

Sex Life After Baby

Sex Without Pain Heather Jeffcoat (DPT.) 2014-02-15

Becoming Us Elly Taylor 2014-03 "Recommended: Childbirth educators"--Cover.

Mating in Captivity Esther Perel 2012-02-16 When you love someone, how does it feel? And when you desire someone, how is it different? In *Mating in Captivity*, Esther Perel looks at the story of sex in committed couples. Modern romance promises it all - a lifetime of togetherness, intimacy and erotic desire. In reality, it's hard to want what you already have. Our quest for secure love conflicts with our pursuit of passion. And often, the very thing that got us to into our relationships - lust - is the one thing that goes missing from them. Determined to reconcile the erotic and the domestic, Perel explains why democracy is a passion killer in the bedroom. Argues for playfulness, distance, and uncertainty. And shows what it takes to bring lust home. Smart, sexy and explosively original, *Mating in Captivity* is the monogamist's essential bedside read.

Breastfeeding Sex Victoria Anderson 2021-04-10 Breastfeeding is NOT and shouldn't be a curse in disguise. Breastfeeding is the hallmark of motherhood, because as you breastfeed your baby, you do not only provide him with nutrition, a very strong bond is created between you and that baby in the process. With that, I am sure you are no longer surprised why it is said that most kids tend to be more attached to their mom than to their dad. BUT wait a second! Has your breastfeeding experience been to you a "curse in disguise"? How has your sex life been since your baby arrived? A lot of women have unconsciously, destroyed their sex life and the connection that once existed between them and their man since the day they became nursing mothers. What a shame! Even though, I perfectly

understand that there is a natural drop in the sex drive of a nursing mother, I still strongly believe that breastfeeding and a sound sex life can go hand in hand, simultaneously. And if your sex life and the connection between you and your man tend to have suffered as a result of your baby's arrival, worry no more! I've got good news for you... Contained in this book, are effective tips and teachings that will enlighten you on how you can: -Maintain a Great Sex Life with Your Partner After Having a Baby.-Avoid Unwanted Pregnancy As a Nursing Mother.-Increased Breast Milk Supply to Your Baby with Herbal Supplements.- Restore and Build a Strong Connection with Your Partner, while Breastfeeding. AND LOTS MORE... Get this book now, and create that balanced and happy home that you've always dreamt of. Cheers...

How Not to Hate Your Husband After Kids Jancee Dunn 2017-03-23 'Clever, honest and hilarious . . . her book should become a baby shower classic.' Publishers Weekly 'Funny, honest and helpful.' Grazia 'Loads of useful, achievable advice.' The Pool How did I become the 'expert' at changing a nappy? Jancee Dunn wondered. This, combined with a lack of sleep, a suddenly unfair division of household chores and her husband's new found passion for very long bike rides, meant that Jancee found it hard to look at her well-meaning, clever, funny husband playing with his iPhone without feeling a white-hot rage. Like many expectant parents, they'd spent weeks researching the safest car seat but little time thinking about the titanic impact the baby would have on their marriage — and the way their marriage would affect their child. Tired of having the same fights over and over, Dunn consults the latest relationship research, solicits the counsel of renowned sex and couples therapists, canvasses friends and parents, and even consults an FBI hostage negotiator on how to effectively contain an 'explosive situation'. Could it be that the person who got her into this position is the ally she'd forgotten she had? Funny, honest and actually helpful, this book can't do the washing but it

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might just save your marriage.

Preparing for a Gentle Birth Blandine Calais-Germain 2012-07-26 An illustrated hands-on guide to the dynamics of the female pelvis for expectant mothers, midwives, and birth professionals • Provides fully illustrated exercises to help the expectant mother prepare her pelvis for birth and gain confidence in her body's innate ability to birth her child • Details the anatomical intricacies of the female pelvis and its capabilities for expansion and return to its original form • Presents movements and positions to ease discomfort, enhance the productivity of contractions, aid the internal expansion of the pelvis, and prevent and treat issues that may arise such as "failure to progress" The dynamic power of the female pelvis is the key to a gentle birth. Throughout pregnancy, hormones soften the ligaments and joints of the pelvis in preparation for labor, a time when the four bones of the pelvis--the two ilia (hip bones), the coccyx (tailbone), and the sacrum--do their intimate dance of release, rotation, and counter-rotation around the soon-to-be newborn. In this hands-on guide based on 15 years of research and workshops in maternity wards, movement teachers and health professionals Blandine Calais-Germain and Núria Vives Parés detail the anatomical intricacies of the female pelvis and its capabilities for expansion and return to its original form. Providing fully illustrated exercises to help the expectant mother prepare for this pelvic transformation and gain confidence in her body's innate ability to birth her child, they also present a variety of movements and positions for use during the different stages of labor to ease discomfort, enhance the productivity of contractions, aid the internal expansion of the pelvis, and prevent and treat issues that may arise such as "failure to progress." Ideal for the expectant mother and her birthing partner, this book will be a welcome addition to the library of every midwife, obstetrician, doula, and movement professional who teaches pregnant women.

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The Sexual Life of Children Floyd M Martinson 1994-04-21 This book traces the development of sexuality in the child from the prenatal, through birth and up to puberty and adolescence. Very little has been written about children's sexuality in spite of a large literature on child abuse. Western society has been slow to recognize sexual experiences and conceptualizations as an important part of a child's development. This is the only work that has been written in a frank and open manner about the many sexual encounters that children have on a daily basis as part of their normal psychological development. Martinson's study is unique in that children speak for themselves in telling about their explorations, confusions, fears, and satisfactions. The book traces the life of children in their day-to-day encounters as they grow and develop. It complements and rounds out Robert Coles's important works on *The Moral Life of Children*, *The Political Life of Children*, and *The Spiritual Life of Children*.

Is There Really Sex After Kids? Jill Savage 2003 With Leader's Guide and Personal Reflections A practical guide to help women rise above frustrations and disappointments to restore intimacy, pleasure, spontaneity, and passion in marriage What's happened to our sex life now that we have kids? Many moms may not ask this question aloud, but Jill Savage knows from years of leading Hearts at Home conferences that no workshop subject will more quickly fill a room. Having children in the home alters the sexual dynamic between husband and wife. Going from making meatloaf to making love, from practical mommy to passionate lover, all in one crowded evening has its own set of unique challenges. *Is There Really Sex After Kids?* is written by a mom, for moms, and filled with practical ideas. This is not a clinical book on sexual technique, though readers will find some creative suggestions. It isn't a counselor's text, though it contains the sage wisdom of a mentor and friend. It is a woman-to-woman discussion---a true insider's look---at what works to build intimacy

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outside the bedroom and improve intimacy inside the bedroom.

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.

The Contented Mother's Guide Gina Ford 2012 Becoming a mum is an exciting journey, with new rewards and responsibilities. But while you focus your energies on the needs of your growing baby, it's easy to neglect your own needs as a new mum. This one-stop guide will help you navigate all the essential issues of motherhood.

[The Father Hood](#) Luke Benedictus 2019-08-05 It's official: Dads need a rebrand. The Father Hood celebrates the rapidly-growing tribe of hands-on dads who are discovering that fatherhood is the

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making of them. "The most important thing about being a dad is to be an example." Mark Wahlberg Welcome to The Father Hood. Where we celebrate the growing tribe of hands-on dads who are discovering that becoming a father is the greatest opportunity a man can have to be better than he's ever been before; stronger, wiser and more compassionate. But there is no instruction manual or benchmark for modern dads aside from one golden rule: keep showing up. With a mix of celebrity interviews - from Hugh Jackman, David Beckham, Osher Gunsberg and many more - as well as quotes and stats that capture the rise of the hands-on dad, The Father Hood is the guide to helping modern dads thrive and survive in the only job that really counts.

The New Mom's Survival Guide Jennifer Wider, M.D. 2008-06-24 Why can't I lose the extra weight? Why am I shedding like my pet golden retriever? I'm just too tired to have sex— and it hurts. What should I do? How can I tell the difference between the "baby blues" and a real depression? Why am I having so many fights with my husband? At last your baby has arrived, and you're experiencing all the joys that come with being a new mom. But you may not have bargained on acne and enlarged feet, not to mention constipation, vaginal pain, mood swings, or perhaps one of the more serious conditions that pregnancy can trigger. So what can you do to deal with all these unexpected challenges? In this compassionate, comprehensive guide, Dr. Jennifer Wider, a physician as well as the mother of two small children, delivers up-to-date medical information, candid answers to a host of questions, and expert advice on a range of postpartum issues, including: Sex and intimacy after pregnancy—physical and mental roadblocks • Marital stresses and strains • How to safely lose weight and exercise • Cracked nipples and other breast-feeding concerns • When the baby blues are more than just a phase • Coping with thyroid problems, anemia, diabetes, urinary incontinence, and other conditions that can show up during or after pregnancy From redefining

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yourself to taking care of yourself while caring for your baby, *The New Mom's Survival Guide* offers such a wealth of practical help that new moms will turn to it again and again.

All Joy and No Fun Jennifer Senior 2014-02-19 Award-winning journalist Jennifer Senior tries to tackle the issue of the effects of children on their parents, isolating and analyzing the many ways in which children reshape their parents' lives, whether it's their marriages, their jobs, their habits, their hobbies, their friendships, or their internal senses of self. She argues that changes in the last half-century have radically altered the roles of today's mothers and fathers, making their mandates at once more complex and far less clear. Recruiting from a wide variety of sources - in history, sociology, economics, psychology, philosophy, and anthropology - she dissects both the timeless strains of parenting and the ones that are brand new, and then brings her research to life in the homes of ordinary parents around the country. The result is an unforgettable series of family portraits, starting with parents of young children and progressing to parents of teens. Through lively and accessible storytelling, Senior follows these mothers and fathers as they wrestle with some of parenthood's deepest vexations - and luxuriate in some of its finest rewards. *All Joy and No Fun* makes us reconsider some of our culture's most basic beliefs about parenthood, all while illuminating the profound ways children deepen and add purpose to our lives. *All Joy and No Fun* is original and essential reading for mothers and fathers of today - and tomorrow.

Pussy Regena Thomashauer 2018-04-03 "Required reading for every woman who longs to step into her power and live with pleasure and purpose." — Kris Carr, New York Times best-selling author Author, educator, and School of Womanly Arts founder Regena Thomashauer has been working with women for the past 25 years, and what began as just a few women in her living room has since grown into a global movement with thousands of graduates worldwide. In her New York Times

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bestseller *Pussy: A Reclamation*, she reveals what no one taught you about the source of your feminine power and how to use it. This power is the part of a woman that she has been taught to ignore, push down, and despise. Indeed, the word that most viscerally sums it up is "arguably the most powerful pejorative word in the English language." Like any expletive used effectively, the title of this book is meant to be a wake-up call. It is a reclamation, in a world that desperately requires the feminine. Readers learn the secret ingredient every woman is missing; how to crack the confidence code; why sex appeal is an inside job; what's ahead on the next frontier of feminism—and how they can help make it happen; and much more. By turns earthy and erudite, passionately argued and laugh-out-loud funny, *Pussy* delivers the tools and practices a woman requires to do and be whatever she wants in this life. It's a call for her to tune in, turn on, and not drop out—but live more richly, fully, and lusciously than she ever thought she could.

Cribsheet Emily Oster 2019-05-30 'Emily Oster is the non-judgemental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way' Amy Schumer Parenting is full of decisions, nearly all of which can be agonized over. There is an abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your own best decision? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths and offers non-judgemental ways to consider our options in light of the facts. *Cribsheet* is a thinking parent's guide that empowers us to make better, less fraught decisions - and stay sane in the years before preschool. *Now you can navigate the primary school years with Emily Oster too, in her new book *The Family Firm*, out now*

Cognitive Neuroscience of Memory Consolidation Nikolai Axmacher 2017-02-09 This edited volume provides an overview the state-of-the-art in the field of cognitive neuroscience of memory consolidation. In a number of sections, the editors collect contributions of leading researchers . The topical focus lies on current issues of interest such as memory consolidation including working and long-term memory. In particular, the role of sleep in relation to memory consolidation will be addressed. The target audience primarily comprises research experts in the field of cognitive neuroscience but the book may also be beneficial for graduate students.

Exploring the Biological Contributions to Human Health Institute of Medicine 2001-07-02 It's obvious why only men develop prostate cancer and why only women get ovarian cancer. But it is not obvious why women are more likely to recover language ability after a stroke than men or why women are more apt to develop autoimmune diseases such as lupus. Sex differences in health throughout the lifespan have been documented. Exploring the Biological Contributions to Human Health begins to snap the pieces of the puzzle into place so that this knowledge can be used to improve health for both sexes. From behavior and cognition to metabolism and response to chemicals and infectious organisms, this book explores the health impact of sex (being male or female, according to reproductive organs and chromosomes) and gender (one's sense of self as male or female in society). Exploring the Biological Contributions to Human Health discusses basic biochemical differences in the cells of males and females and health variability between the sexes from conception throughout life. The book identifies key research needs and opportunities and addresses barriers to research. Exploring the Biological Contributions to Human Health will be important to health policy makers, basic, applied, and clinical researchers, educators, providers, and journalists-while being very accessible to interested lay readers.

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Healing Painful Sex Deborah Coady 2011-11-01 Healing Painful Sex covers the following symptoms and conditions: Pelvic floor dysfunctionVulvodynia, pudendal nerve pain, and clitorodyniaPelvic organ problems, endometriosis, painful bladder, and irritable bowelSkin disorders, such as lichen sclerosisHormonal, surgical, and post-cancer causes of sexual pain Millions of women suffer from sexual and pelvic pain in America today, yet it is frequently misdiagnosed?or not diagnosed at all.In Healing Painful Sex, Deborah Coady, MD and Nancy Fish use their combined professional expertise as a doctor and therapist who specialize in sexual pain to provide readers with an understanding of its many causes and how to treat them, from both a physical and psychological standpoint. Organized into three parts?naming the problem, getting a diagnosis, and overcoming pain?Healing Painful Sex includes medical checklists, illustrations, vignettes based on interviews with women and their healthcare professionals, treatment options, and guidance for moving forward after healing. Coady and Fish speak honestly and directly to sexual pain sufferers' experiences, helping them address the problem of chronic pain, understand and prevent misdiagnoses, define medical terms and conditions, and regain sexual joy. Comprehensive, multi-dimensional, and deeply insightful, Healing Painful Sex offers women the tools to successfully take on the many challenges of sexual pain and move toward a healthy, happy future.

And Now We Have Everything Meaghan O'Connell 2018-04-10 A raw, funny, and fiercely honest account of becoming a mother before feeling like a grown up. When Meaghan O'Connell got accidentally pregnant in her twenties and decided to keep the baby, she realized that the book she needed -- a brutally honest, agenda-free reckoning with the emotional and existential impact of motherhood -- didn't exist. So she decided to write it herself. And Now We Have Everything is O'Connell's exploration of the cataclysmic, impossible-to-prepare-for experience of becoming a

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mother. With her dark humor and hair-trigger B.S. detector, O'Connell addresses the pervasive imposter syndrome that comes with unplanned pregnancy, the fantasies of a "natural" birth experience that erode maternal self-esteem, post-partum body and sex issues, and the fascinating strangeness of stepping into a new, not-yet-comfortable identity. Channeling fears and anxieties that are still taboo and often unspoken, *And Now We Have Everything* is an unflinchingly frank, funny, and visceral motherhood story for our times, about having a baby and staying, for better or worse, exactly yourself. Smart, funny, and true in all the best ways, this book made me ache with recognition." -- Cheryl Strayed

From Ouch! To Ahhh...The New Mom's Guide To Sex After Baby Sarah J. Swofford 2015-11-04
Are you wondering why sex is difficult since you became a mother? You are not alone. Having a baby can change everything you thought you knew about sexual intimacy and desire. "From Ouch! To Ahhh" addresses what most new moms wonder: Why is sex so different after baby? Why do I feel so disconnected from my partner? What happened to my libido?

Regenerate Sayer Ji 2021-08-10 "This book is a revolution! It goes way beyond the beliefs that have fueled modern pharmaceutical medicine for decades and gives you all the science you'll ever need to prove that there is another way." - Christiane Northrup, M.D., New York Times bestselling author of *Goddesses Never Age* Modern medicine and human health are at a critical crossroads, and the truth is that you and not your genes are in the driver's seat. You are the one who gets to make informed decisions on how you use and nourish the evolutionary miracle that is your body. Combining analysis of cutting-edge scientific findings with our deepest ancestral wisdom and health-promoting practices, Sayer Ji, founder of GreenMedInfo, offers a time-tested program to help prevent and manage the most common health afflictions of our day-cancer, heart disease, neurodegenerative

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diseases, and metabolic syndrome. Antiquated thinking and scientific dogma have long obstructed our understanding of our innate untapped potential for self-regeneration and radical healing. But the New Biology explains why biological time is not a downward spiral and how chronic illness is not inevitable when you implement nature's resiliency tools. In his thorough and thoughtful exploration of the New Biology, Sayer Ji illuminates: the fascinating new science of food as information the truth about cancer and heart disease screening and what real prevention looks like how to reverse the most common forms of degeneration using food-based approaches how the body extracts energy from sources other than food, including water and melanin; and how to make sense of conflicting dietary recommendations and out-of-date food philosophies Encoded within every tissue of your body is your ability to regenerate. Unlock your radical resiliency through this roadmap for diet, exercise, stress reduction, and the cultivation of the environment in which you choose to live.

Secrets of the Nanny Whisperer Tammy Gold 2015-01-06 The New Childcare Bible—A Must-Have Whether You Have Occasional Sitters or a Full-Time Nanny Finding the right caregiver can be one of the most life-changing decisions a parent makes. Whether it's a kindly neighbor for the weekday latchkey hours, a teenage babysitter one night a week, or a full-time professional nanny, the right caregiver can enrich a child's world and literally grow her brain. Hire the wrong one, and this person could cause developmental delays and stress for the entire family. In her groundbreaking new book, *Secrets of the Nanny Whisperer: A Practical Guide for Finding and Achieving the Gold Standard of Care for Your Child*, nationally recognized parenting expert Tammy Gold draws from her extensive background in child developmental psychology, social work, and family therapy to offer the first childcare bible for parents. Knowing the impact caregivers have on children coupled with the unregulated often unknown world of in-home childcare workers, Gold has devoted her

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professional career, and now this book, to helping parents navigate through this important--and woefully overlooked--process. She arms parents with invaluable tools, tips, and insider secrets to finding the perfect caregiver-family match. Gold's Family Needs Assessment helps parents identify the traits and conditions that are "must-haves," added "pluses," or nonnegotiable "deal breakers." Parents can then use this list of qualities to quickly weed out unqualified candidates. She also details what to ask over the phone and in a face-to-face interview, how to structure a trial run (which she deems essential), and what to spell out in a Nanny-Family Work Agreement--another essential tool included in the book. Readers learn her "Nanny Speak 1-2-3" technique to help clarify and resolve issues with the caregiver in a productive, positive way. In addition to saving hours and energy, Parents will also discover as much about parenting as they will about finding a nanny. Secrets of the Nanny Whisperer is chock-full of parenting gems about children's developmental stages, ways to nurture and stimulate the child, and essential strategies for maintaining harmonious and high-functioning parent-child-caregiver relationships. This book is a must read for parents who want to create a happier, healthier and safer childcare experience for their child.

Breastfeeding Solutions Sexual Intimacy After the Baby Arrives Diana Mayer 2013-04-10 Wondering why your sex life has taken a downturn now that you're a new mom? You're not alone. And there are things you can do to get your sex life back on track. Breastfeeding Solutions: Sexual Intimacy After the Baby Arrives is a practical manual on sex and intimacy. It covers: Detailed strategies to handle body changes that impact sex (vaginal dryness and discomfort, breast tenderness and milk ejection during sex) A program to reawaken sexual desire Specific ways to spice up your love life Contraception information specific for moms who breastfeed"

The Little Book of Self-Care for New Mums Beccy Hands 2018-10-04 'This is a fab book. Really

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recommend it!' Mrs Hinch Read this book for an instant pick-me-up. Whether this is your first or fifth baby, The Little Book of Self-Care for New Mums is your handy survival guide to managing the emotional and physical rollercoaster of becoming a new mum. Bringing together decades of experience from a midwife and a doula, you'll find invaluable tips and tricks to boost confidence and calm frazzled nerves - plus answers to all those questions you may be too embarrassed to ask. From creating cooling breast pads with chamomile tea and quick stretches to relieve aching muscles, through to easy recipes to nourish your postnatal body and 5-minute fixes to restore your sense of humour, this is the book you can turn to when the overwhelm sets in. Beautifully illustrated in full-colour, it covers everything you need to know about the postnatal period to feel supported, empowered and understood.

Breaking Mum and Dad Anna Williamson 2018-03-08 With more than 1 in 10 new parents experiencing post-natal depression and anxiety, and after suffering the traumatic birth of her son, and herself being diagnosed with post-natal anxiety and birth trauma, Anna Williamson uncovers the real thoughts, feelings and behaviours that many of us experience in those first few weeks and months after becoming a parent. From 'I'm struggling to love my baby' to 'I miss my old life' and 'Will I ever feel like "me" again?' to 'I'm anxious about having sex' this book will help new parents cope with the often taboo topics that we ALL encounter. A therapist in your pocket, meaning you don't have to face one of life's most momentous experiences alone, or fear being judged of the weird and often worrying irrational thoughts that plague our frazzled minds. Mental health for new mums (and dads) is a thing - a big thing - and it's time we all stopped suffering in silence. It takes time to adjust to this new identity and role - whether it's making new friends, coping with changing relationships, breast and bottle feeding anxiety, going back to work worries, or the whole shift being

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a new parent poses mentally. *Breaking Mum and Dad* is a little pocket guide of empathy, sympathy and above all, hope.

Sex-Interrupted Iris Zink 2020-12-15 By the year 2030, as many as 171 million people in the U.S.- more than half of all Americans-will be living with at least one chronic medical condition (data from The Robert Wood Johnson Foundation). Illness or disability can easily derail a person's sex life-but it doesn't have to be that way. Using kindness, honesty, and humor, Iris Zink, BSN, MSN, ANP, RN-BC, explores the ways illness or disability can affect a sexual relationship and offers suggestions on how to regain intimacy. She also describes existing myths about sex and debunks them with real-life examples. Most importantly, you'll learn that, no matter how a person's body changes, no-one should have to give up sex. Ms. Zink has 20 years of experience in treating sexual health complications related to chronic illness, and in writing and lecturing to healthcare providers on sexual health subjects. She has enabled thousands of people to experience fulfilling sex and meaningful intimacy-she can help you, too!

The Sexual Life of the Child Albert Moll 2015-03-10 "[...]out in passing that there is a confusion here between procreative capacity and competence for sexual intercourse, for as a rule the first seminal emissions contain no spermatozoa. But, apart from such confusions, the term puberty is used in various senses. Thus, a second writer denotes by puberty the point of time at which the sexual development is completed; a third means by puberty the period which elapses between the occurrence of the first involuntary orgasm and the completion of sexual development; a fourth uses the word to denote the entire period of life during which procreative capacity endures; and finally, a fifth includes under the notion of puberty the whole course of life after the[...]"

Rekindling Martien Snellen 2010-03-29 We all know parenthood brings massive changes. But not

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every couple is prepared for the impact pregnancy and childbirth can have on their intimate relationship. Sure, we expect to put sex on hold for a while just before and after the birth, but most of us naively assume that things will eventually return more or less to normal. Unfortunately for many couples it doesn't work out like that. And although it's true, as Martien Snellen points out, that no one ever died from lack of sex...Well, sometimes it can make a relationship feel a little bit under the weather. Dr Martien Snellen is a psychiatrist with an extensive practice in relationship counselling. In this new edition of his immensely well received book (originally released as Sex & Intimacy after Childbirth) he explores the factors that can affect your sex life when you have a new baby. From changes in body image to serious health issues like Postnatal Depression; from divergent levels of interest to just not being able to find the time. And, most importantly, he offers practical suggestions to help get the spark back. For both of you. This book is a godsend for any new, or newish, parent who thinks their other relationship could do with a little attention too.

The Sexual Life of the Child Albert Moll 2022-08-01 DigiCat Publishing presents to you this special edition of "The Sexual Life of the Child" by Albert Moll. DigiCat Publishing considers every written word to be a legacy of humankind. Every DigiCat book has been carefully reproduced for republishing in a new modern format. The books are available in print, as well as ebooks. DigiCat hopes you will treat this work with the acknowledgment and passion it deserves as a classic of world literature.

Sex and Romance During Pregnancy and After the Birth Adelaide E Aduboffour 2010-06-09 This book provides information on: 1.Physical and psychological changes during pregnancy and how it can affect your relationship and sex life 2.Enjoying sex and intimacy during pregnancy 3.Different positions to try as the bump grows bigger 4.when to refrain from sex. 5.How to be adventurous and

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creative when penetrative sex is not an option 6. Practical experiences shared by couples. 7. Myths and cultural beliefs surrounding sex and childbirth 8. Easing into your normal sex life after the birth of your baby. 9. Tips to help you and your partner to make most of your love life during this life - changing experience.

Reviving Your Sex Life After Childbirth Kathe Wallace 2014

Sex After . . . Iris Krasnow 2015-01-27 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

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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.

The Mommy Mojo Makeover Dana B. Myers 2018-04-10 Struggling with bedroom boredom? Not loving your post-baby body? Wish you had more me-time to thrive as a confident, powerful woman? Feeling stuck in the “Mom Zone?” What’s a mama to do? The Mommy Mojo Makeover is an uplifting guide designed to inspire mothers to rediscover their sensual self-confidence, reconnect with their bodies, and reignite the spark in their relationships. Sex and relationship expert Dana B. Myers delivers 28 inspiring and practical tools, interactive exercises, and real-life anecdotes that’ll leave women feeling like a happier, sexier mama—one who is more deeply satisfied within herself and her relationship. This encouraging guide will help both new and seasoned mamas learn to take action—to define and create exactly what she wants in life, motherhood, and romantic partnership. Expect to say goodbye to the Mom Zone, exhaustion, and resentment and say hello to increased energy, libido, self-confidence, and a new, vivacious you!

Awakening Fertility Heng Ou 2020-03-24 A guide to caring for mind and body while trying to conceive from the bestselling authors of *The First Forty Days*, with recipes included. The path to motherhood is a deep and transformative process. It can also include unexpected twists and turns. *Awakening Fertility* is a loving companion to accompany you along the journey—whether your desire to become a mother burns fiercely today or is a future calling just beginning to stir. Intended for women at every stage of the preconception process, this book offers wisdom and guidance to

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support your body, mind, and spirit—including nearly 50 delicious recipes to nourish yourself deeply.

Life After Birth Kate Figes 2001-05-24 The birth of a child can provoke profound change in a woman—in her health, career, emotions, sex life, and relationships with friends, husband and family. Pregnancy and childbirth radically alter a woman's body and metabolism—it's virtually impossible to "bounce back" quickly after childbirth. And many new moms discover that their sex lives and social lives—and with them, their self esteem—evaporate with a new baby, who they somehow seem to have been made wholly responsible for. Life After Birth doesn't cloak the truth in pastel colors, but explores the actual physical, psychological and emotional consequences of giving birth. Through extensive research and interviews, Figes tackles the tough realities of a new mother's life. What she discovered can help a new parent face some of the most difficult decisions she'll ever have to make.

Why I Didn't Rebel Rebecca Gregoire Lindenbach 2017-10-03 In this unique combination of personal history, interviews, and social science, a young millennial shares surprising reasons that youthful rebellion isn't inevitable and points the way for raising healthy, grounded children who love God. Teen rebellion is seen as a cultural norm, but Rebecca Gregoire Lindenbach begs to differ. In Why I Didn't Rebel—based on a viral blog post that has been read by more than 750,000 people—Lindenbach shows how rebellion is neither unavoidable nor completely understood. Based on interviews with her peers and combining the latest research in psychology and social science with stories from her own life, she gives parents a new paradigm for raising kids who don't go off the rails. Rather than provide step-by-step instructions on how to construct the perfect family, Lindenbach tells her own story and the stories of others as examples of what went right, inviting readers to think differently about parenting. Addressing hot-button issues such as courtship, the purity movement, and spanking—and revealing how some widely-held beliefs in the Christian

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community may not actually help children--Why I Didn't Rebel provides an utterly unique, eye-opening vision for raising kids who follow God rather than the world.

Sex After Baby Kathleen Hamilton 2007 After she had a baby at 39, Kathleen Hamilton's sexual desire dove overnight from, "Honey, can we please have sex tonight, I've got a headache?"; to nothing. Zero. Zip. Nada. It was an identity crisis. None of the books and articles Kathleen could find came close to explaining why was lost her libido, or how or when she might find it again. No one around Kathleen talked openly about her experience balancing sex and motherhood - until Kathleen asked. Funny, frank, political, and poignant, *Sex After Baby: Why There Is None* is Kathleen's quest to bring the surprise triple orgasm back into her life. Along the way, the book reveals how Kathleen's questions about sex after baby - among her friends and neighbours and favourite books - brought her new, unexpected understanding of women's sexuality and women's lives.

The Normal Bar Chrisanna Northrup 2013-02-05 Based on data obtained from nearly 100,000 respondents, here is the ultimate resource for anyone who wants to learn the relationship-tested ways couples can achieve satisfaction and contentment in areas such as communication, sex, affection, and financial cooperation. What constitutes "normal" behavior among happy couples? What steps you should take if that "normal" is one you want to strive for? To help answer those questions, wellness entrepreneur Chrisanna Northrup teamed with two of America's top sociologists, Yale Ph.D. Pepper Schwartz and Harvard Ph.D. James Witte, to design a unique interactive survey that would draw feedback from around the world. What has resulted is the clearest picture yet of how well couples are communicating, romancing each other, satisfying each other in the bedroom, sharing financial responsibilities, and staying faithful - or not. Since the Normal Bar survey methodology sorts for age and gender, racial and geographic differences and sexual preferences, the

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authors are able to reveal , for example, what happens to passion as we grow older, which gender wants what when it comes to sex, the factors that spur marital combat, how kids figure in, how being gay or bisexual turns out to be both different and the same, and -regardless of background -- the tiny habits that drive partners absolutely batty. The book is dense with revelations, from the unexpected popularity of certain sexual positions, to the average number of times happy - and unhappy -- couples kiss, to the prevalence of lying, to the surprising loyalty most men and women feel for their partner (even when in a deteriorating relationship), to the vivid and idiosyncratic ways individuals of different ages, genders and nationalities describe their "ideal romantic evening." Much more than a peek behind the relationship curtain, *The Normal Heart* offers readers an array of prescriptive tools that will help them establish a "new normal." Mindful of what keeps couples stuck in ruts, the book's authors suggest practical and life-changing ways to break cycles of disappointment and frustration.

The First Six Weeks Midwife Cath 2016-04-27 Everything you need to know about caring for your new baby, from feeding to sleeping and everything in between - every parent's new best friend. 'Cath Curtin is the newborn baby guru! A calming voice, a gentle hand and a wealth of knowledge during one of the most incredible but terrifying times of your life - new parenthood. To have Cath's support after the birth of my first son was invaluable and I don't know how I would have done it without her!' Rebecca Judd Cathryn Curtin has delivered more than 10,000 babies over the last 40 years, so she understands how the first six weeks of a baby's life are vital for establishing habits that help create a healthy, happy routine for your baby and a loving lifelong bond between you and your child. In this practical and easy-to-use guide, Midwife Cath covers all aspects of a newborn's first weeks, from caring for your baby to coping with the sudden emotional and physical changes of new parenthood. By following her brilliant bath, bottle and bed routine, you'll enjoy a deep sleep for up to five hours

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in these demanding early weeks while your partner has some precious one-on-one time with your child. These first weeks of a baby's life can be a challenge for any new parent. Midwife Cath's invaluable experience and wisdom will guide you through them as well as help you establish a routine that will ensure a healthier, happier baby and better-rested and more confident parents. *The Interstitial Cystitis Solution* Nicole Cozean 2016-10 The Interstitial Cystitis Solution is a comprehensive guide of the condition, helping patients take their treatment into their own hands.

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