

MAKING *L*OVE  
THE WAY  
WE USED TO...  
OR BETTER



*Secrets to Satisfying  
Midlife Sexuality*

ALAN M. ALTMAN, M.D.  
LAURIE ASHNER

# **Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality**

**Rachel Sandford**



## **Making Love The Way We Used To-- Or Better Secrets To Satisfying Midlife Sexuality:**

Making Love the Way We Used To-- Or Better Alan M. Altman, 2001      **The Publishers Weekly** ,2000      **Library Journal** ,2001      *New York Magazine* ,1987-03-30 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea      *The Advocate* ,2004-08-17 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States      New York Magazine ,1987-03-30 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea      The Advocate ,2003-08-19 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States      The Advocate ,2005-01-18 The Advocate is a lesbian gay bisexual transgender LGBT monthly newsmagazine Established in 1967 it is the oldest continuing LGBT publication in the United States      **New York Magazine** ,1994-04-18 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea      **The New York Times Book Review** ,1980      *Sex and Love at Midlife* Bernie Zilbergeld,2010 Is it really better than ever Now that the children have grown and you have plenty of time on your hands do you find that the love and intimacy is still as strong as ever or has it gone from your life Fact As we mature our sexual drives mature as well Fact We may slow down and lovemaking may be different but that doesn t mean that the quality has to be lower or the pleasure less In this honest down to earth volume Dr Zilbergeld a world renowned sex therapist and bestselling author draws on his many years of clinical experience to explain why we should be enjoying our love making and intimacy even more as we mature Replete with stories and anecdotes that present a variety of tools and techniques to help us all develop the kind of openness we desire he honestly tells us why age is no barrier to a better and more rewarding sex life Don t just complain about your love life get started today to make it better than ever      Dr. Ruth's Top Ten Secrets for Great Sex Sabine Walter,2009-01-12 Sex between two adults in a loving relationship is according to Dr Ruth one of the most natural things in the world And although you don t have to know very much if all you re trying to do is procreate it s a whole other

story if you're trying to get the most pleasure. We're all unique individuals and so the way we get the most out of sex is slightly different for each of us. So in order to engage in sex that maximizes pleasure, some guidelines are necessary. That's especially true if one or both partners have a special need of some sort which is not uncommon. Also, every couple changes over time and if you're not familiar with the approaching speed bumps, they can turn into barriers. And you shouldn't fight change, she says; you should embrace it. Change can help push boredom aside provided you're prepared and willing to head off in the right direction. In this wise book, the beloved sex therapist boils down her life teaching to ten basic secrets including: Make Sex a Priority, Know Yourself, Know Your Partner, Know the Kama Sutra, Kick Boredom out of the Bedroom, Remember the Romance, Afterplay is as Important as Foreplay, Improve Communication, Prepare for the Changes that Lie Ahead, and others. Once you have a good grasp of these rules, she concludes, you'll be free to improvise the only way you'll keep finding the pleasure that terrific sex can bring.

**Better Than Ever** Bernie Zilbergeld, George Zilbergeld, 2004. Is it better than ever? Now that the children have grown and there's more time on your hands as a couple, are you finding that the love and intimacy has gone from your life? It is a fact that as we mature, our sexual drives mature as well, but it is also a fact that while you may slow down and your lovemaking may be different than it was in your youth, that doesn't mean that the quality has to be lower or your pleasure less. In this honest yet light-hearted volume, replete with delightful stories and anecdotes that present a variety of tools and techniques to help us all develop the kind of openness we desire, Bernie Zilbergeld, well-known sex therapist and author of the widely quoted *The New Male Sexuality*, draws on his many years of clinical and life experience. He explains why we should be enjoying our lovemaking and our intimacy even more than ever and certainly better than ever. Although it's true you are probably going to get to know your doctor much better as you grow older and probably your pharmacist as well, Dr. Zilbergeld shows how all of us can choose whether we are either going to be Lovers in our life or Non-Lovers. Meticulously researched based on 145 interviews with men and women ages 45 to 87, Dr. Zilbergeld presents evidence that a good number of men and women are having great sex in both their long and short-term relationships. He shows you how you can learn from the Lovers who are the relationship experts among us. Read this book and you will go away knowing that your love life and your intimate relationships can be just as strong today as 10, 20, or even 30 years ago. You will learn about the myths and realities about sex and aging, Normal physical changes in men and women, Lovers and Non-Lovers, where do you fit in? Problem solving and what's health got to do with it, Medications and their uses, How to talk sexy at any age. Don't just complain about your love life; get started today to make it better than ever.

**Best Sex Ever For Midlife Men and Their Partners** Erika Thost MD, 2019-12-03. Midlife Men: Are you noticing a decline in your sexual desire and sexual performance? You, the partner: Would you enjoy better lovemaking performance from your husband or boyfriend? Men in midlife: You can have Your Best Sex Ever. And their partners can too. Find out how Daily Cialis can do this for you. Midlife Men: Check Yourself. If you have erection problems or ED. If you lack confidence about your sexual performance. If you don't make

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life This book will teach you all the secrets of love and sex and get you over all your insecurities by unlocking your sex life by making it super sexy The book is a complete guide to love courtship and sex It explains love in a spiritual way starting with courtship and flirting how to court and all the most functional aspects and secrets moving on to love what it is and what are the differences between making sex and making love The differences in sensations and how to improve sex in every moment The book helps you unlock the difficulties that some people find in the sexual sphere unlocking their fantasies with their partner until the reader is able to practice the best and most satisfying sex It will help you understand what your partner really likes and make you forget all the problems you had before It will dissolve all the preconceptions you have about sex making you live freely the pleasure of love with your partner under the sheets It will also show you the best sexual positions that will give you different pleasures every day to both In this book you will find Flirting and Courtship Beginning a Courtship The spirituality of Love The difference between Sex and Love Making The Hand Game Unlocking your Sexual Fantasies and Fetishes Domination and Submission Masturbation Role of Sex in Life Lowers Blood Pressure Clean and Fresh Communication and Sex Communication during Sex Communication after Sex Ways to Sexually reconnect with your Partner How to last longer in Bed Most Common mistakes Regarding Sex Sex for People with Mobility challenges And so much more Having fun together even in sex allows you to increase your dopamine levels When you enjoy yourselves together it increases your closeness to each other It increases the joy you feel with each other You add a uniquely intimate sense to your connection that can't be appended in any other way So what are you still waiting for Click on the buy button now **Make Love 365 Times a Year** Aleida Heinz Ph.D.,2020-07-02 Statistics show that over sixty percent of married couples no longer have satisfying or even existent sexual relationships with their partners As a result divorce infidelity loneliness or couples living as roommates or without sex has become commonplace Make Love 365 Times a Year is an essential guide that can transform your relationship and your life by understanding what it takes to have a passionate love life To unlock the potential to make love 365 times a year you need energy knowledge intention strategy action and most importantly love Dr Heinz who has helped thousands of couples and people improve their love life explores how to enjoy lovemaking Learn how to understand the difference between sex and lovemaking sustain a healthy and passionate love life over time stay connected with your partner while growing as an individual be ready for a better relationship understand love lust passion and intimacy in long term committed relationships This book includes The Lovemaking Wheel a chart the author created that serves to help you identify and evaluate your lovemaking behavior Also you will find unique models to better understand infidelity relationships eroticism and pleasure Unlock 7 Sex Secrets to enjoying a passionate love life and sustain a relationship filled with meaning with the lessons in this book Inviting Desire Walker J. Thornton,2016-06-25 Inviting Desire A Guide for Women Who Want to Enhance Their Sex Life is your guide to creating a sexier more alive and in touch you at midlife and beyond It features matter of fact open conversations about sex and sexuality that reflect the reality of midlife women Using a

30 day format each day focuses on a topic using writings images and exercises to help women experience pleasure You ll explore self care sexual health learning to ask for what you want and more Inviting Desire teaches you to enhance awareness of your body and embrace your sexuality Walker Thornton has crafted a book to give you tools for a more sexually satisfying life

**Still Sexy** Susan Crain Bakos,1999-07-02 Finally a lucid sexual guide for Baby Boomers Both a portrait of a generation s sexual habits and a hands on guide to a satisfying sex life Still Sexy is a well researched and practical erotic guide for Baby Boomers everywhere Through exhaustive interviews and a comprehensive survey Susan Crain Bakos shows just what Baby Boomers sex lives are like and then goes one step further She extrapolates the best methods of the sexually successful participants and explains them so that you too can share in the secrets of these erotically satisfied Boomers And you ll be pleasantly surprised by the results of her survey Never before has the bond between trust commitment and sexual fulfillment been so clear Not just another straight instruction manual Still Sexy addresses the equally important emotional side of the erotic puzzle and for the first time a holistic approach to great sex becomes clear

**Sexually Woke** Susan Hardwick-Smith,2020-09-29 What if it were possible to have the best sex of your life at 40 or even 70 With over twenty years of experience as a highly regarded physician and founder of the largest all female staffed OB GYN practice in the nation Dr Susan Hartwick Smith also known as Dr Susan presents Sexually Woke a surprisingly frank and thought provoking look at midlife sexuality This optimistic new perspective is based not only on wisdom gained from sharing intimate stories with thousands of patients but also on her own very candid journey as a menopausal woman navigating life post divorce Through a unique and comprehensive research study and subsequent interviews Dr Susan outlines the misconception and conditioning around our attitudes to mature sex and shares the intimate secrets of a cohort of women who have discovered the path to a vibrant deeply connected and intimated sex life after 40 These women are the mysterious Sexually Woke and their surprising secrets are now available to all of us Through her own story as well as the raw and uncensored interviews with study participants that include the Sexually Woke Dr Susan re frames the second half of life as an open field of possibility in which to play explore and finally be your true self While openly discussing our tremendous struggles with kids aging parents changing careers divorce death abuse sexual trauma and personal illness she teaches us that the wisdom of midlife allows us to look inward in order to recognize the importance of sex in making our lives whole A reawakened sex life an essential step towards living life to its fullest is no longer the secret knowledge of a few outliers The path to deep sexual connection and satisfaction in midlife and beyond is available to anyone who is ready to commit and willing to embark on the journey with Dr Susan and Sexually Woke

[How to Make Love All Night \(and Drive Your Woman Wild\)](#) Barbara Keesling, PhD,2009-03-17 No matter how old or young experienced or not anyone can achieve levels of fulfillment and satisfaction never before thought possible Sex therapist Dr Barbara Keesling tells men and women the simple secret that can give couples unmatched pleasure for years Using Dr Keesling s techniques you and your partner will embark on an erotic exploration of the realm of the senses

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## **Table of Contents Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality**

1. Understanding the eBook Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
  - The Rise of Digital Reading Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
  - Advantages of eBooks Over Traditional Books
2. Identifying Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
  - User-Friendly Interface
4. Exploring eBook Recommendations from Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality

- Personalized Recommendations
- Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality User Reviews and Ratings
- Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality and Bestseller Lists
- 5. Accessing Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality Free and Paid eBooks
  - Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality Public Domain eBooks
  - Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality eBook Subscription Services
  - Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality Budget-Friendly Options
- 6. Navigating Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality eBook Formats
  - ePub, PDF, MOBI, and More
  - Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality Compatibility with Devices
  - Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
  - Highlighting and Note-Taking Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
  - Interactive Elements Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
- 8. Staying Engaged with Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
- 9. Balancing eBooks and Physical Books Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time

11. Cultivating a Reading Routine Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
  - Setting Reading Goals Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
  - Fact-Checking eBook Content of Making Love The Way We Used Toor Better Secrets To Satisfying Midlife Sexuality
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

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