

Sensual Rejuvenation Maintaining Sexual Vigor Through Midlife And Beyond

The Complementary and Alternative Medicine Information Source Book - Alan Rees 2001-03-30

From acupuncture to yoga, the increasing popularity of unconventional medical therapies has risen sharply during the past decade. Consumers are turning to complementary and alternative medicine (CAM) for a variety of reasons and are spending billions annually for treatments. Recognizing the growing need to locate authoritative CAM information, award-winning author Alan M. Rees has compiled a first-stop resource for those seeking information to guide their decisions. Noted health information expert Alan Rees organizes the best of complementary and alternative medicine (CAM) information resources in this new guide for librarians and patients. The book is divided into twelve sections beginning with an overview of CAM terminology, safety concerns, ongoing research and education, and the movement towards integrative medicine. Best of lists of books, magazines, newsletters, CD-ROMs, and professional publications are augmented with contact information for several hundred CAM associations and professional groups, an extensive section on the Internet as a source of CAM-related information, and reviews of 355 popular books on CAM. Librarians will use the Source Book as a collection development tool. Consumers and students will find it an easy-to-use guide for locating hard-to-find resources about the latest in alternative medical therapies and treatments. This unique volume brings together in one volume print and electronic resources pertaining to an in-demand topic, provides recommendations of authoritative sources of current information on a wide variety of unconventional medical therapies, will fill the information gap in the rapidly growing field of CAM.

No More Headaches - Juli Slattery 2011-09-09
Both husbands and wives can be extremely frustrated by the differences in sexual needs and

expectations between them. This frustration manifests itself as fighting, resentment, feelings of either guilt or rejection, and general marital strife. There are few safe and appropriate places to ask the questions about sex that frustrate and confuse women most. In *No More Headaches*, Juli Slattery provides that place with honest answers that target women's specific needs. Her warm and compassionate style comes through as she examines the underlying issues that prevent couples from having a satisfying sex life. Helping husbands and wives understand and address the sexual relationship with their spouse will improve the marriage by reducing stress and frustration in that area, which will reduce stress in other areas of marriage as well. Each chapter contains questions for reflection and questions for couples to discuss. Juli Slattery has extensive experience speaking to women about marriage, parenting, and family issues at retreats and conferences as well as on television and radio.

Closing of the American Mind - Allan Bloom 2008-06-30

The brilliant, controversial, bestselling critique of American culture that "hits with the approximate force and effect of electroshock therapy" (The New York Times)—now featuring a new afterword by Andrew Ferguson in a twenty-fifth anniversary edition. In 1987, eminent political philosopher Allan Bloom published *The Closing of the American Mind*, an appraisal of contemporary America that "hits with the approximate force and effect of electroshock therapy" (The New York Times) and has not only been vindicated, but has also become more urgent today. In clear, spirited prose, Bloom argues that the social and political crises of contemporary America are part of a larger intellectual crisis: the result of a dangerous narrowing of curiosity and exploration by the university elites. Now, in this twenty-fifth anniversary edition, acclaimed author and journalist Andrew Ferguson

contributes a new essay that describes why Bloom's argument caused such a furor at publication and why our culture so deeply resists its truths today.

Integrative Sexual Health - Barbara Bartlik 2018

Integrative Sexual Health explores beyond the standard topics in men's and women's health, drawing on a diverse research literature to provide an overview of sexual biology and sexual dysfunction, diverse lifespan, lifestyle and environmental impacts on sexual function, integrative medicine solutions to sexual problems, and traditional eastern and western treatment approaches to healing sexual difficulties. This comprehensive guide written by experts in the field provides clinical vignettes, detailed treatment strategies for mitigating the side effects of both medications and sexual dysfunction associated with medical illness and poor lifestyle habits, and extensive further reading resources. Integrative treatment modalities not typically consulted in mainstream medicine, such as traditional Chinese medicine, Ayurvedic medicine, aromatherapy, and botanical medicine, are presented with the best evidence, in a clinically relevant manner. Part of the Weil Integrative Medicine Library, this volume is a must read for the specialist and non-specialist alike who wish to address sexual problems using an integrative medicine approach, and acquire tools to maintain lifetime optimal health and vitality that supports healthy sexuality. Integrative medicine is defined as healing-oriented medicine that takes account of the whole person (body, mind, and spirit) as well as all aspects of lifestyle; it emphasizes the therapeutic relationship and makes use of appropriate therapies, both conventional and alternative. Series editor Andrew Weil, MD, is Professor and Director of the Arizona Center for Integrative Medicine at the University of Arizona. Dr. Weil's program was the first such academic program in the U.S., and its stated goal is to combine the best ideas and practices of conventional and alternative medicine into cost effective treatments without embracing alternative practices uncritically.

The Writers Directory - 2013

Female Masculinity - Judith Halberstam 1998
Masculinity without men. In *Female Masculinity*

Judith Halberstam takes aim at the protected status of male masculinity and shows that female masculinity has offered a distinct alternative to it for well over two hundred years. Providing the first full-length study on this subject, Halberstam catalogs the diversity of gender expressions among masculine women from nineteenth-century pre-lesbian practices to contemporary drag king performances. Through detailed textual readings as well as empirical research, Halberstam uncovers a hidden history of female masculinities while arguing for a more nuanced understanding of gender categories that would incorporate rather than pathologize them. She rereads Anne Lister's diaries and Radclyffe Hall's *The Well of Loneliness* as foundational assertions of female masculine identity. She considers the enigma of the stone butch and the politics surrounding butch/femme roles within lesbian communities. She also explores issues of transsexuality among "transgender dykes"--lesbians who pass as men--and female-to-male transsexuals who may find the label of "lesbian" a temporary refuge. Halberstam also tackles such topics as women and boxing, butches in Hollywood and independent cinema, and the phenomenon of male impersonators. *Female Masculinity* signals a new understanding of masculine behaviors and identities, and a new direction in interdisciplinary queer scholarship. Illustrated with nearly forty photographs, including portraits, film stills, and drag king performance shots, this book provides an extensive record of the wide range of female masculinities. And as Halberstam clearly demonstrates, female masculinity is not some bad imitation of virility, but a lively and dramatic staging of hybrid and minority genders.

A Sexual Odyssey - Kenneth E. Maxwell
2013-11-11

The Brave New World of Sex We've seen in less than a generation a swift revolution in human sexual behavior, attitude, and consequences so dramatic that some people are left in a state of stunned dismay and the public at large in aimless confusion. Much of the trend, if you can call a revolution a trend, is fueled by, or at least made possible by, technological innovations dating back to the middle of the twentieth century. The birth control pill opened the gate to promiscuity with little fear of pregnancy;

marriage became an annoyance; divorce became an opportunity; two working parents became a necessity; and teenage sex became nearly as socially acceptable as holding hands or going to the movies. The copulation explosion resulted in a spiraling epidemic of children giving birth to children, many of them on welfare. Girls seeking relief through abortions were sometimes forced to have their unwanted offspring despite the inevitability of some of them living in poverty and a desperate dead-end environment of squalor and crime. Some misguidedly wanted babies and ended up the same way. To top it all, discipline 2 A Sexual Odyssey became a lost art, leaving schools and neighborhoods infested with gun-toting, knife-wielding teenage delinquents-even in middle-class areas-who engaged in contests to see who could get the most girls knocked up. The chaotic state of fornication, mating, and birthing may be a throwback to the past.

Sensual Rejuvenation - Judith Sachs 1999

Like fine wine, sex can improve with age. Did you know that sex can dramatically boost your overall well-being? If you, like many people, are hitting midlife and feeling that sex is just not what it used to be, think again. While you are experiencing a variety of physical and emotional changes, sex can still be one of the enduring pleasures you can enjoy through midlife and on to your golden years. Now this unique guide provides important information on age-related changes in sexual function and offers a wide range of medical, holistic, and psychological tips and techniques that can relight your fire. Don't miss... Testosterone cream that restores a woman's libido Zinc, the most important mineral for male potency, and all the must-have nutrients The best herbal alternatives to Viagra Ways to fulfill sexual needs if there is illness or disability The Seesaw and other stimulating exercises to make sex feel great . . . and more

The Ageless Woman - Nancy Lonsdorf 2004

Inspiring, Informative, and Empowering, The Ageless Woman weaves timeless wisdom and the latest medical discoveries into a unique, highly-effective anti-aging guide for women. Natural medicine expert, Dr. Nancy Lonsdorf, presents a highly-individualized, practical handbook, rich in health tips, weight-control strategies, and treasured beauty secrets from Maharishi

Ayurveda, the complete system of natural medicine from the Vedic tradition of ancient India. With the insightful guidance of The Ageless Woman, every woman can grow in health, beauty, and fulfillment after forty.

Mujer - Sandra Risa Leiblum 2003-08

Why are so many women so unhappy with their sex lives? How can they rekindle their interest in sex and get the satisfaction they deserve? At various stages in their lives, women find themselves in a gulf between fantasy and reality. They may want pleasure but have no idea how to go about getting it. Whatever stage you're at, this book will help you understand the cycles of interest and apathy over your lifetime and rediscover the joys of your sexuality and reach your sexual potential.

The Cambridge Companion to Sappho - P. J. Finglass 2021-04-29

A detailed up-to-date survey of the most important woman writer from Greco-Roman antiquity. Examines the nature and context of her poetic achievement, the transmission, loss and rediscovery of her poetry, and the reception of that poetry in cultures far removed from ancient Greece, including Latin America, India, China, and Japan.

Women Writers and Old Age in Great Britain, 1750-1850 - Devoney Looser 2008-08-01

This groundbreaking study explores the later lives and late-life writings of more than two dozen British women authors active during the long eighteenth century. Drawing on biographical materials, literary texts, and reception histories, Devoney Looser finds that far from fading into moribund old age, female literary greats such as Anna Letitia Barbauld, Frances Burney, Maria Edgeworth, Catharine Macaulay, Hester Lynch Piozzi, and Jane Porter toiled for decades after they achieved acclaim -- despite seemingly concerted attempts by literary gatekeepers to marginalize their later contributions. Though these remarkable women wrote and published well into old age, Looser sees in their late careers the necessity of choosing among several different paths. These included receding into the background as authors of "classics," adapting to grandmotherly standards of behavior, attempting to reshape masculinized conceptions of aged wisdom, or

trying to create entirely new categories for older women writers. In assessing how these writers affected and were affected by the culture in which they lived, and in examining their varied reactions to the prospect of aging, Looser constructs careful portraits of each of her Subjects and explains why many turned toward retrospection in their later works. In illuminating the powerful and often poorly recognized legacy of the British women writers who spurred a marketplace revolution in their earlier years only to find unanticipated barriers to acceptance in later life, Looser opens up new scholarly territory in the burgeoning field of feminist age studies.

The Publishers Weekly - 1999

Sexually Woke - Susan Hardwick-Smith
2020-09-29

What if it were possible to have the best sex of your life at 40, or even 70? With over twenty years of experience as a highly regarded physician and founder of the largest all-female-staffed OB/GYN practice in the nation, Dr. Susan Hartwick-Smith, also known as Dr. Susan, presents *Sexually Woke*, a surprisingly frank and thought-provoking look at midlife sexuality. This optimistic new perspective is based not only on wisdom gained from sharing intimate stories with thousands of patients, but also on her own very candid journey as a menopausal woman navigating life post-divorce. Through a unique and comprehensive research study and subsequent interviews, Dr. Susan outlines the misconception and conditioning around our attitudes to mature sex and shares the intimate secrets of a cohort of women who have discovered the path to a vibrant, deeply connected and intimated sex life after 40. These women are the mysterious "Sexually Woke", and their surprising secrets are now available to all of us. Through her own story, as well as the raw and uncensored interviews with study participants that include the "Sexually Woke", Dr. Susan re-frames the second half of life as an open field of possibility in which to play, explore, and finally be your true self. While openly discussing our tremendous struggles-with kids, aging parents, changing careers, divorce, death, abuse, sexual trauma, and personal illness-she teaches us that the wisdom of midlife allows us

to look inward in order to recognize the importance of sex in making our lives whole. A reawakened sex life, an essential step towards living life to its fullest, is no longer the secret knowledge of a few outliers. The path to deep sexual connection and satisfaction in midlife and beyond is available to anyone who is ready to commit and willing to embark on the journey with Dr. Susan and Sexually Woke.

The Sexual Teachings of the Jade Dragon - Hsi Lai 2002-10-01

Reveals how the sexual practices of the Taoist Jade Dragon can help men achieve "immortality" through the enhancement of their sexual prowess. • A companion guide to *The Sexual Teachings of the White Tigress* that focuses on the male side of White Tigress sexual practices. • Reveals the nine Jade Dragon exercises and other Taoist techniques for achieving the elixir of immortality. • Offers physical and spiritual solutions for the sexual issues facing men. Hsi Lai continues the work he began in *The Sexual Teachings of the White Tigress* by exploring more fully the male role in Taoist sexual transformation. As with those of the White Tigress, the techniques of the Jade Dragon are part of a disciplined sexual and spiritual practice. The goal for the Jade Dragon is health, longevity, and immortality through external and internal regimens for the enhancement and accumulation of the Three Treasures of Taoism--ching (sexual and physical energy), qi (breath and vital energy) and shen (spiritual and mental energy). The author presents the nine Jade Dragon exercises that strengthen erections, enlarge the penis, increase semen quantity and quality, prevent premature ejaculations, and enhance sexual energy. He also details herbal remedies for revitalization that address both physical and spiritual sexual components, as well as ancient Taoist breathing and meditative practices and sexual stimulation techniques that amplify sexual intensity in order to create the elixir of immortality. Concluding with the importance of the interactions between and interdependence of White Tigresses and Jade Dragons, Hsi Lai shows the reader how these ancient Taoist secrets can be incorporated into a contemporary lifestyle.

Eternal Youths - James Harkin 2004

The baby boomers have always been seen as a

deeply symbolic generation - born amid a surge of post-war optimism and reaching adulthood in the 1960s. For many of them, challenging received wisdom is deeply embedded in their own self-image. But one problem in thinking about British baby boomers is that very little original research has addressed them directly. This report takes on the challenge of exploring the hopes and fears of a group of people who may help to reshape the meaning of 'old age'. By talking directly to them in depth, we have tested assumptions about how age, sex, marital status and ethnicity impact on the values of British baby boomers. We have also investigated their attitudes to dying, which if they have their way is likely to become the ultimate consumer service. Some firms are already waking up to the fact that, while youth culture might be 'cool', it is far cooler to profit from the well-heeled baby boomers. But as the baby boomers continue to march towards old age, the financial clout they wield will be less important than the new ways in which they will want to spend their money. The combination of wealth, health and longer life gives them a new phase of life. Baby boomers want to 'have their time again', by chasing personal fulfilment free from the pressures of overwork and childrearing. From middle-aged men and women on motorbikes to new beauty products and treatments and music retailing, the dominance of baby boomers can only grow. This project was produced in partnership with Centrica, the principal funder, and the Saga group.

Forthcoming Books - Rose Arny 1999-04

Movement Medicine - Susannah Darling-Khan 2009-09-07

Movement Medicine is the kind of instruction manual you'll actually want to read. It is laced with personal stories from the authors' lives that are funny, inspiring and moving, as well as 38 recipes that will change the way you see and feel about yourself and your place in this world. Anybody in a body can take part. So that means you. Take a deep breath. Your drum is calling you. Its rhythm is in your blood. We are being challenged as a species to raise our game. The 9 Gateways are a map and a guide for the critical times we live in. In them, you will see the

ancient and the modern, the psychotherapeutic and the shamanic, the devotional and the traditional, the scientific and the mystical, all woven together into material that is strong enough to support you to 'Live Your Dream.'

Second Spring - Maoshing Ni 2009-04-07
THE CHINESE REFER TO A WOMAN'S MIDLIFE transition as her Second Spring. Thanks to the simple, natural techniques of traditional Chinese medicine, the second half of a woman's life is a flowering of feminine potential rather than a physical and mental decline. Now, Dr. Mao's revolutionary Second Spring™ program gives you time-tested, completely natural treatments to enhance energy, sexuality, and health -- and initiate your own new season of vitality starting at age thirty-five, through premenopause, menopause, and beyond. Dr. Mao -- Yahoo!'s favorite natural health expert and author of the bestselling *Secrets of Longevity* -- offers proven natural solutions such as a surgery-free face-lift, Chinese herbs that fight memory loss, traditional remedies that improve libido and sex, and foods that keep your specific body type in peak form (they're not the same for everyone!). His safe, natural practices, outlined in more than 200 tips, can eliminate the need for expensive medicines and artificial hormones. This amazing compendium of traditional wisdom is also enjoyable to read. With chapters on topics like weight, energy, brain power, beauty, and sexual health, *Second Spring* allows you to target your concerns right away. At the end you'll find handy, at-a-glance lists addressing women's most common ailments. *Second Spring*, inspired by Dr. Mao's own mother's remarkable transformation in the second half of her life, offers an integrated lifestyle program that will help you live long, live strong, and live happy in ways that you never thought possible.

The Writers Directory 2008 - Michelle Kazensky 2007-06

Features bibliographical, biographical and contact information for living authors worldwide who have at least one English publication. Entries include name, pseudonyms, addresses, citizenship, birth date, specialization, career information and a bibliography.

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