



Sex Matters for Women, Second Edition: A Complete Guide to Taking Care of Your Sexual Self

Sallie Foley MSW, Sally A. Kope MSW, Dennis P. Sugrue PhD

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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, anatomy, hormones, relationships, sexual orientation, sexually transmitted infections, and trauma. Sexuality is a lifelong journey—this book gives you a roadmap for self-discovery and growth.

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