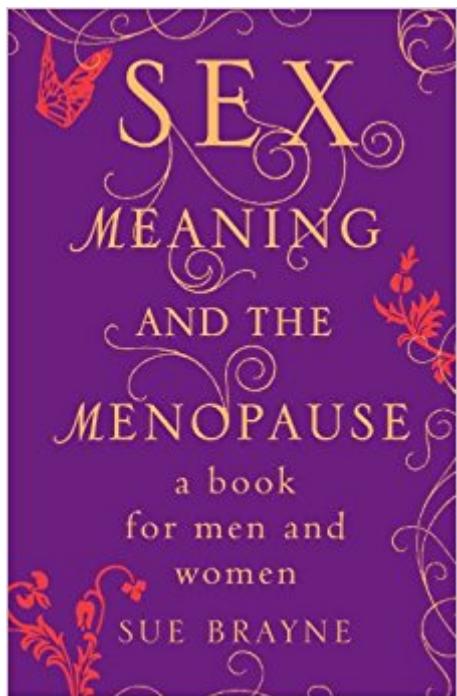


The book was found

Sex, Meaning And The Menopause



Synopsis

In a highly-sexualised and media-hyped society, postmenopausal women often feel pressurised to have 'great sex'. Books and websites prescribe what the menopause should be. And, if it isn't, here's how to fix it. Painful sex and mood swings can be cured by HRT. Some women take the artificial route to remain sexually active. Others choose a natural approach, even if it means dwindling sexual desire. 'I used to seek it out. Now I endure it', said one woman. But few talk about it. 'It's far more of a taboo than talking about death', said another woman. Fading libido can have a profound effect on relationships. 'I feel despair', said a 61 year-old husband. 'I have to accept that my sex life is more or less over' And another: 'I have never broached this with my wife, but to think I may never have sex again is very dangerous' Sue explores the lived, felt experience of what it means to be postmenopausal, and looks at how it affects relationships and changes lives.

Book Information

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Customer Reviews

I found I was hooked by the middle of the introduction. Sue Brayne has, with the skill of a talented therapist, gone deep and wide on a topic we just don't talk about...sex after menopause! She has courageously asked questions and offered opinions that may shock the reader but whose consideration will also enrich them. Her decision to add the voices of male partners is brilliant and provides a look into the minds and hearts of the "innocent victims" of our journey from fertility to freedom. (Jaki Scarcello, author of Fifty & Fabulous) Author podcasts on Simply Hormones website, <http://simplyhormonespodcast.com/> Author interview on Fab After Fifty website,

Sue Brayne is an accredited psychotherapist, workshop leader and writer.

I am struggling with lagging sex appeal, weight, emotional issues, and the physical changes and adjusting to being an older woman. This book has given me the comfort that I am not alone with these feelings.

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