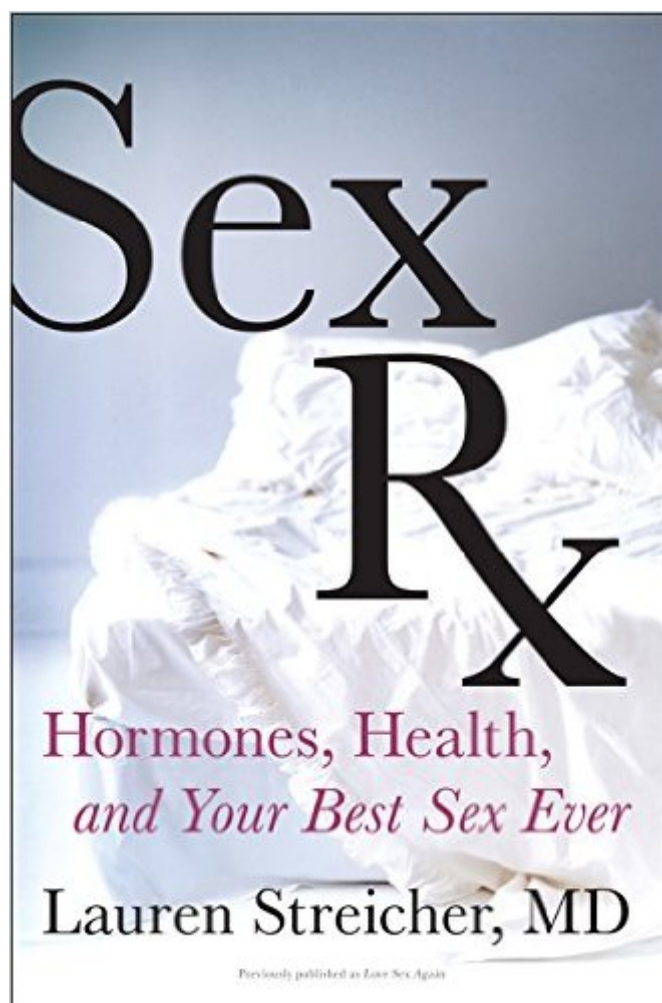


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# Sex Rx: Hormones, Health, And Your Best Sex Ever



## Synopsis

For millions of women in America, sex isn't always pleasurable or even possible. Instead, sex has become a low priority as they navigate marriage, motherhood, and work . . . not to mention cope with chronic stress and lack of sleep. Throw in the natural fluctuations in hormone levels that all women experience throughout their lives and it's not surprising that sex can become, well, a little less sexy. Additionally, common gynecological problems can make sex uncomfortable, and medical issues can cause it to be downright painful. Dr. Lauren Streicher, a leading women's sexual health expert, offers women the courage, vocabulary, and knowledge to identify and solve problems in the bedroom, for a wide range of issues—from flagging libido, vaginal dryness, and sex after menopause, to hormone supplements and the effects of medication, *Sex Rx* offers a wealth of knowledge, along with a good dose of humor and plenty of encouragement, so that every woman, no matter what personal challenges she has, can make having great sex a part of their lives forever. *Sex Rx* was originally published in hardcover as *Love Sex Again*.

## Book Information

Paperback: 464 pages

Publisher: Dey Street Books; Reprint edition (January 27, 2015)

Language: English

ISBN-10: 0062301527

ISBN-13: 978-0062301529

Product Dimensions: 5.3 x 1 x 8 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (56 customer reviews)

Best Sellers Rank: #181,007 in Books (See Top 100 in Books) #43 in [Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health](#) #338 in [Books > Health, Fitness & Dieting > Sexual Health > General](#) #484 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality](#)

## Customer Reviews

I'm going to say right up front that I didn't buy this book - I'm more of a Jack Reacher kind of a guy. But recently, my wife won a couple of tickets to see Dr. Streicher speak at a women's sexual health event, and when she came home, she had a purple bag in one hand, and "Love Sex Again" in the other. I won't tell you what was in the bag, but I will tell you that the bag and the book have changed our lives. For the first time, I was able to understand my wife's problem and that her reluctance to

have sex had nothing to do with me. She just couldn't talk to me about it, because she never knew what was wrong. And she was embarrassed. This book gave her the information she needed - and me, the opportunity to be supportive. Well written, easy to understand - even for a guy like me - and now we're looking forward to incorporating the title into our daily lives.

A very well written, laymen approach to a technical and sensitive topic. Understand why things work the way they do and now have rejuvenated the much missed feeling. I am 65 and look and feel like I am in my early 50's. All the healthy eating, exercising, and personal skin care treatment just made the desire for the physical connection greater. Have that now thanks to understanding how my body works and what it needs to continuing enjoying sex. Recommend it for women of all ages!

This book is chock full of information presented in a friendly tone with hilarious anecdotes from a professional who obviously has a lot of experience. Just be prepared that nothing is taboo in Dr. Streicher's book. Some of the stories and statistics are pretty shocking. There were times when I couldn't help but read them out loud to my husband. I would recommend this to book all women whether or not you have sexual problems (for that matter, I think every gynecologist should have a copy in their waiting room). I even bought my mom and sister a copy.

Primary care providers should buy this book, READ it, and then PUT A COPY IN EVERY EXAM ROOM! As a family physician, I love this book because it is an excellent resource to help me help my patients with decreased libido, dyspareunia, or other vaginal and sexual difficulties- regardless of the cause. Dr. Streicher clearly and specifically addresses not only menopausal issues, but numerous special challenges related to medical conditions such as cancer, diabetes, and heart disease. Dr. Streicher uses evidence-based medicine to support her recommendations, giving us the confidence to treat our patients how many of us choose to treat ourselves. She explains the WHI (Women's Health Initiative) in basic terms that allow us to debunk estrogen-fearing myths more effectively, reinforcing what we all know- that "estrogen is not poison". Dr. Streicher has mastered the balance between medical language and lay terms, blended together with her witty humor. She tells it like it is, including addressing the fact that no pill will fix decreased libido or lousy sex when the real problem is the relationship itself. This book is not a casual read for a teenager wondering about sex (though they could potentially learn a ton). Sex RX is the perfect book, however, for the educated women in your practice (and your friend group) who want to understand how their sexual body parts and hormones work (or don't work), and what options they have to improve their

"SexAbility."

This is a must read especially for older women post menopause and those who have not engaged in sexual intercourse for many years for many reasons. I actually took this book with my highlighted pages to my gyn a few days ago and she knew about it and we had a very open discussion about how to fix my problems. Every woman should read this book. We are finally after so many years speaking openly about women's issues and can actually speak the word 'vagina' without being embarrassed. Men have Viagra ... we have nothing. All that talk for so many years about the penis this and the penis that .... OK It's kind of fabulous. Now it's our turn - way over do by about 100 years or more. You know what you have to do, my female friends. Relax and enjoy your sexual liberation and freedom no matter what age you are.

Notwithstanding the head-turning title, this is really an excellent primer on vaginal health for menopausal and post-menopausal women. Accessible, comprehensive and compassionate.

Met Dr Lauren last night at a book signing and stayed up late totally reading the book. I learned so much. It cleared up many misconceptions about estrogen use and made me feel like there are good answers to so many of my unasked questions. Next reader-my husband. Next person to talk with:my OBGYN Fabulous book!

Lots of good information. Recommend the book to every woman, especially if you are having problems and going thru menopause

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