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Autore	Bennett Libby <1958->
Titolo	Finding and revealing your sexual self [[electronic resource]] : a guide to communicating about sex // Libby Bennett and Ginger Holczer
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Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Finding and Revealing Your Sexual Self; CONTENTS; ACKNOWLEDGMENTS; Part I: ARE YOU TALKING TO YOURSELF?; Chapter 1: SPEAKING OF SEX; Chapter 2: WHISPERS OF CHILDHOOD; Chapter 3: ECHOES OF SEXUAL SECRETS; Chapter 4: EXPRESSIONS OF SEXUAL RESPONSE; Chapter 5: ACCEPTANCE OF LIFE'S CHALLENGES; Part II: ARE YOU TALKING TO ME?; Chapter 6: DIALOGUES OF SEXUAL COMMUNICATION; Chapter 7: MESSAGES OF EXPECTATIONS; Chapter 8: INTERPRETATIONS OF THE RELATIONSHIP DANCE; Chapter 9: SIGHS OF PASSION; Part III: IS ANYONE LISTENING?; Chapter 10: TALKING WITH YOUR THERAPIST Chapter 11: TALKING WITH YOUR HEALTH-CARE PROVIDERAPPENDICES; A: MALE SEXUAL DISORDERS; B: FEMALE SEXUAL DISORDERS; C: SENSATE FOCUS; D: HAVING THE "TALK" WITH YOUR CHILDREN; NOTES; RESOURCES; BIBLIOGRAPHY; INDEX; ABOUT THE AUTHORS
Sommario/riassunto	Even today, with an environment of sexual openness, people don't really talk about sex. To the detriment of those who are having sexual difficulty, conversations about sex with partners, healthcare providers, and therapists are not occurring. This book offers an exploration of sexuality, as well as tips and exercises, designed to assist couples and individuals to have important discussions about sex. It introduces the

idea that each partner's upbringing, values, expectations, wounds, hormones, and perceptions slide under the covers with them. Whether in the bedroom, the examination room, or th
