

Experienced sex therapist Vicki Ford provides a guide to understanding sexual problems including impotence and loss of sexual desire, premature ejaculation and lack of orgasm. The links between mind and body are explained, and how they tend to go wrong. She sets out simple and effective techniques based on CBT that can restore confidence and bring about a mutually satisfying sex life for both partners. - Suitable for both singles and couples- Practical exercises to develop responsiveness and an understanding of your body - Looks at the impact of aging, disability, religion, infidelity, abuse, infertility, childbirth, bereavement, medication and addiction - Specific techniques for specific problems- Contains a complete self-help program and monitoring sheets- Based on clinically proven cognitive behavioural therapy

Schutzengel 2016 Postkartenkalender, Owls (Zoobooks Series), CEBRAS (Que Hacen?/ What Are You Doing?) (Spanish Edition), Die Macht der Elemente und ihre Benutzung im taglichen Leben: Eine populare Darstellung des industriellen Wissens unserer Zeit und der Geschichte der Technik. Band 1 (German Edition), Frogs 2015 Square 12x12 (Multilingual Edition),

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