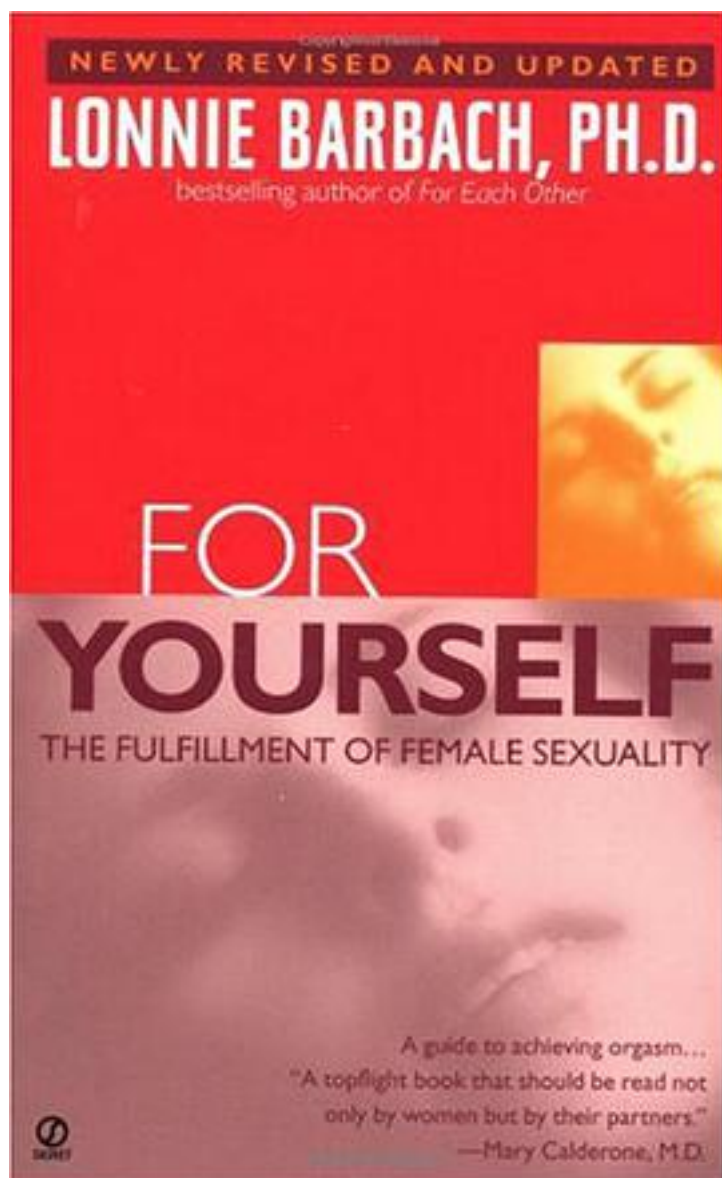


# For Yourself



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著者:Barbach, Lonnie

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For Yourself offers a step-by-step program developed by an acclaimed sex therapist with years of experience in the field. With an emphasis on clear, factual advice, simple, effective exercises, and a warm, reassuring tone, it helps women discover a new world of fulfillment-for themselves.

Includes:

\225 A detailed description of female sexual response

\225 Step-by-step exercises that will help gradually awaken dormant sexuality

\225 Explanations that dispel misunderstandings about sex and sexual response

\225 Insights into the essential role of mental and emotional attitude toward sexual gratification

\225 And more.

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