

Book report- human sexuality

Literature, Russian Literature



Book Report on Love Sex Again by Lauren Streicher of Learning Book Report on Love Sex Again by Lauren Streicher There is no doubt that sexual life is of particular importance for every person, including women. It provides an opportunity to reveal their sexual potential contributing to the preservation of not only physical but also mental health. In this regard, the book Love Sex Again by Lauren Streicher is of particular interest. The fact is that many American women suffer from numerous problems associated with the sexual aspects of their lives. As noted by Streicher (2014), "too many women no longer have the ability to have sexual pleasure." The complexity of the problem is that these women often do not seek professional help, preferring to put up with their problems, while unresolved sexual issues can have serious consequences in a variety of health problems.

Streicher is a qualified sexologist and gynecologist. Having a long experience in these areas, she is able to help all women better understand their body and thus recognize the signs of various sexual problems. That is what makes this book especially interesting for me and that is why I have decided to choose this book. Reading this book allows all women to have knowledge that can help solve numerous health issues and therefore significantly improve the quality of their sex life. In addition, the value of this book is that the author gives clear and evidence-based explanations for the various physical states and manifestations of various diseases. Every woman has the right to obtain pleasure in her sex life, and this book can be of great help in this regard by providing with practical and valuable information.

References

Streicher, L. (2014). Love sex again: A gynecologist finally fixes the issues that are sabotaging your sex life. New-York: It Books.