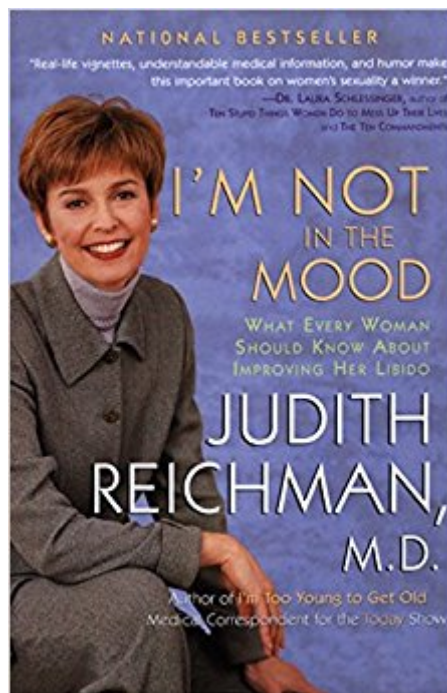




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I'm Not In The Mood: What Every Woman Should Know About Improving Her Libido



Synopsis

The "hormone of desire," testosterone, acts on the brain to stimulate sexual interest, sensitivity to sexual stimulation, and orgasmic ability in both sexes. The amount of testosterone circulating in a woman's blood declines by about 50 percent between her twenties and fifties. The most common complaint associated with this decline is a seemingly unexplainable decrease or loss of sexual desire and enjoyment. In *I'm Not in the Mood*, Dr. Reichman reveals the effectiveness of small doses of testosterone in reviving sexual desire and pleasure for women. Questions answered and topics discussed include: Why and when do women make male hormones? Where do all our male hormones go? Behavior, life changes, and medical problems that affect our libido Medications that affect our libido Will creams, pills, lozenges, patches, or shots help? When you should see a psychiatrist, psychologist, or sex therapist How to discuss libido issues with your doctor How to reach your biologic sexual potential

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Customer Reviews

"Libido maintenance is complicated," admits Judith Reichman, M.D., the frank "hormone maven" you've seen on PBS, The Today Show, and Oprah!. Few physicians are able to help or are comfortable helping women whose dwindling sexual urge interferes with sexual pleasure, intimacy, and expression of affection. *I'm Not in the Mood* examines the medical reasons for the loss of libido as women age. Reichman concludes that although estrogen replacement makes sexual activity more comfortable and pleasurable, it has no effect on sexual desire, whereas testosterone does. "From an ovarian point of view, many of us are testosterone-deprived, if not downright deficient," asserts Reichman. Testosterone deficiency can result in diminished desire and arousability, insensitivity of the clitoris and nipples, and difficulty reaching orgasm. She discusses the "good news" about and "dark side" of taking testosterone. Reichman wisely avoids blaming testosterone deficiency for every sexual woe, however. She describes "Seven Sexual Saboteurs": psychological concerns, couple trouble, medications, disease, surgery, pain, and a partner with erectile difficulties. For each, she explains the problem and her recommended solution. She discusses (and, generally, dismisses) other products that are used or advertised as libido enhancers and gives advice about how to talk to your partner and to a sex therapist. --Joan Price --This text refers to an out of print or unavailable edition of this title.

"Real-life vignettes, understandable medical information, and humor make this important book on women's sexuality a winner." *Ten Stupid Things Women Do to Mess Up Their Lives and The Ten Commandments* "I wish I had this book three years ago. Finally, a medical book that you can understand and that gives you answers then and there. . . . Dr. Reichman speaks frankly and with humor. It's like she's talking to you." -- Cristina Ferrare, talk show host

Dr. Reichman addresses the sexual problems that so many women have, but doctors usually dismiss or ignore. At last, a book that gives honest and solid information to women of all ages. Love her style and honesty. From seeing her on Today show, I trust her caring concern for women's health, which so many studies and doctors place after men's health issues. I've recommended this

book to many of my friends and after reading it they have all thanked me. Most important, they say it has impacted their life positively.

There's something here (with varying degrees of material) for every stage of womanhood. Other reviews will give the impression that this book is only for menopausal and postmenopausal women...rather odd statements to make, considering there is quite a bit of information about the effects of birth control pills, breastfeeding, pregnancy, childbirth, and postpartum issues on a woman's desire for sex. Reichman includes several case studies of women in their 20s. There are a more than a few good things about the book: a section entitled 'who's doing it - and not doing it' which covers the demographics of sexual behavior; Reichman's extensive discussions of how hormones work (or don't), alternatives to HRT; the ways in which certain meds, diseases, and medical treatments might affect desire; and the resources and recommended readings. All that said - I was put off by Reichman's (sometimes) dismissive attitudes and comments about men, and her sophomoric attempts at humor: "the same male hormones that convert little boys (and politicians) into sexually driven beings" "my first scientific documentation that the hearts of men are ruled by their..." "I guess if the plumbing works, these men will want to use it." etc. etc. etc. Because, after all, that's what you need in a book for women who don't want to have sex, isn't it? Comments and attitudes which trivialize, objectify, and ridicule men. Right? There are also swipes at conservatives and Republicans (note: the two are not necessarily interchangeable), and comments which may offend her more religious readers ("God didn't invent it, the pharmaceutical companies did"). She is at her best when she drops the 'aren't I droll?' routine and writes clearly and in great detail about that which she clearly knows - the science and practice of medicine.

Very easy to read and very informative

This book really focuses on organic desire problems, mainly loss of libido due to hormone fluctuations. It really pushes the use of testosterone to increase libido, and other remedies and procedures that are largely geared towards much older women (usually through menopause). THIS IS NOT A HELPFUL BOOK FOR WOMEN UNDER 40.

My GYN recommended that I pick up this book. I am skipping around, reading the sections that interest me, and so far I find it very interesting, humorous, and good information. It helps me to think of questions about supplements, hormones, etc. that I can ask my doctor about next time I see her.

In reading dozens of books on sex, I've noticed that books written by MD's are usually much more informative than books written by others. Hence, I wasn't surprised that Reichman's book was better than the typical book espousing scented candles, dim lights, and other such glib superficialities as the panacea for all sexual problems. That said, I was nevertheless disappointed by this book. There were too many factual errors and inconsistencies in it (as a doctor, I think I'm qualified to say that). Even some drug names were misspelled -- not a big deal, perhaps, but if a doc can't correctly spell the name of a drug, one wonders if commensurate care was given to the other facts presented. In this case, I was disappointed. The professionalism of the book was further eroded by Reichman's frequent puns and attempts at interjected humor. I have nothing against doctors showing their human side, but when Reichman did it, it seemed stilted, not natural. I could excuse all of these drawbacks if the book were packed with more information, but its scope was very narrow and there was so much the author could have said that she did not.

I read the book. My wife said she did, but I believe she just glanced through it. No change, - no better, no more frequent.

One only has to read the reviews by all the 20 year old women to see how huge this problem is. Nobody seems to find that the solutions in the book have solved their libido or physical problems. The real big problems start after menopause. Sexual incompatibility desire between men and women IMO is the #1 battle of the sexes problem and it increases dramatically as women age. With post menopause women the problem escalates. Viagra for men has caused many a divorce. Hormone therapy can't be done indefinitely because of cancer. Lubricants can help vaginal dryness, but after sex an older woman will probably experience urinary urgency. No amount of foreplay solves the the problem of an atrophying vagina. How is a woman supposed to enjoy sex when she has no libido and sex creates post sex misery. When everything is ok, women may like sex. When a man has sex, everything is ok. One egg a month vs 200 million sperm a day. The whole design screams for polygamy, but that's only legal in the bible. Medical science has a big challenge. The European solution has historically been a mistress. There seems no solution in the US at this time. The design is greatly flawed. It's amazing the divorce rate is only a scant 50%. This situation is just one of hundreds of reasons intelligent design is nonsense. "JUSTIFIABLE HOMICIDE?" -Growing Up A Baptist Fundamentalist-

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