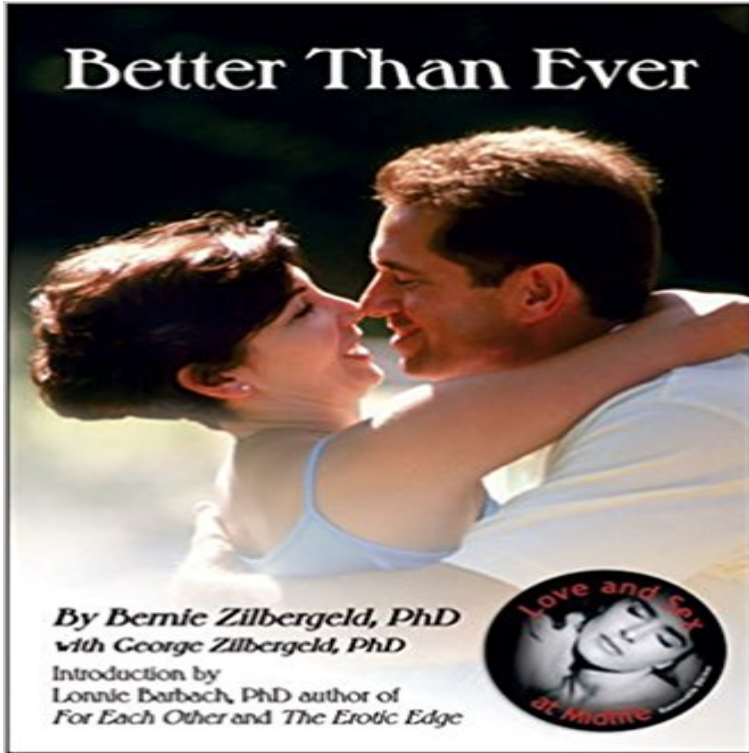


Better Than Ever: Love and Sex at Midlife



Is it better than ever? Now that the children have grown and there's more time on your hands as a couple, are you finding that the love and intimacy has gone from your life? It is a fact that as we mature, our sexual drives mature as well, but it is also a fact that while you may slow down and your lovemaking may be different than it was in your youth, that doesn't mean that the quality has to be lower or your pleasure less. In this honest, yet light-hearted volume, replete with delightful stories and anecdotes that present a variety of tools and techniques to help us all develop the kind of openness we desire, Bernie Zilbergeld, well-known sex therapist and author of the widely quoted, *The New Male Sexuality*, draws on his many years of clinical and life experience. He explains why we should be enjoying our lovemaking and our intimacy even more than ever and certainly better than ever. Although it's true you are probably going to get to know your doctor much better as you grow older, and probably your pharmacist as well, Dr. Zilbergeld shows how all of us can choose whether we are either going to be "Lovers" in our life or "Non-Lovers." Meticulously researched, based on 145 interviews with men and women ages 45 to 87, Dr. Zilbergeld presents evidence that a good number of men and women are having great sex in both their long- and short-term relationships. He shows you how you can learn from the "Lovers" who are the

relationship experts among us. Read this book and you will go away knowing that your love life and your intimate relationships can be just as strong today as 10, 20, or even 30 years ago. You will learn about: -The myths and realities about sex and aging -Normal physical changes in men and women -Lovers and Non-Lovers "where do you fit in? -Problem-solving and what's health got to do with it? -Medications and their uses -How to talk sexy"at any age Don't just complain about your love life, get started today to make it better than ever!

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