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Autore	Foley Sallie
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Altri autori (Persone)	KopeSally A SugrueDennis P
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Nota di contenuto	pt. 1. Knowing your sexual story -- pt. 2. Understanding your body -- pt. 3. Making peace with your body -- Creating a better sexual relationship -- pt. 5. Developing sexual comfort, confidence, and satisfaction.
Sommario/riassunto	Sex is talked about more openly today than ever before, but if you still struggle with sexual myths, self-doubt, and ""embarrassing"" questions, you're in good company. Now in a fully updated second edition, this trusted guide has already helped many thousands of women understand how their bodies work and take charge of their sexuality. The authors are experienced therapists who interweave candid reflections from diverse women with current, science-based information, exercises, and advice. You'll find answers to everything from how to have more satisfying sex to questions about body image, ana