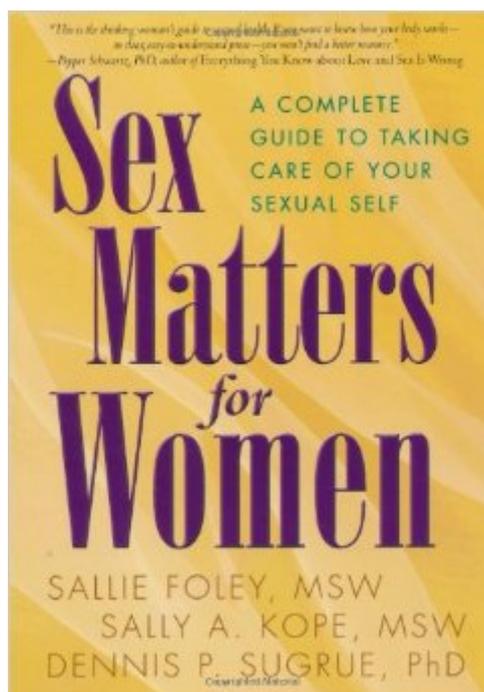


The book was found

# Sex Matters For Women: A Complete Guide To Taking Care Of Your Sexual Self



## Synopsis

When it comes to matters of sex, women today are trapped in a reality gap portrayed by the media as confident and fulfilled; yet struggling in everyday life with sexual myths, self-doubt, and "embarrassing" questions. Now women can find the answers they need to take charge of their sexuality both in and outside of the bedroom. This book presents solid, science-based information on the topics that everyone is talking about and those that aren't talked about enough, from how to have more satisfying sex, to questions about hormones, anatomy, STDs, body image, relationships, sexual orientation, and more. Also included are thought-provoking exercises for self-discovery and sexual growth. The book concludes with an extensive listing of suggested books, websites, and organizations. For readers of all ages, this essential reference provides up-to-date advice on the many ways that sex matters in women's lives. [FOR PROFESSIONAL USE, ADD: It will also serve as a useful text in advanced undergraduate and graduate-level human sexuality courses.]

Winner--Society for Sex Therapy and Research (SSTAR) Consumer Book Award

## Book Information

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## Customer Reviews

Its hard to imagine a book about female (and male) sexuality reading like a novel, but this one does! Its A - Z about our sexual selves, sexual programming, changing old patterns, knowing what patterns need to be addressed, how to address those patterns with partners, sexual trauma, diseases, etc.As soon as I started reading the Forward, I couldn't put the book down. While I was completely absorbed in this book, I discovered my partner was reading over my shoulder the whole time. We expecially found the section on body changes with aging and ways to maintain a strong

sexual relationship into middle age and beyond valuable. This is my birthday gift for all of my friends this year. A must for every woman (and man) to read and reference again and again.

As a nationally board-certified Sexologist and Sex Coach I know when I see quality in a self-help book about sexuality. With all the purported "sexperts" out there in the world, it's sometimes difficult to find a true expert on sex. These three authors are just that and more. If there were one book in the marketplace alone that I would recommend to the millions of women who seek my advice at iVillage.com, this would be that one book. Yes, this is a warm and friendly guide for women's sexuality and more...it is filled with up-to-the-minute information, written in an empowering and accessible style, replete with the type of self-help exercises that mark excellence in sex education and therapy, and it is organized brilliantly. I strongly hope that any woman with any form of sexual concern (or her partner, for that matter) or any person who just wants to learn all the facts about women's sexuality and pleasure, will grab this book. It's a must-read and well worth the time. I salute my fellow sex therapists and hope that they may make many more significant contributions to the betterment of sexual health, wellness and happiness. This book goes a long way to helping couples' fulfill their dreams for lasting love and pleasure. Great book!!!

My therapist works with one of the authors and suggested this book to help me in my recovery from childhood sexual abuse and becoming more knowledgeable about my own sexuality. I found this VERY informative and helpful. The exercises and suggestions that were given were really helpful and I have bought another copy to give to my sister! Thanks for this book! It is a definite recommendation for any woman (or man who wants to understand his woman) who is looking for an updated guide on sexuality and health.

I have just finished reading *Sex Matters for Women* by Foley et al. and will be recommending it to clients, students, friends, and my daughters. This book is a rare find because it manages to speak with sophistication and depth about essential sexual matters while remaining pragmatic and scientifically informative. The prose is clear, enjoyable and easy reading. It is not often that one finds all of this rolled into one fine book. In addition to the exercises, listings, resources and informative vignettes, the book uses a developmental frame for understanding sexuality. I especially appreciated the authors' sensitivity to the individuality and complexity of each person's sexual life. Women are encouraged to know their own "sexual story" and are empowered with compassionate, accurate guidance to aid in this journey. I strongly recommend this book and am grateful to have it

as a resource for myself, my patients, and my family. Anne Brantley Segall, MSW, BCD Clinical Social Worker

This book is written with a tenderness that is lacking in other books on the subject. Sensitive issues such as sexual dysfunction, abuse, trauma, and body image need to be addressed with compassion- and this book prevails. Comprehensive in its scope but not overwhelming. It's modern, it's fun, it's THE book to buy for understanding your sexual self.

This book was recommended to me in my Women's Health course at my undergraduate university. I picked it up and couldn't put it down! It has made my sex life much more healthy and enjoyable! My roommates and I have loved sitting around and talking about our sex lives and reading excerpts to each other. I am giving it to them for the holidays. I think it makes an excellent gift.

This guide is complete and comprehensive. It breaks down each and every topic into language that the reader can easily understand. So many questions that you may be too shy to ask, but have always wondered about, and this book answers them! It is an absolute must read for women of all ages. And it is a book that you never stop reading, it has answers for every stage of life, from puberty to old age. I've purchased one for my daughter, sister, and mother! I strongly, strongly recommend this book.

Sex Matters For Women: A Complete Guide To Taking Care Of Your Sexual Self is the collaborative effort of certified sex therapists and educators Sallie Foley and Sally A. Kope, and Dennis P. Sugrue (clinical psychology and President of the American Association of Sex Educators, Counselors, and Therapists). Presenting solid, science-based information on every aspect of human female sexuality, Sex Matters For Women comprehensively covers everything from hormones, anatomy, and body image, to STDs, relationships, and sexual orientation. An essential, informative, authoritative reference, Sex Matters For Women is strongly recommended for reading lists and reference collections in the fields of human sexuality, women's health, and psychology.

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Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Sex: This Book Includes - Tantric Sex: A Beginners Guide For Couples Based On The Art Of Tantra, Sex Positions: 21 Illustrated Sex Positions To F\*ck Her Brains Out (Sex Techniques, Kama Sutra) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2 Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) Increase Libido at Any Age Naturally: The Ultimate Guide to An Increased Sex Drive & Improved Sex Life for Men & Women (Increase Sex Drive, Improve Sex Life) Tantric Sex: The Truth About Tantric Sex: The Ultimate Beginner's Guide to Sacred Sexuality Through Neotantra (Tantric Sex Books, Tantric Sex For Men And Women) Cats: Cat Care: Kitten Care: How To Take Care Of And Train Your Cat Or Kitten (Complete Guide To Cat Care & Kitten Care With Pro Training Grooming & Nutrition Tips) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Lesbian Sex Bible: The Complete Guide to Sexual Love for Same-Sex Couples Dirty Talk : Secrets For Women and men, Straight, Gay and Bi, Spice Up Your Sex Life and Have Mindblowing Sex: (Sexuality, Intimacy, Sexting, Confidence, Relationship) (Great Sex Book Series 1) Complete Guide to Iguana Care: A Handbook for Taking Care of Your Pet Iguana Una Vida Sexual Mas Feliz/A Happier Sex Life: Study in Modern Japanese Sexual Habits Sexual Anorexia: Overcoming Sexual Self-Hatred BETTER SEX WITH YOGA: Exercises, poses and meditations for men, women and couples to improve sex life. (SEX IMPROVEMENT Book 1) The Survivor's Guide to Sex: How to Have an Empowered Sex Life After Child Sexual Abuse

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