

# Sexuality in Mid-Life

Stephen B. Levine, M.D.

# Sexuality In Mid Life

**Stephen B. Levine**



## **Sexuality In Mid Life:**

*Sexuality in Mid-Life* Stephen B. Levine, 1998-02-28 I wrote *Sexuality in Mid Life* to assist clinicians in considering love sex intimacy and dysfunction as they occur in this epoch of the life cycle The chapters reflect my belief that understanding the processes of living is vital for both the therapist and the patient Despite my preoccupation with creating a cohesive book I often thought of these 11 chapters as essays because in this prose form it is traditional for the author to be palpably present in the text I tried not to hide behind the passive constructions of typical psychiatric books I wanted to create a book that did not restrict itself to scientific findings clinical experiences or ideological traditions I wanted to discuss relevant issues that were generally avoided by professionals In approaching the topics of love extramarital affairs and menopause for instance I hoped to emphasize the developmental potentials inherent in both mid life's smooth sailing and its underappreciated adversities *Sexuality in Mid Life* is my third solo authored book During the writing of the first two I thought I was painting a picture of the life cycle of sexuality When a young woman said something complimentary to me about *Sex Is Not Simple* and quickly added that I had left out any consideration of the sexuality of pregnancy I was stunned by my oversight *Sexuality in Midlife and Beyond*, 2015-07-01 ***Sexuality in Midlife and Beyond*** Stephanie Slon, Harvard Medical School, 2003

***Sexuality Across the Life Course*** Alice S. Rossi, 1999-06-04 How does sexual behavior change over one's life span How does sexual satisfaction affect the quality and stability of marriage How has the AIDS epidemic affected sexual attitudes in America over the past three decades In this wide reaching volume distinguished sociologist Alice S Rossi addresses these questions and others through fourteen diverse essays on sexual behavior covering adolescence through old age and studying such groups as singles married couples and homosexuals This extensive study also explores the effects of chronic disease and medication on sexual functioning recent developments in psychotherapy for sexual problems and sexual abuse of children incest and rape The interdisciplinary nature of the project has resulted in a text that is accessible to anyone with a behavioral science background Well written well edited and well received by this reviewer Joan C Chrisler *Journal of Sex Marital Therapy* This is a book that needs to be on the bookshelf of any AIDS researcher *AIDS Book Review Journal* *Women's Health in Mid-Life* Jo Ann Rosenfeld, 2006-05-15 This book highlights the needs and healthcare concerns of women in their midlife Women in their middle ages are often overlooked by medical practitioners From the end of childbearing to old age approximately ages 40 to 65 their health needs are complex and changing This is a time of challenge and opportunity when the physician and woman working collaboratively can change her health and future Written by 20 primary care physicians this book will help family practitioners provide the best possible healthcare for these women ***Sexuality in Midlife and Beyond*** Julie Corliss, Stephanie Slon, Alan M. Altman, Suki Hanfling, Ann Marie Dadoly, Harvard Medical School, 2007

*Sexuality in Midlife and Beyond (Harvard Special Health Report)*. , 19?? ***Women in Midlife*** Grace Baruch, 2012-12-06 The Study of Women In Midlife GRACE K BARUCH AND JEANNE BROOKS GUNN To describe the middle years that

relatively long span when one is neither young nor old as a neglected period may no longer be accurate given current scientific and popular interest in adult development and aging But midlife is still too often seen merely as a kind of staging area on the way to old age when one gathers one's forces and tries to stock up on assets health money relationships that will be needed for the rigors of the last phase of life The middle years have been characterized more as a transition period than as a time of growth satisfaction and creativity As this volume will show although midlife is not without its difficulties it is for many women a time of unexpected pleasure even power

**MAJOR THEMES** A central theme of this volume is the impact of social change The influence of economic conditions of ideology of the normative timing of such life events as age of marriage and childbearing are addressed in many chapters from many different perspectives Social changes are shown to have both negative and positive consequences On the negative side for example the sex differential in life expectancy is a biosocial phenomenon that greatly restricts the availability of sexual partners or more precisely heterosexual partners for older women

*Sexuality in Mid-Life* Stephen B. Levine, 2004-06-14 I wrote *Sexuality in Mid Life* to assist clinicians in considering love sex intimacy and dysfunction as they occur in this epoch of the life cycle The chapters reflect my belief that understanding the processes of living is vital for both the therapist and the patient Despite my preoccupation with creating a cohesive book I often thought of these 11 chapters as essays because in this prose form it is traditional for the author to be palpably present in the text I tried not to hide behind the passive constructions of typical psychiatric books I wanted to create a book that did not restrict itself to scientific findings clinical experiences or ideological traditions I wanted to discuss relevant issues that were generally avoided by professionals In approaching the topics of love extramarital affairs and menopause for instance I hoped to emphasize the developmental potentials inherent in both midlife's smooth sailing and its underappreciated adversities *Sexuality in Mid Life* is my third solo authored book During the writing of the first two I thought I was painting a picture of the life cycle of sexuality When a young woman said something complimentary to me about *Sex Is Not Simple* and quickly added that I had left out any consideration of the sexuality of pregnancy I was stunned by my oversight

**The Handbook of Sexuality in Close Relationships** John H. Harvey, Amy Wenzel, Susan Sprecher, 2004-04-26 The editor's bring together major scholars from the diversity of fields working on close relationship topics to examine past contributions and new directions in sexuality The emphasis is on theoretical integration and stimulation methodological

**Sexuality in Midlife and Beyond** Stephanie Slon, Jan Leslie Shifren, 2010 Sexual problems are nearly always intertwined with psychological and relationship issues As a result treating the physical problem if one is present is only half the job If sexual issues persist for any length of time performance anxiety anger frustration low self esteem lack of physical affection between you and your partner and a sense of hopelessness can further harm your sex life So can a tendency to blame yourself or your partner for the problem Most people need help repairing the emotional distance created by the problem before they can regain a healthy sexual relationship

Women's Sexuality Across the Life Span Judith C. Daniluk, 2003-06-09 Moving beyond

a traditional focus on sexual functioning this book emphasizes the complex interaction of psychological social cultural and biological influences on women's sense of themselves as sexual beings Written for practitioners and educators its goal is to challenge contradictory messages and meanings that cause many women to feel disconnected from their bodies and from their needs and desires Themes explored include the development of sexual awareness and sexuality in childhood and adolescence the critical sexual choices of young adulthood and the multiple transitions characterizing the middle and later years of life The book features creative exercises and interventions to help girls and women construct more affirming sexual meanings

**Fostering Development in Midlife and Older Age** Irina Catrinel Crăciun, 2023-02-22 This handbook integrates and discusses a growing evidence base concerning individual development across middle and late adulthood The book includes a comprehensive analysis of what growth implies within midlife and older age and considers how different developmental areas are intertwined i e physical cognitive social and emotional development as well as personality growth As the gap between theory and practice still constitutes an issue in developmental research the handbook also aims to provide illustrative examples of prevention and intervention from a positive psychology perspective These were selected to represent a variety of topics relevant for individual development where research informs practice ranging from happiness grandparenthood love and sexuality to loneliness depression anxiety suicide prevention and coping with death This handbook is a must have resource for students and researchers working in developmental psychology health psychology gerontology and public health It will also be of interest to practitioners such as counsellors life coaches psychotherapists organizational psychologists health professionals social workers or public health planners

*Sexual Behaviour and Health in Older Adults* Lee Smith, Igor Grabovac, 2023-02-06 This book provides a comprehensive overview for those interested in research and promoting sexual health in older people as well as a go to guide on the topic of sexual behaviour in older adults Sexual activity is an essential part of intimate relationships though it tends to decline in frequency as people grow older Nevertheless for many older people sex still remains an important part of their life There's a common misconception that as people age they lose their interest in sex and capacity for sexual behaviour This is not the case as a number of national surveys show The new research presented here indicates that the less sex older people have the more likely they are to experience mental and physical health problems Men and women who reported a decrease in the frequency of sexual activities were also more likely to report a deterioration in self perceived health Additionally men with erectile dysfunction were also more likely to be diagnosed with cancer or coronary heart disease This research has also determined that older adults who experience a decline in sexual activity report poorer well being than those who maintain their levels of sexual desire activity and function in later life and that men who remain sexually active in later life continue to have better cognitive performance compared to those who don't Despite these health benefits medical professionals do little to promote sexual activity in older adults and the literature suggests that there is a lack of knowledge on how to approach the subject and how

to promote such activities This is the first comprehensive book specifically exploring all areas of sexual behaviour and health in older adults and drawing on the latest research in this area It offers a valuable resource for researchers and clinicians in various health fields medicine nursing occupational therapy psychology public health etc as well as students in undergraduate and graduate programs      *Sexuality in America* Robert T. Francoeur, Patricia Koch, David Weis, 1999-08-01 Now available in a new paperback edition this survey is different in both breadth and scope from all other reports on sexuality in the United States It covers every topic imaginable from a multicultural point of view in order to reflect fully the complex society in which we live the biological psychological social and spiritual aspects of our sexual lives      *Sexuality in Midlife and Beyond* ,2019-05      *Sexuality and Aging* Jennifer Hillman, 2012-03-27 Despite continuing ageist beliefs that sexuality is a privilege designed only for the young and physically healthy research continues to indicate that the majority of older adults maintain interest in sexuality and may engage in fulfilling sexual behavior well into their last decade of life Unfortunately many professionals remain unaware of general knowledge of elderly sexuality including the expected and normal physiological changes that can occur within the context of both male and female aging The presence of chronic illness and other medical problems certainly can influence the expression of an aging adult s sexuality and emergent research suggests that there are effective ways to cope with menopause heart disease arthritis incontinence diabetes sleep disorders breast cancer prostate cancer and erectile dysfunction ED among others Dramatic changes have taken place within the last decade alone in terms of non surgical treatment for incontinence and ED with forms of sex therapy biofeedback and PDE 5 inhibitors Regrettably many aging adults and their care providers remain unaware of their increased risk factors for STDs including HIV infection via lack of knowledge changes in the vaginal lining and typical declines in immune function Estimates suggest that by the year 2020 more than half of all individuals living with HIV will be over the age of 50 Although some high quality professional books are available for clinicians they tend to be disjointed research bibliographies edited volumes on a narrowly focused aspect of elderly sexuality or texts that are more than 10 years old With the extent of new information available regarding sexuality and aging an up to date empirically based text is necessary      **Sexuality in the Later Years** Ruth B. Weg, 2013-09-24 *Sexuality in the Later Years* Roles and Behavior pulls together evidence from the anthropological psychological social and physiological disciplines and represents an effort to present a coherent picture of sexual roles and behavior in the later years This work does not pretend to answer all questions that could be raised concerning sexuality and aging but attempts rather to concentrate on issues that have been relatively neglected primarily options potentials and possibilities for the individualization and humanization of sex roles and sexual behavior of older persons The book is organized into five parts Part I examines concepts of sexuality in the later years including cultural attitudes and behaviors towards sexuality psychological and sociological perspectives and a life span model of sex role development Part II on life styles deals with the impact of aging on the sexuality of those who are unmarried in later life the relationship between

interpersonal intimacy and adaptation to stress throughout adult life and the range of sexual orientations in the later years along with their incidence their contributions to social adaptation and the particular constraints surrounding them Part III discusses issues in research and therapy while Part IV considers views of sexuality and aging in other countries namely Canada and Sweden Part V inquires into the problems associated with transitions in the later part of the life cycle of love

**Handbook of Human Sexuality** Benjamin B. Wolman, 1993 Presents a survey of what is known about sexual disorders and their treatment It covers all the therapeutic approaches to sexual dysfunction psychoanalytic behavioural Masters and Johnson s Helen Kaplan s and the holistic *Sexuality and Spirituality, Pursuing Integration* William F. Kraft, 2005-04-21 This book is a response to such questions as What is sexuality Spirituality How are they interrelated What is healthy sex and how can we achieve it Are there different kinds of sexuality What are female male similarities and differences What is the sense and nonsense of marital and nonmarital sex heterosexuality homosexuality masturbation sexual addictions and abstinence My goal is to construct a model of sexuality and spirituality that engenders more health and satisfaction My method is phenomenological Theological truths are not explicitly included I am a psychologist not a theologian Nevertheless theologians and religious leaders across a broad spectrum have assured me that my vision is not incongruent with theirs and that it can serve as an infrastructure for their studies My hope is that what follows will help married single and vowed celibate people to cope with grow from and enjoy their sexuality from the Preface

## Unveiling the Energy of Verbal Beauty: An Mental Sojourn through **Sexuality In Mid Life**

In a world inundated with screens and the cacophony of instantaneous communication, the profound power and mental resonance of verbal art usually disappear in to obscurity, eclipsed by the continuous assault of noise and distractions. Yet, nestled within the lyrical pages of **Sexuality In Mid Life**, a captivating work of fictional beauty that impulses with organic thoughts, lies an remarkable journey waiting to be embarked upon. Penned by a virtuoso wordsmith, this interesting opus books viewers on an emotional odyssey, softly exposing the latent possible and profound influence stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative analysis, we will embark upon an introspective exploration of the book is key themes, dissect their charming writing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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