

Can A Woman Still Have An Orgasim After Menopause

Becoming Orgasmic - Julia R. Heiman 2010-08-05

BECOMING ORGASMIC is the ideal book for any woman who has inhibitions about sex and wants to enhance the pleasure she gets from it. Whether you're married, or single, divorced or widowed, under 30 or over 60, or somewhere in between, the programme presented in this book will help you feel comfortable with yourself and your ideas about sex. It will help you to: Evaluate your sexual history and put it in perspective; explore your body through touch; understand the effects of pregnancy, menstruation, and menopause on sexual desire and response; be comfortable with your body and yourself as a woman; share self-discovery with your partner; overcome the fear of orgasm; explore ways to trigger an orgasm and learn about sex in the modern world - social expectations, personal values, and choosing a partner in the age of AIDS. A personal and sensitively written book, BECOMING ORGASMIC is designed to make you feel good about your sexuality and yourself.

Female Sexual Function and Dysfunction - Elisabetta Costantini
2017-06-19

This book discusses all aspects of sexuality in women and in particular explores sexual function and dysfunction in a variety of settings, including the different stages of life and a wide range of major diseases and local conditions. The aim is to refocus attention on the needs and sexual realities of women, providing a fresh point of view that will assist gynecologists, sexual medicine physicians, and urologists in delivery of high-quality care and help women themselves to understand and address sexual problems relating to desire, arousal, orgasm, and sexual pain. Psychological aspects of female sexuality and the impacts of the aging process, pregnancy, and childbirth are carefully examined. Extensive consideration is then given to the effects on sexual function of such

conditions as cardiovascular disease, cancer, diabetes, neurological disease, endometriosis, pelvic organ prolapse, urinary incontinence, reproductive disorders, sexual abuse, and drug abuse. Issues of sexual identity and female dysmorphophobia are also considered. The authors are all experts in the field and have a deep understanding of the complexities of female sexuality.

Sex After . . . - Iris Krasnow 2014-02-06

The bestselling author of *The Secret Lives of Wives* offers a refreshingly straightforward guide to enjoying a long, satisfying sex life. Women of the baby boomer generation know and trust Iris Krasnow as a writer who speaks candidly to the issues that concern them most. In the months following the publication of her most recent book, *The Secret Lives of Wives*, Krasnow addressed thousands of women, and she discovered that two subjects dominated her audiences' conversations: sex and change. Whether women are worried about marriage and divorce or illness and death, they're all asking: "How do I handle the shifts in my sexuality caused by these events?" *Sex After . . .* holds the answers to everything from regaining sexual confidence after childbirth and breast cancer to navigating the dating scene in senior communities. As with all of Krasnow's books since her New York Times bestseller *Surrendering to Marriage*, the narrative is driven by real women's stories: raw, intimate, and, most importantly, true. Prescriptive, emancipating, and insightful, *Sex After . . .* addresses a range of circumstances, including what happens: When you or your spouse doesn't want sex anymore After cancer, amputation, PTSD, or another illness maims the body If you come out of the closet at middle age When your marriage is damaged by adultery If you're dating again after twenty-five years with the same sexual partner When your husband is addicted to Viagra Filled with edgy

and honest stories of carnal challenge and triumph from women of all backgrounds and life stages, *Sex After . . .* is Krasnow's signature take on Everything You Ever Wanted to Know About Sex but Were Afraid to Ask—during all of life's passages. Krasnow is a media and lecture tour favorite, and readers—whether in the heat of an initial can't-eat-can't-sleep attraction or rounding the corner to their sixtieth anniversary—will applaud her eye-opening perspectives on the one issue that can change lives for better or worse like nothing else.

Supersex - Tracey Cox 2009-06-01

Everything you need to know to become a supersexpert from Tracey Cox Hang onto your headboard your sex life is about to get superhot thanks to sexpert Tracey Cox. Witty, fresh, clever and loads of fun, it's packed with practical and realistic advice to skyrocket your sex life to supersex status. Learn how to kiss, lick, stroke and nibble your way to great sex. Discover why snogging yourselves stupid is a very good idea. Learn sexual positions you'll both adore and take lots of time over the six-part guide to super foreplay! Real-life, reveal all accounts from Tracey Cox and her posse of road-testing couples give a refreshing reality to each sexy subject. Your sex life will never be the same again.

Slow Sex - Nicole Daedone 2014-07-02

Explains how to use the growing practice of Orgasmic Meditation to slow down, connect emotionally, and achieve authentic female sexual satisfaction.

Cancer and Sexual Health - John P Mulhall 2011-04-23

The average physician and even cancer care-givers are not knowledgeable about the effects of cancer treatment on sex and reproductive life. They are even less aware of the options available for treatment of such patients. *Cancer and Sexual Health* fills a great need for a reference work devoted to the link between cancer and human sexuality. The volume is designed to give a comprehensive and state-of-the-art review of the sexual and reproductive consequences of cancer diagnosis and treatment. It will prove an invaluable resource for those clinicians caring for cancer patients as well as acting as a reference text for the sexual medicine clinician who may not see a large number of

cancer patients.

Sex Rx - Lauren F. Streicher 2015-01-27

Are you missing a vibrant, exciting sex life? Do you avoid sex because it is uncomfortable? Or even painful? Are you coping with diabetes, heart disease, cancer, or another illness that makes sex more challenging? Have you lost interest in sex altogether? Yes, anyone can love sex again, or love sex more, with *Sex Rx*. For millions of women in America, sex isn't always pleasurable or even possible. Instead, sex has become a low priority as they navigate marriage, motherhood, and work . . . not to mention cope with chronic stress and lack of sleep. Throw in the natural fluctuations in hormone levels that all women experience throughout their lives and it's not surprising that sex can become, well, a little less sexy. Additionally, common gynecological problems can make sex uncomfortable, and medical issues can cause it to be downright painful. Dr. Lauren Streicher, a leading women's sexual health expert, offers women the courage, vocabulary, and knowledge to identify and solve problems in the bedroom, for a wide range of issues—from flagging libido, vaginal dryness, and sex after menopause, to hormone supplements and the effects of medication. *Sex Rx* offers a wealth of knowledge along with a good dose of humor and plenty of encouragement, so that women of all ages can make having great sex a part of their lives forever.

The Ultimate Guide to Orgasm for Women - Mikaya Heart 2011-08-15

Owning our desires should be neither embarrassing nor uncomfortable. Nor should they be subject to anyone else's moral judgment of what is right or wrong, good or bad, normal or abnormal. Combining communication and information is the key. By shrugging off the taboos against talking about our preferences and experiences when we're being sexual, we will take the first and most important steps toward ensuring our own fulfillment. *The Ultimate Guide to Orgasm for Women* is an unflinchingly honest, responsible, and thoroughly comprehensive exploration of female sexuality. Topics include: The physical types of orgasm, such as electrical, flying, pounding, deep, waves, and blips;

orgasm as an emotional release; the "elusive orgasm" and why some women have difficulty having one; how often we fake them and why; masturbation; multiple orgasms; the male-female dichotomy; penetration and the G-spot; defining the erotic; and the joy of sex toys.

Becoming Orgasmic - Julia Heiman 1987-12-10

Are you shy or self-conscious when it comes to sex? Do you want to learn how to enhance the pleasure you derive from sex? The revised and expanded edition of *Becoming Orgasmic* provides a program designed to help anyone overcome the myriad obstacles to complete sexual satisfaction. Whether married or single, young or old, the program presented in these pages will help you feel comfortable with yourself and your ideas about sex and enable you to grow as a person. *Becoming Orgasmic* will help you: -Evaluate your sexual history and put it in perspective -Explore your body through touch -Understand the effects of pregnancy, menstruation, and menopause on sexual desire and response -Be comfortable with your body and yourself as a woman -Share self-discovery with your partner -Find techniques to try if something turns you off -Overcome the fear of orgasm -Learn how to bring yourself to orgasm -Practice safe sex in today's world—precautionary measures, social expectations, personal values, and choosing a partner in the age of AIDS A personal and sensitively written book that is also informative, *Becoming Orgasmic* is designed to make you feel good about your sexuality and yourself.

Flash Count Diary - Darcey Steinke 2019-07-04

Menopause hit Darcey Steinke hard. First came hot flushes. Then insomnia. Then depression. As she struggled to understand what was happening to her, she slammed up against a culture of silence and sexism. Some promoted hormone replacement therapy, others encouraged acceptance, but there was little that offered a path to understanding menopause in an engaged way. *Flash Count Diary* is a powerful exploration into aspects of menopause that have rarely been written about. It is a deeply feminist book, honest about the intimations of mortality that menopause signals but also an argument for the ascendancy, beauty and power of the post-reproductive years in women's

lives.

Menopause: The Modern Woman's Guide to a Life-Changing Transition - Ethan D. Anderson 2023-01-01

"Demystifying the menopause journey for a healthier, happier you." Are you or someone you love entering the life-changing phase of menopause? Embrace the journey and empower yourself with knowledge, understanding, and support with *"Menopause: The Modern Woman's Guide to a Life-Changing Transition."* This comprehensive guide covers everything you need to know about menopause, from its onset to managing its symptoms and leading a vibrant, fulfilling life throughout the transition. Inside this essential resource, you'll find: An introduction to menopause, its stages, and the changing hormones that accompany this natural process. A detailed discussion of common symptoms, including hot flashes, night sweats, mood swings, and decreased libido, among others. Guidance on navigating the stages of menopause, including perimenopause, menopause, and postmenopause. An exploration of the causes of menopause, including natural menopause, premature menopause, induced menopause, and menopause-like symptoms related to IVF, PCOS, and gender affirmation. Information on potential health risks and complications associated with menopause, such as osteoporosis, cardiovascular disease, and depression. Expert advice on diagnosing menopause through physical examinations, hormone tests, and other assessments. A comprehensive overview of treatment options, including hormone replacement therapy (HRT), low-dose antidepressants, vaginal estrogen, and non-hormonal treatments. Practical lifestyle changes to manage menopause symptoms, including exercise, diet, stress reduction techniques, and smoking cessation. A look at complementary and alternative medicine options, such as herbal supplements, acupuncture, and yoga. Tips on talking to your doctor about menopause and when to seek medical help. In-depth discussion of menopause and sexuality, including changes in sexual function and treatment options for sexual dysfunction. Coping strategies and emotional support during menopause, including advice on living with someone going through menopause and how menopause affects family

life. Inspiring personal stories from women who have navigated the menopause journey and emerged stronger, wiser, and more resilient. "Menopause: The Modern Woman's Guide to a Life-Changing Transition" is an invaluable resource for women seeking to understand, manage, and embrace the menopause journey. This book empowers readers with the knowledge and tools they need to make informed decisions about their health and wellness during this transformative time. Don't let fear and uncertainty hold you back from taking control of your menopause experience. Order your copy today and embrace the change with confidence and grace. Table Of Contents: Introduction to Menopause What is Menopause? Changing Hormones Average age of onset How Do I Know if I'm in Menopause? Common symptoms Hot Flashes Night Sweats Mood swings, irritability, depression, anxiety Difficulty sleeping Decreased libido Irregular periods Incontinence Thinning hair Joint pain Weight gain Psychological Symptoms Stages of Menopause Perimenopause Menopause Postmenopause How long will menopause symptoms last? Causes of Menopause Natural menopause Premature menopause Induced menopause Menopause-like symptoms in IVF and PCOS Gender Affirmation Menopause Andropause Complications and Risk Factors Health Risks Associated with Menopause Osteoporosis Cardiovascular Disease Depression and anxiety Breast Cancer High Cholesterol Risk Sexual health Cognitive functions Diagnosis of Menopause Physical Examination Hormone Tests Thyroid Function Tests Lipid Profile Treatment Options for Menopause Hormone Replacement Therapy (HRT) Low-dose antidepressants Vaginal estrogen Non-Hormonal Treatments Lifestyle Changes Complementary and Alternative Medicine Lifestyle Changes to Manage Menopause Exercise Diet Stress Reduction Techniques Smoking Cessation Complementary and Alternative Medicine Herbal Supplements Acupuncture Yoga Talking to Your Doctor About Menopause When to Seek Medical Help Questions to Ask Your Doctor Menopause and Sexuality Changes in Sexual Function Treatment Options for Sexual Dysfunction Coping with Menopause Emotional Impact of Menopause Coping Strategies Living with someone going through Menopause How Menopause affects family life How

Menopause affects children in your home Partner Support during Menopause Personal Stories Frequently Asked Questions + More
The Elusive Orgasm - Vivienne Cass 2002-02-02
 Are you one of the thirty percent of women who has difficulties with orgasm? Do you want to experience greater sexual satisfaction? In easy to read language, The Elusive Orgasm provides a full overview of women's sexual pleasure, covering sexual triggers, stages of arousal, the power of mind, and how women differ from men. Longtime clinical psychologist and sex therapist Dr. Vivienne Cass reveals all the causes of women's orgasm difficulties-and how to remedy them. In The Elusive Orgasm, you'll learn: What an orgasm is, How the clitoris is much more than "a little button", The five types of orgasm difficulties, The twenty-five causes of those difficulties, Self-awareness via quizzes and questionnaires, Step-by-step plans to help you and your partner. An extraordinarily thorough, all-inclusive exploration of every possible reason why women have orgasm challenges, The Elusive Orgasm gives you the tools to discover the source of your own orgasm difficulties, along with straightforward remedies. Book jacket.

Why Women Have Better Sex Under Socialism - Kristen Ghodsee 2018-11-01

'Funny, angry, urgent. Ghodsee is going to start a revolution' Daisy Buchanan, author of The Sisterhood A witty, fiercely intelligent exploration of why capitalism is rigged against women and what we can do about it. Unregulated capitalism is bad for women. Socialism, if done properly, leads to economic independence, better labour conditions, better work/family balance and, yes, even better sex. If you like the idea of such outcomes, then come along for an exploration of how we can change women's lives for the better.

Ask Dr. Marie - Marie Savard (M.D.) 2009

One of America's most trusted voices on women's health explains what's what, what's normal, and what to do when problems occur.

The Science of Orgasm - Barry R. Komisaruk 2006-11-26

This award-winning book "offers a thorough compilation of what modern science, from biomechanics to neurochemistry, knows about the secrets

of orgasm" (Publishers Weekly). The coauthor of the international best-selling book *The G Spot and Other Discoveries about Human Sexuality*, Beverly Whipple joins neuroscientist Barry R. Komisaruk and endocrinologist Carlos Beyer-Flores to view orgasm through the lenses of behavioral neuroscience along with cognitive and physiological sciences. Covering every type of sexual peak experience in women and men from intense to phantom, this fascinating and comprehensive work illuminates the hows, whats, and wherefores of orgasm. The authors explain how and why orgasms happen, why they fail to happen, and what brain and body events are put into play at the moment of orgasm. They also describes the genital-brain connection, how the brain produces orgasms, how aging affects orgasm, and the effects of prescription medication, street drugs, hormones, disorders, and diseases. Winner of the 2007 Bonnie and Vern L. Bullough Book Award, given by the Foundation for the Scientific Study of Sexuality

Pathways to Pleasure - Robert W. Birch 2000

Written by a male Sexologist/Adult Sexuality Educator and a female Relationship and Sexuality Therapist, this adult self-help book is for women who have never experienced orgasm, for women whose orgasms have been difficult to reach, for those women wishing for orgasms that are more frequent and intense. Based on over 45 years of combined clinical experience, the authors address issues of early messages about sex, body image, self-exploration, the role of fantasy, effective modes of communication, issues of menopause, the sexual concerns of women with disabilities, and much much more. The book contains an extensive Appendix of 'homework assignments', self-awareness exercises, and a comprehensive list of written, visual and online resources.

Extended Massive Orgasm - Steve Bodansky 2013-03-12

Hunter House has a new year's resolution you can stick to: better sex! Published just in time for the new year, the second edition of *Extended Massive Orgasm* offers even more in-depth information on how to achieve great sexual pleasure, so that your goals for 2013 can include: 1. Longer and more intense orgasms 2. More pleasure 3. A deepened relationship The authors of this book reveal techniques that everyone can

use to give and receive extended massive orgasms. Readers will learn how to produce an extended orgasm manually, with fingers and hands touching the genitals in a precise way. With a strong focus on how to pleasure a woman, the authors also discuss pleasing men. They describe how satisfying your partner in this way is an ecstatic experience for both parties and can enhance your relationship. New updates in this edition include: new techniques for focusing on pleasure 14 new diagrams and drawings for understanding techniques new stroking techniques for the clitoris expanded section on the male orgasm expanded section on communication and relationships Additionally, the authors have re-written some of the original material, with insights gained from the decade of teaching sexual ecstasy that has passed since the first edition was published. Rewritten parts include: Positions for optimum orgasm Detailed training techniques The nature of orgasm and the capabilities of the human nervous system The difference between sensuality and sexuality Safe sex practices Overcoming resistance to pleasure Understanding how both partners benefit from extended massive orgasm Filled with specific techniques, methods, ideas, and scientific and anatomical information phrased in an accessible and readable style, this book explores the nature of pleasure and why it is so difficult to achieve in our society. The authors discuss the differences and similarities between the sexes and how to exploit those to achieve a fantastic relationship. They also include information on how to seduce your partner, how to explore your own sexuality through learning how you enjoy being touched, and how to communicate your desires to your partner clearly and joyfully. The benefits to both partners of an extended massive orgasm are immeasurable. Women who thought they were unable to experience orgasm at all have learned to become fully orgasmic through the techniques in this book. These women experienced such pleasurable intensity and sensation in their bodies for an extended time period that the preconceptions and limitations they had placed on themselves and their sexual potential were totally vanquished. And this is available to anyone who reads the book and applies and practices the methods described in *Extended Massive Orgasm*.

Becoming Orgasmic - Julia R. Heiman 2008-01

Tantric Sex and Menopause - Diana Richardson 2018-04-10

A tantric guide to discovering the hidden gifts of menopause • Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy • Details tantric practices and tools to connect with the body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond • Explores what to expect physically, emotionally, and spiritually, and in relationships As women, we live so closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings. Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and "re-wilding" of a woman's sexuality, creativity, and spirituality. Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body's inner intuitive wisdom and heart energies, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They

explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going "beyond" sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises, and meditations to reinforce a positive attitude toward menopause and overcome many of the physical and sexual problems, such as pain, dryness, loss of interest, and loss of libido. Providing a guide for women who are approaching, experiencing, or have gone through menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.

More Orgasms Please - The Hotbed Collective 2019-07-04

A FRANK, FUNNY AND EMPOWERING CELEBRATION OF FEMALE PLEASURE An orgasm will help you sleep and keep you looking younger, it doesn't cost money and isn't a scarce resource. So why is it that, like the pay gap, there is an 'orgasm gap' between women and men? The Hotbed Collective began life as a podcast with a mission 'to make life better one orgasm at a time'. Their debut book, *More Orgasms Please* is an open, honest and at moments hilarious dive into all aspects of sex for women. It covers feminist porn, body image, menopause and much more. Like the podcast that inspired it, *More Orgasms Please* is like the best sort of chat between friends: punchy and playful, normalising and educating. It is an eye-opening read that puts women's bodies and our right to pleasure firmly on the map. Think of it as 'Couch to 5k' ... for orgasms.

Can A Woman Still Have An Orgasim After Menopause:

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