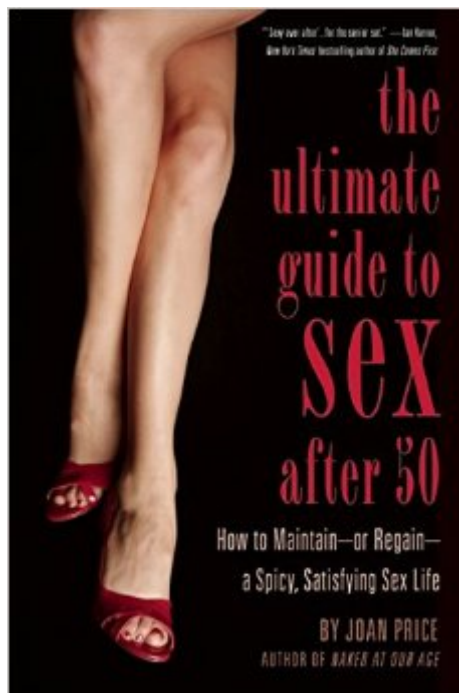


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# The Ultimate Guide To Sex After Fifty: How To Maintain &#150; Or Regain &#150; A Spicy, Satisfying Sex Life



## Synopsis

“Sex changes with aging, but for every problem, there is a solution,” says Joan Price, senior sexpert for the over-fifty population. Her definitive guide to sex and aging has it all: medical challenges, loss of libido, loss of intimacy, dating, elusive orgasms, erectile dysfunction, vaginal pain, self-pleasuring, sex toys, kink, and more. The Ultimate Guide to Sex After Fifty delivers solid, practical information in a friendly, accessible style to help all genders and orientations, partnered or unpartnered, enjoy their sexuality for the rest of their lives. Joan Price is best known for *Naked at Our Age: Talking Out Loud About Senior Sex*, which won Outstanding Self-Help Book 2012 from the American Society of Journalists and Authors and Best Book Award 2012 from the American Association of Sexuality Educators, Counselors, and Therapists. Her first senior sex book was her sexy memoir, *Better Than I Ever Expected: Straight Talk About Sex After Sixty*. People over fifty who hunger for real information from an age-appropriate author will appreciate Price's savvy advice, personal candor, and humor. Whether you have a vibrant sex life or an unfulfilling one that you'd like to fix, *The Ultimate Guide to Sex After Fifty* will be a valuable resource.

## Book Information

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## Customer Reviews

Joan Price is my hero. My husband and I read parts of her book, *Naked at our Age*, aloud to each other. It opened up our communication and gave us permission to ask each other for what we wanted sexually. This new book, *Ultimate Guide to Sex After 50*, doesn't wait to get right into the good stuff! I am only a few chapters in, and already hoping that more people read this book and

have their minds expanded about how good sex can be if you open up your mind and talk to your partner about what you want. You may not even know that sex can be better, read this book and know that it can.

I'm 70 years old and have enjoyed dating for 27 years since my divorce after 20 years married. I corresponded with Joan about some of what I've found "out there." Was pleased to discover some of my correspondence used in this book. That said, I'm also a connoisseur of books about senior sexuality and so far this book is the BEST of the lot. Joan speaks from the front lines and about what is real. You'll get your money's worth and more with this book.

A great guide to sex for all ages, but especially for those over 50 or 60. Joan knows so much, but she also knows who to call on for more information and expertise. I value her advice and knowledge for myself and for my clients. Buy this book. You won't be sorry. It's a bargain.

Joan's books have been a real blessing for me! After being out of the dating game for years, a bright flame from my past rekindled and I discovered my fire had burned down low! My spirit was willing but the rest of me was lagging far far behind and needed help! I preordered this book on and have only had it a couple of days but have already learned new things! I recommend it for anyone at any age! Great information, good sense of humor, and I love the remarks from those of us going through the process of remaking our selves as sexual beings! Thank you, Joan!

I have to say, Joan Price really did think of everything. When I was asked to be a part of the blog tour for this title, I opted to do a review despite the fact that I'm in my twenties out of the interest of being a pro-sexual health and all inclusive blog. I definitely wasn't expecting it to be so jam packed with information- I'm really glad I gave this a read! No matter what problems you may be facing in the bedroom, Price has offered solutions, or at the least, help to help you find your own solutions. Whether the problem is something stemming from problems in communication, pain or illness, or just trying to find the "mood" again, the bases are covered in this book. There's a focus on health in this book which I find super important, from finding positions that "work" to avoiding things like STIs- just because you've gotten older doesn't mean the risks get less scary! There's also a lot of helpful starts to dialogues in this book, which I think is a great and well-needed inclusion. It can be awkward to talk about feelings and sexual desires no matter what your age is. Price offers safe conversations to have in the interest of avoiding discomfort or fighting, and I think people of any age can

appreciate that. I was also really happy to see that this book is LGBT inclusive. It's a dynamic that's often missed, in my personal opinions, in sexual help books. I think that any adult can benefit from reading this book. Though the main demographic is for those over 50, I am 23 and I still learned from it because there is so much cohesive and helpful advice in this guide. Though I may not need all of the advice just quite yet, I will definitely be keeping this book on my sex positive bookshelf for future reference (and may be discreetly giving copies to some people in my life I think could benefit from reading it!) Thank you so much to Cleis Press for my copy in exchange for my honest review.

My girlfriend and I are a couple years away from 50 but I still find this guide to be useful and insightful, especially regarding things like arthritis and tendonitis. This is the most comprehensive guide on sex and aging that I have seen. It covers body self-image, psychology of relationships, physical limitations, hormones, stds, dating as an older single person, communication, toys and sex furniture, sex with physical limitations, hormone replacement, etc. This is a useful and recommended reference for all of us, who if we are lucky, will make it to being sexually active older citizens. And don't forget to talk to your doctor.

The Ultimate Guide to Sex after 50 is full of information, suggestions, stories, and wisdom. It is written from a healthy point of view which Joan Price states on page 145, "I wish we could all just enjoy what we enjoy without moralizing about what other people enjoy, what a wonderful world it would be." Embracing this blunt, well-informed, and tolerant viewpoint makes it possible to learn without feeling embarrassed or guilty. People do a wide variety of things in their bedrooms, and how does it help us to be ignorant about those things? If you have read this book, you are prepared for anything: a change in your partner's pattern of desire, illness, loss, physical limitation, old age, and more good sex than you had imagined possible. I won't deny that reading about dozens of sexual kinks and variations is erotic, but the eroticism is balanced with deep intelligence as Price never dwells too long on any particular practice, but moves forward to make her point. If nothing else, you will realize by the end of the book that you're allowed to empower the most resilient and unrelenting sex organ "your brain. It's going to turn to sex anyway, whether or not you allow it to, so you might as well enjoy the ride. Price never loses sight of the fact that the most precious gift of all is a reliable loving relationship. When we are without one, Joan shows us myriad ways to remain a sexual being until your very last day.

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