

How To Improve Sex Drive After 40

Reclaiming Desire - Andrew Goldstein, M.D. 2009-06-09

A holistic approach to the problem of low libido in women explains how a variety of physical, emotional, spiritual, and intellectual factors, as well as such events as pregnancy, marriage, childbirth, menopause, and divorce, can affect a woman's sex drive and offers a variety of medical and psychological treatment options to help women reinvigorate their intimate relationships. 35,000 first printing.

Everything Great Marriage - Bob Stritof 2004-01-19

Brimming with helpful information and tips, *The Everything Great Marriage Book* can help bring harmony to any relationship.

Increase Your Libido - Tiffany Rush 2015-02-28

***SPECIAL OFFER!!!** LIMITED TIME OFFER 40% OFF (Regular Price \$4.99) This #1 Best Selling Critically Acclaimed Book is now available Globally on Amazon - Download it Now! In this book you will learn about many secrets that you will find useful when looking to increase your libido. Whether you are a male or a female you will be able to dramatically enhance your sex life and increase your overall happiness and well being with the help of this book. A decrease in your libido can be caused by many different issues such as a health problem, stress, or other reasons. Find out in this book what you can do in order to rapidly fix a plummeting libido. Whether or not your libido has decreased, you still have a sexual need that needs to be fulfilled and this book can help maximise that. From the items you eat, to the items you surround yourself with, you can easily increase your libido level, as well as your partners. Read through this book to find out small (but significant) tips and tricks that you can utilize to increase the amount of sex you have and the amount of satisfaction you can feel during your sexual endeavors. In this book you will learn the following secrets: Provide you the tools to dramatically improve your libido (and that of your partner) Give you the knowledge to improve the things you are eating and the environment around you to maximise your sex life Helps you to immensley improve the chances of being in the mood at any given time Allow you to live a healthier more balanced life, full of doing fun and exciting things with your partner Provide a solid platform for improving communication and sexual intimacy with your partner Teaches you how to not only skyrocket your libido but maintain it for years to come and much much more.... So what are you waiting for!!! Read and learn!!! Read and be an outstanding lover!!!**SPECIAL OFFER!!!** LIMITED TIME OFFER 40% OFF (Regular Price \$4.99) This #1 Best Selling Critically Acclaimed Book is now available Globally on Amazon - Download it Now!

The Act of Marriage After 40 - Tim LaHaye 2019-07-23

Yes, lovemaking does change after 40, but it is still the most thrilling experience two married people of the opposite sex can experience on this earth! In this practical, fun-to-read, illustrated guidebook, Tim and Beverly LaHaye cover a broad spectrum of key topics and show married couples how to experience a more satisfying and joy-filled sex life long after age 40. Millions of married couples have questions about sexual intimacy. Yet all too often, their questions go unasked . . . or unanswered. This easy-reading, medically sound book candidly addresses issues of intimacy: Does sexual desire actually reverse with aging? How does menopause affect a woman's sex drive? How can exercise and nutritional supplements improve our sex life? Is there such a thing as male menopause? What can we do to put more spark into our lovemaking? You'll learn about sexual desire and dysfunction.

Understand the risk and temptation of extramarital affairs. Gain a better understanding of menopause and the dangers of breast and prostate cancer. Learn how to prepare for, and adjust to, physical changes affecting lovemaking. You and your spouse can rekindle that sexual spark in your marriage--or build even stronger intimacy and commitment.

The Right to Sex - Amia Srinivasan 2021-08-19

A SUNDAY TIMES BESTSELLER BLACKWELL'S BOOK OF THE YEAR 2021 SHORTLISTED FOR THE ORWELL PRIZE 2022 Essential lessons on the world we live in, from one of our greatest young thinkers - a guide to what everybody is talking about today 'Unparalleled and extraordinary . . . A bracing revivification of a crucial lineage in feminist writing' JIA TOLENTINO 'I believe Amia Srinivasan's work will change the world' KATHERINE RUNDELL 'Rigorously researched, but written with such spark and verve. The best non-fiction book I have read this year' PANDORA SYKES ----- How should we talk about sex? It is a

thing we have and also a thing we do; a supposedly private act laden with public meaning; a personal preference shaped by outside forces; a place where pleasure and ethics can pull wildly apart. Since #MeToo many have fixed on consent as the key framework for achieving sexual justice. Yet consent is a blunt tool. To grasp sex in all its complexity - its deep ambivalences, its relationship to gender, class, race and power - we need to move beyond 'yes and no', wanted and unwanted. We need to interrogate the fraught relationships between discrimination and preference, pornography and freedom, rape and racial injustice, punishment and accountability, pleasure and power, capitalism and liberation. We need to rethink sex as a political phenomenon. Searching, trenchant and extraordinarily original, *The Right to Sex* is a landmark examination of the politics and ethics of sex in this world, animated by the hope of a different one.

Mind the Gap - Karen Gurney 2020-03-05

'This book taught me so much about female desire. A must read!' Cherry Healey Did you know that there is an orgasm gap of around 30% between heterosexual couples when they have sex? In *Mind The Gap*, Dr Karen Gurney, a clinical psychologist and certified psychosexologist, explores not just this gap, but the gaps in our knowledge of so much of the most important new science around sex and desire. In this book, you will learn that nearly everything that you've been led to believe about female sexuality isn't actually true. And that, despite what you might think, it is possible to simultaneously feel little to no spontaneous desire and have a happy and mutually satisfying sex life long term. Exploring the mismatch between ideas about sex in our society and what the science tells us, *Mind The Gap* also explains how this disconnect lies at the root of many of our sexual problems. Combining science with case studies, practical exercises and tips, this is a book for anyone who wants to better understand the mechanics of desire and futureproof their sex life, for life.

The Happy Menopause - Jackie Lynch 2020-10-13

As no two menopause journeys are identical, this highly practical and accessible nutrition and lifestyle guide enables women to build a bespoke menopause diet that specifically targets their symptoms, with the minimum of fuss and effort. This practical nutrition and lifestyle guide provides women with the tools to build their own menopause diet which specifically targets the symptoms that are relevant to them. There are so many ways that nutrition can support a healthy and happy menopause, but a one-size-fits-all approach simply won't work. The reality is that there are many different menopausal symptoms and no two women have the same experience. Jackie explains how the menopause and perimenopause can change your body and how your diet can make a tangible difference to the way that you feel, whether you're using HRT or not. Each symptom section provides a range of targeted nutritional solutions, practical lifestyle advice and simple recipe tips that you can incorporate into your daily routine. A highly experienced clinician, Jackie specialises in providing real-world guidance to busy women. This book is designed to make the key information as easily accessible as possible and reflects her trademark practical style, which makes it the ideal one-stop solution for anyone juggling their menopause with the demands of a busy job and a hectic family life.

Pelvic Organ Dysfunction in Neurological Disease - Clare J. Fowler 2010-11-04

Pelvic Organ Dysfunction in Neurological Disease describes the neurological control of human bladder, bowel and sexual function and then details the dysfunctions which may arise as a consequence of various neurological diseases. Easy to read, the book will be of value to any healthcare professional managing patients in whom pelvic organ functions have been compromised by neurological disease. The book provides a structured approach to present day understanding of the neurological control of pelvic organs and the investigation and management of each type of organ dysfunction. A unique feature of this book is that it addresses the impact of specific neurological disorders on all three functions. The authors have all been associated with the Department of Uro-Neurology at the National Hospital for Neurology and Neurosurgery, London since it was established 20 years ago. This book is a timely review of their accumulated knowledge and the latest literature. [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.

Differential Diagnosis in Orthopaedic Oncology - Adam Greenspan 2007

This volume presents both the radiologist's and the pathologist's approach to differential diagnosis of musculoskeletal tumors and tumor-like lesions and details the radiologic and histopathologic features helpful in confirming a diagnosis. The book is illustrated with over 1,200 radiographs, CT and MR images, full-color photomicrographs, and schematic drawings. Tables list important diagnostic features, and schematic drawings summarize both radiologic and pathologic differential diagnoses. This edition includes state-of-the-art information on PET, thin-section CT, 3-D CT, MRI, enzyme histochemistry, immunohistochemistry, flow cytometry, cytogenetics, and molecular cytogenetics. The new co-author, Gernot Jundt, was instrumental in revising the WHO classification of musculoskeletal lesions. Illustrations have been updated, and improved captions begin with the diagnosis.

Woman Cancer Sex - Anne Katz 2020-11-29

Winner of the 2023 SSTAR Consumer Book Award! *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.

Come As You Are: Revised and Updated - Emily Nagoski 2021-03-02

A revised and updated edition of Emily Nagoski's game-changing New York Times bestseller *Come As You Are*, featuring new information and research on mindfulness, desire, and pleasure that will radically transform your sex life. For much of the 20th and 21st centuries, women's sexuality was an uncharted territory in science, studied far less frequently—and far less seriously—than its male counterpart. That is, until Emily Nagoski's *Come As You Are*, which used groundbreaking science and research to prove that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organized but how you feel about them. In the years since the book's initial publication, countless women have learned through Nagoski's accessible and informative guide that things like stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it—and that even if you don't always feel like it, you are already sexually whole by just being yourself. This revised and updated edition continues that mission with new information and advanced research, demystifying and decoding the science of sex so that everyone can create a better sex life and discover more pleasure than you ever thought possible.

She-ology - Sherry A. Ross 2017-04-25

"She-ology describes the state of the vagina at every age and stage of a woman's life"--

Where Did My Libido Go? - Rosie King 2010-12-01

Getting your sex life back on track! Low libido is the most common

sexual problem experienced by women. In fact every woman will experience low sexual desire at some time in her life, either in the short term (after the birth of a baby, during a stressful life period, when her relationship is rocky) or in the long term. When a woman's partner wants sex and she's no longer in the mood significant problems can occur in the relationship. Differing sex drives can lead couples down a path paved with frustration, resentment, misunderstanding and despair - a path that may lead to separation and divorce. This book will be helpful for women who: have lost of interest in sex have a partner who wants more sex than they do and it's creating a strain on their relationship would like to increase their level of sexual desire, sexual frequency and sexual pleasure In this book you will learn: how your sexual desire works how to maximise your libido how to increase your sexual enjoyment strategies that will help you to enjoy a regular, satisfying sex life with your partner
Your New Prime - Craig Cooper 2015-09-15

Feel great and perform at your best in the boardroom, weight room, bedroom, and beyond with this indispensable health and wellness guide: *Your New Prime* debunks current thinking about men's health and shows how every man can continue to operate at his peak at any age. Getting older may be inevitable, but in *Your New Prime*, serial entrepreneur and men's health expert Craig Cooper shows men that they don't have to accept the "natural" aging process. Based on the latest scientific research and Cooper's personal experience warding off diabetes, preventing cancer, and naturally increasing his own testosterone, *Your New Prime* is a comprehensive guide to the questions every man has as he ages. Tailored specifically for the "New Primers," men forty years old and up, the book covers a wide range of vital topics—from improving sexual health and the impact of decreasing testosterone to proper nutrition, preventing memory loss, surviving the "mid-life crisis," and achieving peak physical fitness. *Your New Prime* provides an indispensable 30-day program designed to help you lose weight, boost energy, and transform eating habits. Divided into easy-to-navigate sections, the book also contains essential information about how to influence "epigenetic" traits and reverse the effects of aging, while quizzes, audits, charts, tables, and callouts help readers determine and address their specific personal needs. Practical, honest, and vitally informative, *Your New Prime* details a lifelong strategy for maximum health—and will help any man perform his best, no matter what his age.

Ethnopharmacology - Michael Heinrich 2015-10-12

Ethnopharmacology is one of the world's fastest-growing scientific disciplines encompassing a diverse range of subjects. It links natural sciences research on medicinal, aromatic and toxic plants with socio-cultural studies and has often been associated with the development of new drugs. The Editors of *Ethnopharmacology* have assembled an international team of renowned contributors to provide a critical synthesis of the substantial body of new knowledge and evidence on the subject that has emerged over the past decade. Divided into three parts, the book begins with an overview of the subject including a brief history, ethnopharmacological methods, the role of intellectual property protection, key analytical approaches, the role of ethnopharmacology in primary/secondary education and links to biodiversity and ecological research. Part two looks at ethnopharmacological contributions to modern therapeutics across a range of conditions including CNS disorders, cancer, bone and joint health and parasitic diseases. The final part is devoted to regional perspectives covering all continents, providing a state-of-the-art assessment of the status of ethnopharmacological research globally. A comprehensive, critical synthesis of the latest developments in ethnopharmacology. Includes a section devoted to ethnopharmacological contributions to modern therapeutics across a range of conditions. Contributions are from leading international experts in the field. This timely book will prove invaluable for researchers and students across a range of subjects including ethnopharmacology, ethnobotany, medicinal plant research and natural products research. *Ethnopharmacology- A Reader* is part of the ULLA Series in Pharmaceutical Sciences www.ullapharmsci.org

Mayo Clinic The Menopause Solution - Stephanie S. Faubion 2016-04-26

Confront menopause symptoms such as weight gain, mood swings, and low sex drive with clear advice from a trusted source.

Mayo Clinic The Menopause Solution is the definitive guide to making your life change a positive one. Drawing on the latest information, leading women's health expert Dr. Stephanie Faubion covers common questions, lifestyle strategies, and treatment options.

Unlike other books, *Mayo Clinic The Menopause Solution* is comprehensive, easy to navigate, and authoritative.

Features include:

- A complete look at what happens to your body before, during, and after menopause.
- Up-to-date information on over-the-counter medications, nutritional supplements, and hormone therapy
- Sidebars, lists, and summaries to make finding information a cinch

Dr. Faubion knows that what works for one woman doesn't necessarily work for another. In approachable terms, she presents a balanced, unbiased overview of what to expect in midlife and beyond. You'll find accurate information on perimenopause, premature menopause, menopause symptoms, long-term effects of estrogen loss, and a wide variety of therapies to enhance health.

Professional, accessible, and essential for any woman entering menopause, *Mayo Clinic The Menopause Solution* offers everything you need to take charge of your own health and get the best care from your doctor.

The Win Within - Bert R. Mandelbaum 2014-09-16

An inspiring guide to playing your personal best in the sport of life As an orthopedic surgeon, a finish-line physician, and a USA team doctor at the World Cup and the Olympics, Dr. Bert Mandelbaum has witnessed the trials and triumphs of elite athletes from a vantage point few of us get. And over his twenty-plus years of experience, he's identified a common character trait that every elite athlete relies upon for success: it's what he calls the "victorious spirit." In *The Win Within*, Mandelbaum reveals that any of us—no matter our age or physical condition—can capture that same spirit in our own lives. This inner drive to win resides in all of us, he argues, hardwired into our DNA by ancestry dating back millions of years. You'll learn how to view life the way a top-performing athlete does: relentlessly, tenaciously, positively, and focusing less on the finish line of the marathon and more on the 26.2 miles that precede it. With narrative support ranging from the lessons of our early ancestors to Mandelbaum's stories of our modern-day gladiators (both household name and lesser known), *The Win Within* will give you a greater understanding of how and why we're all hardwired to win—and you'll

come away with no shortage of tactics and motivation to capture your own victorious spirit.

The Ultimate Guide to Sex After Fifty - Joan Price 2014-12-22

The population over age 50 is larger than ever in history. According to the U.S. Census Bureau, 32.1 percent of the U.S. population were age 50 and over in 2011. This demographic is also healthier, more aware, more youthful, and more vocal than any previous older generation. Thanks to ongoing medical discoveries, the sexual revolution, and the Internet, today's seniors are also sexier than ever — or at least they're now willing to talk and ask about sex as never before. They are the generation that discovered clitoral orgasms, vibrators, and Viagra, and there's no stopping the thirst for knowledge and pleasure now. Since 2005, Joan Price has penned *Better Than I Ever Expected: Straight Talk About Sex After Sixty* and emerged as the go-to sexpert for the over-50 population. Price's savvy advice, honesty, helpfulness, and humor garnered awareness in the media, in professional circles of therapists and sex educators, and among the huge population of people over 50 who hunger for real information from an age appropriate author. Price tackles it all in this definitive guide to sex and aging: health, fun (and function), disability, dating, illness, orgasms, G-spots, P-spots, polyamory, kink, and much more.

Geriatric Urology, An Issue of Clinics in Geriatric Medicine -

Tomas L. Griebing 2015-12-11

This issue of *Clinics in Geriatric Medicine* is devoted to Geriatric Urology. Guest Editor Tomas L. Griebing, MD, MPH has assembled a group of expert authors to review the following topics: Non-Surgical Treatment of Urinary Incontinence in Elderly Women; Outcomes of Surgery for Stress Urinary Incontinence in Older Women; Evaluation and Management of Pelvic Organ Prolapse in Elderly Women; Underactive Bladder in Older Adults; Translational Research and Voiding Dysfunction in Older Adults; Functional Brain Imaging and Voiding Dysfunction in Older Adults; The Role of Urodynamics in Elderly Patients; Associations Between Voiding Symptoms and Sexual Health in Older Adults; Asymptomatic Bacteriuria and Urinary Tract Infections in Older Adults; Comorbidity and Surgical Risk in Older Urologic Patients; Small Renal Masses in Older Adults; Prostate Cancer in Elderly Men: Active Surveillance and Other Considerations; Late Onset Hypogonadism and Testosterone Replacement in Elderly Men; and Contemporary Chemotherapy for Urologic Malignancies in Geriatric Patients.

How To Improve Sex Drive After 40:

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