

# Sex And Intimacy After Childbirth

## Rediscovering Desire In Your Relationship

Whispering the Secrets of Language: An Emotional Journey through **Sex And Intimacy After Childbirth Rediscovering Desire In Your Relationship**

In a digitally-driven world wherever displays reign great and quick conversation drowns out the subtleties of language, the profound strategies and psychological subtleties hidden within phrases usually go unheard. Yet, set within the pages of **Sex And Intimacy After Childbirth Rediscovering Desire In Your Relationship** a fascinating literary value sporting with natural thoughts, lies an extraordinary journey waiting to be undertaken. Written by a talented wordsmith, that enchanting opus encourages readers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the material of each and every word. Within the emotional depths with this emotional evaluation, we shall embark upon a heartfelt exploration of the book is core themes, dissect their interesting writing style, and yield to the powerful resonance it evokes strong within the recesses of readers hearts.

**Against Love** Laura Kipnis 2009-01-16 A polemic against love that is “engagingly acerbic ... extremely funny.... A deft indictment of the marital ideal, as well as a celebration of the dissent that constitutes adultery, delivered in pointed daggers of prose” (The New Yorker). Who would dream of being against love? No one. Love is, as everyone knows, a mysterious and all-controlling force, with vast power over our thoughts and life decisions. But is there something a bit worrisome about all this uniformity of opinion? Is this the one subject about which no disagreement will be entertained, about which one truth alone is permissible? Consider that the most powerful organized religions produce the occasional heretic; every ideology has its apostates; even sacred cows find their butchers. Except for love. Hence the necessity for a polemic against it. A polemic is designed to be the prose equivalent of a small explosive device placed under your E-Z-Boy lounge. It won't injure you (well not severely); it's just supposed to shake things up and rattle a few convictions.

*The Return of Desire* Gina Ogden 2008-07-15 A nationally known sex therapist offers an in-depth look at low sex drive among women—with information and exercises for reviving female desire and sexual pleasure According to an often-quoted study reported in the Journal of the

American Medical Association, 43% of American women suffer from “low libido.” In *The Return of Desire*, respected sex therapist and researcher Gina Ogden offers a new understanding of this surprising and troubling statistic, moving beyond hormones, drugs, and other medical perspectives to address the mental, emotional, and relational dynamics that can dampen desire. Based on her recent national sex survey and on decades of clinical practice, Dr. Ogden offers readers scores of insights, approaches, and exercises to help them understand how sexual desire can decrease or even disappear in relationships and what they can do about it. She shows you how to:

- Open up to the four energies that spark desire
- Create heart-to-heart communication with your partner
- Transcend guilt, shame, and “good-girls-don't” messages
- Help heal the sexual wounds of abuse, addiction, affairs, and low self-esteem
- Enjoy sexual pleasure throughout your life span—from new love, to parenthood, and into your golden years

### **Our Bodies, Ourselves: Pregnancy and Birth**

Boston Women's Health Book Collective 2008-03-04 The trusted editors of *Our Bodies, Ourselves*, called “a feminist classic” by The New York Times, present a comprehensive guide to pregnancy and childbirth, from prenatal care and emotional well-being to how to handle the pain of childbirth. Pregnancy and birth are as

ordinary and extraordinary as breathing, thinking, or loving. But as soon as you announce you're expecting, you may be bombarded with advice from every angle—well-meaning friends, relatives, medical professionals, even strangers want to weigh in on what you should or shouldn't do, and it's easy to feel overwhelmed by their conflicting recommendations. Our Bodies, Ourselves: Pregnancy and Birth will help you sort fact from fiction, giving you the most accurate research, up-to-date information, and the firsthand experiences of numerous women who have been exactly where you are today. You'll get the tools you need to take care of yourself and your baby during and after your pregnancy, from tips on eating well during pregnancy to strategies for coping with stress and depression. Learn everything you need to know about:

- Choosing a good health care provider
- Selecting a place of birth
- Understanding prenatal testing
- Coping with labor pain
- Speeding your physical recovery
- Adjusting to life as a new mother

Our Bodies, Ourselves: Pregnancy and Birth is an essential resource for women that will guide you through the many decisions ahead.

**Women Who Love Sex** Gina Ogden 2007-09-11 Wonderful sex does more than melt both body and soul; it brings power, energy, and deep satisfaction to all aspects of our lives. In this unique book, women who consider themselves highly sexually responsive talk in intimate detail about what gives them the greatest pleasure. They redefine sex—based on how women really experience sexual pleasure—confirming what every woman knows instinctively, while creating a new language that every woman will understand. Based on extensive one-on-one interviews conducted by Dr. Ogden with hundreds of women, this thought-provoking, wise, and unprecedented book transforms how we view sex by giving us new ways to think about sexual pleasure. To learn more about the author, Gina Ogden, go to [www.ginaogden.com](http://www.ginaogden.com).

**A Better Normal** Tess Devèze 2021-09-27 "A really important influence in my and many others road back to physical and mental health during and post cancer treatment. Without Tess' support who knows where we'd be." Steve, cancer survivor "This book is an absolute game changer. Practical, clear, accessible guidance. I

already love introducing Tess' work to couples craving re-connection post cancer treatment, and now I have this go-to instructional guide." Victoria Cullen, founder of A Touchy Subject "Your impact on others suffering is just so profound. Love you for that Tess. Thank you!" SJ, cancer survivor Impacted sexuality from cancer treatments is one of the most common challenges people face, yet is one of the most under-addressed. Cancer treatments can impact all aspects of our lives, so why is no one talking about the more 'intimate' struggles we face? If you've received a cancer diagnosis, or are the loved one of someone who has, this book offers support and solutions to recover and increase connection, intimacy & sexuality, during and after treatments. Jam-packed with fun activities and easy-to-do strategies for how to improve things like; low libido, changes in body image and body confidence, when things are 'dry & sore', dating, the more direct side-effects treatments can have on our body and ways to heal and work around them like pain, fatigue, when sex hurts, drops in sex-drive and so, so much more. This book is a must-have for anyone impacted by cancer who may need support, because we all deserve love and connection. Written by a sexuality clinician and educator, who's also had cancer, this book is filled with practical information and ways you can reconnect with yourself and/or a partner, from someone who's literally been there. With down to Earth humour mixed in with a dash of neuroscience, Tess offers a positive path to your intimacy recovery, so what you thought was sexually impossible, becomes possible.

**Why Women Have Sex** Cindy M. Meston 2009-09-29 An unparalleled exploration of the mysteries underlying women's sexuality that rivals the culture-shifting Kinsey Report, from two of America's leading research psychologists Do women have sex simply to reproduce or display their affection? When University of Texas at Austin clinical psychologist Cindy M. Meston and evolutionary psychologist David M. Buss joined forces to investigate the underlying sexual motivations of women, what they found astonished them. Through the voices of real women, Meston and Buss reveal the motivations that guide women's sexual decisions and explain the deep-seated psychology and biology that

often unwittingly drive women's desires—sometimes in pursuit of health or pleasure, or sometimes for darker, disturbing reasons that a woman may not fully recognize. Drawing on more than a thousand intensive interviews conducted solely for the book, as well as their pioneering research on physiological response and evolutionary emotions, *Why Women Have Sex* uncovers an amazingly complex and nuanced portrait of female sexuality. They delve into the use of sex as a defensive tactic against a mate's infidelity (protection), as a ploy to boost self-confidence (status), as a barter for gifts or household chores (resource acquisition), or as a cure for a migraine headache (medication). *Why Women Have Sex* stands as the richest and deepest psychological understanding of female sexuality yet achieved and promises to inform every woman's (and her partner's) awareness of her relationship to sex and her sexuality.

**The Meaning of Mary Magdalene** Cynthia Bourgeault 2010-09-14 Mary Magdalene is one of the most influential symbols in the history of Christianity—yet, if you look in the Bible, you'll find only a handful of verses that speak of her. How did she become such a compelling saint in the face of such paltry evidence? In her effort to answer that question, Cynthia Bourgeault examines the Bible, church tradition, art, legend, and newly discovered texts to see what's there. She then applies her own reasoning and intuition, informed by the wisdom of the ages-old Christian contemplative tradition. What emerges is a radical view of Mary Magdalene as Jesus's most important disciple, the one he considered to understand his teaching best. That teaching was characterized by a nondualistic approach to the world and by a deep understanding of the value of the feminine. Cynthia shows how an understanding of Mary Magdalene can revitalize contemporary Christianity, how Christians and others can, through her, find their way to Jesus's original teachings and apply them to their modern lives.

**The Ultimate Guide to Sex After Fifty** Joan Price 2014-12-22 The population over age 50 is larger than ever in history. According to the U.S. Census Bureau, 32.1 percent of the U.S. population were age 50 and over in 2011. This demographic is also healthier, more aware, more

youthful, and more vocal than any previous older generation. Thanks to ongoing medical discoveries, the sexual revolution, and the Internet, today's seniors are also sexier than ever — or at least they're now willing to talk and ask about sex as never before. They are the generation that discovered clitoral orgasms, vibrators, and Viagra, and there's no stopping the thirst for knowledge and pleasure now. Since 2005, Joan Price has penned *Better Than I Ever Expected: Straight Talk About Sex After Sixty* and emerged as the go-to sexpert for the over-50 population. Price's savvy advice, honesty, helpfulness, and humor garnered awareness in the media, in professional circles of therapists and sex educators, and among the huge population of people over 50 who hunger for real information from an age appropriate author. Price tackles it all in this definitive guide to sex and aging: health, fun (and function), disability, dating, illness, orgasms, G-spots, P-spots, polyamory, kink, and much more.

**Tiny Beautiful Things** Cheryl Strayed 2012-07-10 NATIONAL BESTSELLER • Soon to be a Hulu Original series • The internationally acclaimed author of *Wild* collects the best of *The Rumpus's* Dear Sugar advice columns plus never-before-published pieces. Rich with humor and insight—and absolute honesty—this "wise and compassionate" (*New York Times Book Review*) book is a balm for everything life throws our way. Life can be hard: your lover cheats on you; you lose a family member; you can't pay the bills—and it can be great: you've had the hottest sex of your life; you get that plum job; you muster the courage to write your novel. Sugar—the once-anonymous online columnist at *The Rumpus*, now revealed as Cheryl Strayed, author of the bestselling memoir *Wild*—is the person thousands turn to for advice.

**Boundaries** Brian N. Winslade 2018-12-13 In an age of moral relativity, is there a place for rules? They govern acceptable behavior on the sports field, but do they have a position in general life and relationships? 3,500 years ago, a new nation emerged as Moses led the Israelites on a journey toward the land God had promised them. They needed boundaries that would govern their worship, interpersonal relationships, and property, and God wrote them down. We refer to them as the Ten Commandments. Over the

centuries, they have formed the basis for rule of law in most countries of the world, defining boundaries of fairness and interaction, within which we live and have our being. But are they still relevant in and for the twenty-first century? Some regard them as anachronistic and outdated, superseded by more enlightened thinking. For others, they are timeless. Clearly, Jesus regarded them as pertinent for all who follow him, although in many instances he clarified their intent and application. This book takes a fresh look at the boundaries God gave his emerging special race and how they apply in our current age—a resource for pastors, individual Christ-followers, and a discussion-starter for small groups.

*Reclaiming Desire* Andrew Goldstein, M.D.

2009-06-09 A holistic approach to the problem of low libido in women explains how a variety of physical, emotional, spiritual, and intellectual factors, as well as such events as pregnancy, marriage, childbirth, menopause, and divorce, can affect a woman's sex drive and offers a variety of medical and psychological treatment options to help women reinvigorate their intimate relationships. 35,000 first printing.

*The Big, Fun, Sexy Sex Book* Lisa Rinna

2012-05-01 JUST SAY O! • Have flannel pj's replaced your silky negligees? • Are you more likely to nod off cuddling the remote—instead of your partner? • Are you too tired for sex? • Is foreplay becoming “boreplay”? Sure, being comfortable in your relationship is great. You can finish each other's sentences, love your partner's extra ten pounds, and know just the right buttons to push in bed (or at least think you do). But too much comfort can strip your sex life of its XXX rating and render your love life . . . lifeless. New York Times bestselling author and nationally recognized sex counselor Ian Kerner and vivacious television personality Lisa Rinna, who spoke candidly about rediscovering her own lost libido in her New York Times bestseller *Rinnovation*, are on a mission to help you get from “no-go” to the Big O. Mind-blowing sex is just pages away! Turn down the lights and cozy up under the sheets with this intimate bedside guide to igniting your mojo. Overflowing with candid advice, tips, techniques, personal revelations, sexercises, and even a ten-step plan guaranteed to rejuvenate your relationship and

keep you and your partner coming back for more, *The Big, Fun, Sexy Sex Book* proves that knowledge isn't just power—it's also pleasure! Now, let's have some fun! \*\*\* HE SAYS: “What happens outside the bedroom affects what happens in the bedroom, and when couples are connected intimately, their relationship can be more vital and stronger than they ever imagined.” SHE SAYS: “Don't underestimate a real woman. You want to know about great sex? I'll show you great sex. You want a cougar? I'll give you a tigress! I'm just show you great sex. You want a cougar? I'll give you a tigress! I'm just reaching my peak, and I feel sexier than ever—and so can you!” IT'S NEVER TOO LATE TO GET THE SEX LIFE YOU ALWAYS WANTED!

\* Sexy scenarios and hot new moves to amp up the adventure! \* The best sexual positions to make you climax \* Confidence boosters that make you feel sexier than ever and bring out your inner thrill-seeker \* Oral sex and hand job tips that will make his body go nuclear \* Fixes for common bedroom problems such as low desire, mismatched libidos, and sexual boredom \* Tips for coping with sexual “male-functions” such as premature ejaculation, erectile disorder, and a propensity for porn \* The ten-step sex workout \* The most amazing sex of your life—at any age, even after kids!

**Wanting Sex Again** Laurie Watson 2012-12-04 “I never want to have sex again.” If you feel like sex just isn't worth the effort, you're not alone. Forty million American women are frustrated by their lack of sexual passion. They know something's missing—and their husbands know it, too—but the emotional, physical, and mental obstacles to healthy desire can be a knot that seems too tangled to unravel. Drawing on twenty years of clinical experience, Laurie Watson shows that it really is possible to restore the thrill of sex, using proven psychological methods and personal accounts from actual therapy sessions. Her strategies will: • Offer a glimpse into the reality of other people's bedrooms • Address the sexual problems that can develop with life changes—from marriage to motherhood to menopause • Uncover the hidden factors that impact desire—stress, cultural messages, emotional connection, chemical and hormonal challenges, physical appearance issues, and more • Show how joyful, meaningful, satisfying

sex can be yours again Candid, practical, and much needed, this book can help you rediscover your sexual self or discover it for the first time. Instead of dreading bedtime, you can look forward to it again.

**The Fourth Trimester** Kimberly Ann Johnson 2017-12-26 A guide to help support women through post-partum healing on the physical, emotional, relational, and spiritual levels. This holistic guide offers practical advice to support women through postpartum healing on the physical, emotional, relational, and spiritual levels—and provides women with a roadmap to this very important transition that can last from a few months to a few years. Kimberly Ann Johnson draws from her vast professional experience as a doula, postpartum consultant, yoga teacher, body worker, and women's health care advocate, and from the healing traditions of Ayurveda, traditional Chinese medicine, and herbalism—as well as her own personal experience—to cover • how you can prepare your body for birth; • how you can organize yourself and your household for the best possible transition to motherhood; • simple practices and home remedies to facilitate healing and restore energy; • how to strengthen relationships and aid the return to sex; • learning to exercise safely postpartum; • carrying your baby with comfort; • exploring the complex and often conflicting emotions that arise postpartum; • and much more.

**Simply Radiant** Bharti Vyas 1999 A natural health and beauty therapist to the stars offers anti-aging and menopause solutions and advice for building confidence, health and energy. 25 recipes. 8 color photos. 46 line drawings.

**Rekindling** Martien Snellen 2010-03-29 We all know parenthood brings massive changes. But not every couple is prepared for the impact pregnancy and childbirth can have on their intimate relationship. Sure, we expect to put sex on hold for a while just before and after the birth, but most of us naively assume that things will eventually return more or less to normal. Unfortunately for many couples it doesn't work out like that. And although it's true, as Martien Snellen points out, that no one ever died from lack of sex...Well, sometimes it can make a relationship feel a little bit under the weather. Dr Martien Snellen is a psychiatrist with an

extensive practice in relationship counselling. In this new edition of his immensely well received book (originally released as Sex & Intimacy after Childbirth) he explores the factors that can affect your sex life when you have a new baby. From changes in body image to serious health issues like Postnatal Depression; from divergent levels of interest to just not being able to find the time. And, most importantly, he offers practical suggestions to help get the spark back. For both of you. This book is a godsend for any new, or newish, parent who thinks their other relationship could do with a little attention too.

### **Come As You Are: Revised and Updated**

Emily Nagoski 2021-03-02 A revised and updated edition of Emily Nagoski's game-changing New York Times bestseller *Come As You Are*, featuring new information and research on mindfulness, desire, and pleasure that will radically transform your sex life. For much of the 20th and 21st centuries, women's sexuality was an uncharted territory in science, studied far less frequently—and far less seriously—than its male counterpart. That is, until Emily Nagoski's *Come As You Are*, which used groundbreaking science and research to prove that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organized but how you feel about them. In the years since the book's initial publication, countless women have learned through Nagoski's accessible and informative guide that things like stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it—and that even if you don't always feel like it, you are already sexually whole by just being yourself. This revised and updated edition continues that mission with new information and advanced research, demystifying and decoding the science of sex so that everyone can create a better sex life and discover more pleasure than you ever thought possible.

**Talking Back to Purity Culture** Rachel Joy Welcher 2020-11-10 The generation born into evangelical purity culture has grown up, but many still struggle with its complicated legacy. Examining purity culture's teachings through the lens of Scripture, Rachel Joy Welcher charts a path forward in the ongoing debates about sexuality—one that rejects legalism and license

alike, steering us back instead to the good news of Jesus.

**The Sexually Confident Wife** Shannon Ethridge 2009-09-08 Maximize the sexual and emotional potential in your marriage! With down-to-earth wisdom based on the experiences of the thousands of women she's counseled, Shannon Ethridge—author of the million-plus-selling *Every Woman's Battle* series—shows women how to create the healthy, exhilarating sex lives they (and their husbands) desire. Every woman deserves to enjoy great sex with her husband, without inhibition or shame. But many wives live with the burden of self-doubt or feel mystified about what men really want in bed. Others wrestle with memories of sexual abuse or neglect, guilt over past intimate relationships, or negative feelings about their own bodies. Maybe you've been thinking you were alone in your struggle to discover sexual fulfillment. Think again: only 8 percent of married women consider their sex life "very hot" 21 percent call their sex life "routine and boring" Another 21 percent ask, "What sex life?" These sorry statistics don't have to be your case, as Shannon Ethridge readily explains with arresting warmth and honesty. Brimming with confidence-boosting techniques and inspiring personal stories of rejuvenated relationships, *The Sexually Confident Wife* opens a new world of passion for every couple, helping women to connect with their men on every level—physical, mental, emotional, and spiritual—enabling them to fully enjoy the ultimate, enduring union that marriage can be.

**Relationship Maintenance** Brian G. Ogolsky 2019-12-19 Provides an interdisciplinary perspective on behaviors and strategies used to maintain intimate relationships.

*Cheap Sex* Mark Regnerus 2017 Cheap sex and the modern mating market -- Cheaper, faster, better, more? contemporary sex in America -- The cheapest sex : trends in pornography use and masturbation -- The transformation of men, marriage, and monogamy -- The genital life Plugged In Patti M. Valkenburg 2017-04-25 An illuminating study of the complex relationship between children and media in the digital age Now, as never before, young people are surrounded by media—thanks to the sophistication and portability of the technology that puts it literally in the palms of their hands.

Drawing on data and empirical research that cross many fields and continents, authors Valkenburg and Piotrowski examine the role of media in the lives of children from birth through adolescence, addressing the complex issues of how media affect the young and what adults can do to encourage responsible use in an age of selfies, Twitter, Facebook, and Instagram. This important study looks at both the sunny and the dark side of media use by today's youth, including why and how their preferences change throughout childhood, whether digital gaming is harmful or helpful, the effects of placing tablets and smartphones in the hands of toddlers, the susceptibility of young people to online advertising, the legitimacy of parental concerns about media multitasking, and more.

*The Female Brain* Louann Brizendine, M.D. 2007-08-07 Since Dr. Brizendine wrote *The Female Brain* ten years ago, the response has been overwhelming. This New York Times bestseller has been translated into more than thirty languages, has sold nearly a million copies between editions, and has most recently inspired a romantic comedy starring Whitney Cummings and Sofia Vergara. And its profound scientific understanding of the nature and experience of the female brain continues to guide women as they pass through life stages, to help men better understand the girls and women in their lives, and to illuminate the delicate emotional machinery of a love relationship. Why are women more verbal than men? Why do women remember details of fights that men can't remember at all? Why do women tend to form deeper bonds with their female friends than men do with their male counterparts? These and other questions have stumped both sexes throughout the ages. Now, pioneering neuropsychiatrist Louann Brizendine, M.D., brings together the latest findings to show how the unique structure of the female brain determines how women think, what they value, how they communicate, and who they love. While doing research as a medical student at Yale and then as a resident and faculty member at Harvard, Louann Brizendine discovered that almost all of the clinical data in existence on neurology, psychology, and neurobiology focused exclusively on males. In response to the overwhelming need for information on the

female mind, Brizendine established the first clinic in the country to study and treat women's brain function. In *The Female Brain*, Dr. Brizendine distills all her findings and the latest information from the scientific community in a highly accessible book that educates women about their unique brain/body/behavior. The result: women will come away from this book knowing that they have a lean, mean, communicating machine. Men will develop a serious case of brain envy.

Becoming the One Sheleana Aiyana 2022-06-14  
Spiritual writer and founder of Rising Woman, Sheleana Aiyana takes you on a transformational inner-work journey to heal life-long relationship patterns and reclaim power over your life.

Romantic relationships have the ability to infuse our lives with the magic of intimacy and connection. But for many of us, that magic is fleeting—over and over, our relationships don't last, or if they do, they fail to make us happy. We find ourselves chasing unavailable love, sublimating our needs in service to others, or trying to save our partners from themselves, all the while abandoning the one who needs us most—ourselves. If you find yourself struggling to let go after a relationship ends, or you keep hitting the same wall in dating and relationships with emotionally unavailable people, this is not a sign that you are broken. It is a sign that somewhere along the way, you learned to sacrifice yourself in order to be loved. In *Becoming the One*, spiritual leader and visionary founder of the Rising Woman community Sheleana Aiyana offers a roadmap for transforming your relationship patterns to end the cycle of self-abandonment and move into the light of self-discovery. You'll learn to:

- build a secure, loving relationship with yourself.
- connect with your inner child.
- challenge your core beliefs about love.
- set self-affirming boundaries.
- discover and celebrate your true desires.
- recognize red and green flags.

Sheleana's revolutionary lessons, based on wisdom from the traumas of her past and years of guiding thousands of women around the world in her internationally acclaimed "Becoming the One" program of spiritual and therapeutic healing practices, teach you to embody the qualities you are seeking in others so that you can become "the one" for yourself. You'll learn

how to trust your body, make peace with your past, and clear the path for healthy, conscious love—one that returns the authority to you to choose how to live and whom to love. The desire for love is wired into the very fibers of our being, but before you can create rewarding bonds with others, first you must stand wholeheartedly in self-acceptance. Becoming the One is an invitation to find your way home to yourself.

### **The Seven Principles for Making Marriage Work**

John Gottman, PhD 2015-05-05 NEW YORK TIMES BESTSELLER • Over a million copies sold! "An eminently practical guide to an emotionally intelligent—and long-lasting—marriage."—Daniel Goleman, author of *Emotional Intelligence* *The Seven Principles for Making Marriage Work* has revolutionized the way we understand, repair, and strengthen marriages. John Gottman's unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

### **Reclaiming Desire**

Andrew Goldstein 2009-06-09 I'm 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. *Reclaiming*

Desire presents the holistic approach that gynecologist Andrew Goldstein and clinical psychologist Marianne Brandon—co-founders of the Sexual Wellness Center in Annapolis, Maryland—use 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 factors—as well as specific life-changing events such as marriage, pregnancy, childbirth, divorce, and menopause—can affect female sex drive. Reading this book, women will come to understand that low libido isn't "all in their heads"—or all in their bodies, for that matter. The problem is real and it's diverse—but it's curable.

**Mating in Captivity** Esther Perel 2007-10-30 One of the world's most respected voices on erotic intelligence, Esther Perel offers a bold, provocative new take on intimacy and sex. Mating in Captivity invites us to explore the paradoxical union of domesticity and sexual desire, and explains what it takes to bring lust home. Drawing on more than twenty years of experience as a couples therapist, Perel examines the complexities of sustaining desire. Through case studies and lively discussion, Perel demonstrates how more exciting, playful, and even poetic sex is possible in long-term relationships. Wise, witty, and as revelatory as it is straightforward, Mating in Captivity is a sensational book that will transform the way you live and love.

**Taking Sexy Back** Alexandra H. Solomon 2020-02-02 "Taking Sexy Back is going directly on my top list of recommended sexuality readings." —Esther Perel, author of Mating in Captivity and The State of Affairs It is time for a new sexual revolution. It's time to take sexy back. As women, we're expected to be sexy, but not sexual. We're bombarded with conflicting, shame-inducing, and disempowering messages about sex, instead of being encouraged to connect with our true sexual selves. Sexy gets reduced to a performance, leaving us with little to no space to reckon with the complexities of sexuality. In a culture intent on telling you who and how to be, standing in your truth is revolutionary. From relationship expert Alexandra Solomon—author of Loving

Bravely—Taking Sexy Back is a groundbreaking guide to deepening your connection to yourself, honoring your desires, and cultivating authentic intimate connections. On these pages, you'll discover how to deepen your sexual self-awareness, and use that awareness to create experiences that not only pleasure, but elevate, expand, and heal you. You'll learn to understand your boundaries, communicate what feels good, and bring mindfulness and self-compassion to sex. Most importantly, you'll embrace your sexuality as an evolving, essential, and beautiful part of your life. Sex is about more than what your partner enjoys or finds sexy. It's about more than having an orgasm or finding the "right" positions. It's about you. It's time to take your sexy back! Named one of Cosmopolitan's Best Nonfiction Books of 2020! 2020 Consumer Book Honorable Mention from The Society for Sex Therapy and Research (SSTAR) As featured on The Morning Show—Australia's top-rated morning program

**HEALTHY SEXUALITY** Donna Dare 2020-10-25 Are you looking for a way to achieve intimacy in your relationship by awakening desire in your couple? Connection and sexual satisfaction are key factors in a satisfying relationship. By seeing sex as part of your life, you will be able to achieve greater intimacy that meets your needs. This 3-in-one guide will help you develop a good sex life by rediscovering your partner and improving your intimate relationship. This guide will focus on the following: Different types of intimacy Intimacy and sex in a marriage How to revive intimacy Create emotional intimacy with your partner Spice things up in the relationship Communication practices Things to do in pairs Words of love heal relationships What do women want? What do men want? Tips for more intimacy in any situation Restore intimacy in your wedding Tantric sex for marriage Tantric sexual teachings Understanding the challenges created by social messages Romance after children Improve intimacy More intimacy in 7 days ... AND MORE !!! With Healthy Sexuality, you will learn to maintain a healthy sex life with your partner. Starting an honest and meaningful conversation about your physical needs, your and your partner's expectations and finally open your relationship to a deeply satisfying experience. Do you want to try to achieve and



maintain a healthy sex life by stimulating the intimacy of your relationship?

**Discovering Your Couple Sexual Style** Barry W. McCarthy 2011-03-17 Winner of the 2009 Smart Marriages® Impact Award Think all sex should be earth shattering? The quality of most couple sex doesn't measure up to the much distorted image of the perfect romantic love/passionate sex encounter portrayed in popular culture. In *Discovering Your Couple Sexual Style: Sharing Desire, Pleasure, and Satisfaction*, renowned marital and sex therapist Barry McCarthy and his wife Emily McCarthy urge couples to ignore what they see on TV, in books, or online, and discover their own unique sexual style. The McCarthys offer three guidelines for sexual satisfaction: develop positive, realistic sexual expectations; explore sensual and sexual options; and communicate sexual desires. With this foundation, couples can take a straightforward survey to determine which of four couple sexual styles best fits their relationship. Based on three years of research and treating more than 4,000 individuals and couples, *Discovering Your Couple Sexual Style* provides information, guidelines, exercises, and case studies that will help readers find their own sexual voice and develop a mutually satisfying sexual style.

**Our Bodies, Ourselves** Boston Women's Health Book Collective 2011-10-04 Hailed by The New York Times as a "feminist classic," and "America's bestselling book on women's health," the comprehensive guide to all aspects of women's health and sexuality, including menopause, birth control, childbirth, sexual health, sexual orientation, gender identity, mental health and general well-being. Six years after the 2005 overhaul of this classic guide to women's health, the 2011 edition focuses on what *Our Bodies, Ourselves* does best: provide information on women's reproductive health and sexuality; practical information on how find and access health information; and resources, stories, and information to educate women about health care injustices and inspire them to work collectively to address them. This new edition of *Our Bodies, Ourselves* includes the latest vital information on: •Changes in the health care system—especially how health care reform affects women and how to get the care you need.

- Safer sex—how to engage in pleasurable, satisfying sexual experiences while protecting your health and the health of your partner.
- Environmental health risks—including minimizing exposure to everyday pollutants that endanger reproductive health.
- Body image—resisting negative media stereotypes and embracing healthier approaches to looking and feeling good.
- Local and global activism—using social media and organizing tactics to build community and advocate for policies that improve women's lives.
- As well as crucial information about gender identity, sexual orientation, birth control, abortion, pregnancy and birth, perimenopause, and sexuality and sexual health as we age. Together with its companion website, [OurBodiesOurselves.org](http://OurBodiesOurselves.org), *Our Bodies, Ourselves* is a one-stop resource for women of all generations.

**Sync Your Relationship, Save Your Marriage** Peter Fraenkel, Ph.D. 2011-03-15 Award-winning couples therapist Peter Fraenkel argues that most relationship problems can be traced to partners being out of sync on the powerful but mostly hidden dimension of time. Differences in daily rhythms, personal pace, punctuality, time perspective, and priorities about how time is allocated can all lead to couple conflict. Yet the fascinating fact is that these polarizing time differences play a potent role in attracting lovers in the first place. In this trailblazing new book, he draws on his original research to show how a clearer understanding of these forces can improve the health of your relationship and even rescue a failing one.

**Getting the Love You Want** Harville Hendrix 2001 I know of no better guide for couples who genuinely desire a maturing relationship. M. Scott Peck, author of *The Road Less Traveled* A remarkable book the most incisive and persuasive I have ever read on the knotty problems of marriage relationships. Ann Roberts, former president, Rockefeller Family Fund

**The New Monogamy** Tammy Nelson 2013-01-02 Everyone has their own concept of what "monogamy" means—and most people assume their partners and spouses are on the same page. Couples may assume that they are monogamous, but never discuss exactly what the monogamy agreement means to them. What

happens when this implicit agreement is broken? After infidelity, relationships can become strained as both partners lose trust and faith in each other. The New Monogamy offers a way out of these difficulties for couples struggling to stay together after infidelity. Couples make these implicit assumptions and agreements explicit so that each partner knows exactly what is expected of them in the future and what they can expect from their partner. Author Tammy Nelson helps couples regain trust, romance, and intimacy after infidelity by redefining the monogamy contract. The new monogamy contract is an explicit relationship agreement created after the affair that allows each partner to openly, honestly, and safely share their desires, expectations, and limitations. This agreement does not create an open marriage, but rather, an open conversation wherein each partner can have a say in setting the ground rules for their relationship. The book first helps couples rebuild trust after the affair, then engages in a series of Imago dialogues based on questions about what each partner really wants in the relationship, not what you think you should want or what a partner wants you to want. The New Monogamy includes questionnaires, checklists, and candid questions for partners to ask that help welcome complete honesty and trust back into the relationship. Then, the book helps couples make an erotic recovery from infidelity by addressing erotic problems that may surface and offers advice for helping couples return to desiring and trusting one another. After an affair, it's impossible to go back to the way the relationship was before, but this book offers the chance for a new beginning.

**When Your Sex Drives Don't Match** Sandra Pertot 2007-02-26 - What libido type are you?: People have different sexual tastes and preferences, which, according to Dr. Sandra Pertot, can be traced to 10 basic libido types--each with a unique set of feelings, desires, and expressions. By learning to recognize them, couples can better understand and work through their sexual conflicts. - A complete guide to a mutually satisfying sexual relationship: Once couples have identified their libido types, Pertot offers useful ways to manage sexual incompatibilities and, in most cases, achieve a mutually satisfying sex life. Her clear advice

emphasizes a combination of increased communication, understanding of differences, and building upon previously established aspects of the relationship. - Authoritative information based on more than thirty years of clinical expertise: Pertot was compelled to write this book because in over thirty years of experience counseling couples, she's found that mismatched libidos is one of the most common issues with which couples struggle. She's learned to recognize that most sexual problems are not the result of complicated psychological or relationship issues, but rather have completely sensible causes that can be identified and worked out.

Sex and Intimacy After Childbirth Martien Snellen 2005 It's not exactly a newsflash that pregnancy and childbirth bring enormous changes in people's lives. But not every couple is prepared for the impact parenthood can have on their sexual relationship, particularly when it's the first baby. Of course we expect to put sex on hold for a while in the period just before and after the birth, but most of us naively expect that pretty soon things will return more or less to normal. Unfortunately, for many couples it doesn't work out like that. Typical contributions to the discussion of post-baby passion usually follow the line of 'lubricate, medicate, try alcohol and variation', which at the end of the day doesn't really cut it. But in this timely new book, Martien Snellen explores the factors that can influence and inhibit your sexual relationship when you're a new - or newish - parent, from changes in body image to serious health issues such as postnatal depression; from divergent levels of interest to...just not being able to find the time. And most importantly, he offers practical, down to earth suggestions for rethinking your relationship and rediscovering physical intimacy - in a way that works for both of you. Funny, insightful and deeply wise, Martien Snellen has written an essential read for anyone who's looking to rekindle the sparks of their relationship, or simply wants to better understand the implications of one of the less spoken-about aspects of parenthood.

The Way of the Superior Man David Deida 2008-09 Deida explores the most important issues in men's lives--from career and family to women and intimacy to love and spirituality--to

offer a practical guidebook for living a masculine life of integrity, authenticity, and freedom.

Oh Sis, You're Pregnant! Shanicia Boswell 2021-03-16 What to Expect When You're Black, Pregnant, and Expecting "This book stands as the modern-day guide to birthing while Black." —Angelina Ruffin-Alexander, certified nurse midwife, owner of Touch of Osun Midwifery Services #1 New Release in Pregnancy & Childbirth and Minority Demographic Studies, Medical Ethics, and Women's Health Nursing

Written with lighthearted humor and cultural context, *Oh Sis, You're Pregnant!* discusses the stages of pregnancy, labor, and motherhood as they pertain to pregnant Black women today. Tailored to today's pregnant Black woman. In the age of social media, how do pregnant women communicate their big announcement? What are the best protective hairstyles for labor? Most importantly, how many pregnancy guides focus on issues like Black maternal birth rates and what it really looks like to be Black, pregnant, and single today? Written for the modern pregnant Black woman, *Oh Sis, You're Pregnant!* is the essential what to expect when you're expecting guide to understanding pregnancy from a millennial Black mom's point of view. Interviews, stories, and advice for pregnant women. Written by Black Moms Blog founder, Shanicia Boswell, *Oh Sis, You're Pregnant!* tackles hard topics in a way that truly resonate with modern Black moms. With stories from her experiences through pregnancy, labor, and motherhood, and lessons learned as a mother at twenty-two, *Oh Sis, You're Pregnant!* focuses on the common knowledge Black pregnant mothers should consider when having their first baby. It also shares topics beneficial to pregnant Black women on their second, third, or fourth born. Inside you'll find answers to questions like, how:

- Do I financially plan for my birth?
- Can I maintain my relationship and friendships during motherhood?
- Will I self-advocate for my rights in a world that already views me as less than? If you enjoyed books like *Medical Apartheid*, *50 Things To Do Before You Deliver*, *The Girlfriends' Guide to Pregnancy*, or *Birthing Justice*, then you'll love *Oh Sis, You're Pregnant!*

*Intimate Allies* Dan B. Allender 1999-03 Allendar has produced a book that looks at the deep underlying reasons for the unhappiness many

people feel in marriage.

*The 4 Seasons of Marriage* Gary Chapman 2012 Compares the transitional cycles of marriage to those of nature, describes the attitudes and emotions of each season, and offers seven strategies that enable couples to enhance and improve their marital relationship.

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