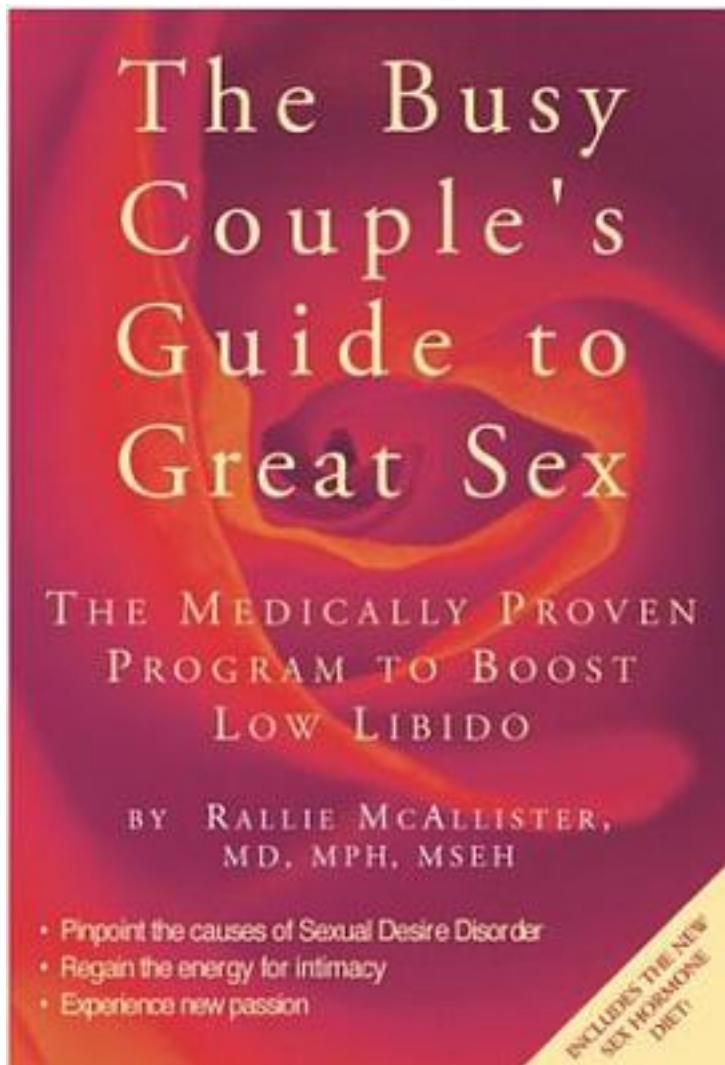


The Busy Couple's Guide to Great Sex



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著者:McAllister, Rallie

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Here's the first book ever to provide a medically sound program for overcoming "hypoactive sexual desire disorder" (known as low libido), a problem that threatens one in three relationships. Author Rallie McAllister, a board-certified family physician, weighs in with a medically credible approach to this condition. She details contributing factors, including hormone imbalance, tobacco and alcohol use, specific prescription drugs, conflicts within the relationship, and body image, and explains how to resolve each one. The book also features an "aphrodisiac diet", with recipes and menus to boost energy levels and maximize performance, plus a "sexual fitness" program.

作者介绍:

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