

Womans Experience Of Sex Penguin Health Care Fitness

The Praeger Handbook on Women's Cancers Michele A.

Paludi 2014-05-28 Written by experts in psycho-oncology, this book synthesizes the findings of the latest research on women's cancers to empower women to make informed choices about treatment options. Each year, hundreds of thousands of women are diagnosed with cancer in the United States alone. The total number affected is larger still, comprising siblings, parents, partners, and children of these women. In this single-volume work, an international team of experts address the physical, medical, and psychological matters that are triggered by a diagnosis of having a form of "women's cancer"—breast, cervical, endometrial, gestational, ovarian, uterine, vaginal, and vulvar being some of the more common. The handbook examines and explains each type of women's cancer, covering the specifics of incidence, diagnosis, treatment options, and more, providing an up-to-date guide for women and their families to assist in making informed choices about their treatment options. The book includes personal accounts from women who survived cancers and beat their emotional challenges, addresses myths versus realities regarding women's cancers, and covers relevant, related topics such as race, sexual orientation, religion, and cancer coping. Special attention is given to the impact of women's cancers on relationships, intimacy, and body image, as well as psychological factors such as anxiety, depression, and fear.

Dr. Susan Love's Breast Book, Second Edition, Special Edition For Cgss Susan M. Love, M.D. 1997-05-21 Includes section on: breast feeding; plastic surgery; and the causes, diagnosis, and treatment of breast cancer.

Spare Rib 1980

Consumer Health & Nutrition Index 1986

This Changes Everything Niki Bezzant 2022-01-05 A new and demographically significant generation of women as young as 35 is facing perimenopause and menopause - but not like our mothers or grandmothers did. We are hungry for information and keen to talk candidly about everything: sex, mental health, self-image, alcohol, how menopause affects our stressful working lives, relationships, fertility and families - and what we can do about it. Author Niki Bezzant has more than 20 years' experience writing and speaking about health and nutrition. In this book, she shares all the latest research and advice, giving readers real information they can use on everything from recognizing and understanding common symptoms like mood changes, weight gain, low libido, erratic and heavy periods, hot flushes and insomnia, to managing mental health, sexuality and relationships, exercise and nutrition tips. She explains which natural and medical treatments actually work and how to get the best help, with a healthy side-serve of humour, calling out sexism, snake-oil and bullshit along the way. *This Changes Everything* includes menopause stories from well-known NZ women including Robyn Malcolm, Carol Hirschfeld and Michele A'Court, plus real talk from hundreds of NZ women, based on the author's wide-ranging online survey and expert information from menopause specialists and doctors, to answer the questions women most want answered. This is a must-have guide to perimenopause, menopause, midlife and beyond for every woman - the symptoms, the solutions and the stuff that really works. Topics covered include: What's happening to me? When menopause happens early Hormones 101 HRT, MHT and other treatments Hot flushes, night sweats, weight gain, migraines, memory and other physical symptoms Anxiety, panic attacks, self-image and other psychological symptoms Sex, libido and relationships Health after the menopause Diet and nutrition Exercise Sleep Bloating and gut health Lifestyle changes Menopause for men: a cheat sheet

Taking back the power: a menopause action plan And much more.

Writer's Market 100th Edition Robert Lee Brewer 2021-11-09

The most trusted guide to getting published, fully revised and updated Want to get published and paid for your writing? Let *Writer's Market*, 100th edition guide you through the process. It's the ultimate reference with thousands of publishing opportunities for writers, listings for book publishers, consumer and trade magazines, contests and awards, and literary agents—as well as new playwriting and screenwriting sections, along with contact and submission information. Beyond the listings, you'll find articles devoted to the business and promotion of writing.

Discover 20 literary agents actively seeking writers and their writing, how to develop an author brand, and overlooked funds for writers. This 100th edition also includes the ever-popular pay-rate chart and book publisher subject index. You'll gain access to:

- Thousands of updated listings for book publishers, magazines, contests, and literary agents
- Articles devoted to the business and promotion of writing
- A newly revised "How Much Should I Charge?" pay rate chart
- Sample query letters for fiction and nonfiction
- Lists of professional writing organizations

Endometriosis Andrea Molloy 2013-03-01 Easy-to-understand material on endometriosis, which can often be debilitating and is increasingly common. Endometriosis affects one in five women and is also a leading cause of infertility. This book covers: diagnosis and treatment options; pain management techniques; self-care strategies; fertility issues; and how to take control of your health and gain support. This book is essential reading for women with endometriosis, their partners and families - it answers many frequently-asked questions about the condition. It includes interviews with leading endometriosis specialists as well as inspiring interviews with sufferers such as food writer Allyson Gofton, author Maggie Eyre and Goldenhorse's singer Kirsten Morelle, who have all lived with endometriosis. 'Andrea has written an informative and comprehensive guide book to

endometriosis which includes easy-to-follow self-help tips so that the reader will feel knowledgeable about treatment and can actively be involved in disease management.' Deborah Bush QSM CEO New Zealand Endometriosis Foundation

Waterstone's Guide to Books Waterstone & Co 1988

The Complete Idiot's Guide to Sexual Health and Fitness Kate

Bracy 2008 Sex is a how-to topic. There are hundreds of manuals on how to have explosive, amazing, earth-shattering sex. There are exercise books for the muscles used during sex, cookbooks for meals that increase your desire, books about low sex drive, high sex drive, and everything in between. And yet, in most of these manuals, there is usually one small chapter about sexual health. In this age of breakthrough discoveries about potency and infection, new drugs to combat the full range of sexually transmitted diseases, new technologies for contraception and genital health - there is no single volume that fully explains this extremely important aspect of all the incredible sex going on- sexual health and fitness. The Complete Idiot's Guide® to Sexual Health and Fitness fills this market need. Written by Kate Bracy, a veteran nurse practitioner and sexual health expert, and Dr. Kathryn Arendt, respected gynecologist, this comprehensive book explains all aspects of sexual health and fitness for both men and women. In clear, jargon-free, and authoritative language, this book includes information on- The healthy functions of our sexual selves. Diet, exercise, and safe sex practices that can keep us healthy and at our peak fitness. Easy, simple personal hygiene regimens for top health. Current findings on prostate health and erectile dysfunction. In-depth explanations of the most widespread sexually transmitted diseases, their symptoms, prevention, and cures. The latest information on contraception and how it affects sexual health. The most up-to-date findings on sexual health as it is affected by age. The latest word on prescription and alternative supplements available to aid in sexual activities.

Pregnancy to Parenthood Linda Goldberg 2001 With decades of experience behind them, the authors lead expectant parents through the different stages of birth, from pregnancy to early infant care. 200 photos. 50 illustrations.

Medical and Health Care Books and Serials in Print 1997

For Yourself Lonnie Barbach 1976-05 FOR YOURSELF educates a woman to the wisdom of her own body, using a unique step-by-step program developed by acclaimed and groundbreaking sex therapist and intimacy expert Lonnie Barbach. FOR YOURSELF believes that every woman should enjoy sex not because her partner and society say so but simply for herself, for her own pleasure and satisfaction. The special exercises enable each woman to learn more about her own body and its needs, to realize her own sexual potential, and to overcome her own sexual difficulties. It answers intimate questions that have plagued women for years: How do I know if I've had an orgasm? Do women differ in their sexual responses? What do my bizarre fantasies really mean? And much more.

Women's Lives Claire A. Ettaugh 2015-07-14 Women's Lives: A Psychological Exploration, 3rd Edition draws on a wealth of the literature to present a rich range of experiences and issues of relevance to girls and women. This text offers the unique combination of a chronological approach to gender that is embedded within topical chapters. Cutting-edge and comprehensive, each chapter integrates current material on women differing in age, ethnicity, social class, nationality, sexual orientation and ability. The third edition reflects substantial changes in the field while maintaining its empirical focus through engaging writing, student activities, and critical thinking exercises. With over 2,100 new references emphasizing the latest research and theories, the authors continue to pique interests in psychology of women.

Cultural Sociology of Mental Illness Andrew Scull 2013-12-20
Cultural Sociology of Mental Illness: An A to Z Guide looks at

recent reports that suggest an astonishing rise in mental illness and considers such questions as: Are there truly more mentally ill people now or are there just more people being diagnosed and treated? What are the roles of economics and the pharmacological industry in this controversy? At the core of what is going on with mental illness in America and around the world, the editors suggest, is cultural sociology: How differing cultures treat mental illness and, in turn, how mental health patients are affected by the culture. In this illuminating multidisciplinary reference, expert scholars explore the culture of mental illness from the non-clinical perspectives of sociology, history, psychology, epidemiology, economics, public health policy, and finally, the mental health patients themselves. Key themes include Cultural Comparisons of Mental Health Disorders; Cultural Sociology of Mental Illness Around the World; Economics; Epidemiology; Mental Health Practitioners; Non-Drug Treatments; Patient, the Psychiatry, and Psychology; Psychiatry and Space; Psychopharmacology; Public Policy; Social History; and Sociology. Key Features This two-volume A-Z work, available in both print and electronic formats, includes close to 400 articles by renowned experts in their respective fields. An Introduction, a thematic Reader's Guide, a Glossary, and a Resource Guide to Key Books, Journals, and Associations and their web sites enhance this invaluable reference. A chronology places the cultural sociology of mental illness in historical context. 150 photos bring concepts to life. The range and scope of this Encyclopedia is vivid testimony to the intellectual vitality of the field and will make a useful contribution to the next generation of sociological research on the cultural sociology of mental illness.

Gym Bodies James Brighton 2020-10-16 Drawing on empirical research, this fascinating new book explores the embodied experiences of 'gym goers' and the fitness cultures that are constructed within gyms and fitness spaces. Gym Bodies offers a personal, interactive, ethnographic account of the multiplicity of

contemporary gym practices, spaces and cultures, including bodybuilding, CrossFit and Spinning. It argues that gym bodies are historically constructed, social, sensual, emotional and political; that experience intersects with multiple embodied identities; and that fitness cultures are profoundly important in shaping the body in wider contemporary culture. This is important reading for students, tutors and researchers working in sport and exercise studies, sociology of the body, health studies, leisure, cultural studies, gender and education. It is also a valuable resource for policy makers and practitioners within the fields of sport, leisure, health and education.

The New Ourselves, Growing Older Paula Brown Doress-Worters 1994 Offers women over forty advice on housing, health, and more.

The Hip Chick's Guide to Macrobiotics Jessica Porter 2004-09-09 A modern girl's guide to the secrets of eating for health, beauty, and peace of mind. "Part Joan Rivers, part Mahatma Gandhi, Jessica Porter makes macrobiotics meaningful, hilarious, and totally life-changing." Simon Doonan, creative director, Barneys New York and author of *Wacky Chicks* Heralded by New York magazine as one of the city's most popular diets, macrobiotics has become the latest trend in dieting, thanks to high-profile supporters like Madonna and Gwyneth Paltrow. Speaking to the generation of young women looking to extend their healthy lifestyles beyond yoga and Pilates, macrobiotic chef and instructor Jessica Porter offers fresh, contemporary, and accessible insight into one of the world's most popular diets that is based on century's old principles. She explains that through the right balance of food, women can find balance in every aspect of their lives—improved health, weight loss, or fulfilling relationships. The effects of eating a macrobiotic diet can extend beyond basic health to weight loss, beauty, better sex, and peace of mind. Cooking tips and recipes are combined with Jessica's no-nonsense philosophy and witty anecdotes to create a lifestyle

book that will inspire women to hit the kitchen with an understanding of how to strengthen their mind and body through food.

Woman's Experience of Sex Sheila Kitzinger 1985

Proceedings of the ... Public Health Conference on Records and Statistics

Unwell Women Elinor Cleghorn 2021-06-08 A trailblazing, conversation-starting history of women's health—from the earliest medical ideas about women's illnesses to hormones and autoimmune diseases—brought together in a fascinating sweeping narrative. Elinor Cleghorn became an unwell woman ten years ago. She was diagnosed with an autoimmune disease after a long period of being told her symptoms were anything from psychosomatic to a possible pregnancy. As Elinor learned to live with her unpredictable disease she turned to history for answers, and found an enraging legacy of suffering, mystification, and misdiagnosis. In *Unwell Women*, Elinor Cleghorn traces the almost unbelievable history of how medicine has failed women by treating their bodies as alien and other, often to perilous effect. The result is an authoritative and groundbreaking exploration of the relationship between women and medical practice, from the "wandering womb" of Ancient Greece to the rise of witch trials across Europe, and from the dawn of hysteria as a catchall for difficult-to-diagnose disorders to the first forays into autoimmunity and the shifting understanding of hormones, menstruation, menopause, and conditions like endometriosis. Packed with character studies and case histories of women who have suffered, challenged, and rewritten medical orthodoxy—and the men who controlled their fate—this is a revolutionary examination of the relationship between women, illness, and medicine. With these case histories, Elinor pays homage to the women who suffered so strides could be made, and shows how being unwell has become normalized in society and culture, where women have long been distrusted as reliable narrators of

their own bodies and pain. But the time for real change is long overdue: answers reside in the body, in the testimonies of unwell women—and their lives depend on medicine learning to listen.

Managing the Monstrous Feminine Jane M. Ussher

2006-01-18 *Managing the Monstrous Feminine* takes a unique approach to the study of the material and discursive practices associated with the construction and regulation of the female body. Jane Ussher examines the ways in which medicine, science, the law and popular culture combine to produce fictions about femininity, positioning the reproductive body as the source of women's power, danger and weakness. Including sections on 'regulation', 'the subjectification of women' and 'women's negotiation and resistance', this book describes the construction of the 'monstrous feminine' in mythology, art, literature and film, revealing its implications for the regulation and experience of the fecund female body. Critical reviews are combined with case studies and extensive interview material to illuminate discussions of subjects including: the regulation of women through the body regimes of knowledge associated with reproduction intersubjectivity and the body women's narratives of resistance. These insights into the relation between the construction of the female body and women's subjectivity will be of interest to those studying health psychology, social psychology, medical sociology, gender studies and cultural studies. The book will also appeal to all those looking for a high-level introduction to contemporary feminist thought on the female body.

The Secret Lives of Teen Girls Evelyn Resh 2011-02 In *The Secret Lives of Teen Girls*, Evelyn Resh, the mother of a teenage daughter and a certified nurse-midwife specializing in the treatment of teenage girls, explores the mysterious world of female, adolescent sexuality and how parents-especially mothers-can help their daughters through this tumultuous time. Secrets divulged by teenage girls during consultation have made Resh realize that, with rare exception, most adolescents are left to

develop a sexual identity without any adult guidance and often without the most basic knowledge of what is happening to them physically and emotionally. She also realized that many girls are frequently subject to criticism and shaming about their normal, adolescent behavior. Resh believes these issues are what underlie many of the problems teens face during this crucial step into becoming a fully developed adult woman capable of making good, sound, safe, and independent decisions throughout life. Through compelling, frank, and sometimes humorous stories from both Resh and her patients, *The Secret Lives of Teenage Girls* explains to parents just what is going on with their teenage daughters during this essential phase of their development. She discusses many of the complicated problems she's seen in practice, including not just sexual activity but also eating disorders, substance abuse, mental illness, unplanned pregnancies, violence, and STDs. She also looks at less serious but still troubling issues like under-achievement, battles with parents, and lack of emotional and social support. In this insightful book, Resh provides parents with the tools to help their teen daughters negotiate the waters of their sexual development and emerge with their strength, their sexuality, and their self image intact.

The Complete Guide to Women's Health Bruce D. Shephard 1997 This comprehensive sourcebook for women of all ages goes beyond gynecological issues to cover the full spectrum of health concerns. "The single best reference on women's health problems".--The Washington Post. 150+ photos and drawings.

Sexual Fitness Hank C. K. Wuh 2002-02-05 The premise is simple: Good health leads to good sex. Good sex leads to good health. *Sexual Fitness* shows how seven basic factors-diet, supplements, medications, sensual stimulation, exercise, sleep, and stress reduction-directly influence sexual health. More important, it features an easy-to-follow 30-day program, complete with dietary guidelines, recipes, a daily planner, and plenty of practical guidance.

Dr. Suzanne Steinbaum's Heart Book Suzanne Steinbaum
2013-01-24 In the tradition of Christiane Northrup, a renowned cardiologist integrates emotional and physical well-being in a revolutionary new approach to women's heart health. As a cardiologist with a specialization in women's heart disease, Dr. Steinbaum has helped thousands of patients resolve their heart issues, and aims to do the same for readers in her inspirational book that will change the way we think about heart health. She guides readers through the risk factors of heart disease, from the traditional physical benchmarks like weight, cholesterol, and blood pressure, to lifestyle habits, emotional awareness, and even the way she sees herself in the mirror—and in the world. In Dr. Suzanne Steinbaum's Heart Book, readers are shown clear, easy steps on how to maximize heart health. This is a life book that will teach women how to regain control over all aspects of their busy lives, including how to finally achieve: A heart-healthy diet Heart-supportive exercise Heart-enhancing stress management Heart-filling relationships A sound night's sleep A more satisfying sex life A calm, focused mind A deep level of self care And much, much more. Dr. Suzanne Steinbaum's Heart Book strives to bring forth a new approach to heart-centered healing so that readers everywhere may experience a fulfilling life of health and happiness.

Women's Health in Primary Care Jo Ann Rosenfeld 1997

Pleasure Hilda Hutcherson 2006-10-03 Written in the tone of a supportive and savvy friend who just happens to be a top sex expert, this invaluable guide explores: Redefining pleasure: why the quest for female orgasms is overhyped - and how to relax and truly enjoy sex, with or without them Discovering the female body's pleasure zones Communicating with a partner about what feels good (and what doesn't) Exercising and eating to improve your sex life Sex positions 101...and 201 A lifetime of pleasure: great sex after pregnancy, after fifty, and more

Shaping Up for a Healthy Pregnancy Barbara B. Holstein 1988

Critical Dialogues in the Medical Humanities Emma Domínguez-Rué 2019-06-21 This volume illustrates ongoing discussions in and about the medical humanities with studies on different approaches to the relationship between medical science and practice and the humanities, including reflections based on fiction, art, history, socio-economic and political concerns, architecture and natural landscapes. The book explores the ways in which healthcare and medical practice can be positively influenced by removing the focus from the technical knowledge of the medical practitioner. It offers innovative perspectives on spaces for healing, traces attitudes and beliefs in relation to illnesses and their treatment throughout history (including intimations of the future), and interrogates cultural attitudes to illness, doctoring and patients through the lens of fiction. Based on the premise that more interdisciplinary work between medical and non-medical professionals is needed, the chapters contained in this volume contribute to an ongoing dialogue between medicine and the humanities that continues to enrich both disciplines.

EBOOK: Sexuality, Sexual Health and Ageing Merryn Gott 2004-12-16 ·What factors underpin dominant understandings of later life sexuality? · How do older people experience and prioritise sexuality and sexual health? ·What sexual health issues are relevant to older people and how are these addressed by health care professionals? This is the first book to integrate theoretical insights into sexuality, sexual health and ageing, with research findings from studies conducted with older people and the professionals that work with them. The book is split into three sections. In the first section stereotypes that typify contemporary understandings of sexuality and ageing are explored, particularly the 'myth of asexual old age' and the more recent stereotype of the 'sexy oldie'. Section two identifies what we actually know about ageing and sexuality by reviewing current literature, as well as presenting findings from one of the first qualitative

studies to explore sexuality from the perspective of older people themselves. The final section of the book explores what 'sexual health' means within the context of ageing and focuses on issues relevant to health professionals working with older people.

Sexuality, Sexual Health and Ageing provides key reading for students, researchers, practitioners and policymakers working within gerontology, sociology, psychology, social work, health sciences, nursing and medicine. This book is likely to become essential reading for all academics and professionals working with older people or in the area of sexual health.

Your Choices for Pregnancy and Childbirth Helen Lewison 1991
Personal and Public Lives and Relationships in a Changing Social World Rosemary Rae 2014-07-24
The field of personal life is a relatively new area of sociological study that seeks to understand the complexities of contemporary personal and social relationships. This includes exploration of the impact of social, economic, legal, and political change on personal experiences, opportunities, and life-styles. This ground breaking edited collection presents research on personal and public lives in a period of rapid social and political change. Relatively little is known about how personal and public aspects of life inter-relate and even less about how the outcomes of this relationship shape different areas of life. This book aims to capture and understand the effects of these overlapping spheres on the everyday lives of people in different geographical, cultural, and spatial settings. It brings together research in four key areas; migration and displacement, gender, sexuality, and health, with two main overarching themes. The first theme is how individuals cope with social, political, geographical, and cultural change in these diverse settings. The second relates to how these changes produce diverse inequalities that impact on relationships, roles, and responsibilities. The book thus seeks to increase the visibility of particular aspects of life that have often been neglected in social science research and subsequently open them up to further

research and debate.

Sex, Time, and Power Leonard Shlain 2004-08-03 As in the bestselling *The Alphabet Versus the Goddess*, Leonard Shlain's provocative new book promises to change the way readers view themselves and where they came from. *Sex, Time, and Power* offers a tantalizing answer to an age-old question: Why did big-brained *Homo sapiens* suddenly emerge some 150,000 years ago? The key, according to Shlain, is female sexuality. Drawing on an awesome breadth of research, he shows how, long ago, the narrowness of the newly bipedal human female's pelvis and the increasing size of infants' heads precipitated a crisis for the species. Natural selection allowed for the adaptation of the human female to this environmental stress by reconfiguring her hormonal cycles, entraining them with the periodicity of the moon. The results, however, did much more than ensure our existence; they imbued women with the concept of time, and gave them control over sex—a power that males sought to reclaim. And the possibility of achieving immortality through heirs drove men to construct patriarchal cultures that went on to dominate so much of human history. From the nature of courtship to the evolution of language, Shlain's brilliant and wide-ranging exploration stimulates new thinking about very old matters.

Sex, Lies, and the Truth about Uterine Fibroids Carla Dionne 2001-04-23 The most authoritative book available on uterine fibroids that covers traditional, surgical, and alternative therapies and provides key information necessary to determine the best choices.

Women's Health Jane M. Ussher 2000-04-07 This text includes commentaries on issues such as anorexia, post natal depression, women and cancer, sexual abuse, exercise and health, pregnancy, sexual violence and drug use. Each chapter provides a critical survey of the topic and case studies.

Handbook of Studies on Men and Masculinities Michael S. Kimmel 2005 The handbook provides a broad view of

masculinities primarily across the social sciences, but including important debates in areas of the humanities & natural sciences.

Women and Exercise Eileen Kennedy 2011-01-12 Exercise for women is a heavily-laden social and embodied experience. While exercise promotion has become an increasingly visible part of health campaigns, obesity among women is rising, and studies indicate that women are generally less physically active than men. Women's (lack of) exercise, therefore, has become a public concern, and physiological and psychological research has attempted to develop more effective exercise programs aimed at women. Yet women have a complex relationship with embodiment and physical activity that is difficult for quantitative scientific approaches to explore. This book addresses this neglect by providing a much-needed feminist, qualitative social analysis of women and exercise. The contributors, drawn from across Europe and North America, investigate the ways women experience exercise within the context of the global fitness industry. All the authors take a specifically feminist perspective in their analysis of the fit, feminine body, exploring media images and the global branding of fitness products, the relationship between exercise and fat, the construction of physical activity within health discourse, and the lived experience of the exercising body. The collection explores the diversity of women's experiences of exercise in relation to age, ethnicity and body size. The book is essential for anyone interested in health promotion, sport and exercise or the social and cultural study of gender and embodiment.

Feminist Food Studies Barbara Parker 2019-08-21 This expansive collection enriches the field of food studies with a feminist intersectional perspective, addressing the impacts that race, ethnicity, class, and nationality have on nutritional customs, habits, and perspectives. Throughout the text, international scholars explore three areas in feminist food studies: the socio-cultural, the corporeal, and the material. The textbook's chapters

intersect as they examine how food is linked to hegemony, identity, and tradition, while contributors offer diverse perspectives that stem from biology, museum studies, economics, popular culture, and history. This text's engaging writing style and timely subject-matter encourage student discussions and forward-looking analyses on the advancement of food studies. With a unique multidisciplinary and global perspective, this vital resource is well-suited to undergraduate students of food studies, nutrition, gender studies, sociology, and anthropology.

Routledge Handbook of Cultural Gerontology Julia Twigg

2015-06-12 Later years are changing under the impact of demographic, social and cultural shifts. No longer confined to the sphere of social welfare, they are now studied within a wider cultural framework that encompasses new experiences and new modes of being. Drawing on influences from the arts and humanities, and deploying diverse methodologies - visual, literary, spatial - and theoretical perspectives Cultural Gerontology has brought new aspects of later life into view. This major new publication draws together these currents including: Theory and Methods; Embodiment; Identities and Social Relationships; Consumption and Leisure; and Time and Space. Based on specially commissioned chapters by leading international authors, the Routledge Handbook of Cultural Gerontology will provide concise authoritative reviews of the key debates and themes shaping this exciting new field.

What Your Mother Never Told You About Sex Hilda

Hutcherson 2003-02-04 In her ob-gyn practice, Dr. Hilda Hutcherson has seen women of all ages who have questions about sex. Now, in this down-to-earth book, she answers those questions and more as she addresses every sexual matter that has an impact on the lives of women. Combining up-to-date medical science with good old-fashioned girl talk, Dr. Hutcherson discusses sex in a lively tone that's as educational as it is engaging. With facts on female (and male) anatomy, aphrodisiacs,

fantasy, orgasm, birth control, and more, she shows how to overcome sexual problems — and achieve sensational sensual experiences. Your mother may not have known what to tell you about sex, but Dr. Hutcherson will give you a real, honest education on sex and sexuality. And with a special chapter on talking to your daughter, you can pass your wisdom on to the next generation.

Womans Experience Of Sex Penguin Health Care Fitness

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needs is crucial. This article delves into the art of finding the perfect eBook and explores the platforms and strategies to ensure an enriching reading experience.

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