

Enjoy Sex In The Middle Years Positive Health Guide

American Book Publishing Record Cumulative 1998 R R Bowker Publishing 1999-03

Where is the Love?: The Honest Guide to Dating and Relationships Anna Williamson 2022-02-17 SHORTLISTED FOR THE HEALTH & WELLBEING AWARDS 2022 'Anna is THE go-to on all things dating and relationships. There is just no one with better knowledge, balanced wisdom and experience than her.' Katie Piper 'Whether you are single, dating or in it for the long haul, tips and solutions for all the common dating and relationship problems are here.' Louise Pentland 'Straight-up, professional and practical advice.... where has this book been all my life!?' Dr Ranj Singh 'Anna manages to balance speaking openly about matters of the heart without preaching. It's a 21st century bible for anyone - singles, couples, throuples - looking for love.' Anna Whitehouse 'A brilliant bible for anyone at any stage of their relationship.' Lucie Cave From *Celebs Go Dating's* relationship expert Anna Williamson comes the must-read guide to navigating love. Whether you're fed up of the single life, wanting to dip your toe into the dating world, or perhaps you're a marriage or long-term relationship veteran, Anna shares advice, tips and techniques for all your dating and relationship needs: - Boosting confidence and building self-esteem. - How to go from seeing each other to being with each other. - Feeling empowered - identifying and setting boundaries. - From bicker to barney - arguing dos and don'ts. - Three's a crowd? Baby-proofing your relationship. - Saying and doing things better by communicating effectively. - Tackling the tricky topics - from sex and intimacy to dividing the household chores. This is your personal pocket guide to help steer you into the right love lane.

Love and Sex After Sixty Robert N. Butler 1977

Reclaiming Pleasure Holly Richmond 2021-10-01 Go beyond surviving to reclaim your sexual self. If you have experienced sexual abuse, assault, harassment, or rape, you may feel disconnected from your sexual self—even if you've overcome the initial trauma of your experience. You are a survivor; but surviving is just the beginning. This book explores what comes next. Written by a psychotherapist and grounded in cutting-edge research, *Reclaiming Pleasure* picks up where other sexual trauma recovery books leave off. It offers practical tools to help you cultivate a sense of safety, security and trust in order to reclaim the vitality, pleasure and great sex you deserve. The book will also serve as your compass on a journey toward the rediscovery of desire, letting you explore what you want from others and for yourself. This groundbreaking book will help you: Understand the lasting mental, physical, sexual, and relational impacts of sexual trauma Move beyond feelings of shame Reclaim pleasure and reignite passion in your life Surviving is merely the first step in the process of recovery from sexual trauma. With this sex-positive and empowering guide, you are invited to take your recovery to the next level. You'll feel emboldened by the desire for better sex, healthier relationships, and a more connected, pleasurable life.

Making Sense of Sex Sarah Attwood 2008-05-15 Puberty is a time of huge change in the physical body, in emotional experience and in social relationships. Having an understanding of these developments and learning how to deal with them is essential, and for people with Asperger's syndrome it can be a challenge to get to grips with the social and emotional aspects of puberty, sex and relationships. This book is ideal for those who need clear, detailed explanations and direct answers to the many questions raised by puberty and sexual maturity. Sarah Attwood describes developments in both the male and female body, and explains how to maintain hygiene and personal care, and to promote general good health. She examines emotional changes, including moods and sexual feelings, and provides comprehensive information on sex, sexual health and reproduction. She looks at the nature of friendship, how it changes from childhood to adulthood and its importance as a basis for sexual encounter. She also offers

coping strategies for different social experiences, from bullying to dating, and includes essential tips on the politics of mature behaviour, such as knowing the difference between public and personal topics of conversation. *Making Sense of Sex* is a thorough guide written in unambiguous language with helpful diagrams, explanations and practical advice for young people approaching puberty and beyond.

Singapore National Bibliography 1984

Because It Feels Good Debby Herbenick 2009-08-18 In our sophisticated, liberated, Sex and the City age, women are eager to enjoy sex to the fullest. But for many women, it's not quite that easy. In fact, Men's Health columnist Debby Herbenick receives thousands of letters and emails from women across the country who admit to having less than spectacular sex lives—and they're looking for advice. Herbenick is the kind of confidante every woman longs for—a sex advisor who is as approachable as a girlfriend and as knowledgeable as a sex education professor. At the core of her advice is the belief that sex should be fun, satisfying, and intimate—but first and foremost, it should simply feel good. From enlightening lessons on female anatomy to the complicated issue of libido to an overview of sex toys and positions, *Because It Feels Good* informs women about every aspect of sexual function, providing the knowledge they need to have the sex lives they deserve. This is a pleasure manifesto—and your handbook to a great sex life.

Australian Books in Print 1989

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.

Enjoy Sex in the Middle Years Christine E. Sandford 1983

Enjoy Sex in the Middle Years Christine E. Sandford 1983

Men Like Us Daniel Wolfe 2000 For nearly two decades, GMHC has provided vital support, education, and health information to gay men. Now, with "Men Like Us", their guidance -- and the insights of hundreds of gay men across America -- will help readers everywhere. Practical, down-to-earth, and accessible, this authoritative health resource covers such topics as: -- body basics -- exercise and diet-- relationships and intimacy-- sexual pleasure-- medical care -- prevention and healing-- mental health and therapy-- spirituality and community-- and much, much more Filled with expert advice -- from leading doctors, lawyers, therapists, and fitness instructors to "ordinary gay men" whose stones provide important voices of experience -- "Men Like Us" opens a window onto the ways gay men, in all their diversity, care for themselves and each other.

Enjoying Sex in Middle Years Christine Sandford 2004-11-11

Dementia, Sex and Wellbeing Danuta Lipinska 2017-11-21 Despite being integral parts of all our identities, sexuality, sex and intimacy are what many would call the Last Taboo in dementia care, usually seen as 'problem behaviours' to be stopped and dealt with. Informed by a combination of accessible neuroscience and person-centred compassion, Danuta Lipinska's new book shows that the human need for intimacy, attachment and sexual expression is as important for supporting the wellbeing and personhood of people with dementia as communication and care. Considering the brain as the body's biggest sex organ, it examines the cognitive changes that occur in dementia and what these changes mean in the context of sexual behaviour and consent. Taking Carl Rogers' Core Conditions and Tom Kitwood's psychological needs of persons living with dementia as a starting point, Lipinska offers a unique model for person-centred conversations about sex and sexuality that we have not seen before.

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.

Thus Spake Sri Shridi Sai Baba B. Umamaheshwara Rao

Sex- and Gender-Based Women's Health Sarah A. Tilstra 2021-01-19 This book provides primary care clinicians, researchers, and educators with a guide that helps facilitate comprehensive, evidenced-based healthcare of women and gender diverse populations. Many primary care training programs in the United States lack formalized training in women's health, or if they do, the allotted time for teaching is sparse. This book addresses this learning gap with a solid framework for any program or individual interested in learning about or teaching women's health. It can serve as a quick in-the-clinic reference between patients, or be used to steer curricular efforts in medical training programs, particularly tailored to internal medicine, family medicine, gynecology, nursing, and advanced practice provider programs. Organized to cover essential topics in women's health and gender based care, this text is divided into eight sections: Foundations of Women's Health and Gender Based Medicine, Gynecologic Health and Disease, Breast Health and Disease, Common Medical Conditions, Chronic Pain Disorders, Mental Health and Trauma, Care of Selected Populations (care of female veterans and gender diverse patients), and Obstetric Medicine. Using the Maintenance of Certification (MOC) and American Board of Internal Medicine blueprints for examination development, authors provide evidence-based reviews with several challenge questions and annotated answers at the end of each chapter. The epidemiology, pathophysiology, evaluation, diagnosis, treatment, and prognosis of all disease processes are detailed in each chapter. Learning objectives, summary points, certain exam techniques, clinical pearls, diagrams, and images are added to enhance reader's engagement and understanding of the material. Written by experts in the field, Sex and Gender-Based Women's Health is designed to guide all providers, regardless of training discipline or seniority, through comprehensive outpatient women's health and gender diverse care.

What Is Sex? Kate E. Reynolds 2021-11-29 This carefully written and illustrated book provides an explanation of sex for people with autism and special education needs and disabilities (SEND). It helps readers to understand the physical processes as well as important issues such as consent and sexual safety, helping them to develop positive relationships. Many people with autism and SEND have or will have intimate relationships. Often

sex is alluded to, rather than being carefully explored. This can create confusion around consent, sexual health, and pregnancy, and cause people to turn to dubious online information. This book frankly explains sex so that the reader has a clear understanding of what constitutes sex, knowledge of the proper names for sexual organs and sexual activities, and is aware of the potential physical consequences of having sex.

Dunia buku Singapura 1983

Canadiana 1985

Men, Love & Sex David Zinczenko 2007-09-04 In this funny and fascinating guide for women, thousands of men confess what turns them on, what turns them off, and what turns "for now" into "forever." With shocking and never-before seen statistics and powerful confessions, Men's Health editor-in-chief David Zinczenko presents a funny and fascinating guide for women into the inner workings of the male mind. Here, in Men, Love & Sex, the most perplexing questions that women have about guys and relationships are finally answered. Men give their frank and honest thoughts to such questions as: -How will you know when he's in love? -What's really wrong when he says "nothing"? -How can you get him to kiss you more (and longer)? -How badly did his ex mess him up? -How can you get him to open up? -What does he crave in the bedroom more than anything else? -What drives him to end a relationship? -What are the best ways to keep him from cheating? -Why does he always miss the toilet? Men's brains, feelings, and actions can be harder to interpret than abstract art. So let Men, Love & Sex become your guide to navigating a relationship through all of its stages. Once you know the secrets to the male mind, you'll be able to bridge the communication gaps that divide men and women. You'll be able to strengthen the relationship you have now--or use your new insights to find the perfect man for you. In the end, you'll get better talks, better sex, better fighting, better understanding, better love, better relationships, and a better life. For the both of you.

The Must Have Health Guide Margaret Stearn 2005-07-01 In 'The Must-Have Health Guide', Dr Margaret Stearn blows the lid off the myth that there are some disorders that are simply unmentionable. Her no-nonsense, straight-talking approach to an A-Z of 'embarrassing' conditions dispels anxiety in favour of reassurance, encourages action in place of apathy and combats ignorance with knowledge. Acne, bottoms, impotence, lumps, piles, sex, ... little escapes her expert attention. 'The Must-Have Health Guide' is a book for all of us. Fact-filled and bubbling with practical advice, it frees us from the isolation of believing we must suffer alone and sets us on the path to peace of mind and good health.

Forthcoming Books Rose Arny 2001

Subject Guide to Forthcoming Books 1983 Presents by subject the same titles that are listed by author and title in Forthcoming books.

What Your Child Needs to Know About Sex Dr. Fred Kaeser 2011-09-06 If you start talking early enough, kids will listen. FOR MANY PARENTS, the talk is one of the most dreaded rites of passage in the child-raising experience--but it doesn't have to be. The key is to start early when talking about sex with your child. In Dr. Fred Kaeser's progressive approach, parents become their child's first resource for sexual information (instead of ceding control to peers, the school system, or the media) in order to have a lasting and positive influence over their child's sexual development. As the former director of health in the New York City public schools, there's nothing Dr. Kaeser hasn't been asked by kids, or by parents. And he has seen firsthand the results of our increasingly sexualized youth culture, and how it's making children grow up faster than ever these days. From sexting to cyberbullying, challenges and pressures abound--even for kids in kindergarten. This means that parents must begin laying the groundwork for basic conversations about sex when their child is as young as three years old. Parents then build their discussions on this early foundation, introducing more information at developmentally appropriate ages (for example, talking about puberty with your eight-year-old, and discussing safe sex with your ten-year-old). What Your Child Needs to Know About Sex (and When) goes far beyond the birds and the bees to discuss uncomfortable issues with a winning frankness and empowering attitude. It offers families the tools they need for navigating how and when to have positive

dialogues about sexuality and helps parents learn to use everyday teachable moments. Open communication about sex with your children isn't necessarily easy, but it can be done; this indispensable book will guide you every step of the way.

Love & Sex Nancy Houston 2018-02-05 "So many couples struggle in their sexual lives because they divide sex and love ... Nancy Houston has written an excellent, practical, and very hopeful book on how to reintegrate the division."—Dr. John Townsend, New York Times bestselling author of *Boundaries* "Without question, one of the greatest communicators of our generation on Christian sex and intimacy is Nancy Houston."—Amy Ford, president of Embrace Grace and author of *A Bump in Life* Sex is powerful! Just saying the word "sex" can stir up all kinds of emotions. Maybe it's a positive emotion for you—or possibly a hurtful, shameful, confusing one. It's no wonder we struggle to understand its meaning and purpose. It can be difficult to talk about, and if we have experienced unwanted shame or grew up in a home where sex was taboo, addressing the topic can be even more difficult. In a world of sexual chaos and confusion, we all need a healthy dialogue on the topic—not a black-or-white, right-or-wrong lecture, but a safe forum for discovering, learning, processing, and growing into passionate intimacy within the freedom God provides. In *Love & Sex*, Nancy Houston provides a compassionate view of human sexuality. Through the lens of Scripture, she unpacks the good God intended when He created humans as sexual creatures, while recognizing that many people haven't experienced sex in a positive way. You won't find a critical examination of dos and don'ts, but stories of redemption, grace, and hope. You will understand how you were shaped and that you are more than your sexual behaviors. For some people, sex is a regular part of life. For others, it's a huge deal. Maybe even too big of a deal. This book will be your roadmap to finding sexual health, happiness, and balance. And if you are one of the few unscathed by sexual shame or confusion, this book will help you develop a more compassionate lens for those who do struggle.

Mental Health Practitioner's Guide to HIV/AIDS Sana Loue 2012-12-09 Although efforts have been made and continue to be made to reduce the rate of HIV transmission in the U.S. and globally, the rates continue to increase in the majority of countries. In the U.S., members of minority communities remain especially at risk of HIV transmission. An individual's discovery that he or she has contracted HIV, or that a loved one has contracted the illness, often raises significant issues that necessitate interaction with mental health professionals. *Mental Health Practitioner's Guide to HIV/AIDS* serves as a quick desk reference for professionals who may be less familiar with the terminology used in HIV/AIDS care and services.

Sex Education for Boys: a Parent's Guide Scott Todnem 2022-03-15 Discover sex-positive guidance for teaching your tween or teen son what he needs to know As your son enters puberty, he's going to have a lot of questions that he'll need your help to answer. Filled with understanding and uplifting guidance, this book helps you recognize what your son is experiencing and have open conversations about everything from sexuality and gender identity to consent and safer sex. This standout among puberty books for boys features: Sex-positive talks--Tackle vital questions with direct guidance that helps you encourage your son to form a healthy attitude toward sex and sexual health. Advice for key conversations--Learn how to open lines of communication with your son on subjects like dating, social media, pornography, and toxic masculinity. Frequently asked questions--Discover answers to some of the most common questions parents have when teaching their sons about sex and sexual health. Make sure you're both ready for The Talk with *Sex Education for Boys: A Parent's Guide*. 1

Diamond Beauty Guide Asha Pran

American Sexual Histories Elizabeth Reis 2012-01-17 The second edition of *American Sexual Histories* features an updated collection of sixteen articles and their corresponding primary sources that investigate issues related to human sexuality in America from the colonial era to the present day. Fully updated with ten new chapters, featuring recently published essays by prominent scholars in the field Provides readers with the source documents that historians have analyzed in their articles Allows readers to see how historians craft arguments based on available sources

Encourages readers to evaluate historical documents, test the interpretations of historians, and draw their own conclusions

Sex Matters for Women Sallie Foley 2011-12-13 A guide to help women understand how their bodies work and to take charge of their sexuality, discussing anatomy, body image, trauma, overcoming difficulties, and related topics.

The Men's Health Big Book of Sex Editors of Men's Health Magazine 2015-01-28 The editors of Men's Health magazine bring you scientifically proven expert tips, intensely researched studies, and doctor-approved advice. Step-by-step details elevate every aspect of your sexual life--from the foods you eat to what you say, from amazing foreplay techniques to some mind-blowing sexual techniques you've probably never tried! The result will be breathtaking sex that lasts longer, happens more frequently, and is more pleasurable and exciting than you ever thought possible. The Men's Health Big Book of Sex contains everything you need to know about great sex, including how to: • Get your body into tip-top sexual condition • Increase the passion in your relationship • Find the perfect sexual position to maximize your pleasure • Enjoy earth-shattering orgasms beyond anything you've ever experienced before This is your blueprint for a hotter sex life--whether you're looking to improve your performance or increase the passion. That's because The Men's Health Big Book of Sex book is the result of hundreds of interviews with the most notable doctors and researchers in the world. The exercises, techniques, and programs inside span numerous disciplines, including: cardiology, physiology, psychology, psychiatry, urology, nutrition and weight loss, behavioral therapy, sexology, religion, and more.

Singapore Books in Print 1986

Heal your emotional self to have awesome sex life Sonali Jha 2023-04-11 Are you struggling to connect with your partner on an emotional level? Is your sex life lacking passion and intimacy? Look no further than "Heal Your Emotional Self to Have an Awesome Sex Life" - the ultimate guide to unlocking the power of emotional healing for a fulfilling sex life. Drawing on the latest research in psychology and neuroscience, this book will teach you how to identify and heal emotional wounds that may be impacting your relationship and sexual connection. Through practical exercises and expert advice, you'll learn how to communicate effectively with your partner, build trust, and reignite the spark that brought you together. Whether you're looking to improve your sex life, deepen your emotional connection with your partner, or simply learn more about yourself, "Heal Your Emotional Self to Have an Awesome Sex Life" is the essential guide to transforming your relationship from ordinary to extraordinary. Don't wait - start healing today and discover the amazing potential of your emotional self!

How to Live a Healthy Life Gloria J Elliott 2023-01-07 Could I have extra protein? How frequently do I work out? And if I detest exercising, what will I do? Do I need to eat breakfast? The answers to all of our inquiries are contained within this book. Does living longer and healthy has anything to do with age? How frequently should you work out? Which diet should I follow? Do you need to live healthy to enjoy life? Can sex improve your health? Is masturbation good for you? Because "health is wealth," it is said that health should come first. If you are not healthy, you cannot enjoy your prosperity. People are very busy with their job schedules, families, enterprises, and other obligations. They lack the time to consider their welfare. This book will provide information on how to maintain your health despite a busy schedule. To be healthy and stay healthy, one must have a better lifestyle in addition to eating well. Money is important, but not at the expense of your health. If you have millions of dollars but are sick, you cannot be satisfied with millions of dollars. Being safe is a major issue. The majority of us are unsafe, and that is no joke. When the majority of us are overweight or obese, if you are "normal weight," you are the exception. This book is for you if one of the following applies to you: regret eating fast food for supper the previous night; consider getting up for a run but decide to stay in bed instead; find it difficult to recall how you got to work, much less take the time to be attentive. You are on par with the others. This book will teach you how to live your healthiest life even when you don't feel like it. You won't receive any false optimism from this book. No practice, for example, would get you up early and assist you in completing it. You're

going to discover tools that will enable you to work harder and stay secure. Grab a copy of this episode.

Love and Sex After 40 Robert N. Butler 1986 Describes normal physical changes and the effects of common medical problems--both physical and emotional--on sex and includes information on diagnostic and surgical treatments.

Overcoming Sexual Problems 2nd Edition Vicki Ford 2017-12-14 'A positive step-by-step guide to... help readers resolve their sexual difficulties. It empowers couples to set goals to meet their needs.' Nursing Standard Are you worried about impotence or loss of sexual desire, premature ejaculation or lack of orgasm? Experienced psychosexual therapist and couples counsellor Vicki Ford provides an invaluable guide to understanding the sexual problems that many people face from time to time. Her simple and effective self-help techniques, based on cognitive behavioural therapy (CBT), include practical exercise programs to help develop responsiveness and an understanding of your body. Suitable for both singles and couples, this expert guide will enable you to overcome negative thinking and restore your confidence and your sex life. Specifically, you will learn about: The importance of relaxation and stress reduction techniques The impact of ageing, disability, religion, infidelity, abuse, infertility, childbirth, bereavement and medication on sexual performance Techniques for particular problems Overcoming self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme. Series Editor: Professor Peter Cooper

All the F*cking Mistakes Gigi Engle 2020-01-21 Come As You Are meets How to Date Men When You Hate Men in this sex handbook for the millennial feminist on how to own your body and sexuality, and use that confidence to take charge of your life "This bold, sex-positive book delivers on its promise." —Publishers Weekly Stop Apologizing for Your Sexuality and Take Charge of Your Life If you've ever wished you had a big sister or older cousin who could show you all the ropes of womanhood, look no further: Gigi Engle has done it all and is here to tell you all about it in All the F*cking Mistakes, a practical handbook for all the slutty and wanna-be-slutty women out there. It is the ultimate sex-talk book, demystifying female sexuality without any of the awkwardness of "the talk." From learning how to take back your confidence in a world full of slut shaming, to discovering and owning your sexual empowerment through masturbation, to demanding the love you really deserve, this book is an ode to the women of the world who deserve to be empowered, sexually and otherwise, without guilt. Offering bite-sized lessons that incorporate Gigi's own special brand of no-nonsense advice to provide clarity and guidance on all things slutty, sexually normative and non-normative, and everything that falls between the cracks of these brackets, this book is your how-to guide to living your sexy AF, fabulous life.

Singapore periodicals index 1984

Enhancing Sexual Health, Self-Identity and Wellbeing among Men Who Have Sex With Men Rusi Jaspal 2018-06-21 By analysing research into links between low psychological wellbeing and sexual risk-taking behaviours that occur in men who have sex with men (MSM), this book demonstrates what impact social and psychological interventions could have on MSM at risk of poor sexual outcomes. At the heart of the book is Identity Process Theory, co-developed by the author, a social psychological theory of identity construction, threat and coping. The book considers the emerging debates in MSM's health, such as the use of Grindr and 'chemsex', and also explores the socio-structural factors, such as homophobia and stigma, that threaten the self-identity of MSM. The book offers principles and techniques from this theory that can be used as an effective intervention and therapeutic model with MSM to build more positive identities and reduce sexual risk-taking.

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