### The book was found

# Healing Painful Sex: A Woman's Guide To Confronting, Diagnosing, And Treating Sexual Pain





## Synopsis

Healing Painful Sex covers the following symptoms and conditions: Pelvic floor dysfunctionVulvodynia, pudendal nerve pain, and clitorodyniaPelvic organ problems, endometriosis, painful bladder, and irritable bowelSkin disorders, such as lichen sclerosisHormonal, surgical, and post-cancer causes of sexual painMillions of women suffer from sexual and pelvic pain in America today, yet it is frequently misdiagnosed—or not diagnosed at all.In Healing Painful Sex, Deborah Coady, MD and Nancy Fish use their combined professional expertise as a doctor and therapist who specialize in sexual pain to provide readers with an understanding of its many causes and how to treat them, from both a physical and psychological standpoint. Organized into three parts—naming the problem, getting a diagnosis, and overcoming pain—Healing Painful Sex includes medical checklists, illustrations, vignettes based on interviews with women and their healthcare professionals, treatment options, and guidance for moving forward after healing. Coady and Fish speak honestly and directly to sexual pain sufferersâ <sup>™</sup> experiences, helping them address the problem of chronic pain, understand and prevent misdiagnoses, define medical terms and conditions, and regain sexual joy. Comprehensive, multi-dimensional, and deeply insightful, Healing Painful Sex offers women the tools to successfully take on the many challenges of sexual pain and move toward a healthy, happy future.

### **Book Information**

Paperback: 400 pages Publisher: Seal Press (November 1, 2011) Language: English ISBN-10: 1580053637 ISBN-13: 978-1580053631 Product Dimensions: 6 x 1.1 x 9 inches Shipping Weight: 15.2 ounces (View shipping rates and policies) Average Customer Review: 4.2 out of 5 stars Â See all reviews (16 customer reviews) Best Sellers Rank: #365,422 in Books (See Top 100 in Books) #83 in Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health #648 in Books > Medical Books > Psychology > Sexuality #671 in Books > Health, Fitness & Dieting > Sexual Health > General

#### **Customer Reviews**

This book is a must read for anyone suffering from sexual/pelvic pain. Dr. Coady does a wonderful job explaining the medical components of the many conditions that can cause pain. She also

explains the treatments available, without overwhelming the reader. She is an expert in her field and the depth of her knowledge is immeasurable. Nancy Fish does a great job reassuring the reader they are not alone. Her advice on how to cope is brilliant. This book validates the suffering that many women have experienced and provides hope. I highly recommend this book...

This book is outstanding. The authors hit the nail on the head! Not only is it a must-read for individuals suffering from pelvic pain or painful sex, but for physicians caring for a patient with this kind of pain. It should be required reading for any person who is either caring for someone close to them or is themselves suffering from any pain condition. Fish and Coady help the pateint navigate the complex maze of today's managed care medical system and give practical tips on how be a patient advocate and deal with dismissive doctors. The gifted authors also give the patient hope and coping skills to get them through the roughest times.

Healing Painful Sex is a brilliant book. Beautifully written and easy to read, this informative masterpiece addresses the medical aspects of pelvic pain to perfection. As well, the perceptive insights woven throughout this book - are truly remarkable.Kudos to Dr. Coady and Nancy for addressing these taboo issues in a dignified manner - what a worthy and noble cause!Thanks will never suffice.G-d has His ways, and Dr. Coady and Nancy are truly angels sent from Heaven.

I started reading this book and I had no idea that this medical condition even existed. I hope it gets the right exposure that it so deserves so that help can get through where it's needed most. For someone who is removed (thankfully) from this condition, I still find the book very informative in regards to the biology of things. The chapter on "Helping Your Doctor Get it Right" is good advice all around on how to deal with one's health issues and make the most use of doctor's appointments. Though vaguely aware, I did not know the extent of how much the US healthcare system has commoditized patient care that it's been rationed to minutes, until this book.Thanks both to Dr. Deborah Coady and Nancy Fish for this very helpful, insightful book.

Comprehensive and complete guide to understanding different conditions that cause chronic pelvic pain including how to navigate the medical system, physiology, emotional aspects of chronic sexual pain, and coping skills along many other recommendations. Very well organized, easy to read and understand. Excellent!

The single most helpful book I've found on the subject. Every woman who is concerned or suffering from this issue or realted symptoms should read. I have given copies to every doctor I have.

This is a great book for those suffering with pelvic pain. I went to Niva Herzig one of the Physical therapists mentioned in the book and she was fantastic and helped me when no one else could.

This book is very helpful for me with my IC condition. It helped settle my mind on some questionable situations. Also helped my husband understand more about my illness.

#### Download to continue reading...

Healing Painful Sex: A Woman's Guide to Confronting, Diagnosing, and Treating Sexual Pain Sex Pictures: Sex Positions: How to Improve Your Sex Life with Creative Sex Positions and Techniques! (Sex Positions, Sex Pictures, Sex, Kama Sutra) Diagnosing and treating Chronic Fatigue Syndrome: its mitochondria, not hypochondria Goodheart's Same-Site Differential Diagnosis: A Rapid Method of Diagnosing and Treating Common Skin Disorders Erotic Adult Sex Picture Book 5 (Uncensored Hot Sex Pics of Sexy & Horny Girls, 300+ College Sex Photos): full nudity adult sex. Sweet Tits.: Photography ... of Full Nudity Adult Sex Pics Series) Healing Sex: A Mind-Body Approach to Healing Sexual Trauma Secret Suffering: How Women's Sexual and Pelvic Pain Affects Their Relationships (Sex, Love, and Psychology) Uncensored Sex Pictures: Sex Photos of College Girls & College Sex Pictures (Full nudity sex entertainment pictures book for adults only 2) Big Boobs Sex! Adult Sex Pictures (Photo Book 2 of 250 hot erotic nude pics = UNCENSORED full nudity) of a hot naked MILF woman with big tits and sexy ... Collection Album Series of Sex Pics) Big Boobs Sex! Adult Sex Pictures (photo book 2 of 50 hot erotic nude pics = UNCENSORED full nudity) of a hot naked woman with big tits and sexy butts: ... album series with Beautiful Sex Pictures) Big Boobs Sex! Adult Sex Pictures (photo book 1 of 50 hot erotic nude pics = UNCENSORED full nudity) of a hot naked woman with big tits and sexy butts: ... album series with Beautiful Sex Pictures) The Ultimate Guide to Sexual Fantasy: How to Have Incredible Sex with Role Play, Sex Games, Erotic Massage, BDSM and More (Ultimate Guides) Reviving Your Sex Life After Childbirth: Your Guide to Pain-free and Pleasurable Sex After the Baby Sex Position Coloring Book: A Dirty, Rude, Sexual and Kinky Adult Coloring Book of 40 Zentangle Sex Position Designs (Sexy Coloring Books) (Volume 1) Sex Toy Coloring Book: A Dirty, Rude, Sexual and Kinky Adult Coloring Book of 40 Zentangle Sex Toy Designs (Sexy Coloring Books) (Volume 2) You Don't Have to Take It: A Woman's Guide to Confronting Emotional Abuse at Work The Mindbody Prescription: Healing the Body, Healing the Pain A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating

Depression in Her Childbearing Years The Multi-Orgasmic Woman: Sexual Secrets Every Woman Should Know Sex and Marriage: How to Guide for Sex and Passion and Desire for Married Couples: Discover the 10 Ways to Turn Your Sex Life From Routine to Lustful Desire

<u>Dmca</u>