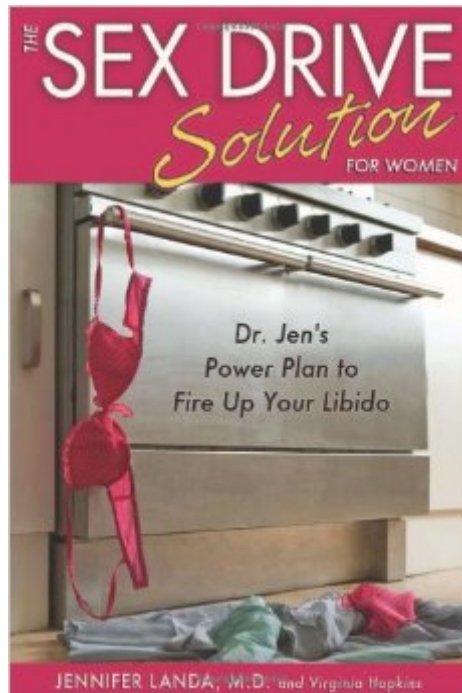


The book was found

The Sex Drive Solution For Women: Dr. Jen's Power Plan To Fire Up Your Libido



Synopsis

Dr. Jen doesn't only talk about weight management, renewed energy and sexual vitality for women over 40 - she is a living, breathing example that all of that and more are possible. The Sex Drive Solution is a wealth of information not only from an expert doctor, but a woman, a wife, a mother who has walked a mile in your shoes. Sex Drive Solution offers women of all ages the chance to learn what is happening to their bodies, why sex isn't over after 40 and how to reinvent their love lives in every stage of life. Using her expertise as an OB/GYN and now a pioneer in bioidentical hormone therapy, Dr. Jen shares real life stories of patients who have re-ignited their sex-lives and experienced complete wellness transformations with renewed energy and zest for life! Applying The Sex Drive Solutions, women can stop dreaming and start living sexier and happier than they ever believed possible. Part doctor, part cheerleader, part coach, Dr. Jen's Sex Drive Solution helps women set and achieve realistic goals to "Get Your Sexy Back and Keep It!"

- Secrets to mid-life weight loss
- The key ingredient for amazing sex at any age
- Creative ways to revive a bored libido
- A Libido Quiz to help you find the sex sinkers in your life
- Answers to, "What if it's him, not me?"
- The truth about hormones from a leading expert
- The best remedies for rekindling desire (and which ones to avoid)
- Proven techniques to revive energy and kiss chronic fatigue good-bye

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Customer Reviews

I feel a little sheepish having spent money on a book that suggests eating right, exercising, and using sex toys/porn to ramp up a sagging libido. Really? Isn't eating right and exercising the first answer to almost ANY health related question?? OK, so maybe the sex toys and porn aren't always on the list, but still, this information is so basic as to be embarrassing. There was absolutely nothing in here that could not have been found with a two second Google search on increasing women's libido. Definitely save your money on this one.

This book is just what I was hoping it was...a book that talks about a woman's loss of sexual desire. This book not only tells of the reasons why this loss occurs, but also how to gain it back. One out of 3 women experience a loss of libido after age 40. I am glad I am not alone....

Dr. Jen has written the book we've all been waiting for: aspects of how our bodies work especially in regard to being female, how bio-identical hormones work and what we can do to help ourselves using her nutritional and life-style recommendations. She explains it in an easy-to-read format, well laid out so I can re-read things that are important to my well-being. Men should read the book too because it will help to make relationships stronger, making the entire family happier and healthier. I am a post-menopausal patient of Dr. Jen's although I live 4 hours away from her office and see her when necessary. It is worth the time and trip to learn more about myself and how I can live a longer, healthier and more satisfactory life. She is helping me to be a more vital woman and physically feel better than I have in years, my skin is great with the bio-identical hormone treatments I use and nobody believes I am 65 years young. I feel rejuvenated! Thanks, Dr. Jen.

I am nowhere near menopause and I haven't even had my first child, but this book has given me (and my husband) some helpful hints that really spiced things up. For once, a book written from someone who is a board-certified medical doctor, not some self-proclaimed sexpert! I prefer to get my information from someone who is not only experienced, but truly knowledgeable. This book not only offers helpful tips on what to eat, how to exercise and the best ways to make time between the sheets better - it is a credible resource for many of the woes of women's health. It is a book you will want to keep handy for years to come, through every stage of life this book will offer the what, why and how of sexual health and women's health, in general. Thank you Dr. Jen for voicing your expertise for all women to read!

I really enjoy reading this book!!! It has so much great stuff in there, including all the technical stuff. She lists herbs to try, gives alternatives other than just taking pills, and she isn't afraid to be honest. I love the way she has written this book, and she even gives examples!!! She even speaks about her own clients and some of their experiences. I really got a great book here!!!

Some good technical data on hormone imbalances caused by lifestyle and age. Mostly it just had a lot on if you live a healthy lifestyle most things fall into balance. I did like her frankness on physiology and intercourse and things to make it more fun, it was refreshing to read.

Good book with a lot of good info for those who need to get the sex drive back. It kept my attention and provided some good insight. I like the section she it talked about the natural herbs and stuff you can take the boost sex drive. I found a product on that seemed to be exactly what the book recommended and it worked!

I have been taking the supplements Dr Jen recommends in this book for the past 3 years now. They really do work! And they saved my marriage! Just celebrated our 29th anniversary. Thank you so much Dr. Jen!

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