

"Breaks new ground and explodes all the commonly accepted myths about sexuality and aging."

—Christiane Northrup, M.D.,
author of *Mother-Daughter Wisdom*

Still Sexy After All These Years?

The 9 Unspoken Truths About
Women's Desire Beyond 50

What real women have to say about
Sexual Desire • Fantasies • Fears
Body Image and Self-Esteem
Men • Physical Changes • Romance

Leah Kliger, MHA, and Deborah Nedelman, Ph.D.

Leah Kliger

Still Sexy After All These Years?: The 9 Unspoken Truths About Women's Desire Beyond 50



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Draws on interviews and conversations with females ages fifty to ninety-five to shed new light on sexuality among older ladies, discussing such topics seeing that what happens to sexual desire after age fifty, how older females keep passion alive, how couples can remain physically intimate in the wake of injury or illness, and more. Original.



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Fabulously Enlightening I highly recommend this publication for women approaching 50 and those of us beyond 50 as it is incredibly enlightening, well-written with very helpful info as well as humor. Wish this information had been available years back! Chapter 3 has among the great jokes but overall it really is a downer.. Essential read for men Men who want to develop or maintain a relationship with women more than 50 will find this book essential reading.. The quotations have the same poignancy as those in the play, "The Vagina Monologues." Just like the play, this book has some feminist perspectives that are annoying but they do not detract from the helpfulness of the publication overall. The publication also has some great jokes! I plan to give this book as a gift to all or any my friends! The rest of the book is quite up beat therefore i recommend skipping Chapter 3 until you have read some of the other chapters. Men should not skip Chapter 6 on lesbian relationships because it contains very smart quotations that apply equally to heterosexual relationships.. Only 10% said they were either uninterested or resentful toward their partner... The book provides plenty of useful suggestions on how men might help their lovers stay in the passionate or satisfied category... infuses humor right into a serious consider the desires of females beyond 50. The authors present a vast spectral range of attitudes and methods from ladies with and without companions. I believe the authors show how much they value the lives of ladies everywhere by carrying out the actual research to create this great book. finally good information This book has changed so lots of the assumptions I grew up with. thank you. Plus this is a "fun examine" even while telling the real truth from true women's tales and lives. Whether you've bade 'good riddance' to sex, end up wanting it more, want creative solutions for medical issues, relationship issues or lifestyle changes, you'll find you are not alone and you can benefit from the authors' practical suggestions and listed resources. The stories and comments from so many different women made this book one for all women to incorporate to their house library and tell friends.!! Still sexy After All These Years? Delightful! The heat and humor in it are based on a straightforward and accepting look at of what can be a complicated and uncharted time. Coping with the increased loss of a wife, the loss of intimate closeness. It encourages inter-generational conversations, with the thought of legitimizing the wide selection of what is normal.. I'm Not Alone This respectful book deals with the changes in women's sexuality in a manner that is both frank and hopeful. Men over fifty as well as women cope with similar complications of maturing. and an aging body are just some of many problems shared by men and women. A good read. "Normal" is all over the map!.. 22% said they currently did not have a partner and 11% did not answer the question. I found this book to be well crafted, informative, and delightful to read. Well researched, however written within an easy design, Still Sexy IN THE END These Years? Of the 400 diverse ladies who taken care of immediately the authors' non-random survey, 57% said these were either passionate or satisfied with their partner as a lover. there are plenty of women out there who enjoy it. I found the book to be well researched, well written and sometimes humorous.. it is extremely informative and true to form... not absolutely all about sex but rather about women after 50 generally. A major strength of the reserve will be the quotations from women who were either interviewed or who participated in group discussions.. it is good to know what other ladies think about the second half of their lives.! That is very encouraging news.. Personally i think like a weight has been lifted from my shoulders. It has been quite a long time since any publication I've browse, has triggered so many deep thoughts in my own mind, seeing that has this book. This was an excellent read for the kind of book that it's. Thanks from most of us!



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