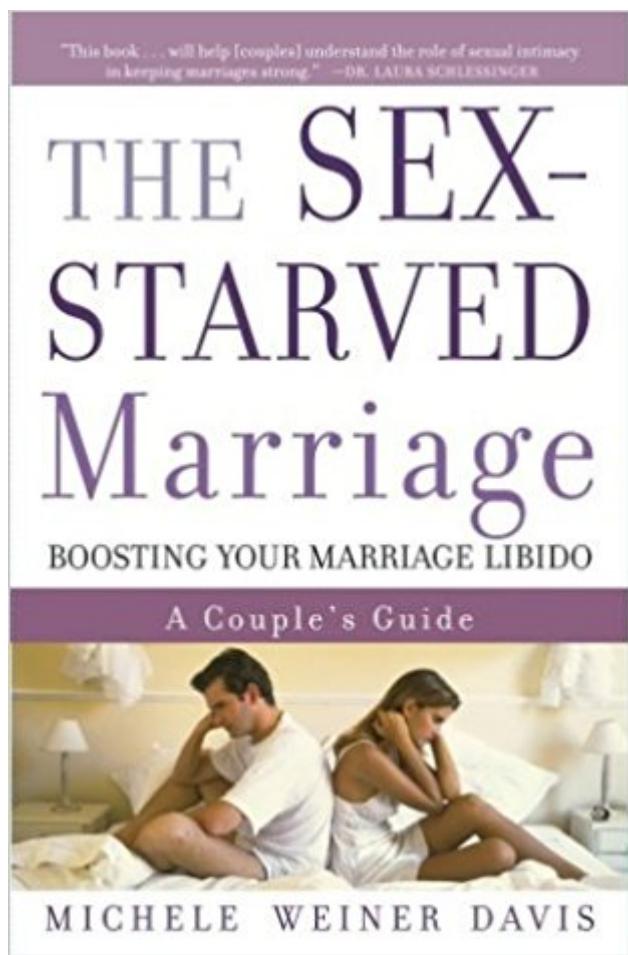


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The Sex-Starved Marriage: Boosting Your Marriage Libido: A Couple's Guide



Synopsis

Bring the spark back into your bedroom and your marriage with gutsy and effective advice from bestselling author Michele Weiner-Davis. It is estimated that one of every three married couples struggles with problems associated with mismatched sexual desire. Do you? If you want to stop fighting about sex and revitalize your intimate connection with your spouse, then you need this book. In *The Sex-Starved Marriage*, bestselling author Michele Weiner Davis will help you understand why being complacent or bitter about ho-hum sex might cost you your relationship. Full of moving firsthand accounts from couples who have struggled with the erosion of sexual desire and rebuilt their passionate connection, *The Sex-Starved Marriage* addresses every aspect of the sexual libido problem: If you're the more highly sexed partner, you'll breathe a sigh of relief. At last someone understands your feelings about the void in your marriage. Discover why your pleas for touch have fallen upon deaf ears and why your approach to the lull in your sexual relationship could be a sexual turnoff. Most important, learn new ways to motivate your spouse to take your needs for more physical closeness to heart. If you're the spouse with a lagging libido, you're far from alone. You'll learn about the physiological and psychological factors, including unresolved relationship issues, that may contribute to the chill in your bedroom and what you can do to melt the ice. And if you're a man, you'll be surprised to learn that staggering numbers of men, even men whose sexual machinery works just fine, "get headaches" too! *The Sex-Starved Marriage* will give you and your spouse the inspiration, encouragement, and answers you need.

Book Information

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Customer Reviews

In contrast to its tabloid title, *The Sex-Starved Marriage* offers candid and sensible counsel for couples with mismatched libidos. Seasoned sex therapist Michele Weiner-Davis skewers two stereotypes about sex in marriage. First, she jettisons the idea that husbands are hot and wives are not, giving examples of "low-desire" men in her practice. Next, she upends the longstanding model of sexual response and advises readers: "Just do it. Desire is a decision. Once the low-interest partner allows him/herself to be touched and aroused, this will trigger a strong desire to continue being sexual." The strength of her approach to the causes of sexual stalemate lies in her insights about the struggles of both partners. Her suggestions (how to break the ice, how to court your partner, nag busting, and the Hallmark solution) are not gimmicky and are presented as techniques for couples, not individuals. Weakened only by a final chapter--one that discloses too many details about the author's marriage--this perceptive book will inspire couples to add heat and light to their marriage. --Barbara Mackoff

Author (*The Divorce Remedy*), therapist and Oprah regular Davis offers a frank and reassuring guide for couples struggling with the "desire doldrums." It's been estimated that one-third of couples face issues of low desire, the impact of which is felt beyond the bedroom: "Unsatisfying sexual relationships," Davis writes, "are the all-too-frequent causes of alienation, infidelity and divorce." Unfortunately, libidos are rarely equal; most marriages have a low-desire spouse and a high-desire spouse. Davis offers advice for both, bolstered by numerous examples of how that advice has worked for couples she's encountered during her two decades as a marriage counselor. Court your partner the way he or she wants to be courted, Davis tells high-desire spouses; for low-desire spouses, sometimes the best idea is (to borrow a line from Nike) to "just do it." Her "field-tested" tips are sensible rather than earth-shattering--talk openly, be kind, commit to making a change for the better and set concrete, attainable goals--but in the hard-to-talk-about realm of sex, very welcome indeed. Copyright 2002 Reed Business Information, Inc.

This book is a great book I was feeling hopeless. I am glad I am not the only person that feels like I am starving my husband needs. Fast shipping

Excellent description of the problem, of causes, views from "both sides," and actions by both partners that can move toward a more satisfying and stronger relationship.

OK but kind of repetitive. Did not learn much.

Very good book about marriage dynamics pertaining to sex. Michele's Tedx talk is great too.

Great Book unfortunately little too late for my marriage, but I think anyone considering to get married this book is a must before and during the marriage....

Very practical and down to earth information. Perhaps one of the best books I have found on the subject. Honest and forthright information with practical ways to implement changes that work for both partners. I highly recommend this book!

This book really helps both partners in a sexually out of sync relationship understand the responsibility each partner has to solve problems and put the marriage first. Excellent ideas and clear guidance on what to do and how to do it. I appreciate Michele being a defender and believer in saving marriages.

Amazing book, I just hope my wife read it when I finish it. I used used a highlighter to mark the important parts that really hit home for me. Hopefully she will at least read those.

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