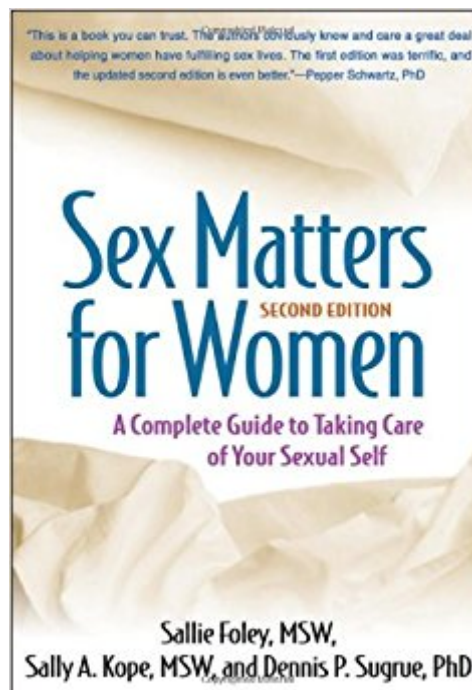




The book was found

Sex Matters For Women, Second Edition: A Complete Guide To Taking Care Of Your Sexual Self



Synopsis

Sex is talked about more openly today than ever before, but if you still struggle with sexual myths, self-doubt, and "embarrassing" questions, you're in good company. Now in a fully updated second edition, this trusted guide has already helped many thousands of women understand how their bodies work and take charge of their sexuality. The authors are experienced therapists who interweave candid reflections from diverse women with current, science-based information, exercises, and advice. You'll find answers to everything from how to have more satisfying sex to questions about body image, anatomy, hormones, relationships, sexual orientation, sexually transmitted infections, and trauma. Sexuality is a lifelong journeyâ•this book gives you a roadmap for self-discovery and growth. Winner--Society for Sex Therapy and Research (SSTAR) Consumer Book Award

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Customer Reviews

"The most comprehensive book on women's sexual health I have ever read. The clear, positive information and the suggested exercises cover all aspects of women's sexuality and offer ways for women to take charge of their sexual selves. The second edition features new information and resources, offered in a supportive and affirming manner, which will help readers develop sexual comfort, confidence, and satisfaction. A 'must read' for women of all ages."--Beverly Whipple, PhD, RN, FAAN, coauthor of *The G Spot*"The second edition of *Sex Matters for Women* will allow me to quietly retire my tattered and worn copy of the first edition. I have lent this superb book to dozens of

the women I have treated."--Sheryl A. Kingsberg, PhD, Professor of Reproductive Biology and Psychiatry, Case Western Reserve University "This second edition takes a classic book on female sexuality to another level. It is comprehensive and grounded in research, yet fun to read alone or with a partner. With a focus on female sexual satisfaction and pleasure, this book is a 'must have' for women of all ages and backgrounds. I can't wait to share it with my daughter!"--Hilda Hutcherson, MD, author of *What Your Mother Never Told You About Sex* "This is my favorite book on women's sexuality and sexual health! In the second edition, the authors respond to new research and deliver an up-to-date, even more enlightening book that emphasizes the positive. It's an empowering guide that you can fully rely on for accurate information and useful exercises for sexual growth. I especially love how the book celebrates female sexuality in its many diverse forms."--Pamela H. Stephenson-Connolly, PhD, author of *Sex Life* "This is a book you can trust. The authors obviously know and care a great deal about helping women have fulfilling sex lives. The first edition was terrific, and the updated second edition is even better."--Pepper Schwartz, PhD, author of *Prime: Adventures and Advice on Sex, Love, and the Sensual Years* "Coverage is comprehensive and accurate, with information about issues that are rarely addressed." (Library Journal 2011-12-15)

Sex is talked about more openly today than ever before, but if you still struggle with sexual myths, self-doubt, and "embarrassing" questions, you're in good company. Now in a fully updated second edition, this trusted book has already helped many thousands of women understand how their bodies work and take charge of their sexuality. No matter what your age, relationship status, sexual orientation, or cultural background, you can enhance your confidence and satisfaction/m-/and take the best care possible of your sexual self. The guidance and tools in these pages will help you:

- *Explore the ways your life experiences have shaped your sexuality.*
- Learn how your body functions sexually and changes with age.*
- Overcome body image issues that get in the way of desire.*
- Increase your sexual pleasure and resolve common difficulties.*
- Strengthen your intimate relationship with your partner.

With a greater focus on positive psychology and resilience, the second edition incorporates the latest knowledge about women's sexual health. The authors are experienced therapists who interweave candid reflections from diverse women with science-based information and advice. You'll find answers to everything from how to expand your lovemaking repertoire to questions about anatomy, hormones, sexual response and orgasm, male sexuality, sexually transmitted infections, and trauma. Practical, encouraging exercises build your comfort with touching, exploring, and enjoying your own body and that of your partner. The book also explains when sex therapy might be helpful and how to find a qualified therapist. Sexuality is an essential

part of every woman's identity. It is also a lifelong journey. Straight-talking, compassionate, and empowering, this book provides a roadmap for self-discovery and growth. --This text refers to an out of print or unavailable edition of this title.

Sex Matters for Woman is an excellent book for any woman, but especially for the woman with special needs. From a basic lack of knowledge about her anatomy to navigating a sexual life after experiencing trauma, most special needs a woman of any sexual orientation might have are addressed. Easy to understand exercises are included to assist with overcoming lack of knowledge, physical pain with intercourse, and various fears. The book is written with empathy, sound knowledge, and compassion. The authors also know their limits. When considering this book remember it is not a substitute for a professional if you are suffering physically, psychologically, or have experienced a trauma such as rape. But if you are in the healing process, the book may bring you comfort and hope, and offer direction. It has explicit content which is easy to omit reading if you prefer. K Rodger

This is an outstanding resource for both sex therapists and their patients. It is a comprehensive, sensitive, enjoyable, thoughtfully-written book that covers a variety of topics and areas of concern. Honest, factual, and filled with anecdotes, Sex Matters for Women gives solid answers to common questions that patients/clients have, but is also a valuable resource for any woman, young or old, who wants to learn more about any issue related to their sexuality and overall sexual health. This is my "go-to" resource in my work as a sex therapist, and the first book I recommend to women who are beginning to delve into learning more about their sexuality and sexual function. Informative and accessible.

This is a helpful book for women who need answers to personal and difficult questions when it comes to their self or sex.

Very informative.

Got it for a friend. Says it's good.

A little more anatomy than I thought but highly informative as a gift for my wife.

Love this book!!!

Rather small print, very few graphics to break it up, and much more in depth and a thicker book than I prefer. I'm sure it would appeal to others, but I did not find it to be an easy read. Perhaps if I could make myself actually read more of it I would find the "for women" section I'd looked for at the beginning. I am not a "detail" person, and I think I was looking for something more "user friendly".

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