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Reclaiming Desire: 4 Keys to Finding Your Lost Libido

By Andrew Goldstein

Rodale Books. Paperback. Book Condition: New. Paperback. 336 pages. Dimensions: 8.3in. x 5.5in. x 1.0in.-Im so busy and tired, how can I find time for sex -How can I go from mommy one minute to passionate lover the next -What medicines or natural herbs can I take to improve my libido At some point in their lives, most women experience a decline in their sexual desire. Yet despite the vast number of books devoted to sex, surprisingly few focus on the problem of low libido. Fewer still offer any practical advice to the woman who has lost her sex drive and longs to find it again. Finally available in paperback, Reclaiming Desire presents the holistic approach that gynecologist Andrew Goldstein and clinical psychologist Marianne Brandonco-founders of the Sexual Wellness Center in Annapolis, Marylanduse to successfully treat women with low libido. Capitalizing on their combined medical and psychological expertise, they reveal how a complex set of physical, emotional, intellectual, and spiritual factorsas well as specific life-changing events such as marriage, pregnancy, childbirth, divorce, and menopausecan affect female sex drive. Reading this book, women will come to understand that low libido isnt all in their headsor all in their bodies, for that...



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