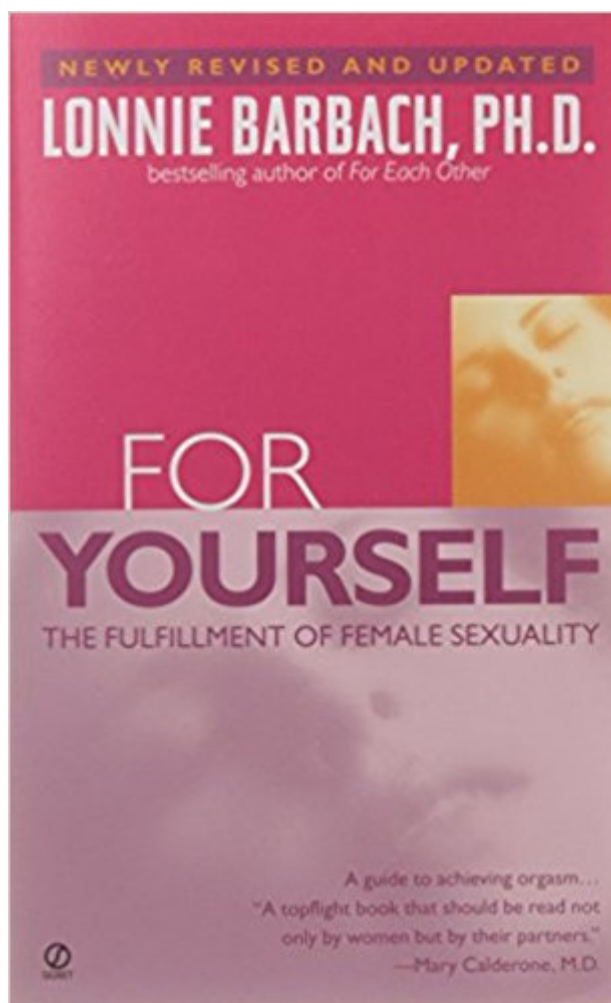




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For Yourself : The Fulfillment Of Female Sexuality



Synopsis

For Yourself offers a step-by-step program developed by an acclaimed sex therapist with years of experience in the field. With an emphasis on clear, factual advice, simple, effective exercises, and a warm, reassuring tone, it helps women discover a new world of fulfillment - for themselves. Voted #1 self-help book across over a dozen national surveys totaling 5,000 psychologists by the National Register of health service providers in psychology.Â Includes: 225 A detailed description of female sexual response Â Step-by-step exercises that will help gradually awaken dormant sexuality Â Explanations that dispel misunderstandings about sex and sexual response Â Insights into the essential role of mental and emotional attitude toward sexual gratification And more

Book Information

Mass Market Paperback: 256 pages

Publisher: Berkley; Revised, Updated ed. edition (December 1, 2000)

Language: English

ISBN-10: 0451202007

ISBN-13: 978-0451202000

Product Dimensions: 4.2 x 0.7 x 6.7 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 36 customer reviews

Best Sellers Rank: #81,859 in Books (See Top 100 in Books) #22 inÂ Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health #128 inÂ Books > Health, Fitness & Dieting > Sexual Health > General #241 inÂ Books > Health, Fitness & Dieting > Women's Health > General

Customer Reviews

"Should be read not only by women but by their partners." -- Mary Calderone, M.D.

Dr. Lonnie Barbach received her M.A. and Ph.D. in clinical social psychology from the Wright Institute in Berkeley, California. She is now on the clinical faculty of the University of California Medical School in San Francisco and also has a private practice. Among her several bestselling books on sex and relationships are For Yourself, Pleasures, Going the Distance, The Pause, Seductions, The Erotic Edge, and Erotic Interludes, her book with her partner, David Geisinger, Ph.D. They live in Mill Valley, California, with their daughter, Tess.

I cannot give this book a fair review, hence the neutral stars. This book does not address my issues

and was only purchased at the request of my therapist for a specific exercise. However, this book has some really great exercises to help women feel more comfortable and confident with their bodies both individually and with a partner. I would recommend this book to anyone who struggles with sexual confidence.

While the book provided lots of good general background information, it really didn't offer me any useful information regarding what I can do for me personally. It was also very wordy and in some places hard to read.

as expected

I guess in the 70's this was groundbreaking info for women. But women who went to high school in the 80's and 90's probably won't find anything new here.

Amazing book, it really helps you understand, accept and heal in so many ways, it also teaches and pushes toward a better knowledge of your body through specific exercises. I really recommend it for anyone who wants a better, more fulfilling experience of their sexuality on their own and with a partner.

This book is must read for all women. An essential tool for unsatisfied women that helps them become fulfilled mentally and physically. And...it works!

Good educational read even for an "experienced" adult

Great Book!

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