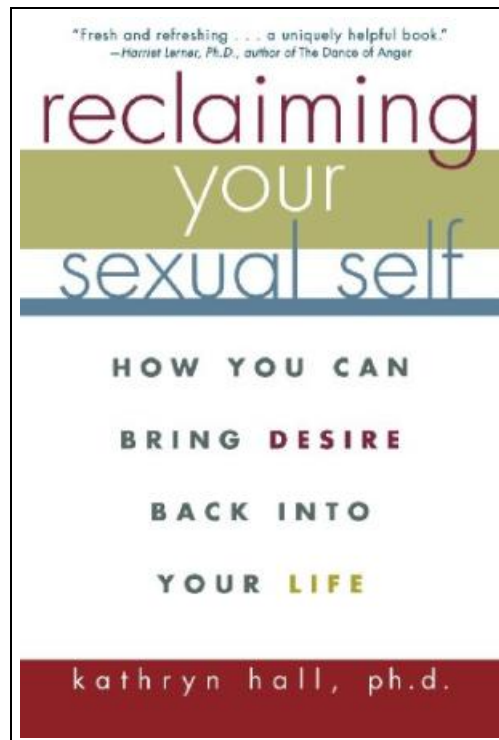


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RECLAIMING YOUR SEXUAL SELF: HOW YOU CAN BRING DESIRE BACK INTO YOUR LIFE (PAPERBACK)



Turner Publishing Company, United States, 2004. Paperback. Condition: New. Language: English . Brand New Book. Kathryn Hall takes a fresh and refreshing new look at why so many women are not really interested in sex. A uniquely helpful book. -Harriet Lerner, Ph.D., author of *The Dance of Anger* Women don t need medicine or magic to feel desire but rather reasons and motivation. This book provides sound strategies and sensible suggestions for overcoming sexual inertia and finding genuine satisfaction. -Sandra Leiblum, Ph.D., Director, Center for Sexual Relationship Health, University of Medicine and Dentistry of New Jersey The many who are searching for sexual desire in an easy-to-swallow pill form may be pleasantly surprised to find it in this easy-to-read book form. -Gerianne M. Alexander, Ph.D., Texas AM University At last, a drug-free, holistic program to restore sexual passion and desire Despite what many so-called experts believe, lack of sexual desire in women does not necessarily indicate a hormonal problem. More often, asserts sex therapist Dr. Kathryn Hall, it means that something is out of balance in our lives. In *Reclaiming Your Sexual Self*, Dr. Hall reveals how to discover the source of your lack of sexual interest and take charge of your health. Drawing on successful methods she has used in her clinical practice, she helps you identify the imbalances that are affecting your overall well-being and get in touch with lost or neglected sexual feelings. Through a series of illuminating exercises and with Dr. Hall s wise, warm advice, you ll discover: * Why it s okay to want sex-and enjoy it * Ways to improve communication with your partner * The right conditions and circumstances to spark your sexual interest * How to maintain a vital sexual connection for the long term * When to consult a professional...



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