



Reclaiming Desire: 4 Keys to Finding Your Lost Libido

By Andrew Goldstein, Marianne Brandon

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- **I'm so busy and tired, how can I find time for sex?**
- **How can I go from mommy one minute to passionate lover the next?**
- **What medicines or natural herbs can I take to improve my libido?**

At some point in their lives, most women experience a decline in their sexual desire. Yet despite the vast number of books devoted to sex, surprisingly few focus on the problem of low libido. Fewer still offer any practical advice to the woman who has lost her sex drive and longs to find it again.

Finally available in paperback, *Reclaiming Desire* presents the holistic approach that gynecologist Andrew Goldstein and clinical psychologist Marianne Brandon?co-founders of the Sexual Wellness Center in Annapolis, Maryland?use to successfully treat women with low libido. Capitalizing on their combined medical and psychological expertise, they reveal how a complex set of physical, emotional, intellectual, and spiritual factors?as well as specific life-changing events such as marriage, pregnancy, childbirth, divorce, and menopause?can affect female sex drive. Reading this book, women will come to understand that low libido isn't "all in their heads"?or all in their bodies, for that matter. The problem is real and it's diverse?but it's curable.

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Editorial Review

From Publishers Weekly

Low libido is the most common sexual disorder in American women, affecting an estimated 22 to 43 percent of the female population. And, according to authors Goldstein (a gynecologist) and Brandon (a clinical psychologist), the problem is more complex than most therapists realize. "A decline in sexual desire seldom has a single cause," they argue. "The collection of factors that influences a woman's sex drive is as unique as the woman herself." Drawing upon their experience at the Sexual Wellness Center in Annapolis, Maryland, an institution that they founded, the authors advocate a holistic treatment that addresses four spheres of a woman's life: physical health, emotional resilience, intellectual fulfillment and spiritual contentment. Their book covers all the possible factors: weight, diet, exercise, medical conditions, sleep patterns, testosterone, estrogen, dopamine, emotional arousal, stress, sexual trauma and life passages such as motherhood, menopause and divorce. Understanding the mind-body connection can increase sexual pleasure, they emphasize, and the acceptance of some basics?sexual pleasure fluctuates throughout life; a woman's experience often doesn't match society's "ideal"—can smooth the road to change. Personal stories from the authors' patients demonstrate the problem's complexity and help make the book more a practical, open-ended discussion about women's sexual desire than a definitive medical manual.

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About the Author

ANDREW GOLDSTEIN, MD, and **MARIANNE BRANDON, PHD**, specialize in treating women's sexual health problems. Dr. Goldstein divides his time between Annapolis, Maryland, and New York City. Dr. Brandon resides in Annapolis.

Users Review

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Karen Olden:

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