

BOOK SYNOPSES

HUMAN SEXUAL RESPONSE

by William H. Masters(Author), Virginia E. Johnson(Author)

This is the Bible of the Sex Revolution of the 1960s, to such an extent that one cannot say whether this book caused the Sex Revolution or the Sex Revolution led to the creation of this book. This book asked and answered questions that had rarely been addressed and had never been answered before. What happens to the woman during the sexual process? Prior to this book, nobody knew the answer. It can be observed that when a woman becomes sexually aroused, her vagina becomes lubricated through vaginal fluids. Where does this arousal take place? Does it happen just in the clitoris or does it also take place deep within the walls of the vagina? These are questions that Masters and Johnson penetrated.

SEX WHEN YOU'RE SICK: RECLAIMING SEXUAL HEALTH AFTER ILLNESS OR INJURY

By Anne Katz (Author)

Sexuality is much more than sex; it is the embodiment of how we perceive our sexual selves and encompasses past experiences, attitudes, values, as well as the meanings that we have constructed throughout our lives about our sexual behavior. It is integral to healthy human functioning, and it can be severely affected whenever a person becomes the victim of illness or injury. This book describes how illness and injury impact sexual functioning. From cancer to diabetes, hysterectomy to injury, from mental illness to combat injury, the author covers a wide variety of illness and disease that can directly impact sexuality. Based on cutting edge research, current practice in this area by leading sex therapists and experts, the author provides readers with a guide to how illness and disease can affect sexual functioning and how victims can handle the various issues involved. Case studies, quotes from patients, and tips and solutions for problems encountered in all aspects of sexual functioning are included throughout.

Until now, a comprehensive overview of the challenges to sexuality from illness and injury was not available. This book explains the reasons why illness and injury affect sexuality. This information alone will help many people who are experiencing problems in their sex lives as a result of the illness itself or the treatments for it. It also presents suggestions for how people can help themselves to solve their problems. Helpful resources are included at the end of each chapter for further information and help. Each chapter contains stories of people who have experienced sexual problems as a result of illness or injury and many readers will see themselves in these examples. Just knowing that other people have the same sorts of problems may be a comfort. In addition, the information and explanations in the book can be helpful in starting a conversation with health care providers about problems in sexual functioning. Readers will come away with a better understanding of how they can cultivate sexuality during and after battling illness and injury.

EVERYWOMAN: A GYNAECOLOGICAL GUIDE FOR LIFE

By Derek Llewellyn-Jones

One of the most successful books ever published on women's health, EVERYWOMAN is the essential guide for women who want to learn more about their bodies and health.

Written in a sensible and straightforward way, it provides the medical and gynaecological facts as well as the social aspects of women's sexuality and wellbeing. This groundbreaking book has again been revised and updated to meet the needs of women of all ages as they head towards the next century.

EVERY MAN

by [Derek Llewellyn-Jones](#)(Author)

Much has been written about women, their bodies, and their feelings, but this is the first book to offer men a detailed, sympathetic account of their bodies, their needs, and their problems. This new edition has been revised throughout, and there are major additions on such subjects as AIDS, obesity and health, and sexual problems. 'Should be compulsory reading for every parent, or prospective parent, to prevent them rearing their sons by hit and myth methods.' Nursing Times

MEN ARE FROM MARS, WOMEN ARE FROM VENUS

by [John Gray](#)(Author)

The most well-know, long-lived, and tried-and-tested relationships guide ever, the phenomenal #1 *New York Times* bestseller *Men Are From Mars, Women Are From Venus* is now available for the first time ever in trade paperback. In this classic guide to understanding the opposite sex, Dr. John Gray provides a practical and proven way for men and women to improve their communication by acknowledging the differences between their needs, desires, and behaviors. No other relationship guide on the market will give you the same level of evidence-based insight sure to help you strengthen and nurture your relationships for years to come.

MAN, WOMAN AND RELATIONSHIPS

by [John Gray](#)(Author)

John Gray, *New York Times* bestselling author of *Men Are from Mars, Women Are from Venus*, reveals that the key to creating and maintaining successful relationships between men and women lies in accepting our differences. By trying to make our partners over in our own likeness, Gray reminds us we destroy what we first found so appealing.

Writing with the compassionate understanding that is his trademark, Gray draws on his wealth of experience from twenty years of work in couples therapy, his two mega-selling books, as well as his hugely popular national workshops and seminars. In *Men, Women, and Relationships*, he ably demonstrates that only through respecting, appreciating, and responding to our natural differences can we achieve real happiness and fulfillment in our relationships.

Discover the simple, practical techniques that can enable all of us to experience the healthy, supportive love we deserve.

MARS AND VENUS IN THE BEDROOM: A GUIDE TO LASTING ROMANCE AND PASSION

By [John Gray](#)(Author)

Can you keep the fires of passion burning?

Men and women have very different physical needs. But Dr. John Gray explains how both can make small but important adjustments in their attitudes, schedules, and techniques so that their partners are happy in the bedroom -- and outside of it.

Written with the understanding and unique insight that can come only from Dr. Gray, *Mars and Venus in the Bedroom* educate men and women on:

- Advanced bedroom skills for great sex
- The joys of quickies
- Why couples are having less sex
- Passionate monogamy
- Sexual anatomy and oral sex
- How to keep the magic of romance alive
- And much more

RESURRECTING SEX: SOLVING SEXUAL PROBLEMS AND REVOLUTIONIZING YOUR RELATIONSHIP

by [David Schnarch](#)(Author), [James Maddock](#)(Author)

In this remarkable new book, Dr. David Schnarch, world-renowned sex and marital therapist and author of *Passionate Marriage*, offers a groundbreaking approach to resolving sexual difficulties and the relationship problems they cause. By showing couples how they can turn their worst sex and relationship disasters into personal growth and spiritual connection, Dr. Schnarch offers couples the best sex of their lives.

In addition to taking an unflinchingly honest, realistic, and erotic approach to sex, Dr. Schnarch reveals the complicated emotional interactions hidden within couples' most private moments. *Resurrecting Sex* speaks of compassion, partnership, generosity, and integrity in adult sexual relationships, offering hope to millions of people -- golden-

anniversary marriages, newly formed couples, and singles alike -- who are struggling with sexual difficulties.

Uplifting, provocative, and heartfelt, the book is organized into four sections:

- A crash course in sex
- Explanation of how sexual relationships really work
- Medical options and bionic solutions
- Vignettes of couples changing their sexual relationships

Resurrecting Sex addresses all major sexual issues, including male erection problems such as rapid orgasm and delayed orgasm; women's problems with arousal and lubrication, difficulty reaching orgasm, and low desire; full coverage of Viagra (for both men and women); and other sex-enhancing drugs and medical options. Rather than dwelling on sexual techniques, this sympathetic book shows how to cure the rejection, hostility, and emotional alienation that often accompany sexual problems. Its unique method helps couples develop the love, affection, and commitment that prevent divorce and strengthen families.

Generous of spirit, enlightened, and insightful, *Resurrecting Sex* is destined to make the world a better place to fall in love.

CARING FOR SEXUALITY IN HEALTH AND ILLNESS

by Diane Wells BA RMT RGM(Author), Doreen Clifford(Author)

This book provides a practical and accessible introduction to the theory and practice of psychosexual care which would come under the remit of the healthcare professional. The book's focus is on recognition of spoken and unspoken needs in caring for sexuality in health and illness and the role of the healthcare professional in promoting sexual health. Issues of sensitivity, the professional's and the patient's anxieties, and the need for careful listening are addressed; "patient concerns" and "practitioner concerns" will be addressed side by side. An emphasis on appropriate training will be included in the book, through a section on coaching and its practical implementation.

MAN MAINTENANCE 2

by Jill Margo
ISBN: 9780140273625

This sequel to 'Men Maintenance' (1996) is another popular guide to men's health. Topics include sex, sleep, medication, haemorrhoids, prostate cancer, relationships, work, weight, food, clothing, and aging. Based on columns previously published in the 'Australian' and 'Weekend Australian'. Foreword by ABC Radio National's Robyn Williams. Includes list of sources and index. Author is an award-winning journalist. Currently her column on men appears in the 'Australian Financial Review'. Previous books include 'Pushing the Limits'.

A WOMAN'S GUIDE TO SEX

by Kate Taylor

Ensuring good sexual health Lifestyle changes that heighten sensual awareness. Why and how to flirt Foreplay recommendations and sexual positions Enjoying sex during and after pregnancy Hot monogamy, or how to have great sex for the first and millionth time. Sex toys, lubricants and contraception options. Illustrations depict the wide variety of sexual positions and clear, lively text provides detailed explanations.

A Woman's Guide to Sex also includes a chapter written for men telling the woman's partner everything he needs to know. Annotated diagrams explain the details.

THE PASSIONATE TOUCH: THE ULTIMATE GUIDE TO GIVING AND RECEIVING SEXUAL PLEASURE

By Nitya Lacroix

This book is designed to allay our fears, allowing us to gain confidence and pleasure through a greater understanding of our own and our partner's bodies.

THE PREVENTION ULTIMATE GUIDE TO WOMEN'S HEALTH AND WELLNESS NEWLY REVISED AND UPDATED

The most comprehensive women's health guide ever, Prevention's Ultimate Guide to Women's Health and Wellness offers a gold mine of trustworthy, practical advice, recommendations, and remedies from leading physicians, nutritionists, fitness instructors, psychologists, and other health care experts. In this all-in-one reference book and symptom finder, you'll discover the "ultimate" remedies for more than 100 health problems-- colds, back pain, fatigue, allergies, headaches, depression, and dozens more. Best of all, the advice is tailored to women's unique biological needs. This book will help you learn about all your options-- medical treatments, natural alternatives, mind-body techniques, and home remedies. And the advice is targeted to a woman's age and reproductive status, decade by decade. In this blend of advice from experts and real

women, you'll find inspiring stories and motivational quotes to help you make your personal health a priority. Discover the three most important tips doctors give every female patient. Find out what doctors do to safeguard their own health. And learn how real women tackled tough medical problems-- and regained their vitality. Start today, and you'll live long and well.

100 QUESTIONS & ANSWERS ABOUT ERECTILE DYSFUNCTION

By Pamela Ellsworth and Bob Stanley

EMPOWER YOURSELF! No man wants to read this book but many men should. Did you know that erectile dysfunction is rarely “all in your head,” but is sometimes a warning sign of a more serious underlying condition, such as hypertension or heart disease? If you didn’t know these facts, you’re not alone—and if you’re one of the many men suffering from this difficult condition, this book offers help. The only text to provide the doctor and patient’s view, *100 Questions and Answers About Erectile Dysfunction, Second Edition* gives you authoritative, practical answers to your questions about treatment options, post-treatment quality of life, sources of support, and more. This collaboration between a prominent urologist and a patient who overcame this condition is an invaluable resource for anyone coping with the physical and emotional turmoil of this debilitating disorder. With wit, empathy, and most of all, sound medical advice, *100 Questions & Answers About Erectile Dysfunction* provides you with information you need to take charge of your sexual and overall health.