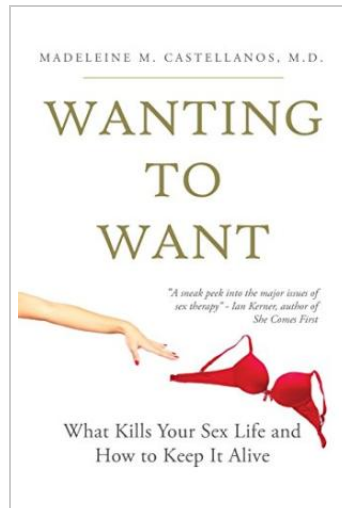



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Wanting to Want: What Kills Your Sex Life and How to Keep It Alive

By Madeleine Castellanos MD

Tao Health Corp, United States, 2014. Paperback. Book Condition: New. 198 x 132 mm. Language: English . Brand New Book ***** Print on Demand *****.The reasons for lack of sexual desire and sexual pleasure can be complicated and intertwined. In her fabulous new book, Dr. Castellanos now breaks down the most common dynamics that can suppress pleasure and squash out desire. Learn what might be taking place in your life or relationship to interfere with the maximum experience of sexual pleasure and arousal. Included in each chapter are clear and helpful exercises to help you eliminate barriers that keep you from the full expression of your sexual self. You will learn: - How anxiety can diminish or even eliminate your pleasure - How to remove those thoughts and ideas causing you frustration and disappointment - What it really means to nurture your sexual self - Where the power for your own sexuality really resides - How to overcome negative feelings that damage your desire and your relationship.

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