



For Women Only: A Revolutionary Guide to Reclaiming Your Sex Life

Jennifer Berman, Laura Berman, Elisabeth Bumiller

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The groundbreaking New York Times bestseller now in a fully revised edition

Dr. Jennifer Berman, one of the few female urologists in the United States, and her sister, Dr. Laura Berman, a sex therapist, wrote this comprehensive handbook for the whole woman to examine all facets of her sexual health. They discuss surprising new information about how the female anatomy really works, ways female sexual response changes through various stages of life, how women can recognize and identify sexual problems, and tips for talking to doctors about sexual complaints without embarrassment.

This new edition brings all the information in the book fully up to date and includes

- advice about the latest medical treatments
- information on new drugs and products
- a revised exercises section and all-new case studies
- a self-assessment questionnaire to help women recognize whether a problem exists and lend direction on where to seek help

For Women Only is still the most complete guide available to treating sexual problems and achieving full sexual potential.

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