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Author of the classic bestseller *Passages*

Gail Sheehy



*Sex and the
Seasoned Woman*

Pursuing the Passionate Life

"Sheehy is fascinatingly rigorous in her craft."
— *The Washington Post*

Sex And The Seasoned Woman

Vicki Larson



Sex And The Seasoned Woman:

Sex and the Seasoned Woman Gail Sheehy, 2007-01-30 A seasoned woman is spicy She has been marinated in life experience She can be alternately sweet tart bubbly mellow She can be maternal and playful Bossy and submissive Strong and soft The seasoned woman knows who she is She could be any one of us as long as she is committed to living fully and passionately in the second half of life In her most groundbreaking work since *Passages* and *The Silent Passage* bestselling author Gail Sheehy reveals a hidden cultural phenomenon increased vitality in women's sex and love lives after fifty *Sex and the Seasoned Woman* is the story of an intimate revolution taking place under our very noses Boomer generation women in midlife are open to sex love dating new dreams exploring spirituality and revitalizing their marriages as never before This is a new universe of passionate liberated women married and single who are unwilling to settle for the stereotypical roles of middle age and are now realizing they don't have to As life spans grow longer and as societal constraints continue to loosen older women once free of the exhausting demands of young children needy husbands and demanding careers find themselves ready to pursue the passionate life They embrace their second adulthood as a period of reawakening Written in Sheehy's singularly compelling style combining interviews and research this book gives voice to more than a hundred fascinating and colorful women The inspiring stories tell of wives who reinvigorate their marriages after their children leave the nest as well as divorced widowed and long single women who find new dreams and new loves Sheehy delineates a crucial link between cultivating a new dream and reopening the pathway to intimacy and sexual pleasure She also examines the latest medical breakthroughs addressing symptoms that have unnecessarily curtailed women's sex lives From women who find their sexuality reawakened by a younger lover to couples whose marriages survive health crises and grow stronger to women who finally find a soulmate in their sixties to stories from seasoned sirens in their seventies eighties and even nineties these portraits cover an enormous range of experience In them Sheehy locates the universal patterns that enable us all to recognize and understand our own lives

New Dimensions in Women's Health Linda Lewis Alexander, PhD, FAAN, Judith H. LaRosa, PhD, RN, FAAN, Helaine Bader, MPH, Susan Garfield, SM, MSc and William James Alexander, MA,

Tentacles of Time Ph. D. Marjorie E de Cuba, Marjorie de Cuba, 2006-08 A few of us remember past lifetimes We may even reincarnate in groups in order to finish old business In my case this awareness came gradually as life unfolded Now I can see an amazing pattern for all the major choices made in a long life Troublesome emotional debris from a sixteenth century French life had to be swept away This time around I bore three children divorced experienced single motherhood then became an educator musician artist writer and seeker of Truth This spiritual odyssey led me to earn a bachelor's degree two master's one from France and a doctorate A tumultuous career as college professor and consultant in bilingual education ensued After a solitary hiatus of twenty years the doors could finally be opened to a great fulfilling love My soul mate came to me at the right time from yet another lifetime The age difference was unimportant Many seasoned women who were

disappointed in their first marriages find encouragement in my story I advise them to be happy seek self realization serve others and love will find them It is the process that counts **Women over 50** Varda Muhlbauer,Joan C.

Chrisler,2007-08-18 This book analyzes the challenges benefits coping strategies problems and accomplishments associated with the midlife experience of women Ten chapters present the state of research and correct longstanding myths regarding significant aspects of middle aged women s lives The book bridges a major knowledge gap in the feminist psychology literature It balances optimism and realism about older women s lives and younger women s futures *How We Love Now*

Suzanne Braun Levine,2013-01-29 Where do we find the relationships that matter in our second adulthood Susanne Braun Levine author of *Inventing the Rest of Our Lives* answers these questions with charming wit experience and intrigue in *How We Love Now* with a new introduction by the author Today women in their fifties sixties and seventies are defining a totally new love narrative Whether they are already experiencing intimacy and great sex or longing to these women are discovering unparalleled freedom and joy Continuing Suzanne Braun Levine s ongoing conversation with women in Second Adulthood *How We Love Now* draws on her interviews with women across the country Some are finding new relationships with younger men other women or rediscovered childhood sweethearts while others are enriching longstanding ones Of course the Internet has opened up a new world of opportunities Their funny heart wrenching and inspiring stories prove that this pioneering generation of women is continuing to take risks and enjoying life more than ever **Not Too Old for That** Vicki

Larson,2022-04-04 Helps women break through the tired and hurtful stereotypes of aging to better reflect who they are how they live and what they want as they age Who hasn t heard the stereotypes about women of a certain age That s the age when women become invisible irrelevant undesirable asexual unhinged dried up hormonal messes It s when women quickly slide into fragility and become forgetful passive weak feeble debilitated disabled dependent and depressed Or so the story goes Not only are those outdated narratives sexist and ageist they are also damaging to women s physical emotional financial romantic and sexual health It s time to change them In *Not Too Old for That* Vicki Larson helps change the narrative about being a woman at midlife and older She questions what we ve been told aging would be like and encourages us to instead ask ourselves what do we want it to be like and how can we get there The key is to be curious open minded and intentional about the ways we are becoming our future selves We have an opportunity to create new narratives of aging as a woman ones that value women at all stages of life not just youth and it starts with us Once the stereotypes that have held women back are broken down women can move past them and rather than feel helpless as the years add up they can discover and tap into just how much agency they have Not only will this book help to create a less ageist less sexist more inclusive future it will release our daughters and all young women from a similar future **Advocacy Journalists** Edd Applegate,2009-05-11 In all

likelihood advocacy journalism is the oldest form of reportage It appears frequently whenever journalists desire to advocate their beliefs or ideas about major political or social problems In *Advocacy Journalists A Biographical Dictionary of Writers*

and Editors Edd Applegate identifies the most notable figures in this field Each entry contains biographical information about a writer or editor who either wrote advocacy journalism or edited one or more publications that featured such material Entries consist of discussions of the journalists lives professional careers major works and in some cases commentary on those works Among those profiled here are such notables as Ambrose Bierce William F Buckley Jr Eldridge Cleaver Daniel Defoe Germaine Greer Pete Hamill Karl Marx H L Mencken George Orwell Thomas Paine Wilfrid Sheed Gloria Steinem and Jonathan Swift Unlike other books that focus on the form of advocacy journalism itself or how and why it developed this book focuses on the lives of journalists and editors and their contributions to advocacy journalism For scholars teachers and students of journalism along with general readers who wish to discover more about advocacy journalism this volume is an important and accessible resource

Women's Lives Claire A. Ettaugh, Judith S. Bridges, 2015-07-14 *Women's Lives A Psychological Exploration* 3rd Edition draws on a wealth of the literature to present a rich range of experiences and issues of relevance to girls and women This text offers the unique combination of a chronological approach to gender that is embedded within topical chapters Cutting edge and comprehensive each chapter integrates current material on women differing in age ethnicity social class nationality sexual orientation and ableness The third edition reflects substantial changes in the field while maintaining its empirical focus through engaging writing student activities and critical thinking exercises With over 2 100 new references emphasizing the latest research and theories the authors continue to pique interests in psychology of women

Daphne's Dance Brigitta Olsen, 2009-11-15 *Man goes first in danger because he is stronger Woman goes first in pleasure because Nature endowed her with a radically unique and powerful sexual capacity Daphne's Dance explores true tales in the evolution of woman's sexual awareness With irony and insight occasional outrage and lots of wisdom fourteen women speak candidly weaving stories from 602 collective years of sexual activity This fascinating research unravels their journeys from good girl myth to sexual revolution from sexual capacity to authentic sexual fulfillment These women challenge the prevailing good girl myth clarifying for their daughters granddaughters and lovers their transformative path from patriarchy to sexual awareness*

Couple's Retirement Puzzle Roberta K. Taylor, Dorian Mintzer, 2014-08-05 The essential guide for couples to create a happy healthy and successful retirement Retirement can be the best time of your life but for couples there's far more to it than cashing in on your 401 k The most important asset you have during retirement is each other yet many couples aren't sure where to begin to prepare for retired life or what to consider as they do The *Couple's Retirement Puzzle* reveals ten key conversations couples should tackle before retirement to ensure a rewarding second half of life together including Do we have enough money to support the lifestyle we want Should we retire simultaneously or separately Do we stay put or explore new frontiers What's the best way to stay healthy and fit after fifty How do we meet new friends and create new interests outside of work How will we balance time together and time apart And more Filled with smart practical advice engaging anecdotes and helpful exercises The *Couple's Retirement Puzzle* will guide you and your

partner to a fulfilling retirement you can enjoy and celebrate together **Smart Girls Marry Money** Elizabeth Ford,2010-09 This irreverent manifesto sparked both conversation and controversy when it made its debut as a hardcover in 2009 From essays in The Wall Street Journal to debates in the blogosphere women weighed in on the book's provocative message which ultimately challenges the ideals and assumptions we've blindly accepted about love and marriage Smart Girls Marry Money is a hard hitting indictment on society peppered with plenty of wry observations that empowers women with a new way to take control of their economic and romantic lives Now in a paperback edition there will be more smart Girls who will join in on the heated debate on how we can make healthier and wealthier marriages **New Dimensions in Women's Health** Linda Lewis Alexander,2007 Covering all aspects of women's health including historical epidemiological economical clinical legal ethical special population cultural and psychosocial issues **Women in Late Life** Martha Holstein,2015-03-19 Contemporary old age is fraught with contradiction and complexity women portrayed either as incompetent and cuddly grandmothers or as young women trapped in old bodies images that rarely reflect how women actually see themselves Women in Late Life explores the thorny issues related to gender and aging including prevailing but problematic cultural expectations body image ageism the experience of chronic illness threats to Social Security and the very possibility of a secure retirement while challenging a long term care system that disadvantages women Author Martha Holstein writes from a critical feminist perspective drawing on her many years of experience in gerontology as well as interviews and personal experience as a woman now in her seventies The book highlights how women's experience of late life is shaped by the effects of lifelong gender norms by contemporary culture from gender stereotypes to ageism and by the political context The book blends critique with proposals aimed at resisting damaging inequities resulting from being simultaneously old and a woman She focuses on changes needed on multiple levels societal cultural political and individual This interdisciplinary look at key questions around gender and aging is nuanced and beautifully written *Thinking About Tomorrow* Susan Crandall,2009-05-30 From the founding editor of MORE magazine comes an inspiring and useful look at how yesterday's Baby Boomers are becoming today's adventurous midlife pioneers *Revising Mrs. Robinson* Suzanna Mathews,2016-06-23 **SEXUALITY RELATIONSHIPS** In this modern era of dating opportunities abound for older women and younger men to find each other But those women dating younger men must be proactive about managing the doubt filled self talk and the outside commentary that could derail their romance Revising Mrs Robinson offers an examination of the personal and social responses to relationships between older women and younger men Author Suzanna Mathews explores the term cougar as a cultural phenomenon and considers what draws cougars and cubs together She also provides advice for managing the unique challenges of an intergenerational relationship Most of all Mathews tells middle aged women how to be honest with themselves and feel empowered to pursue whatever relationship they choose regardless of age difference and armed for the cultural critique that often accompanies any nontraditional relationship This practical guide seeks to assist

women involved with or interested in relationships with younger men presenting methods for dealing with both external and internal obstacles

Prime Time (with Bonus Content) Jane Fonda, 2011-08-09 BONUS This eBook includes the full text of the book plus 50 photographs not found in the print version In this inspiring and candid book Jane Fonda 1 bestselling author actress and workout pioneer gives us a blueprint for living well and for making the most of life especially the second half of it Covering sex love food fitness self understanding spiritual and social growth and your brain In Prime Time she offers a vision for successful living and maturing A to Z Highlighting new research and stories from her own life and from the lives of others Jane Fonda explores how the critical years from 45 and 50 and especially from 60 and beyond can be times when we truly become the energetic loving fulfilled people we were meant to be Covering the 11 key ingredients for vital living Fonda invites you to consider with her how to live a more insightful healthy and fully integrated life a life lived more profoundly in touch with ourselves our bodies minds and spirits and with our talents friends and communities In her research Fonda discovered two metaphors the arch and the staircase that became for her two visions of life She shows how to see your life the staircase way as one of continual ascent She explains how she came to understand the earlier decades of her life by performing a life review and she shows how you can do a life review too She reveals how her own life review enabled her to let go of old patterns to see what means the most to her and then to cultivate new goals and dreams to make the most of the mature years For there has been a longevity revolution and the average human life expectancy has jumped by years Fonda asks what we are meant to do with this precious gift of time And she writes about how we can navigate the fertile voids that life periodically presents to us She makes suggestions about exercise including three key movements for optimal health diet how to eat by color meditation and how learning new things and creating fresh pathways in your brain can add quality to your life Fonda writes of positivity and why many people are happier in the second half of their lives than they have ever been before In her 1 New York Times bestselling memoir My Life So Far Jane Fonda focused on the first half of her extraordinary life what she called Acts I and II with an eye toward preparing for a vibrant Act III Now we have a thoughtfully articulated memoir and guide for how to make all of your life and especially Act III Prime Time

[The Essential Handbook of Women's Sexuality](#) Donna Marie Castañeda, 2013-01-24 This cutting edge two volume set with contributions by distinguished and internationally recognized scholars provides a comprehensive picture of contemporary issues in the field of women s sexuality emphasizing women s diversity and international perspectives The multifaceted field of women s sexuality has expanded as a field of inquiry over the last 25 years to encompass a wide range of new perspectives theories topics findings and controversies The chapters in this work review and question the utility of standard sexuality frameworks addressing purely biological models heteronormative definitions of sexuality and others and provide new insights and approaches to understanding women s sexuality The intersectional and contextual nature of women s sexuality and how it is inextricably connected to women s relational social economic and cultural contexts is highlighted The Essential Handbook of

Women s Sexuality includes in depth coverage of a wide range of women s sexuality topics including sexual desire and satisfaction sexuality in relationships development across the lifespan sexuality concerns in diverse countries pornography lesbian bisexual and transgender women women from diverse backgrounds health and sexuality reconceptualizations of women s sexual problems trauma rape and intimate partner violence and mental health and therapy These volumes can serve as a resource for students researchers and anyone seeking a greater understanding of women s sexuality [A Vindication of Love](#) Cristina Nehring,2009-06-16 In an age when settling is encouraged and marriage is often described in business terms Nehring s passionate defense of romantic love is timely and thoroughly refreshing *Aphrodite's Pen* Stella Fosse,2019-09-24 The first book to empower older women writing about erotic experiences in life the bedroom and beyond With concrete tools for writing bawdy fun and empowering erotica Aphrodite s Pen celebrates sexuality and creativity The book includes approachable activities designed for novice and seasoned writers and guides readers in creating saucy characters and plot sensual dialogue poetry memoir and more Author Stella Fosse founder of the Elderotica Writers group offers games and fun writing exercises to spark your imagination She also provides expert advice for creating a writing circle getting published and reading in public **Why Does Love Hurt so Good?** Ondray Pearson,2019-10-30 Why Does Love Hurt So Good It s hard to explain why we stay with someone who isn t treating or loving them the way they should Staying some would say is foolish unhealthy and not normal and they re right but for you to understand the why you must experience loving someone first hand because until you do you have no idea the power that love has over many of us Within these stories you will read and experience what people will do to have someone love them Sex lies deception betrayal abuse and infidelity were just a few of the traits used to obtain what they thought would make them happy in their relationship As you read you will at some point have to rethink what you thought you knew about love because contrary to what many think and believe not all love is good love that we receive from those we love Readers are talking Avis Parter from Fayetteville North Carolina says It truly touched my soul I saw myself in it I loved it I cried because it was so my life I needed this book three years ago Deborah Antrum St Louis Missouri says I read your book and I love it I let my daughter read also I am looking forward to what you have in the making you have my FULL support Pastor Ricardo Manuel from Savannah Georgia says The book is a great read I recommend that you get a copy and read it for yourself

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Tender Moments: **Sex And The Seasoned Woman** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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