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# Quick Fix Your Sex Life

**S Ashworth**



## **Quick Fix Your Sex Life:**

*Quick Fix Your Sex Life* Judith Verity, 2000 Ten minutes a day is enough to liven up your sex life And if you spend any longer than that on the theory it s only going to eat into your practice time      *The Slow Fix* Carl Honore, 2013-01-29 In the tradition of his internationally bestselling *In Praise of Slow* and drawing on examples from the most progressive and successful leaders in business politics science and society Carl Honor brilliantly illuminates why the best way to face our problems might just be to take our time If the high flying fighter pilots of the RAF can own up to their mistakes why can t the rest of us Toyota was fantastically good at exposing its failings and correcting them until it stopped setting the company up for one of the most spectacular falls from grace in the history of the auto industry BP couldn t bring itself to apologize for its catastrophic oil spill until the entire Gulf Coast of the United States was bearing the brunt of its technological shortcomings Addicted as we might be to the quick fix pills crash diets or just diverting attention from things about to go wrong the quick fix never really works Trying to solve problems in a hurry sticking on a plaster when surgery is needed might deliver temporary relief but only at the price of storing up worse trouble for later For those looking for a fix that sticks *The Slow Fix* will help us produce solutions in life and work that endure      **Libido Health** Felicia Dunbar, AI, 2025-03-17 Libido Health explores the multifaceted nature of sexual desire revealing the intricate connection between our bodies minds and lifestyles It argues that libido isn t fixed but a dynamic aspect of health we can influence Did you know that a healthy sex drive often reflects overall well being impacting relationships and self esteem Or that stress anxiety and poor sleep can significantly dampen sexual desire highlighting the importance of mental health and sleep hygiene The book emphasizes a proactive approach to sexual health guiding readers through foundational concepts biological factors like hormones and neurotransmitters and the impact of nutrition It s structured to help readers understand and improve their sexual health starting with the basics and progressing to practical strategies for stress management sleep optimization and dietary modifications This approach ensures that complex scientific ideas are easy to grasp empowering individuals to make informed decisions about their sexual well being and revitalize their sexual desire      *The Inner Light* Sumaa Tekur, 2022-11-22 This book is for those looking to dip their toes and then some into the waters of spirituality without getting caught in the whirlpool of spiritual consumerism The growing uncertainty of the economic climate and ever increasing anxieties about our health and wellness have made it more urgent than ever before to seek a life of stillness balance and perspective As we adjust to a new reality our inner world is cracked open to reveal the state of our spiritual health We are now left questioning the fragility of our egos that crumble in the face of a threat to our assumed identities of work and relationships The market for spirituality is an endless warren of complex pathways with each path offering a differently worded routine to reach the same destination Seekers are enticed with milestones to cross in the form of courses and levels often under the tutelage of a guru This book shares wisdom on how to wade through the labyrinth of pathways that make up

the journey to a more conscious spiritual lifestyle Rich with anecdotes from the author's own experiences and fellow seekers The Inner Light is a handy guide to prepare readers aspirants and sceptics alike for what to expect when they set out to integrate spirituality into everyday life This book is for beginners looking to dip their toes and then some into the waters of spirituality without getting caught in the whirlpool of spiritual consumerism The book answers the question How can I walk this path with awareness to improve my understanding of life It's for those of us who ask Where do I even start What is spirituality

**Gutbliss** Robynne Chutkan, MD, 2014-10-07 A renowned physician shares her complete 10 day digestive tune up for women with important revelations about good gastrointestinal health Many so called cures for women's bloating and indigestion from juice cleanses to specialty diets are based on junk science For women seeking true relief from that overall feeling of discomfort in any size jeans Dr Robynne Chutkan has the perfect plan for feeling light tight and bright in ten days Gutbliss offers A primer on the real reasons for gastrointestinal distress and why it's much more common in women A look at the debilitating side effects of supposedly healthy habits from Greek yogurt to bloat inducing aspirin An expert analysis of symptoms that could indicate a serious underlying condition An indispensable checklist to pinpoint the exact cause of your bloating Just a few small changes in diet lifestyle and exercise can make a huge difference in a woman's digestive health but the changes have to be the right ones Going beyond the basics of top sellers such as Wheat Belly Dr Chutkan's Gutbliss empowers women to take control of their gastrointestinal wellness

My Husband Doesn't Love Me and He's Texting Someone Else Andrew G. Marshall, 2015-09-15 When a husband tells his wife or she suspects that he no longer loves her she may feel as though her world is ending but in this positive and powerful book marital therapist Andrew G Marshall has a message of hope It is possible to turn a relationship around and emerge with a stronger bond In Part One he explains How to get to the bottom of why he's fallen out of love What's really going through his mind Why your husband has turned into a stranger The signs that show if he's depressed and what to do about it How to build better communication and start improving your relationship In Part Two he discusses how to tell if there's another woman and gauge whether she really is a threat including The six types of other woman from a spark to the love of his life Tailored strategies for dealing with each type Five worst and best reactions after uncovering what's really going on How to keep calm even when provoked How to combat the poison that she's slipping into your relationship When to keep fighting and when to make a tactical withdrawal

*Hot* Gabrielle Morrissey, 2004 Dr Gabrielle Morrissey is the new Tracey Cox Hot Sex and even better as she's not only entertaining but as a qualified sexologist she gives a wealth of practical detail This groundbreaking sex book has the power to change people's lives for years to come Hot is a snappy smart sassy infotainment sex manual geared to sexually savvy adults It delivers more how to's than have ever been in print before From cover to cover Hot provides sexual insights secrets tips reflections and advice Taking a sneaky peek into our collective bedrooms this book will reveal all from saucy to sacred kinky to kittenish nice to naughty lusty to loving Using her own expertise as well as interviews from a wide variety of people

from mechanics to massage therapists hair dressers to hare krishnas and porn actors to pub crawlers Dr Gabrielle Morrissey describes just what we get up to in and out of our bedrooms No sexual topic will be left uncovered including contraception cosmic sex multiple orgasms for men and women the best sexual positions sexperimenting fantasies al fresco sex one night stands celibacy sexual taboos cybersex and more Hot is straight talking s e x in depth and detail in more detail than many friends and lovers even talk about Hot is guaranteed to reveal new insight to even the most aware and advanced sexual connoisseur A wild romp of a read this is the ideal book for every bedside table and anyone who wants to know more about sex And who doesn t want to know more about sex

**Secrets of the Sexually Satisfied Woman** Jennifer Berman, Laura Berman, Alice Burdick Schweiger, 2005-04-13 The nation s leading experts on women s sexual health offer up the secrets to female sexual satisfaction using data culled from their groundbreaking new survey Not since The Hite Report twenty five years ago has female sexuality been so comprehensively addressed and analyzed In *Secrets of the Sexually Satisfied Woman* Drs Laura and Jennifer Berman topple common misconceptions and reshape conventional wisdom based on their revolutionary and highly anticipated National Women s Sexual Satisfaction Survey Extrapolating from the study results the Bermans address the psychological and medical factors that affect sexuality while providing expert accessible advice on how women can improve their sex lives and enhance sexual pleasure The Bermans are not afraid to take on topics that make most people blush and this book is sure to be an essential resource for women throughout the country

*Grow Bigger, Stronger and Last Longer Naturally: The Ultimate Man's Guide to Stamina and Growth* Frank J. William, 2013-07-30 There is nothing more damaging to the male ego than feeling as if you are not as well endowed as you would like to be or feeling like you simply cannot last long enough in bed Both problems can cause issues with self esteem and it can wreak havoc with their social lives but that ends here and now You will never have to feel as if you are not big enough or last long enough in bed to satisfy your partner This book has two purposes to help you build up your stamina and your endurance so that you can go longer and to help you grow bigger Shelves are packed full of products all promising to give you an increased size and better endurance but no magic pill exists to magically make you longer and able to last longer It is possible and this book has the answers that you need to be able to last longer and to be longer

*How to Have Nice Sex: A Relaxed Guide to Intimacy* Rita Evans, What does nice sex truly mean For many it s a concept clouded by societal pressures unrealistic expectations and a lack of honest communication This book aims to redefine nice sex as an experience centered around emotional connection mutual respect and shared pleasure It s about fostering a deep understanding of yourself and your partner creating a space where vulnerability is embraced and where open communication flourishes We will explore the essential link between emotional intimacy and sexual satisfaction discovering how nurturing a strong emotional bond enhances the quality of your sexual experiences Within these pages we ll move beyond the pressure to perform and instead focus on creating an environment where both partners feel comfortable safe and empowered to express their needs and desires We will delve into

practical strategies for improving communication both verbally and nonverbally to ensure mutual understanding and shared pleasure This includes exploring effective techniques for articulating your desires setting healthy boundaries and addressing any anxieties or insecurities that may be hindering your intimacy The book will also provide practical advice on setting the mood for intimacy exploring physical pleasure and navigating common challenges couples face in their sexual relationship Ultimately How to Have Nice Sex is a journey of self discovery a celebration of intimacy and a guide to building a more fulfilling and connected sexual life Get ready to embark on a transformative experience one that emphasizes genuine connection over performance and mutual respect over expectation

**Your Single Treasure** Rick Stedman, 2000-04-01 In a society saturated with sensuality it is impossible not to be affected Studies show that many Christian singles are affected They need to hear a positive approach to sexuality not merely the word No Singles pastor Rick Stedman presents an honest forthright biblical approach that presents encouragement and hope for the struggling single He gives positive motivation that will promote strength and tenacity for a commitment to single celibacy

**Quickies** Heather Bartos, 2025-06-24 A bold manifesto to reclaim your desires reignite intimacy and celebrate the sacred power of midlife sexuality unapologetically Step aside stereotypes Midlife is not a time to fade into the background In Quickies Dr Heather Bartos OB GYN renowned menopause specialist and Oprah approved women s health advocate delivers a witty wise and unapologetically bold roadmap for reclaiming sensuality confidence and self love in midlife Packed with 100 empowering bite sized lessons Quickies challenges outdated notions about aging and intimacy From practical advice on navigating hormonal shifts to cheeky tips for spicing things up in the bedroom or anywhere else this groundbreaking guide invites women to embrace their evolving identities with curiosity courage and joy Whether you re reigniting your spark or discovering it for the first time Dr Bartos s compassionate and laugh out loud voice makes the journey a delight Dr Bartos s expertise isn t just clinical it s deeply personal Drawing on years of experience as a top OB GYN and certified menopause specialist she offers medical insights with a human touch A certified reiki practitioner she also bridges the worlds of science and spirit encouraging women to connect with their bodies on every level And with a surprise foreword that s sure to make readers smile Quickies delivers not just education but celebration Empress Editions Publisher Alisa Kennedy Jones calls Dr Bartos s work a revelation adding Quickies is a love letter to midlife women everywhere It s an invitation to thrive not just survive Set for release on June 24th 2025 on the heels of National Vagina Appreciation Day this book is poised to redefine midlife and inspire a new wave of bold beautiful living Dr Heather Bartos s expertise has been featured in The New York Times O The Oprah Magazine and Good Housekeeping Now with Quickies she s giving midlife women everywhere the tools to live sexily ever after

**Sensational Sex in 7 Easy Steps** Ridwan Shabsigh, M.D., Bruce Scali, 2007-03-06 A leading clinician and researcher in the growing field of sexual medicine explains the connection between a man s sexual function and overall health and delivers a 7 step action plan for him to enjoy sexual intimacy over his entire life As director of the New York Center for Human Sexuality at New York

Presbyterian Hospital Dr Ridwan Shabsigh treats thousands of patients with sexual dysfunctions His more than 16 years of practice and trailblazing research at Columbia University have confirmed that health is intimately connected to sexual function and that the only way to treat declines in sexual desire performance and satisfaction is within the context of men s and couples health Now Dr Shabsigh brings his expert recommendations to the public in this book Refusing to accept that sexual dysfunction is the inevitable consequence of aging he lays out a 7 step program to help all men improve their sexual relations and their health The book contains a self test that assesses the reader s health sexual satisfaction and risk for sexual dysfunction information on how medical conditions such as obesity diabetes cardiovascular disease and depression affect a man s sex life and how sexual dysfunction is the first warning sign of serious illness recommendations for improving lifestyle choices that cause sexual problems and comprehensive approaches to treating any sexual dysfunction The result is a book that helps every man achieve a lifetime of better sex and optimum health

**Reclaiming Desire** Andrew Goldstein, M.D., Marianne Brandon, Ph.D., 2004-06-28 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

**Improving Your Relationship For Dummies** Paula Hall, 2010-01-07 This is the guide to being happy with your partner Whether you want to work through tiresome niggles iron out potential issues before taking the next step or simply fortify your partnership against the daily ups and downs this relationship manual provides all the expert advice and support you need Packed with key information on managing change successful cohabitation overcoming jealousy and igniting passion and including worksheets designed to get you and your partner thinking and working together this is your passport to a loving communicative relationship that s set to last

**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 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

**Sex Made Easy** Debby Herbenick, 2025-04-08 Sex Made Easy is a punch direct and no nonsense guide that confronts those problems that often arise things that women are usually too embarrassed to talk about Debby Herbenick is not just a scientist but also a sex expert

who has conducted important research at the Kinsey Institute for over a decade But Dr Herbenick has anticipated women s questions everything from orgasms and erections to vibrators and provides simple and frank answers It will give readers the knowledge skills and confidence they need for a more fulfilling sex life      **Womancode** Alisa Vitti,2013 Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome PCOS and was able to heal herself through food and lifestyle changes Relieved and reborn she made it her mission to empower other women to be able to do the same As she says Hormones affect everything Have you ever struggled with acne oily hair dandruff dry skin cramps headaches irritability exhaustion constipation irregular cycles heavy bleeding clotting shedding hair weight gain anxiety insomnia infertility lowered sex drive or bizarre food cravings and felt like your body was just irrational With this breadth of symptoms improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and antidepressants aren t the only solutions The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up Groundbreaking and informative WomanCode educates women about hormone health in a way that s relevant and easy to understand Bestselling author and women s health expert Christiane Northrup who has called WomanCode the Our Bodies Ourselves of this generation provides an insightful foreword

Menopause Guide Felicia Dunbar,AI,2025-03-17 Navigating menopause can be complex but the Menopause Guide offers a comprehensive roadmap for women seeking to understand and manage this life transition The book focuses on three key areas hormonal shifts symptom management and lifestyle adjustments providing evidence based insights to empower women Readers will gain an understanding of how hormonal fluctuations impact their bodies and how tailored lifestyle choices can affect long term health outcomes Did you know that proactive management and informed decision making can mitigate potential negative health impacts during menopause This guide uniquely integrates both medical and lifestyle approaches emphasizing personalized care and informed choices Starting with the basics of menopause it progresses through symptom exploration lifestyle modifications like nutrition exercise stress reduction and sleep hygiene medical treatments including hormone therapy and long term health considerations The book ensures a balanced review of medical and non medical interventions and provides practical strategies for adopting healthy habits      **The Sex You Deserve: A Guide to Finding Joy, Not Just Technique** Zoe Mathews, The Sex You Deserve A Guide to Finding Joy Not Just Technique is not your average bedroom manual It s a bold compassionate and refreshingly honest guide that goes beyond positions and performance to help you unlock the deeper pleasures of sex connection confidence and genuine joy Whether you re looking to reignite intimacy overcome shame or simply enjoy sex more fully this book invites you to explore your desires without judgment and discover what truly turns you on Packed with empowering insights real world advice and liberating exercises The Sex You Deserve is your permission slip to experience sex on your own terms joyful consensual and unapologetically authentic Because good sex isn t just about how it s about how it makes you feel



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