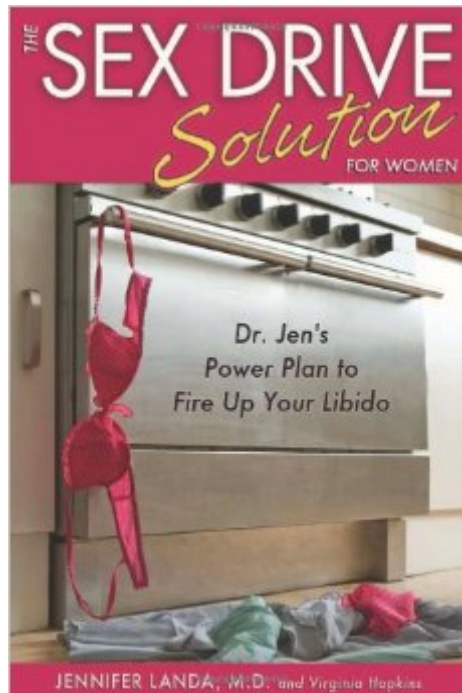


The book was found

# The Sex Drive Solution For Women: Dr. Jen's Power Plan To Fire Up Your Libido



## Synopsis

Dr. Jen doesn't only talk about weight management, renewed energy and sexual vitality for women over 40 - she is a living, breathing example that all of that and more are possible. The Sex Drive Solution is a wealth of information not only from an expert doctor, but a woman, a wife, a mother who has walked a mile in your shoes. Sex Drive Solution offers women of all ages the chance to learn what is happening to their bodies, why sex isn't over after 40 and how to reinvent their love lives in every stage of life. Using her expertise as an OB/GYN and now a pioneer in bioidentical hormone therapy, Dr. Jen shares real life stories of patients who have re-ignited their sex-lives and experienced complete wellness transformations with renewed energy and zest for life! Applying The Sex Drive Solutions, women can stop dreaming and start living sexier and happier than they ever believed possible. Part doctor, part cheerleader, part coach, Dr. Jen's Sex Drive Solution helps women set and achieve realistic goals to

- Get Your Sexy Back and Keep It!
- Secrets to mid-life weight loss
- The key ingredient for amazing sex at any age
- Creative ways to revive a bored libido
- A Libido Quiz to help you find the sex sinkers in your life
- Answers to, "What if it's him, not me?"
- The truth about hormones from a leading expert
- The best remedies for rekindling desire (and which ones to avoid)
- Proven techniques to revive energy and kiss chronic fatigue good-bye

Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed. This Atlantic Publishing eBook was professionally written, edited, fact checked, proofed and designed. The print version of this book is 288 pages and you receive exactly the same content. Over the years our books have won dozens of book awards for content, cover design and interior design including the prestigious Benjamin Franklin award for excellence in publishing. We are proud of the high quality of our books and hope you will enjoy this eBook version.

## Book Information

Paperback: 288 pages

Publisher: Atlantic Publishing Group Inc. (January 31, 2012)

Language: English

ISBN-10: 1601387180

ISBN-13: 978-1601387189

Product Dimensions: 5.9 x 0.9 x 8.8 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (33 customer reviews)

Best Sellers Rank: #565,886 in Books (See Top 100 in Books) #116 in [Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health](#) #995 in [Books > Health, Fitness & Dieting > Sexual Health > General](#) #1464 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality](#)

## Customer Reviews

I feel a little sheepish having spent money on a book that suggests eating right, exercising, and using sex toys/porn to ramp up a sagging libido. Really? Isn't eating right and exercising the first answer to almost ANY health related question?? OK, so maybe the sex toys and porn aren't always on the list, but still, this information is so basic as to be embarrassing. There was absolutely nothing in here that could not have been found with a two second Google search on increasing women's libido. Definitely save your money on this one.

This book is just what I was hoping it was...a book that talks about a woman's loss of sexual desire. This book not only tells of the reasons why this loss occurs, but also how to gain it back. One out of 3 women experience a loss of libido after age 40. I am glad I am not alone....

Dr. Jen has written the book we've all been waiting for: aspects of how our bodies work especially in regard to being female, how bio-identical hormones work and what we can do to help ourselves using her nutritional and life-style recommendations. She explains it in an easy-to-read format, well laid out so I can re-read things that are important to my well-being. Men should read the book too because it will help to make relationships stronger, making the entire family happier and healthier. I am a post-menopausal patient of Dr. Jen's although I live 4 hours away from her office and see her when necessary. It is worth the time and trip to learn more about myself and how I can live a longer, healthier and more satisfactory life. She is helping me to be a more vital woman and physically feel better than I have in years, my skin is great with the bio-identical hormone treatments I use and nobody believes I am 65 years young. I feel rejuvenated! Thanks, Dr. Jen.

I am nowhere near menopause and I haven't even had my first child, but this book has given me (and my husband) some helpful hints that really spiced things up. For once, a book written from someone who is a board-certified medical doctor, not some self-proclaimed sexpert! I prefer to get my information from someone who is not only experienced, but truly knowledgeable. This book not only offers helpful tips on what to eat, how to exercise and the best ways to make time between the sheets better - it is a credible resource for many of the woes of women's health. It is a book you will want to keep handy for years to come, through every stage of life this book will offer the what, why and how of sexual health and women's health, in general. Thank you Dr. Jen for voicing your expertise for all women to read!

I really enjoy reading this book!!! It has so much great stuff in there, including all the technical stuff. She lists herbs to try, gives alternatives other than just taking pills, and she isn't afraid to be honest. I love the way she has written this book, and she even gives examples!!! She even speaks about her own clients and some of their experiences. I really got a great book here!!!

Some good technical data on hormone imbalances caused by lifestyle and age. Mostly it just had a lot on if you live a healthy lifestyle most things fall into balance. I did like her frankness on physiology and intercourse and things to make it more fun, it was refreshing to read.

Good book with a lot of good info for those who need to get the sex drive back. It kept my attention and provided some good insight. I like the section she it talked about the natural herbs and stuff you can take the boost sex drive. I found a product on that seemed to be exactly what the book recommended and it worked!

I have been taking the supplements Dr Jen recommends in this book for the past 3 years now. They really do work! And they saved my marriage! Just celebrated our 29th anniversary. Thank you so much Dr. Jen!

[Download to continue reading...](#)

The Sex Drive Solution for Women: Dr. Jen's Power Plan to Fire Up Your Libido Sex Pictures: Sex Positions: How to Improve Your Sex Life with Creative Sex Positions and Techniques! (Sex Positions, Sex Pictures, Sex, Kama Sutra) BUSINESS PLAN: Business Plan Writing Guide, Learn The Secrets Of Writing A Profitable, Sustainable And Successful Business Plan ! -business plan

template, business plan guide - Erotic Adult Sex Picture Book 5 (Uncensored Hot Sex Pics of Sexy & Horny Girls, 300+ College Sex Photos): full nudity adult sex. Sweet Tits.: Photography ... of Full Nudity Adult Sex Pics Series) Uncensored Sex Pictures: Sex Photos of College Girls & College Sex Pictures (Full nudity sex entertainment pictures book for adults only 2) Fire Stick: The 2016 User Guide And Manual - Learn How To Install Android Apps On Your Fire TV Stick! (Streaming Devices, How To Use Fire Stick, Fire TV Stick User Guide) WomanCode: Perfect Your Cycle, Amplify Your Fertility, Supercharge Your Sex Drive, and Become a Power Source How to Talk Dirty : Dirty Talk Examples, Secrets for Women and Men, Straight, Gay and Bi, Spice Up Your Sex Life and Have Mindblowing Sex: Great Sex Book, Series 1 Summary of You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life by Jen Sincero: Includes Analysis Big Boobs Sex! Adult Sex Pictures (Photo Book 7 of 300+ hot erotic nude pics = UNCENSORED full nudity) of hot naked MILF women with big tits and sexy ass: ... Collection Album Series of Sex Pics) Uncensored Adult Sex Pictures - Photo Book 3 - Hot Erotic Photography of Sexy Girls and Women with not so Big Boobs: Adult Sex Pictures Vol. 3 (Wayne's ... Collection Album Series of Sex Pics) Big Boobs Sex! Adult Sex Pictures (Photo Book 9 of 600 hot erotic nude pics = UNCENSORED full nudity) of hot naked MILF women with big tits and sexy ass: ... Collection Album Series of Sex Pics) I'm Not in the Mood: What Every Woman Should Know About Improving Her Libido Libido Dominandi: Sexual Liberation & Political Control Beginning Power BI with Excel 2013: Self-Service Business Intelligence Using Power Pivot, Power View, Power Query, and Power Map Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 Sex and Marriage: How to Guide for Sex and Passion and Desire for Married Couples: Discover the 10 Ways to Turn Your Sex Life From Routine to Lustful Desire Google Drive & Docs in 30 Minutes (2nd Edition): The unofficial guide to the new Google Drive, Docs, Sheets & Slides Drive Time: German (CD): Learn German While You Drive (All-Audio Courses) Drive Time: Spanish (CD): Learn Spanish While You Drive (All-Audio Courses)

[Dmca](#)