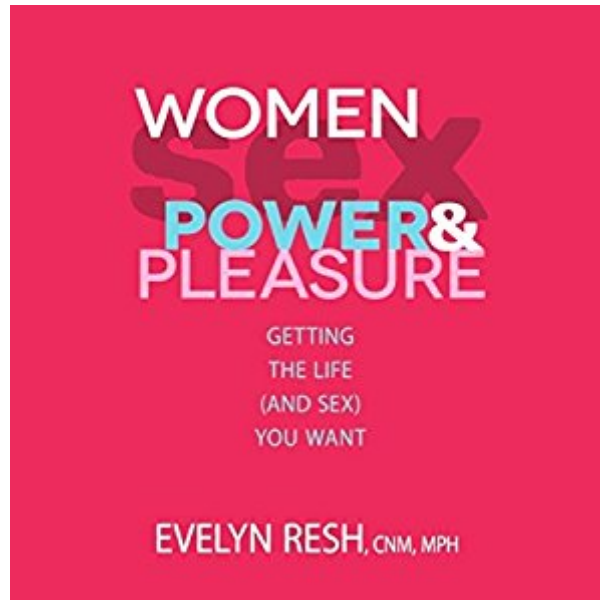




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Women, Sex, Power And Pleasure



Synopsis

In her new book, *Women, Sex, Power & Pleasure*, Evelyn Resh, a sexuality counselor and certified nurse-midwife, takes an innovative approach to helping women create the lives - and sex lives - they want. With a funny and compassionate, yet tell-it-like-it-is style, she looks at the relationship between feeling powerful in life and accessing life's pleasures, and their combined effect on sexual desire. Resh introduces six essential qualities that women must have to live healthfully, stating that when these are out of balance women seem to exist in lives devoid of pleasure, self-empowerment, and sex. These markers of emotional well-being are: Self-confidence and self-esteem, Healthy habits, Spiritual satisfaction, Creativity, Self-assurance/re-assurance, Compassion and empathy. Once the six traits are laid out, Resh devotes the rest of the book to exploring how, when one or more of a woman's markers of emotional well-being are off kilter, their reasons for avoiding sex mount exponentially. She looks at some of the most common excuses she's heard over her many years as a sexuality counselor - I Feel Nothing, It's All He Thinks About, I'm Too Busy!, I'm Too Fat to Have Sex - and outlines the specific imbalances that create this void of sexual desire and activity. With practical guidance, self-assessment questions, and stories from her practice and personal life, Resh explains to modern women how to regain their emotional wellness and live a powerful life that includes a steady relationship with pleasure and sexual satisfaction. This book is a must-listen for all women. From housewives to sophisticated urban corporate types, from new moms to post-menopausal women - this book will help any woman who feels estranged from her sexual energy and a sense of empowerment, and deprived of pleasure, or who views sex as just another thing to tick off her overwhelming to-do list.

Book Information

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Customer Reviews

I LOVED this book. LOVED. Resh really gave a wake-up call and, most of all, makes you feel as if you're not alone... because you aren't! This was excellent after having a child, starting back to work and still trying to find time for other "extra-curriculars"! My biggest take-away is the need for "4 or 6x36," which you can read about. My husband and I are implementing that strategy this month. Also focuses on mental health, disabilities & peri-menopause/menopause. I would recommend this to anyone who needs --and wants-- to get their groove back (or wants to want to get their groove back).

Evelyn Resh captures what every woman is thinking..... "what happened? where did it go? what if? can I ever get it back?." Her inimitable style, wit and solid understanding of what happens to women as they move along the timeline of life, is refreshingly honest and a duly satisfying read. She gives every woman permission to be who they are and to achieve what they need in life. Evelyn brings it all back to her signs of emotional well-being, which are solid markers for where you really are on the continuum of pleasure. Every woman over forty should read this book as it will enlighten and illuminate the path through aging and an understanding that age has NOTHING to do with pleasure. Run don't walk to get this book! jf

All women should do themselves the great service of reading this book; it is so empowering! I love Evelyn's fresh and witty writing style and her direct and pragmatic exploration of pleasure seeking. She reminds us that we ARE in control of how much pleasure we derive from life and sex. And that without having rich, gratifying experiences on a regular basis, life feels empty and overall health suffers. It was an absolute pleasure to read and I walked away with some very practical guidance for maintaining my emotional wellness as a means to living a joyous and satisfying life every single day. I simply can't imagine a life that is devoid of daily pleasures and great sex on a frequent basis! Thanks Evelyn!

Wow! Any women who can't seem to get her mojo back after children, menopause, illness, work or marital strife needs to read this book. I was blown away by how insightful and relevant this book was AND it is written with much, much humor. The author uses examples from her practice as a

sexuality counselor and nurse mid-wife, all stories that not only help make her point but will make the reader feel so much less alone. After feeling stuck in a rut for many years, this book is a road map to a life filled with more pleasure on every level. Highly recommended.

Great book with informative facts and interesting anecdotes. Evelyn has dealt with so many different woman (and couples) which has given her a bird's eye view into many different issues and problems. This book has something for everyone. It is easy to read and offers an enormous amount of helpful advice. Every woman should have this on her book shelf. And it wouldn't hurt men to have a copy too as it offers some great insight.

Generally speaking, I did not enjoy this book. It started off okay, but she eventually ended up losing me. Would not recommend

refreshing, informative and a great writing style. all women, and men should read it! guaranteed to make you rethink some of your assumptions and ideas on sexuality.

heard it all before. nothing new

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