



## Reclaiming Your Sexual Self: How You Can Bring Desire Back into Your Life

By Kathryn Hall

Turner Publishing Company. Paperback. Book Condition: new. BRAND NEW, Reclaiming Your Sexual Self: How You Can Bring Desire Back into Your Life, Kathryn Hall, "Kathryn Hall takes a fresh and refreshing new look at why so many women are not really interested in sex. A uniquely helpful book." -Harriet Lerner, Ph.D., author of The Dance of Anger "Women don't need medicine or magic to feel desire but rather reasons and motivation. This book provides sound strategies and sensible suggestions for overcoming sexual inertia and finding genuine satisfaction." -Sandra Leiblum, Ph.D., Director, Center for Sexual & Relationship Health, University of Medicine and Dentistry of New Jersey "The many who are searching for sexual desire in an easy-to-swallow pill form may be pleasantly surprised to find it in this easy-to-read book form." -Gerianne M. Alexander, Ph.D., Texas A&M University At last, a drug-free, holistic program to restore sexual passion and desire Despite what many so-called experts believe, lack of sexual desire in women does not necessarily indicate a hormonal problem. More often, asserts sex therapist Dr. Kathryn Hall, it means that something is out of balance in our lives. In Reclaiming Your Sexual Self, Dr. Hall reveals how to discover the source...



**READ ONLINE**  
[ 8.33 MB ]

### Reviews

*The publication is easy in read through safer to comprehend. It is actually loaded with wisdom and knowledge Its been printed in an extremely simple way and is particularly simply right after i finished reading through this pdf where actually modified me, affect the way i believe.*

-- **Ms. Clementina Cole V**

*This is the very best publication i have got read until now. It is definitely simplified but shocks within the fifty percent of the pdf. You may like how the article writer create this pdf.*

-- **Rosario Durgan**