

## Sex & Love at Midlife: Its Better Than Ever



In this honest, down-to-earth volume, Bernie Zilbergeld, well-known sex therapist and author of the widely quoted, *The New Male Sexuality* (over 100,000 copies sold), draws on his many years of clinical and life experience to explain why we should be enjoying both our love making and our intimacy even more as we mature. Replete with stories and anecdotes that present a variety of tools and techniques to help us all develop the kind of openness we desire, he honestly tells us why age is no barrier to a better and more rewarding sex life. But, is it really better than ever? Now that the children have grown and we have more time on our hands, do we find that the love and intimacy has gone from our lives? 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. 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. Don't just complain about your love life, get started today to make it better than ever! The cloth edition of this book was published as *Better than Ever: Love and Sex at Midlife* (ISBN: 9781904424345)

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