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Love Sex Again: A Gynecologist Finally Fixes The Issues That Are Sabotaging Your Sex Life



Synopsis

Love Sex Again is an all-encompassing guide to women's sexual health from Dr. Lauren Streicher, a cutting-edge Gynecologist, and a regular on The Dr. Oz Show. Ladies, what if one of America's leading sexual specialists and Gynecologist told you that she knew your body better than you did? What if she told you that she could fix the problems that are making your sex life less than perfect? More than 100 million women in America have problems in the bedroom, but don't have the courage to ask their doctors for help. These problems don't come from relationship issues, or the stresses of work and family. These are real, physical issues that are getting in the way of a vibrant, joyful sex life. Instead of getting the help they need, so many women make a silent deal with themselves: without fanfare, without discussion, they quietly give up on pleasure, or drastically compromise their expectations where sex is concerned. Sometimes women make this deal with themselves early on in their 20s or 30s; for other women, it doesn't hit until their 40s, 50s or later. Most women lack the vocabulary to talk about these issues with their doctors, not to mention the pharmaceutical aids that are readily available to men. But no longer. Dr. Streicher will show women how to regain their libido, determine what their issues are, and learn to fix whatever is broken "down there." This much anticipated book will set women on a path to discovering (or rediscovering) deeply pleasurable, satisfying sex. She offers practical advice for real women of all ages—from childbearing to post-menopausal, and explains what a woman needs to know about her body, where she is in her life, and her relationships, and how it connects to a satisfying sex life.

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Customer Reviews

Are you missing the vibrant, exciting sex life you used to have? Do you avoid sex because it is uncomfortable? Or even painful? Are you faced with diabetes, heart disease, cancer, or another illness that makes sex more challenging? Have you lost interest in sex altogether? Are you ready to . . . love sex again? For millions of women in America, sex is not the pleasurable, fun activity it once was. For many, sex has become a low priority as they navigate marriage, motherhood, and work . . . not to mention chronic stress and lack of sleep. Throw in the natural fluctuations in hormone levels that all women experience—whether due to PMS or pregnancy or while postpartum or perimenopausal, and beyond—and it is not surprising that sex becomes, well, a little less sexy. Common gynecological problems can make sex uncomfortable, and medical issues can cause it to be downright painful. If you've been unwilling or afraid to talk to your doctor about your problems in the bedroom, or if you have asked your physician for help and want advice beyond "take a bubble bath" or "try a lubricant," then *Love Sex Again* is your guide to reclaiming the sex life you want . . . and deserve! Meet Lauren Streicher, the doctor who will change your life. Dr. Streicher, a leading women's sexual health expert, offers women the courage, vocabulary, and knowledge to identify and solve problems in the bedroom once and for all. In *Love Sex Again*, Dr. Streicher covers the full scope of issues regarding sexuality—from flagging libido to vaginal dryness to sex after menopause, and so much more. She cuts through the hearsay on the use of hormone replacement therapy and discusses which hormonal products women of all ages can and should use, and why. She explains why some women experience a complete loss of libido due to medication, birth control, or a cycle of painful sex that basically shuts down desire—and how to reverse this trend. She illustrates the possible sources of sexual discomfort—everything from skin disorders to endometriosis—and offers solutions on drugs and treatment that can stop the pain. And, for the first time, Dr. Streicher helps women who have endured medical issues such as heart disease, diabetes, and cancer to reclaim sex as a part of their lives during and after treatment. Knowledge is always the best weapon—and *Love Sex Again* offers a wealth of it, along with a good dose of humor and plenty of encouragement, so that women of all ages can make having great sex a part of their lives forever.

Lauren Streicher, MD, is a gynecologist and sexual health expert. She is an associate clinical professor of obstetrics and gynecology at Northwestern University's Feinberg School of

Medicine. She is also the author of *The Essential Guide to Hysterectomy*. She lives with her husband in Chicago.

Primary care providers should buy this book, READ it, and then PUT A COPY IN EVERY EXAM ROOM! As a family physician, I love this book because it is an excellent resource to help me help my patients with decreased libido, dyspareunia, or other vaginal and sexual difficulties- regardless of the cause. Dr. Streicher clearly and specifically addresses not only menopausal issues, but numerous special challenges related to medical conditions such as cancer, diabetes, and heart disease. Dr. Streicher uses evidence-based medicine to support her recommendations, giving us the confidence to treat our patients how many of us choose to treat ourselves. She explains the WHI (Women's Health Initiative) in basic terms that allow us to debunk estrogen-fearing myths more effectively, reinforcing what we all know- that "estrogen is not poison". Dr. Streicher has mastered the balance between medical language and lay terms, blended together with her witty humor. She tells it like it is, including addressing the fact that no pill will fix decreased libido or lousy sex when the real problem is the relationship itself. This book is not a casual read for a teenager wondering about sex (though they could potentially learn a ton). Sex RX is the perfect book, however, for the educated women in your practice (and your friend group) who want to understand how their sexual body parts and hormones work (or don't work), and what options they have to improve their "SexAbility."

This is such a comprehensive book that covers so many aspects of sexuality--I bought additional copies for my mom, sister, and 2 best friends because it covers sexuality across the life span in such an easy-to-understand way. The author is an expert in her field, and it shows--vulvar pain, low desire, the works. I highly recommend this to any woman who wants up-to-date information about her sexual health.

Notwithstanding the head-turning title, this is really an excellent primer on vaginal health for menopausal and post-menopausal women. Accessible, comprehensive and compassionate.

This book is sooo informationalI can't stop reading it...I just received it....but boy is this book something else...so far I Love it...I like the way it sets the issues right there without any BS,,,and might I add the Dr. Streicher has a great sense of Humor....you will find yourself laughing out loud....for me this is just what the Doctor Order.....love it.

A very well written, laymen approach to a technical and sensitive topic. Understand why things work the way they do and now have rejuvenated the much missed feeling. I am 65 and look and feel like I am in my early 50's. All the healthy eating, exercising, and personal skin care treatment just made the desire for the physical connection greater. Have that now thanks to understanding how my body works and what it needs to continuing enjoying sex. Recommend it for women of all ages!

This is a great resource for women. Although I have not read all of it, I have already found many great points about which lubricants are best and information of incontinence problems. This is like a textbook on women's reproductive and menopausal as well as post-menopausal problems and solutions.

This is a must read especially for older women post menopause and those who have not engaged in sexual intercourse for many years for many reasons. I actually took this book with my highlighted pages to my gyn a few days ago and she knew about it and we had a very open discussion about how to fix my problems. Every woman should read this book. We are finally after so many years speaking openly about women's issues and can actually speak the word 'vagina' without being embarrassed. Men have Viagra ... we have nothing. All that talk for so many years about the penis this and the penis that OK It's kind of fabulous. Now it's our turn - way over 100 years or more. You know what you have to do, my female friends. Relax and enjoy your sexual liberation and freedom no matter what age you are.

This book is very informative and helpful for all women who suffer from painful intercourse.

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