



Great Sex for Moms: Ten Steps to Nurturing Passion While Raising Kids

Valerie Davis Raskin

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The only book from a physician-mom with warm, practical, and medically sound advice that will help moms reclaim their passion for sex

There's one thing that almost every mother knows but won't discuss: Sex drive diminishes after a baby is born, and it's a struggle to reclaim passion in the years that follow.

In *Great Sex for Moms* Dr. Raskin brings the problem out into the open -- at last. From her fifteen years as a psychiatrist she knows that mothers silently rationalize that sex will return "after the baby sleeps through the night," then "when the children start having sleepovers," and then "once the kids go to college." And she believes that eighteen years is an awfully long time to wait.

Dr. Raskin reveals the reasons that women's bodies and minds betray them, resulting in a sleepy libido. The great news is that it's easier than you might think to wake it up. Insisting that a healthy parental sex life is in the children's best interests, Dr. Raskin shows you how to:

1. Overcome the feeling that you're the only one in America with a boring sex life
2. Leave your mother persona at the bedroom door to rescue your sexual self
3. Banish the inner censor and talk about sex with your partner
4. Stop frenzied, on-demand mothering so you can nourish your libido

Great Sex for Moms is perhaps the most important book a mother can read for nurturing her marriage, her children, and above all, her own sexuality.

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From reader reviews:

Margert Lewis:

Playing with family in a park, coming to see the ocean world or hanging out with good friends is thing that usually you might have done when you have spare time, subsequently why you don't try issue that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition info. Even you love Great Sex for Moms: Ten Steps to Nurturing Passion While Raising Kids, it is possible to enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh seriously its mind hangout folks. What? Still don't have it, oh come on its known as reading friends.

William Rice:

This Great Sex for Moms: Ten Steps to Nurturing Passion While Raising Kids is great reserve for you because the content which is full of information for you who always deal with world and also have to make decision every minute. This particular book reveal it information accurately using great manage word or we can say no rambling sentences inside. So if you are read the item hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but tough core information with lovely delivering sentences. Having Great Sex for Moms: Ten Steps to Nurturing Passion While Raising Kids in your hand like obtaining the world in your arm, facts in it is not ridiculous 1. We can say that no e-book that offer you world inside ten or fifteen small right but this publication already do that. So , this is good reading book. Hey Mr. and Mrs. stressful do you still doubt which?

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As we know that book is vital thing to add our information for everything. By a e-book we can know everything we would like. A book is a group of written, printed, illustrated or blank sheet. Every year seemed to be exactly added. This guide Great Sex for Moms: Ten Steps to Nurturing Passion While Raising Kids was filled concerning science. Spend your free time to add your knowledge about your scientific research competence. Some people has distinct feel when they reading any book. If you know how big advantage of a book, you can experience enjoy to read a publication. In the modern era like at this point, many ways to get book that you just wanted.

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