that define you. If you can worry, you can wonder. If you can doubt, you can dominate. If you can spin, you can soar.

—Sara Gottfried, MD

The Invention of Heterosexuality-Jonathan Ned Katz 2014-12-10 “Heterosexuality,” assumed to denote a universal sexual and cultural norm, has been largely exempt from critical scrutiny. In this boldly original work, Jonathan Ned Katz challenges the common notion that the distinction between heterosexuality and homosexuality has been a timeless one. Building on the history of medical terminology, he reveals that as late as 1923, the term “heterosexuality” referred to a “morbid sexual passion,” and that its current usage emerged to legitimate men and women having sex for pleasure. Drawing on the works of Sigmund Freud, James Baldwin, Betty Friedan, and Michel Foucault, The Invention of Heterosexuality considers the effects of heterosexuality’s recently forged primacy on both scientific literature and popular culture. “Lively and provocative.”—Carol Tavris, New York Times Book Review “A valuable primer . . . misses no significant twists in sexual politics.”—Gary Indiana, Village Voice Literary Supplement “One of the most important—if not outright subversive—works to emerge from gay and lesbian studies in years.”—Mark Thompson, The Advocate

—Sara Gottfried, MD

Fix Your Period-Nicole Jardim 2020-04-28 “Nicole Jardim walks the talk, and I am confident that Fix Your Period will help ignite the hormone balance you are seeking and restore your vitality.” --Sara Gottfried, MD, New York Times bestselling author of The Hormone Cure A life-changing step-by-step natural protocol to ignite lasting hormone balance and improve everything from PMS, period pain, and heavy periods to irregular cycles and missing periods, from Nicole Jardim, certified women’s health coach and co-host of the podcast The Period Party. For most women, getting their period sucks. Bloating. Cramps. Acne. Aches. Moodiness. Messiness. No wonder we call it The Curse! For many, it’s not just an inconvenience—it’s a colossal life disruption, forcing them to miss work, school, appointments, or dates. We’ve been encouraged to medicate away common period problems with birth control and ibuprofen, and just survive the mood swings as best we can. But as Nicole Jardim explains, periods aren’t a nuisance, they’re information. When you learn to decode your period (or lack thereof), you’ll be able to recognize the underlying hormone imbalances causing your period problems and know how to fix them naturally with Jardim’s proven six-week protocol to resolve even the most challenging hormone imbalances and menstruation issues. Joining the ranks of books by Jolene Brighten, Sara Gottfried, and Aviva Romm, Nicole Jardim’s Fix Your Period is essential for women plagued by PMS, irregular, painful, or heavy periods, PCOS, Endometriosis, or fibroids—and for anyone who wants to take charge of her hormonal health—and regain control of her life—naturally.

—Sara Gottfried, MD

Women, Sexuality and the Political Power of Pleasure-Susie Jolly 2013-06-13 This pioneering collection explores the ways in which positive, pleasure-focused approaches to sexuality can empower women. Gender and development has tended to engage with sexuality only in relation to violence and ill-health. Although this has been hugely important in challenging violence against women, over-emphasizing these negative aspects has dovetailed with conservative ideologies that associate women’s sexualities with danger and fear. On the other hand, the media, the pharmaceutical industry, and pornography more broadly celebrate the pleasures of sex in ways that can be just as oppressive, often implying that only certain types of people - young, heterosexual, able-bodied, HIV-negative - are eligible for sexual pleasure. Women, Sexuality and the Political Power of Pleasure brings together challenges to these strictures and exclusions from both the South and North of the globe, with examples of activism, advocacy and programming which use pleasure as an entry point. It shows how positive approaches to pleasure and sexuality can enhance equality and empowerment for all.

—Sara Gottfried, MD

Sex and the Sacred-Daniel A Helminiak 2012-12-06 A down-to-earth look at the spiritual power of sex Sex and the Sacred examines the spiritual dimension of human sexuality in a way that is free of religious affiliation but still open to traditional religion and belief in God. Dr. Daniel Helminiak, author of the best-selling What the Bible Really Says about Homosexuality, looks at the relationship between sexuality and spirituality, first, from a humanistic perspective and, then, a more familiar Christian point of view. In particular, he encourages LGBTI people to reclaim their spiritual heritage without apology. This unique book emphasizes spiritual commitment as an essential facet of LGBTI/queer consciousness and addresses such burning themes as coming out, the importance of self-acceptance, gay marriage, gay bashing, and the ethics of gay sex. Sex and the Sacred combines a psychological approach to spirituality with common sense and compassion, inspiring a break from moralistic religion and an understanding of what true spirituality means. The book applies this understanding to Christian topics such as the Bible, Fundamentalism, and the future of Christianity, and shows how coming out was an issue for Jesus, how homosexual experience relates to the Christian Trinity, and how Western Civilization became so sex-negative. Sex and the Sacred presents in the end a radical vision of Christianity open to all people. Religious leaders of all denominations, educators, counselors, members of the gay/lesbian/bisexual/transgender community, non-religious spiritual seekers, and anyone interested in the relationship between spirituality and sexuality will find this book enlightening and uplifting. Sex and the Sacred examines: the spiritual drive that is built into human sexuality the standard religious arguments against gay marriage a sustained argument that Biblical Fundamentalism is not Christian spiritual lessons from the AIDS epidemic the right and wrong of sex—queer and otherwise homosexuality in Catholic teaching and practice sexual ethics without religion a vision for a renewed Christianity within a global community

—Sara Gottfried, MD

Sex Again-Jill Blakeway 2013-01-01 Despite what you see on movies and TV, Americans have less sex than people in any other country. One in three women, of all ages, reports a lack of interest in sex, and more than 40 million Americans in relationships are having no sex at all. But rather than feeling complacent about it, most couples would like to have that interest back. The desire for desire is a feeling few women forget—or abandon. Combining Eastern wisdom and techniques with a Western medical perspective, Jill Blakeway—called a “fertility goddess” by The New York Times for her bestseller, Making Babies—shows women how to revive their libidos and rekindle their sex lives. Assessments and quizzes help the reader place herself and her partner on the scale of yin and yang. Jill then shows how to keep these opposites—passive/active, accepting/initiating, cool/hot—in correct balance. Specific meditations and breathing techniques help unblock qi (pronounced chee), the essential energy that flows through the body. There are chapters on specific elements of love-making: massage, kissing, positions, orgasms—having them, holding them, making them last. And finally, “Sex in Six,” a six-week program of reclaiming an active, satisfying, and possibly better-than-ever-before sex life. The book is full of case studies, fun “Do It Now” suggestions, and “He Said” boxes written by the author’s husband and medical partner, Noah Rubinstein. It addresses common sexual dysfunctions, healthy hormones, and herbal remedies. Sex Again provides a path to balance and emotional wisdom—individually and as a couple.

—Sara Gottfried, MD

Sex Up Your Life-Archambault Julie 2020-01-30 Sex Intrigues, Scares, Destroys, Excites, Fulfills Sex is a portal into some of the most elated states, and yet, the most painful and heart-wrenching ones as well. Sex can destroy you, and yet it can also propel you into a state of ultimate oneness. So what is that tipping point that allows you to go from destruction to construction? Sex up Your Life will pave the way to UP your connection and intimacy in sex. In this collection of real-life stories and interviews--from Indie Music Producers, International Sex Educators, Creatives, Models, Corporate Jet-Setters, Sex Workers, Bisexual Muslims, Transgender Folk undergoing gender reassignment, Men, Women, Mothers, Fathers, and many more--holistic educator Julie Archambault has crafted a fascinating and revealing portrait of sex. The founder of Co-creative Sex, Julie forges a new paradigm where sex, relationships, and personal growth go hand in hand. Everyone is dealing with something --and that something has a lot to teach you about yourself.Sex Up Your Life offers a unique "Continuum for Connection for Sex"--brought to life by collected stories of struggle and triumph--to guide you from destructive disconnect to blissful sexual for sex in your life. Order your copy of Sex Up Your Life today or click Amazon's "Look Inside" feature to begin reading the first chapter.

—Sara Gottfried, MD

Sex When You’re Sick: Reclaiming Sexual Health After Illness Or Injury-Anne Katz 2009-05-14 Sexuality is much more than sex; it is the embodiment of how we

—Sara Gottfried, MD

sex-points-reclaim-your-sex-life-with-the-revolutionary-multi-point-system

—Sara Gottfried, MD

perceive our sexual selves and encompasses past experiences, attitudes, values, as well as the meanings that we have constructed throughout our lives about our sexual behavior. It is integral to healthy human functioning, and it can be severely affected whenever a person becomes the victim of illness or injury. This book describes how illness and injury impact sexual functioning. From cancer to diabetes, hysterectomy to injury, from mental illness to combat injury, the author covers a wide variety of illness and disease that can directly impact sexuality. Based on cutting edge research, current practice in this area by leading sex therapists and experts, the author provides readers with a guide to how illness and disease can affect sexual functioning and how victims can handle the various issues involved. Case studies, quotes from patients, and tips and solutions for problems encountered in all aspects of sexual functioning are included throughout. Until now, a comprehensive overview of the challenges to sexuality from illness and injury was not available. This book explains the reasons why illness and injury affect sexuality. This information alone will help many people who are experiencing problems in their sex lives as a result of the illness itself or the treatments for it. It also presents suggestions for how people can help themselves to solve their problems. Helpful resources are included at the end of each chapter for further information and help. Each chapter contains stories of people who have experienced sexual problems as a result of illness or injury and many readers will see themselves in these examples. Just knowing that other people have the same sorts of problems may be a comfort. In addition, the information and explanations in the book can be helpful in starting a conversation with health care providers about problems in sexual functioning. Readers will come away with a better understanding of how they can cultivate sexuality during and after battling illness and injury.

—Sara Gottfried, MD

Naked at Our Age-Joan Price 2011-05-24 An inviting and informative guide to sex for seniors, with a clear message that "as far as sex in the senior years goes . . . the best is yet to come" (Dr. Dean Edell) Joan Price is talking out loud about a subject that is often ignored or ridiculed in our society: later-life sexuality. In Naked at Our Age, she offers a candid, straight-talking exploration of senior sexuality--the challenges, the disappointments, and the surprises, as well as the delights of love and passion. She shares the stories of women and men--coupled and single, straight and gay--demonstrating how their sex lives and relationships have changed with age, and how their sex lives influence their lives and self-esteem. Along the way, she offers wise advice from sex therapists, health professionals, counselors, sex educators, and other knowledgeable experts, helping seniors to embrace intimacy in all its forms Entertaining and indispensable, Naked at Our Age is a complete guide to enjoying senior sex, love, passion, and couplehood.

—Sara Gottfried, MD

The Hormone Cure-Sara Gottfried 2013-03-12 ALL TOO OFTEN WOMEN ARE TOLD that feeling moody, asexual, tapped out, dried up, stressed out, and sleep deprived is just a part of being female. Or they’re led to believe that the answer can be found only at the bottom of a bottle of prescription pills. Dr. Sara Gottfried, a Harvard-educated physician and nationally recognized, board-certified gynecologist, refuses to accept that being a woman means feeling overwhelmed or that popping pills is the new normal. In The Hormone Cure, she shares the unique hormone-balancing program that she has used to help thousands of women reclaim wellness, verve, and optimal health. Combining natural therapies with rigorous scientific testing and using an informative questionnaire to identify the common causes of hormonal imbalance, Dr. Gottfried provides an individualized plan in nonjudgmental and thoughtful language. Based on ten years’ study of cutting-edge medical research as a specialist in functional and integrative therapies, Dr. Gottfried’s three-tiered treatment strategy includes: •Supplements and targeted lifestyle changes that address underlying deficiencies •Herbal therapies that restore balance and optimize your body’s natural function • Bioidentical hormones— most available without a prescription The Hormone Cure is a groundbreaking book that demonstrates how balancing your hormones can cure underlying health issues and result in restored sleep, greater energy, improved mood, easy weight loss, increased productivity, and many more benefits. Dr. Sara Gottfried’s The Hormone Cure will transform your life.

—Sara Gottfried, MD

Sexuality and Slavery-Daina Ramey Berry 2018-10-01 "A Sarah Mills Hodge Fund publication"--Title page verso.

—Sara Gottfried, MD

Finding and Revealing Your Sexual Self-Libby Bennett 2010-04-16 Finding and Revealing Your Sexual Self integrates case studies and 'Sexercises' designed to enhance the information in each chapter. The tone of the book is one of compassion with a common sense approach that takes into account various sexual orientations. Special 'Sexual Healing' sections are dispersed throughout, containing relevant questions and answers relating to the difficulties that arise in different areas of sexuality and communication. The methods used in the book are tried and true exercises successfully used by the authors in couple and individual therapy. Finding and Revealing Your Sexual Self helps readers to become sexually self-aware and able to share this awareness with their partner, while providing the tools to discuss sex with professionals, if necessary.

—Sara Gottfried, MD

Crossing the Color Line-Carina E. Ray 2015-10-15 Interracial sex mattered to the British colonial state in West Africa. In Crossing the Color Line, Carina E. Ray goes beyond this fact to reveal how Ghanaians shaped and defined these powerfully charged relations. The interplay between African and European perspectives and practices, argues Ray, transformed these relationships into key sites for consolidating colonial rule and for contesting its hierarchies of power. With rigorous methodology and innovative analyses, Ray brings Ghana and Britain into a single analytic frame to show how intimate relations between black men and white women in the metropole became deeply entangled with those between black women and white men in the colony in ways that were profoundly consequential. Based on rich archival evidence and original interviews, the book moves across different registers, shifting from the micropolitics of individual disciplinary cases brought against colonial officers who “kept” local women to transatlantic networks of family, empire, and anticolonial resistance. In this way, Ray cuts to the heart of how interracial sex became a source of colonial anxiety and nationalist agitation during the first half of the twentieth century.

—Sara Gottfried, MD

Hot Stew-Fiona Mozley 2021-04-20 FROM THE AUTHOR OF THE BOOKER PRIZE FINALIST ELMET Named One of the Most-Anticipated Books of 2021 by: The Millions, BuzzFeed, The Stylist, The Guardian, and more Brilliant young British writer Fiona Mozley turns her keen eye from the gothic woods of Yorkshire to the streets and pubs and cafés of contemporary London in this much-anticipated follow-up to her debut novel, Elmet. In the middle of the bustle of Soho sits a building. It isn’t particularly assuming. But it’s a prime piece of real estate, and a young millionaire, Agatha Howard, wants to convert it into luxury condos as soon as she can kick out all the tenants. The problem is, the building in question houses a brothel, and Precious and Tabitha, two of the women who live and work there, are not going to go quietly. And another problem is, just where did Agatha’s fortune come from? The fight over this piece of property also draws in the men who visit, including Robert, a one-time member of a far-right group and enforcer for Agatha’s father; Jackie, a policewoman intent on making London a safer place for all women; Bastian, a rich and dissatisfied party boy who pines for an ex-girlfriend; and a collection of vagabonds and strays who occupy the basement. As these characters—with surprising hidden connections and shadowy pasts—converge, the fight over the property boils over into a hot stew. Entertaining, sharply funny, and dazzlingly accomplished, Hot Stew confronts questions about wealth and inheritance, gender and power, and the things women must do to survive in an unjust world.

—Sara Gottfried, MD

Womancode-Alisa Vitti 2013 Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrationally?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, WomanCode educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called WomanCode the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

—Sara Gottfried, MD

Know My Name-Chanel Miller 2020-08-18 A NEW YORK TIMES BESTSELLER Know My Name is a gut-punch, and in the end, somehow, also blessedly hopeful. -- Washington Post Universally acclaimed, rapturously reviewed, and an instant New York Times bestseller, Chanel Miller's breathtaking memoir gives readers the

—Sara Gottfried, MD

privilege of knowing her not just as Emily Doe, but as Chanel Miller the writer, the artist, the survivor, the fighter. (The Wrap). Her story of trauma and transcendence illuminates a culture biased to protect perpetrators, indicting a criminal justice system designed to fail the most vulnerable, and, ultimately, shining with the courage required to move through suffering and live a full and beautiful life. Know My Name will forever transform the way we think about sexual assault, challenging our beliefs about what is acceptable and speaking truth to the tumultuous reality of healing. Entwining pain, resilience, and humor, this memoir will stand as a modern classic.

How to F*ck a Woman-Ali Adler 2015-05-26 Men Are from Mars, Women Are from Venus for a new generation?a profane, wildly funny, and deeply insightful guide to sex and relationships from a woman who loves women too.

This Sex which is Not One-Luce Irigaray 1985 In eleven acute and widely ranging essays, Irigaray reconsiders the question of female sexuality in a variety of contexts that are relevant to current discussion of feminist theory and practice.

The Disappearance of the Universe-Gary R. Renard 2004-11-01 What would you do if you were sitting quietly in your living room when a mysterious couple appeared from out of nowhere —and then told you they were “ascended masters” who had come to reveal some shocking secrets of existence and teach you the miraculous powers of advanced forgiveness? When two such teachers appeared before Gary Renard in 1992, he chose to listen to them (and ask a lot of impertinent questions). The result is this startling book: an extraordinary record of 17 mind-bending conversations that took place over nearly a decade, reorienting the author’s life and giving the world an uncompromising introduction to a spiritual teaching destined to change human history.

Betty-Tiffany McDaniel 2020-08-18 ONE OF THE BEST BOOKS OF THE YEAR THE GUARDIAN • GLAMOUR A stunning, lyrical novel set in the rolling foothills of the Appalachians about a young girl and the family truths that will haunt her for the rest of her life. "A girl comes of age against the knife." So begins the story of Betty Carpenter. Born in a bathtub in 1954 to a white mother and a Cherokee father, Betty is the sixth of eight siblings. The world they inhabit in the rural town of Breathed, Ohio, is one of poverty and violence--both from outside the family and, devastatingly, from within. The lush landscape, rich with birdsong, wild fruit, and blazing stars, becomes a kind of refuge for Betty, but when her family's darkest secrets are brought to light, she has no choice but to reckon with the brutal history hiding in the hills, as well as the heart-wrenching cruelties and incredible characters she encounters. Despite the hardships she faces, Betty is resilient. Her curiosity about the natural world, her fierce love for her sisters, and her father's brilliant stories are kindling for the fire of her own imagination, and in the face of all to which she bears witness, Betty discovers an escape: she begins to write. She recounts the horrors of her family's past and present with pen and paper and buries them deep in the dirt--moments that have stung her so deeply she could not share them, until now. Inspired by generations of her family, Tiffany McDaniel sets out to free the past by delivering this heartbreaking yet magical story--a remarkable novel that establishes her as one of the most important voices in American fiction.

The Way of the Superior Man-David Deida 2008-11-24

Monologues from the Makom-Rivka Cohen 2020-09 A collection of first-person poetry and prose designed to break the observant Jewish community's taboo against open discussion of female sexuality. "Truly inspiring. This brave collection explores the tension between religious norms and the lived experience of young Jewish women." - Lisa Fishbayn Joffe, Brandeis University

Pleasure Activism-adrienne maree brown 2019-03-19 How do we make social justice the most pleasurable human experience? How can we awaken within ourselves desires that make it impossible to settle for anything less than a fulfilling life? Editor adrienne maree brown finds the answer in something she calls "Pleasure Activism," a politics of healing and happiness that explodes the dour myth that changing the world is just another form of work. Drawing on the black feminist tradition, including Audre Lourde's invitation to use the erotic as power and Toni Cade Bambara's exhortation that we make the revolution irresistible, the contributors to this volume take up the challenge to rethink the ground rules of activism. Writers including Cara Page of the Astraea Lesbian Foundation For Justice, Sonya Renee Taylor, founder of This Body Is Not an Apology, and author Alexis Pauline Gumbs cover a wide array of subjects—from sex work to climate change, from race and gender to sex and drugs—they create new narratives about how politics can feel good and how what feels good always has a complex politics of its own. Building on the success of her popular Emergent Strategy, brown launches a new series of the same name with this volume, bringing readers books that explore experimental, expansive, and innovative ways to meet the challenges that face our world today. Books that find the opportunity in every crisis!

Taking Sexy Back-Alexandra H. Solomon 2020-02-02 It is time for a new sexual revolution. It’s time to take sexy back. As women, we’re expected to be sexy, but not sexual. We’re bombarded with conflicting, shame-inducing, and disempowering messages about sex, instead of being encouraged to connect with our true sexual selves. Sexy gets reduced to a performance, leaving us with little to no space to reckon with the complexities of sexuality. In a culture intent on telling you who and how to be, standing in your truth is revolutionary. From relationship expert Alexandra Solomon—author of Loving Bravely—Taking Sexy Back is a groundbreaking guide to deepening your connection to yourself, honoring your desires, and cultivating authentic intimate connections. On these pages, you’ll discover how to deepen your sexual self-awareness, and use that awareness to create experiences that not only pleasure, but elevate, expand, and heal you. You’ll learn to understand your boundaries, communicate what feels good, and bring mindfulness and self-compassion to sex. Most importantly, you’ll embrace your sexuality as an evolving, essential, and beautiful part of your life. Sex is about more than what your partner enjoys or finds sexy. It’s about more than having an orgasm or finding the “right” positions. It’s about you. It’s time to take your sexy back!

Mating in Captivity-Esther Perel 2007-10-30 One of the world’s most respected voices on erotic intelligence, Esther Perel offers a bold, provocative new take on intimacy and sex. Mating in Captivity invites us to explore the paradoxical union of domesticity and sexual desire, and explains what it takes to bring lust home. Drawing on more than twenty years of experience as a couples therapist, Perel examines the complexities of sustaining desire. Through case studies and lively discussion, Perel demonstrates how more exciting, playful, and even poetic sex is possible in long-term relationships. Wise, witty, and as revelatory as it is straightforward, Mating in Captivity is a sensational book that will transform the way you live and love.