

10 fast ways to fix your sex life – whether you want it

Quick

slower, faster, deeper, longer or stronger. Or maybe anything

Fix

at all would be an improvement. When it comes to sex, the

Your

only way to go is up. Size isn't everything – these little

Sex Life

quick fixes are bound to make a big difference.



Quick Fix Your Sex Life

Felicia Dunbar, AI



Quick Fix Your Sex Life:

The Slow Fix Carl Honore, 2013-01-29 In the tradition of his internationally bestselling *In Praise of Slow* and drawing on examples from the most progressive and successful leaders in business politics science and society Carl Honor brilliantly illuminates why the best way to face our problems might just be to take our time If the high flying fighter pilots of the RAF can own up to their mistakes why can't the rest of us Toyota was fantastically good at exposing its failings and correcting them until it stopped setting the company up for one of the most spectacular falls from grace in the history of the auto industry BP couldn't bring itself to apologize for its catastrophic oil spill until the entire Gulf Coast of the United States was bearing the brunt of its technological shortcomings Addicted as we might be to the quick fix pills crash diets or just diverting attention from things about to go wrong the quick fix never really works Trying to solve problems in a hurry sticking on a plaster when surgery is needed might deliver temporary relief but only at the price of storing up worse trouble for later For those looking for a fix that sticks *The Slow Fix* will help us produce solutions in life and work that endure **Libido Health** Felicia Dunbar, AI, 2025-03-17 *Libido Health* explores the multifaceted nature of sexual desire revealing the intricate connection between our bodies minds and lifestyles It argues that libido isn't fixed but a dynamic aspect of health we can influence Did you know that a healthy sex drive often reflects overall well being impacting relationships and self esteem Or that stress anxiety and poor sleep can significantly dampen sexual desire highlighting the importance of mental health and sleep hygiene The book emphasizes a proactive approach to sexual health guiding readers through foundational concepts biological factors like hormones and neurotransmitters and the impact of nutrition It's structured to help readers understand and improve their sexual health starting with the basics and progressing to practical strategies for stress management sleep optimization and dietary modifications This approach ensures that complex scientific ideas are easy to grasp empowering individuals to make informed decisions about their sexual well being and revitalize their sexual desire **Sex Made Easy** Debby Herbenick, 2012-04-03 *Sex Made Easy* is a punch direct and no nonsense guide that confronts those problems that often arise things that women are usually too embarrassed to talk about Debby Herbenick is not just a scientist but also a sex expert who has conducted important research at the Kinsey Institute for over a decade But Dr Herbenick has anticipated women's questions everything from orgasms and erections to vibrators and provides simple and frank answers It will give readers the knowledge skills and confidence they need for a more fulfilling sex life Gutbliss Robynne Chutkan, MD, 2014-10-07 A renowned physician shares her complete 10 day digestive tune up for women with important revelations about good gastrointestinal health Many so called cures for women's bloating and indigestion from juice cleanses to specialty diets are based on junk science For women seeking true relief from that overall feeling of discomfort in any size jeans Dr Robynne Chutkan has the perfect plan for feeling light tight and bright in ten days *Gutbliss* offers A primer on the real reasons for gastrointestinal distress and why it's much more common in women A look at the debilitating side effects of

supposedly healthy habits from Greek yogurt to bloat inducing aspirin An expert analysis of symptoms that could indicate a serious underlying condition An indispensable checklist to pinpoint the exact cause of your bloating Just a few small changes in diet lifestyle and exercise can make a huge difference in a woman s digestive health but the changes have to be the right ones Going beyond the basics of top sellers such as Wheat Belly Dr Chutkan s Gutbliss empowers women to take control of their gastrointestinal wellness

The Inner Light Sumaa Tekur,2022-11-22 This book is for those looking to dip their toes and then some into the waters of spirituality without getting caught in the whirlpool of spiritual consumerism The growing uncertainty of the economic climate and ever increasing anxieties about our health and wellness have made it more urgent than ever before to seek a life of stillness balance and perspective As we adjust to a new reality our inner world is cracked open to reveal the state of our spiritual health We are now left questioning the fragility of our egos that crumble in the face of a threat to our assumed identities of work and relationships The market for spirituality is an endless warren of complex pathways with each path offering a differently worded routine to reach the same destination Seekers are enticed with milestones to cross in the form of courses and levels often under the tutelage of a guru This book shares wisdom on how to wade through the labyrinth of pathways that make up the journey to a more conscious spiritual lifestyle Rich with anecdotes from the author s own experiences and fellow seekers The Inner Light is a handy guide to prepare readers aspirants and sceptics alike for what to expect when they set out to integrate spirituality into everyday life This book is for beginners looking to dip their toes and then some into the waters of spirituality without getting caught in the whirlpool of spiritual consumerism The book answers the question How can I walk this path with awareness to improve my understanding of life It s for those of us who ask Where do I even start What is spirituality

Reclaiming Your Sexual Self Kathryn Hall, Ph.D.,2008-04-21 Kathryn Hall takes a fresh and refreshing new look at why so many women are not really interested in sex A uniquely helpful book Harriet Lerner Ph D author of The Dance of Anger Women don t need medicine or magic to feel desire but rather reasons and motivation This book provides sound strategies and sensible suggestions for overcoming sexual inertia and finding genuine satisfaction Sandra Leiblum Ph D Director Center for Sexual Relationship Health University of Medicine and Dentistry of New Jersey The many who are searching for sexual desire in an easy to swallow pill form may be pleasantly surprised to find it in this easy to read book form Gerianne M Alexander Ph D Texas A M University At last a drug free holistic program to restore sexual passion and desire Despite what many so called experts believe lack of sexual desire in women does not necessarily indicate a hormonal problem More often asserts sex therapist Dr Kathryn Hall it means that something is out of balance in our lives In Reclaiming Your Sexual Self Dr Hall reveals how to discover the source of your lack of sexual interest and take charge of your health Drawing on successful methods she has used in her clinical practice she helps you identify the imbalances that are affecting your overall well being and get in touch with lost or neglected sexual feelings Through a series of illuminating exercises and with Dr Hall s wise warm advice you ll discover Why it s okay to want

sex and enjoy it Ways to improve communication with your partner The right conditions and circumstances to spark your sexual interest How to maintain a vital sexual connection for the long term When to consult a professional Hormone replacement therapy doesn't have to be the answer You can reclaim your sexual self and keep desire and passion alive and well by following the proven reassuring advice in this authoritative guide *Quick Fix Your Sex Life* Judith Verity, 2000 Ten minutes a day is enough to liven up your sex life And if you spend any longer than that on the theory it's only going to eat into your practice time **Come As You Are: Revised and Updated** Emily Nagoski, 2021-03-02 A revised and updated edition of Emily Nagoski's game changing New York Times bestseller *Come As You Are* featuring new information and research on mindfulness desire and pleasure that will radically transform your sex life For much of the 20th and 21st centuries women's sexuality was an uncharted territory in science studied far less frequently and far less seriously than its male counterpart That is until Emily Nagoski's *Come As You Are* which used groundbreaking science and research to prove that the most important factor in creating and sustaining a sex life filled with confidence and joy is not what the parts are or how they're organized but how you feel about them In the years since the book's initial publication countless women have learned through Nagoski's accessible and informative guide that things like stress mood trust and body image are not peripheral factors in a woman's sexual wellbeing they are central to it and that even if you don't always feel like it you are already sexually whole by just being yourself This revised and updated edition continues that mission with new information and advanced research demystifying and decoding the science of sex so that everyone can create a better sex life and discover more pleasure than you ever thought possible **Sensational Sex in 7 Easy Steps** Ridwan Shabsigh, M.D., Bruce Scali, 2007-03-06 A leading clinician and researcher in the growing field of sexual medicine explains the connection between a man's sexual function and overall health and delivers a 7 step action plan for him to enjoy sexual intimacy over his entire life As director of the New York Center for Human Sexuality at New York Presbyterian Hospital Dr Ridwan Shabsigh treats thousands of patients with sexual dysfunctions His more than 16 years of practice and trailblazing research at Columbia University have confirmed that health is intimately connected to sexual function and that the only way to treat declines in sexual desire performance and satisfaction is within the context of men's and couples health Now Dr Shabsigh brings his expert recommendations to the public in this book Refusing to accept that sexual dysfunction is the inevitable consequence of aging he lays out a 7 step program to help all men improve their sexual relations and their health The book contains a self test that assesses the reader's health sexual satisfaction and risk for sexual dysfunction information on how medical conditions such as obesity diabetes cardiovascular disease and depression affect a man's sex life and how sexual dysfunction is the first warning sign of serious illness recommendations for improving lifestyle choices that cause sexual problems and comprehensive approaches to treating any sexual dysfunction The result is a book that helps every man achieve a lifetime of better sex and optimum health **From Impasse to Intimacy** David Shaddock, 1998 An experienced couples counselor

identifies the unconscious factors that influence the way we feel and behave in intimate relationships the invisible needs that create and sustain our dysfunctional patterns of relating Whereas the conventional focus on changing our marital scripts bypasses excavation of their roots in our deepest childhood fears of abandonment intrusion shame David Shaddock weaves contemporary thinking about the individual into the family systems approach to therapy Effortlessly and with gentle authority he introduces concepts that professional and popular readers alike can adopt to begin to decode symbolic issues and in turn generate the understanding that builds empathy between partners

Wholeheartedness Chuck DeGroat, 2016 I'm being pulled in a thousand different directions As a therapist Chuck DeGroat hears that line all the time I hear it from students and software developers he says I hear it from spiritual leaders and coffee baristas And I hear it from my own inner self We all feel that nasty pull to and fro the frantic busyness that exhausts us and threatens to undo us And we all think we know the solution more downtime more relaxation more rest And we're all wrong As DeGroat himself has discovered the real solution to what pulls us apart is wholeheartedness a way of living and being that can transform us from the inside out And that's what readers of this book will discover too

Secrets of the Sexually Satisfied Woman Jennifer Berman, Laura Berman, Alice Burdick Schweiger, 2005-04-13 The nation's leading experts on women's sexual health offer up the secrets to female sexual satisfaction using data culled from their groundbreaking new survey Not since The Hite Report twenty five years ago has female sexuality been so comprehensively addressed and analyzed In Secrets of the Sexually Satisfied Woman Drs Laura and Jennifer Berman topple common misconceptions and reshape conventional wisdom based on their revolutionary and highly anticipated National Women's Sexual Satisfaction Survey Extrapolating from the study results the Bermans address the psychological and medical factors that affect sexuality while providing expert accessible advice on how women can improve their sex lives and enhance sexual pleasure The Bermans are not afraid to take on topics that make most people blush and this book is sure to be an essential resource for women throughout the country

With Pleasure August McLaughlin, Jamila Dawson, 2021-09-14 A companion for anyone experiencing the effects of trauma featuring true stories of survivors from a broad inclusive range of backgrounds With Pleasure Managing Trauma Triggers for More Vibrant Sex and Relationships is a companion for anyone experiencing the effects of trauma Through true survivor stories expert insight writing prompts and grounding exercises it explores pleasure relationships and community as worthy and essential antidotes in trying times Written by trauma informed sex therapist Jamila Dawson LMFT and sexuality journalist and podcaster August McLaughlin With Pleasure provides a much needed alternative to harmful self help ideologies that instruct people to change their thoughts or choose to be happy Instead Dawson and McLaughlin encourage readers to respect their feelings understand the complexities of a society and systems that fuel trauma foster self compassion and embrace pleasure

Your Single Treasure Rick Stedman, 2000-04-01 In a society saturated with sensuality it is impossible not to be affected Studies show that many Christian singles are affected They need to hear a positive approach to sexuality not merely the word No

Singles pastor Rick Stedman presents an honest forthright biblical approach that presents encouragement and hope for the struggling single He gives positive motivation that will promote strength and tenacity for a commitment to single celibacy

Hot Gabrielle Morrissey, 2004 Dr Gabrielle Morrissey is the new Tracey Cox Hot Sex and even better as she is not only entertaining but as a qualified sexologist she gives a wealth of practical detail This groundbreaking sex book has the power to change peoples lives for years to come Hot is a snappy smart sassy infotainment sex manual geared to sexually savvy adults It delivers more how to s than have ever been in print before From cover to cover Hot provides sexual insights secrets tips reflections and advice Taking a sneaky peek into our collective bedrooms this book will reveal all from saucy to sacred kinky to kittenish nice to naughty lusty to loving Using her own expertise as well as interviews from a wide variety of people from mechanics to massage therapists hair dressers to hare krishnas and porn actors to pub crawlers Dr Gabrielle Morrissey describes just what we get up to in and out of our bedrooms No sexual topic will be left uncovered including contraception cosmic sex multiple orgasms for men and women the best sexual positions sexperimenting fantasies al fresco sex one night stands celibacy sexual taboos cybersex and more Hot is straight talking s e x in depth and detail in more detail than many friends and lovers even talk about Hot is guaranteed to reveal new insight to even the most aware and advanced sexual connoisseur A wild romp of a read this is the ideal book for every bedside table and anyone who wants to know more about sex And who doesn't want to know more about sex [The Antidepressant Survival Guide](#) Robert J. Hedaya, M.D., 2011-03-16

Now patients can have the best of both worlds freedom from depression and freedom from side effects Dr Robert Hedaya offers a wealth of wisdom drawn from years of clinical experience research and teaching This book is a much needed lantern in the darkness Norman Rosenthal M D author of St John's Wort The Herbal Way to Feeling Good Restore the vital vitamins minerals and hormones necessary to maintain good health Optimize your body's metabolic system Restore your ability to experience pleasure in life An estimated twenty five million Americans take antidepressants to combat depression but most continue to cope with a host of debilitating side effects that equal and sometimes outweigh the medication's obvious benefits Many doctors consider side effects such as weight gain lethargy and sexual dysfunction to be necessary evils Finally there is a doctor who refuses to trade a patient's total well being for the treatment of depression Clinical psychiatrist Robert J Hedaya M D has developed a comprehensive mind body program to restore lost vitality and sex drive and control weight A Washington Post bestseller in hardcover his book offers a proven program of nutrition exercise stress reduction and hormone supplementation that not only lessens the side effects of antidepressants but enhances their benefits as well Now everyone can benefit from the prescription that has worked wonders for his own patients [Grow Bigger, Stronger and Last Longer Naturally: The Ultimate Man's Guide to Stamina and Growth](#) Frank J. William, 2013-07-30 There is nothing more damaging to the male ego than feeling as if you are not as well endowed as you would like to be or feeling like you simply cannot last long enough in bed Both problems can cause issues with self esteem and it can wreak havoc with their social lives but that ends

here and now You will never have to feel as if you are not big enough or last long enough in bed to satisfy your partner This book has two purposes to help you build up your stamina and your endurance so that you can go longer and to help you grow bigger Shelves are packed full of products all promising to give you an increased size and better endurance but no magic pill exists to magically make you longer and able to last longer It is possible and this book has the answers that you need to be able to last longer and to be longer The Antidepressant Survival Guide Robert J. Hedaya,2001 A leading psychopharmacologist and clinical psychiatrist shares a complete program of diet exercise stress management and hormone supplementation to lift the debilitating side effects of antidepressants and enhance the benefits of these medications for millions of Americans Charts throughout **Tenderly Taming Teenagers** Liz Cowan,2004-09 This title has been written for parents and teachers by an experienced parent who has lived with and worked with teenagers Though it is written from a South African perspective it addresses the common concerns and issues that face most parents **My Husband Doesn't Love Me and He's Texting Someone Else** Andrew G. Marshall,2015-09-15 When a husband tells his wife or she suspects that he no longer loves her she may feel as though her world is ending but in this positive and powerful book marital therapist Andrew G Marshall has a message of hope It is possible to turn a relationship around and emerge with a stronger bond In Part One he explains How to get to the bottom of why he's fallen out of love What's really going through his mind Why your husband has turned into a stranger The signs that show if he's depressed and what to do about it How to build better communication and start improving your relationship In Part Two he discusses how to tell if there's another woman and gauge whether she really is a threat including The six types of other woman from a spark to the love of his life Tailored strategies for dealing with each type Five worst and best reactions after uncovering what's really going on How to keep calm even when provoked How to combat the poison that she's slipping into your relationship When to keep fighting and when to make a tactical withdrawal

Unveiling the Energy of Verbal Art: An Emotional Sojourn through **Quick Fix Your Sex Life**

In a world inundated with displays and the cacophony of fast interaction, the profound energy and mental resonance of verbal art often disappear in to obscurity, eclipsed by the constant assault of noise and distractions. Yet, set within the lyrical pages of **Quick Fix Your Sex Life**, a charming function of fictional elegance that impulses with raw emotions, lies an unforgettable journey waiting to be embarked upon. Published by way of a virtuoso wordsmith, that magical opus manuals viewers on a psychological odyssey, delicately revealing the latent potential and profound affect stuck within the elaborate web of language. Within the heart-wrenching expanse with this evocative examination, we shall embark upon an introspective exploration of the book is central styles, dissect its captivating publishing design, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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Quick Fix Your Sex Life Introduction

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