

## How Do You Pleasure A Woman After Menopause

**Becoming Orgasmic** Julia Heiman 1987-12-10 Are you shy or self-conscious when it comes to sex? Do you want to learn how to enhance the pleasure you derive from sex? The revised and expanded edition of *Becoming Orgasmic* provides a program designed to help anyone overcome the myriad obstacles to complete sexual satisfaction. Whether married or single, young or old, the program presented in these pages will help you feel comfortable with yourself and your ideas about sex and enable you to grow as a person. *Becoming Orgasmic* will help you: -Evaluate your sexual history and put it in perspective -Explore your body through touch -Understand the effects of pregnancy, menstruation, and menopause on sexual desire and response -Be comfortable with your body and yourself as a woman -Share self-discovery with your partner -Find techniques to try if something turns you off -Overcome the fear of orgasm -Learn how to bring yourself to orgasm -Practice safe sex in today's world—precautionary measures, social expectations, personal values, and choosing a partner in the age of AIDS A personal and sensitively written book that is also informative, *Becoming Orgasmic* is designed to make you feel good about your sexuality and yourself.

**Female Sexuality** Precilla Y. L. Choi 1994 This text examines the issue of female sexuality from psychological, biological and sociological perspectives. It explores the major changes in the female life cycle: the menstrual cycle, pregnancy and postpartum, the menopause and the development of sexual orientation.

**Sex, Meaning and the Menopause** Sue Brayne 2011-08-04

**More Orgasms Please** The Hotbed Collective 2019-07-04 A FRANK, FUNNY AND EMPOWERING CELEBRATION OF FEMALE PLEASURE An orgasm will help you sleep and keep you looking younger, it doesn't cost money and isn't a scarce resource. So why is it that, like the pay gap, there is an 'orgasm gap' between women and men? The Hotbed Collective began life as a podcast with a mission 'to make life better one orgasm at a time'. Their debut book, *More Orgasms Please* is an open, honest and at moments hilarious dive into all aspects of sex for women. It covers feminist porn, body image, menopause and much more. Like the podcast that inspired it, *More Orgasms Please* is like the best sort of chat between friends: punchy and playful, normalising and educating. It is an eye-opening read that puts women's bodies and our right to pleasure firmly on the map. Think of it as 'Couch to 5k' ... for orgasms.

**Sexuality in Mid-Life** Stephen B. Levine 1998-02-28 I wrote *Sexuality in Mid-Life* to assist clinicians in considering love, sex, intimacy, and dysfunction as they occur in this epoch of the life cycle. The chapters reflect my belief that understanding the processes of living is vital for both the therapist and the patient. Despite my preoccupation with creating a cohesive book, I often thought of these 11 chapters as essays because in this prose form it is traditional for the author to be palpably present in the text. I tried not to hide behind the passive constructions of typical psychiatric books. I wanted to create a book that did not restrict itself to scientific findings, clinical experiences, or ideological traditions. I wanted to discuss relevant issues that were generally avoided by professionals. In approaching the topics of love, extramarital affairs, and menopause, for instance, I hoped to emphasize the developmental potentials inherent in both mid-life's smooth sailing and its underappreciated adversities. *Sexuality in Mid-Life* is my third solo-authored book. During the writing of the first two, I thought I was painting a picture of the life cycle of sexuality. When a young woman said something complimentary to me about *Sex Is Not Simple* and quickly added that I had left out any consideration of the sexuality of pregnancy, I was stunned by my oversight.

**Pathways to Pleasure** Robert W. Birch 2000 Written by a male Sexologist/Adult Sexuality Educator and a female Relationship and Sexuality Therapist, this adult self-help book is for women who have never experienced orgasm, for women whose orgasms have been difficult to reach, for those women wishing for orgasms that are more frequent and intense. Based on over 45 years of combined clinical experience, the authors address issues of early messages about sex, body image, self-exploration, the role of fantasy, effective modes of communication, issues of menopause, the sexual concerns of women with disabilities, and much much more. The book contains an extensive Appendix of 'homework assignments', self-awareness exercises, and a comprehensive list of written, visual and online resources.

**Radiant Wise Woman** Lee Sumner Irwin 2022-03-10 A new map through the maze of menopause for women 40 and better. A dramatic pro-age vision, groundbreaking research, and expert guidance reframe menopause and empower women with tools to get their life back. Resources, practices, bibliography.

**Our Bodies Not Ourselves** Kathryn A. Kirigin 2018-08-06 In 1970, the best-seller *Our Bodies Ourselves* was published. The focus of the authors, the Boston Health Collective, was on the youthful female body: on reproduction, sexuality, genitalia, intimacy and relationships in the context of North American cultural expectations. *Our Bodies Not Ourselves* is also about the female body—but on women aging from menopause to 100. Like its predecessor, *Our Bodies Not Ourselves* covers sexuality, genitalia, intimacy, gender norms and relationships. But the aging woman's body has many other issues, from head to toe, from skeleton to skin, and from sleep to motion. The book, an ethnography and Western cultural history of aging and gender, draws upon history, culture and social media, the authors' own experiences as women of 70, and conversations and correspondence with more than two hundred women aged from 60-ish to 100. They consider the cultural and structural frameworks for contemporary aging: the long sweep of history, gendered cultural norms and the vast commercial and medical marketplaces for maintaining and altering the aging body. Part I, *The Private Body*, focuses on the embodied experiences of aging within our private households. Part II, *The Public Body*, explores weight, height, and adornment as old women appear among others. Part III, *The Body With Others*, sets the embodied experiences of aging women within their sexual and social relationships.

**Sex Rx** Lauren F. Streicher 2015-01-27 Are you missing a vibrant, exciting sex life? Do you avoid sex because it is uncomfortable? Or even painful? Are you coping with diabetes, heart disease, cancer, or another illness that makes sex more challenging? Have you lost interest in sex altogether? Yes, anyone can love sex again, or love sex more, with *Sex Rx*. For millions of women in America, sex isn't always pleasurable or even possible. Instead, sex has become a low priority as they navigate marriage, motherhood, and work . . . not to mention cope with chronic stress and lack of sleep. Throw in the natural fluctuations in hormone levels that all women experience throughout their lives and it's not surprising that sex can become, well, a little less sexy. Additionally, common gynecological problems can make sex uncomfortable, and medical issues can cause it to be downright painful. Dr. Lauren Streicher, a leading women's sexual health expert, offers women the courage, vocabulary, and knowledge to identify and solve problems in the bedroom, for a wide range of issues—from flagging libido, vaginal dryness, and sex after menopause, to hormone supplements and the effects of medication. *Sex Rx* offers a wealth of knowledge along with a good dose of humor and plenty of encouragement, so that women of all ages can make having great sex a part of their lives forever.

**Love Sex Again** Lauren Streicher 2014-04-22 *Love Sex Again* is an all-encompassing guide to women's sexual health from Dr. Lauren Streicher, a cutting-edge Gynecologist, and a regular on *The Dr. Oz Show*. Ladies, what if one of America's leading sexual specialists and Gynecologist told you that she knew your body better than you did? What if she told you that she could fix the problems that are making your sex life less than perfect? More than 100 million women in America have problems in the bedroom, but don't have the courage to ask their doctors for help. These problems don't come from relationship issues, or the stresses of work and family. These are real, physical issues that are getting in the way of a vibrant, joyful sex life. Instead of getting the help they need, so many women make a silent deal with themselves: without fanfare, without discussion, they quietly give up on pleasure, or drastically compromise their expectations where sex is concerned. Sometimes women make this deal with themselves early on in their 20s or 30s; for other women, it doesn't hit until their 40s, 50s or later. Most women lack the vocabulary to talk about these issues with their doctors, not to mention the pharmaceutical aids that are readily available to men. But no longer. Dr. Streicher will show women how to regain their libido, determine what their issues are, and learn to fix whatever is broken "down there." This much anticipated book will set women on a path to discovering (or

rediscovering) deeply pleasurable, satisfying sex. She offers practical advice for real women of all ages—from childbearing to post-menopausal, and explains what a woman needs to know about her body, where she is in her life, and her relationships, and how it connects to a satisfying sex life.

Becoming Orgasmic Julia R. Heiman 2008-01

Secret Pleasures of Menopause Christiane Northrup 2008 The Secret Pleasures of Menopause is a groundbreaking book that is long overdue! Dr. Northrup believes that it's about time menopausal women came out of the closet and learned to enjoy the best years of their lives! Even though studies show that menopause does not decrease libido, ease of reaching orgasm, or sexual satisfaction, the majority of menopausal women are not experiencing the pleasure and sexual satisfaction that is their birthright. Christiane Northrup, M.D., delivers this breakthrough message that will help millions and millions of perimenopausal and menopausal women throughout the world understand that at menopause . . . life has just begun! It is the beginning of a very exciting and fulfilling time, full of pleasure beyond your wildest dreams!

**When You're Hot, You're Hot** Jan King 2012-12-11 Jan King has traveled under the bridge of menopause county and come out on the other side with a completely irreverent look at the changes women's bodies inevitably go through. What's so funny about hot flashes, you wonder? After reading *When You're Hot, You're Hot*, you'll know the answer: nothing, really. But you will have had the pleasure of getting the real scoop on menopause from one of the funniest writers out there. Jan unleashes her ready wit on her experiences with menopause and breast cancer to show you how to laugh your way through trying times. Read this book, and, suddenly, the Change can turn into the unthinkable . . . a laughing matter.

**The Palgrave Handbook of Critical Menstruation Studies** Chris Bobel 2020-07-24 This open access handbook, the first of its kind, provides a comprehensive and carefully curated multidisciplinary and genre-spanning view of the state of the field of Critical Menstruation Studies, opening up new directions in research and advocacy. It is animated by the central question: “what new lines of inquiry are possible when we center our attention on menstrual health and politics across the life course?” The chapters—diverse in content, form and perspective—establish Critical Menstruation Studies as a potent lens that reveals, complicates and unpacks inequalities across biological, social, cultural and historical dimensions. This handbook is an unmatched resource for researchers, policy makers, practitioners, and activists new to and already familiar with the field as it rapidly develops and expands.

*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 dysmorphophobias are also considered. The authors are all experts in the field and have a deep understanding of the complexities of female sexuality.

**Clinical Gynecology** Eric J. Bieber 2015-04-23 Written with the busy practice in mind, this book delivers clinically focused, evidence-based gynecology guidance in a quick-reference format. It explores etiology, screening, tests, diagnosis, and treatment for a full range of gynecologic health issues. The coverage includes the full range of gynecologic malignancies, reproductive endocrinology and infertility, infectious diseases, urogynecologic problems, gynecologic concerns in children and adolescents, and surgical interventions including minimally invasive surgical procedures. Information is easy to find and absorb owing to the extensive use of full-color diagrams, algorithms, and illustrations. The new edition has been expanded to include aspects of gynecology important in international and resource-poor settings.

I Want to Age Like That Diana Bitner 2014-09-01 Finally, a book that answers my questions, gives me an action plan, and arms me with the power of knowledge and choices. I have always dreaded menopause thinking it was the end of any youthfulness and the beginning of feeling and looking physically old. Dr. Bitner's book is full of possibilities of how I want to age. ~ Eva Aguirre Cooper, Community Affairs Director, WOOD/WOTV/WXSP

Sex, Intimacy, and Menopause Philip DuBois 2015-12-11 A guide for men to issues of health, partnership, intimacy, and sexuality during and after menopause.

**Menopause Matters** Julia Schlam Edelman 2010 A guide for improving a woman's physical and mental health from age 35 and on. It covers topics of vital interest to perimenopausal and postmenopausal women: hot flashes, vaginal dryness, poor sleep, memory loss, mood changes, depression, hormone replacement therapy, sleep, diet, exercise, weight control, and healthy sex.

*Mature Sexual Intimacy* Maryann Karinch 2019-07-08 This book delves into the value of intimacy, the rewards of it, and how women can move toward those rewards when perimenopausal, in the throes of menopause, or postmenopausal. It helps women explore improved sexual health and science-based answers to finding physical comfort and pleasure during and after menopause—from symptom relief to orgasm.

*The V Book* Elizabeth G. Stewart, M.D. 2008-12-10 The Groundbreaking Guide Every Woman Needs With *The V Book*, women will learn everything they need to know about the basics of vulvovaginal—or “V”—health, an essential yet often overlooked area of women’s health. Dr. Elizabeth G. Stewart, the nation’s foremost expert in vulvovaginal care and sexual-pain disorders, answers the questions about the all too common “V” ailments that women are embarrassed to discuss even with their doctors. Drawing upon the latest medical research and two decades of experience treating thousands of women in her specialized gynecological practice, Dr. Stewart has compiled a wealth of information and advice. This comprehensive and authoritative guide for women of all ages includes: • How your vulvovaginal concerns change throughout the life cycle, from your teens through menopause and beyond • How to pick a good gynecologist, and how to ask the right questions • Dos and don’ts of V hygiene—and why sometimes less is better • The safest use of tampons, pads, and pantliners • How to handle common symptoms, such as redness, itching, dryness, and discharge • Which medical tests you should insist upon from your doctor • Tips for safe and pleasurable sex, and what to do when sexual intercourse is painful • The latest research on vulvodynia, the vaginal pain syndrome that won’t go away • Diagnosing and treating yeast infections, allergies, and other ailments • What to do if your doctor detects cancer or precancer cells And much, much more...

*Menopause* Odile Bagot 2021-02-27 Every woman wonders what will happen to her body when her periods end and she begins to experience the swings in hormones, the loss of both muscle and bone mass and, of course, the inevitable hot flashes. Menopause, a necessary part of a woman's life, is a much less daunting experience than it was in the past. Today, it is possible to combat the physical and hormonal inconveniences through both conventional and alternative medicine. In *Menopause: No Need to Panic*, author Dr. Odile Bagot, a gynecologist in her 60s, gives women all the information they need to calmly and successfully get through this complicated period in their lives. She explains with equal parts kindness, humor and medical authority the changes that are taking place and what can be done to regain control of your health, your energy and your good mood. Contents include: Menopause, What Is It?: Age, diagnosis, symptoms Perimenopause: Lack of estrogen and progesterone; Hormonal ups and downs; Contraception and fertility Menopause: Hot flashes; Hormone and non-hormonal treatments; Sleep and mood disorders Love and sex: Sexual desire and pleasure; Male sexual desire after 50 Bodily Changes: Body shape and weight; Bones and joints; Heart and skin Hormonal treatment: Current controversies; Practical remedies; 10 commandments for postmenopausal women.

**The Change** Germaine Greer 2018-08-14 An updated edition of Germaine Greer's revolutionary discussion of menopause, which the New York Times Book Review called "a brilliant, gutsy, exhilarating, bruising, exasperating fury of a book." A quarter of a century after the first publication of Germaine Greer's now canonical look at women's experience later in life, the renowned feminist and prolific author updates and expands

her essential book, *The Change*. Despite improvements over the last few years, discussions about menopause are still hampered by a huge variance in conventional wisdom about what happens, when it happens, when it can be said to be over, and how to deal with it. After decades, the same misinformation and ineffective methods are still being widely touted and proliferating at an alarming rate due to the rise of the Internet. In this updated edition of her groundbreaking book, Greer debunks stubborn myths and presents a vital new perspective on the emotional and physical changes—including up-to-date medical details—women face today when they go through what's known as "the change." Greer also addresses cultural changes that surround female aging today, launching a clear and necessary protest against the notion that women should shrink into the background as they grow older. She argues that menopause marks the point in a woman's life when she should be able to stop apologizing and bask in the freedom and joy that come with her later years. Witty, wise, and timely, this new edition of *The Change* offers a crucial twenty-first-century guide to the change that every woman faces.

*Standard Practice in Sexual Medicine* Hartmut Porst 2008-04-15 The new international standard reference work for sexual medicine Written under the auspices of the International Society for Sexual Medicine, (www.issm.info), the leading professional society in sexual medicine and founder of the most influential journal in the field, *The Journal of Sexual Medicine*, published by Blackwell Publishing Comprehensive coverage of the full range of diagnostic and treatment options in all aspects of male and female sexual dysfunctions Provides information on recent progress in pharmacologic approaches, including the highly successful drug treatments for ED Useful for any part of the patient-clinician consultation, from gathering symptoms to diagnosis to treatment to reports on potential and developing treatments

**Textbook of Female Sexual Function and Dysfunction** Irwin Goldstein 2018-07-02 A comprehensive text on female sexual function and dysfunction that offers a multi-disciplinary, biopsychosocial approach to diagnosis and treatment *Textbook of Female Sexual Function and Dysfunction* offers a multi-disciplinary, biopsychosocial approach and provides guidance for the safe and effective diagnosis and treatment of various sexual health issues. With contributions from an international panel of experts, the text provides the scientific basis of the clinical recommendations for dealing with problems of sexual, desire, arousal, orgasm and pain. The text is clearly organised around the four major disease states in female sexual dysfunction (FSD) and is officially endorsed by the International Society for the Study of Women's Sexual Health (ISSWSH). The authors cover a wealth of topics such as hypoactive sexual desire disorder, psychological management of sexual disorders, anatomy and physiology of sexual dysfunction and pain and information on future developments and research. In addition, the text reviews all FDA approved medications for sexual dysfunction and contains consideration of off-label treatments for FSDs. This important text: • Offers the only textbook to highlight female sexual dysfunction in light of recently approved FDA medications • Contains a unique biopsychosocial approach from a collaborative team of physicians, psychologists, physical therapists as well as other sexual health professionals • Presents a comprehensive text led by one of the foremost global experts in Women's Sexual Health, Irwin Goldstein, founder of ISSWSH, with three other past presidents and one president-elect Written for any professional dealing with women's sexual health, *Textbook of Female Sexual Function and Dysfunction* offers an invaluable guide to the most safe and effective diagnosis and treatment.

*The Secret Pleasures of Menopause Playbook* Christiane Northrup, M.D. 2009-03-15 Why a Playbook: When I was writing *The Secret Pleasures of Menopause*, I began to hear more and more stories from other women about exactly what I was writing about: how opening up to and expanding joy and pleasure in midlife creates vibrant health physically, emotionally, and spiritually—including the best sex of your life. I was inspired by the many touching and creative stories I was hearing from women who definitely saw midlife as the start of the absolute best years of their lives.

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

*Supersex* Tracey Cox 2009-06-01 Everything you need to know to become a supersexpert from Tracey Cox Hang onto your headboard your sex life is about to get superhot thanks to sexpert Tracey Cox. Witty, fresh, clever and loads of fun, it's packed with practical and realistic advice to skyrocket your sex life to supersex status. Learn how to kiss, lick, stroke and nibble your way to great sex. Discover why snogging yourselves stupid is a very good idea. Learn sexual positions you'll both adore and take lots of time over the six-part guide to super foreplay! Real-life, reveal all accounts from Tracey Cox and her posse of road-testing couples give a refreshing reality to each sexy subject. Your sex life will never be the same again.

**The Madwoman in the Volvo: My Year of Raging Hormones** Sandra Tsing Loh 2014-05-05 From an "imaginatively twisted and fearless" writer (Los Angeles Times), a hilarious memoir of middle age. In a voice that is wry, disarming, and totally candid, Sandra Tsing Loh tells the moving and laugh-out-loud tale of her roller coaster through "the change." This is not your grandmother's menopause story. Loh chronicles utterly relatable, everyday perils: raising preteen daughters, weathering hormonal changes, and the ups and downs of a career and a relationship. She writes also about an affair and the explosion of her marriage, while managing the legal and marital hijinks of her eighty-nine-year-old dad. The upbeat conclusion: it does get better.

*Tantric Sex and Menopause* Diana Richardson 2018-04-10 A tantric guide to discovering the hidden gifts of menopause • Explains why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy • Details tantric practices and tools to connect with the body's inner intuitive wisdom, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond • Explores what to expect physically, emotionally, and spiritually, and in relationships As women, we live so closely to the body--through menstruation, pregnancy, birthing, motherhood, and then menopause. Each of these transitions changes a woman in a multitude of ways, most of which are celebrated. Yet menopause often causes women to feel despondent, as if our bodies are broken or deficient, especially when it comes to sex and intimacy. However, as tantric teachers Diana Richardson and Janet McGeever show, menopause has many hidden gifts to offer if we learn to embrace rather than suppress the changes this natural transition brings. Shining the light of tantric intelligence on menopause, the authors reveal how to explore and experience menopause in a radically positive fashion, suffused with a sense of vital awakening and "re-wilding" of a woman's sexuality, creativity, and spirituality. Explaining what to expect physically, emotionally, and spiritually, as well as what it means for relationships, they detail tantric practices and tools to connect with the body's inner intuitive wisdom and heart energies, remove the "performance pressure" of conventional sex, and set the stage for passion and pleasure to thrive both in the bedroom and beyond. They explain why Tantra works for menopausal women and how their bodies are naturally entering a more tantric phase focused on creative, spiritual energy. They explore how, in Tantra, sex is practiced not for the sake of sex itself but as an instrument for going "beyond" sex, for better health, improved relationships, enhanced self-control and emotional balance, and even higher states of consciousness. They also offer many self-help practices, exercises, and meditations to reinforce a positive attitude toward menopause and overcome many of the physical and sexual problems, such as pain, dryness, loss of interest, and loss of libido. Providing a guide for women who are approaching, experiencing, or have gone through menopause, the authors show how a more informed, tantric approach to menopause allows each woman to deepen her trust in the perfect functioning of the female body, embrace her natural sexual response, and reconnect with her inner self.

*Menopause Mastery* Paulette R Hess 2023-04-10 Introducing "Menopause Mastery: Your Ultimate Guide to Crushing Goals and Feeling Great Beyond 50" - the essential guide for women who want to take charge of their health and wellbeing during and after menopause. This comprehensive guide provides practical tips and strategies for managing the physical and emotional changes that come with menopause, from nutrition and exercise to stress management and sexual health. You'll learn how to optimize your health and achieve your goals during this transformative time, so you can feel confident and empowered as you enter the next phase of



your life. Written expertly, "Menopause Mastery" is a must-read for any woman who wants to stay healthy, active, and vibrant beyond 50. With step-by-step guidance, engaging exercises, and real-world examples, this book will help you: Understand the physical and emotional changes of menopause Improve your nutrition to support hormone balance and ease symptoms Choose the best types of exercise to stay strong and flexible Develop effective strategies for managing stress and anxiety Maintain intimacy and pleasure during and after menopause Navigate career changes and personal development opportunities Embrace your age and celebrate your wisdom and experience Set and achieve personal goals that will bring fulfillment and joy With "Menopause Mastery," you'll have everything you need to thrive during and after menopause. Whether you're just starting to experience menopause or are already post-menopausal, this book will help you feel great, look your best, and live your best life. Don't let menopause hold you back - get your copy of "Menopause Mastery" today and start crushing your goals!

Women, Sex, Power, And Pleasure Evelyn Resh, CNM/MPH 2013-03-01 In her new book, *Women, Sex, Power & Pleasure*, Evelyn Resh, a sexuality counselor and certified nurse-midwife, takes an innovative approach to helping women create the lives - and sex lives - they want. With a funny and compassionate, yet tell-it-like-it-is style, she looks at the relationship between feeling powerful in life and accessing life's pleasures, and their combined effect on sexual desire. Resh introduces six essential qualities that women must have to live healthfully, stating that when these are out of balance women seem to exist in lives devoid of pleasure, self-empowerment, and sex. These markers of emotional well-being are: • Self-confidence and self-esteem • Healthy Habits • Spiritual Satisfaction • Creativity • Self-assurance/re-assurance • Compassion and Empathy Once the six traits are laid out, Resh devotes the rest of the book to exploring how, when one or more of a woman's markers of emotional well-being are off kilter, their reasons for avoiding sex mount exponentially. She looks at some of the most common excuses she's heard over her many years as a sexuality counselor - I Feel Nothing, It's All He Thinks About, I'm Too Busy!, I'm Too Fat to Have Sex - and outlines the specific imbalances that create this void of sexual desire and activity. With practical guidance, self-assessment questions, and stories from her practice and personal life, Resh explains to modern women how to regain their emotional wellness and live a powerful life that includes a steady relationship with pleasure and sexual satisfaction. This book is a must read for all women. From housewives to sophisticated urban corporate types, from new moms to post-menopausal women - this book will help any woman who feels estranged from her sexual energy and a sense of empowerment, and deprived of pleasure, or who views sex as just another thing to tick off her overwhelming to-do list.

The Happy Menopause Jackie Lynch 2020-10-13 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.

Menopause Ruth D Scott 2021-06-27 Did you know that: Family history of early menopause results in a greater risk of a woman undergoing an earlier than average menopause herself? Menopause occur two years earlier in women who smoke? Hispanic women undergo natural menopause earlier than Caucasian women, while Japanese-American women undergo menopause later than their Caucasian counterparts? Women who have never had children may have earlier menopause? Women who experienced short menstrual cycle length during adolescence experience menopause earlier than those who did not? Type-1 diabetes may contribute to early menopause? Menopause may occur naturally, or may occur due to chemotherapy, surgery, or radiation? All of these and more are fully explained in this book to understand menopause as a woman; bringing to fore, some myths about menopause. The book further highlights keto diets for menopausal women with detoxification plans. It caps with recommended exercises in order to keep fit even after menopause. All these are contained for your reading pleasure and yes! You too can feel and look young again after menopause.

Psychopharmacology and Women Margaret F. Jensvold 1996 "Psychopharmacology and Women: Sex, Gender and Hormones" brings together in one volume much of the information currently available on sex-related factors in psychopharmacology. Chapters by recognised leaders in the field cover topics such as basic pharmacokinetic mechanisms of psychotropics in women, associations among endogenous hormones and neurotransmitters, and interactions of psychotropics with exogenous sex steroid hormones to psychopharmacological considerations relating to the menstrual cycle, pregnancy and lactation, and the menopause. In addition to providing comprehensive reviews of new theories and treatments, chapter authors point out where gaps in knowledge remain.

**The Secret Pleasures of Menopause** Christiane Northrup 2010-05 Christiane Northrup, M.D. is a visionary pioneer and beloved authority in the field of women's health and wellness. A board-certified OB/GYN physician who graduated from Dartmouth Medical School and did her residency at Tufts New England Medical Center, Dr. Northrup was also an assistant clinical professor of OB/GYN at Maine Medical Center for 20... Living With the Menopause Dr. Narendra Teotia 2016-04-08 It is my great pleasure and privilege to present this book to you. Living with the Menopause will benefit all women, and those who are involved in caring for women around and after the time of the menopause. Menarche to menopause is an exciting journey in every woman's life. When you were young, you probably never thought about it, may not even have realised that it existed. Even as you grow older, lived your life, it must have seemed a long way off. But now, here it is, the menopause- a natural event, which is a normal occurrence in the life of every woman.

**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 Complete A to Z for Your V Dr. Alyssa Dweck 2017-06 Breaking the mold on women's health guides, 'The Complete A to Z for your V' tells women of all ages what they need to know about their own unique health.

**I'm Too Young to Get Old** Judith Reichman 1996 If you're a woman over forty, you probably have questions and concerns about your health. Unlike your mother or grandmother, you do not want to go passively (or silently) through the next half of your life. "No one seems to care about out forty-something contraceptive needs. Pregnancy is the last thing I want at this point. What are my options?" "If I take the Pill and I'm over forty, am I at increased risk for cancer?" Or: "I know I've put it off, but I'm ready now, and I want to be pregnant--yesterday!" What are my chances--and the risks involved?" "I'm going through menopause, and I'm not sure I like the idea of taking hormone replacement therapy for the rest of my life. How do I know if it's right for me? What other choices do I have?" "I'm too busy to consult a score of specialists to keep on the 'proper' health track. Is there a single checklist I can follow so I know what tests to take and when?" In *I'm Too Young to Get Old*, renowned gynecologist Judith Reichman, M.D., creator of two acclaimed PBS series on menopause and health, gives women over forty the information they need to make their health care choices. Yes, we need to know what happens to our hormones, but that doesn't mean we should be defined in terms of our reproductive system. As Dr. Reichman writes: "My patients have matured with me, and most of us are now over forty. Many have struggled with their health as they aged, while other seemed to mature with

vibrancy, pleasure, and an increasing appreciation of their lives. What explains these differences? We traverse a complicated passage: our hormones fluctuate, and so do our moods, body temperatures, and sleep patterns. We have to make choices about birth control, then hormone control. We should be concerned about cancer prevention and detection, heart disease, osteoporosis, joint problems, and thyroid problems. We want to control our weight and our wrinkles. And in the midst of all this, we are taking care of aging parents, aging children, or dealing with our mates' midlife problems (both physical and psychological) or possibly going through divorce, getting back in the job market, or leaving it, and wondering how we reached forty so fast." Dr. Reichman addresses all these concerns and more with clarity and wit. She tackles subjects often given short shrift: avoiding hysterectomy, coping with urinary incontinence, exploring sexuality from forty to ninety (see the chapter on "Sex, Hormones, and Rock 'n' Roll"), preparing for a health second half of life despite our abuses of the first half, and more. Written in a warm, accessible style and laced with the humorous perspective of someone who's gone through this stage of life herself, *I'm Too Young to Get Old* has all the authoritative, up-to-date information you need to take control of your future health.

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