

Sex Again: Recharging Your Libido - Jill Blakeway

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Despite what you see on movies and TV, Americans have less sex than people in any other country. One in three women, of all ages, reports a lack of interest in sex, and more than 40 million Americans in relationships are having no sex at all. But rather than feeling complacent about it, most couples would like to have that interest back. The desire for desire is a feeling few women forget or abandon. Combining Eastern wisdom and techniques with a Western medical perspective, Jill Blakeway called a fertility goddess by The New York Times for her bestseller, Making Babies shows women how to revive their libidos and rekindle their sex lives. Assessments and quizzes help the reader place herself and her partner on the scale of yin and yang. Jill then shows how to keep these opposites passive/active, accepting/initiating, cool/hot in correct balance. Specific meditations and breathing techniques help unblock qi (pronounced chee), the essential energy that flows through the body. There are chapters on specific elements of love-making: massage, kissing, positions, orgasms having them, holding them, making them last. And finally, Sex in Six, a six-week program of reclaiming an active, satisfying, and possibly better-than-ever-before sex life. The book is full of case studies, fun Do It Now suggestions, and He Said boxes written by the author's husband and medical partner, Noah Rubinstein. It addresses common sexual dysfunctions, healthy hormones, and herbal remedies. Sex Again provides a path to balance and emotional wisdom individually and as a couple. Author: Blakeway, Jill Publisher: Workman Publishing Company Illustration: N Language: ENG Title: Sex Again: Recharging Your Libido Pages: 00194 (Encrypted EPUB) On Sale: 2012-12-25 SKU-13/ISBN: 9780761171690 Category: Self-Help : Sexual Instruction Category: Psychology : Human Sexuality

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