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# For Yourself : The Fulfillment of Female Sexuality

By Lonnie Barbach



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## For Yourself : The Fulfillment of Female Sexuality By Lonnie Barbach

For Yourself offers a step-by-step program developed by an acclaimed sex therapist with years of experience in the field. With an emphasis on clear, factual advice, simple, effective exercises, and a warm, reassuring tone, it helps women discover a new world of fulfillment - for themselves. Voted #1 self-help book across over a dozen national surveys totaling 5,000 psychologists by the National Register of health service providers in psychology.

Includes:

- 225 A detailed description of female sexual response
- Step-by-step exercises that will help gradually awaken dormant sexuality
- Explanations that dispel misunderstandings about sex and sexual response
- Insights into the essential role of mental and emotional attitude toward sexual gratification
- And more



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## **For Yourself : The Fulfillment of Female Sexuality By Lonnie Barbach Bibliography**

- Sales Rank: #150925 in Books
- Brand: Barbach, Lonnie Garfield
- Published on: 2000-12-01
- Released on: 2000-12-01
- Original language: English
- Number of items: 1
- Dimensions: 6.75" h x .71" w x 4.25" l, .27 pounds
- Binding: Mass Market Paperback
- 256 pages

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### **Editorial Review**

#### **Review**

"Should be read not only by women but by their partners." -- *Mary Calderone, M.D.*

#### **About the Author**

Dr. Lonnie Barbach received her M.A. and Ph.D. in clinical social psychology from the Wright Institute in Berkeley, California. She is now on the clinical faculty of the University of California Medical School in San Francisco and also has a private practice. Among her several bestselling books on sex and relationships are **For Yourself, Pleasures, Going the Distance, The Pause, Seductions, The Erotic Edge, and Erotic Interludes**, her book with her partner, David Geisinger, Ph.D. They live in Mill Valley, California, with their daughter, Tess.

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