

The Sex-Starved Marriage: Boosting Your Marriage Libido: A Couple's Guide

By Michele Weiner Davis

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Bring the spark back into your bedroom and your marriage with gutsy and effective advice from bestselling author Michele Weiner-Davis.

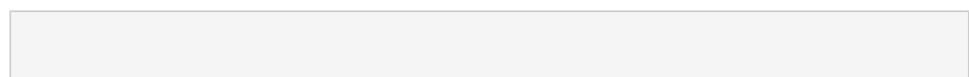
It is estimated that one of every three married couples struggles with problems associated with mismatched sexual desire. Do you? If you want to stop fighting about sex and revitalize your intimate connection with your spouse, then you need this book. In *The Sex-Starved Marriage*, bestselling author Michele Weiner Davis will help you understand why being complacent or bitter about ho-hum sex might cost you your relationship.

Full of moving firsthand accounts from couples who have struggled with the erosion of sexual desire and rebuilt their passionate connection, *The Sex-Starved Marriage* addresses every aspect of the sexual libido problem:

If you're the more highly sexed partner, you'll breathe a sigh of relief. At last someone understands your feelings about the void in your marriage. Discover why your pleas for touch have fallen upon deaf ears and why your approach to the lull in your sexual relationship could be a sexual turnoff. Most important, learn new ways to motivate your spouse to take your needs for more physical closeness to heart.

If you're the spouse with a lagging libido, you're far from alone. You'll learn about the physiological and psychological factors, including unresolved relationship issues, that may contribute to the chill in your bedroom and what you can do to melt the ice. And if you're a man, you'll be surprised to learn that staggering numbers of men, even men whose sexual machinery works just fine, "get headaches" too!

The Sex-Starved Marriage will give you and your spouse the inspiration, encouragement, and answers you need.



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The Sex-Starved Marriage: Boosting Your Marriage Libido: A Couple's Guide By Michele Weiner Davis **Bibliography**

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Editorial Review

Amazon.com Review

In contrast to its tabloid title, *The Sex-Starved Marriage* offers candid and sensible counsel for couples with mismatched libidos. Seasoned sex therapist Michele Weiner-Davis skewers two stereotypes about sex in marriage. First, she jettisons the idea that husbands are hot and wives are not, giving examples of "low-desire" men in her practice. Next, she upends the longstanding model of sexual response and advises readers: "Just do it. Desire is a decision. Once the low-interest partner allows him/herself to be touched and aroused, this will trigger a strong desire to continue being sexual." The strength of her approach to the causes of sexual stalemate lies in her insights about the struggles of both partners. Her suggestions (how to break the ice, how to court your partner, nag busting, and the Hallmark solution) are not gimmicky and are presented as techniques for couples, not individuals. Weakened only by a final chapter--one that discloses too many details about the author's marriage--this perceptive book will inspire couples to add heat and light to their marriage. --Barbara Mackoff

From Publishers Weekly

Author (*The Divorce Remedy*), therapist and Oprah regular Davis offers a frank and reassuring guide for couples struggling with the "desire doldrums." It's been estimated that one-third of couples face issues of low desire, the impact of which is felt beyond the bedroom: "Unsatisfying sexual relationships," Davis writes, "are the all-too-frequent causes of alienation, infidelity and divorce." Unfortunately, libidos are rarely equal; most marriages have a low-desire spouse and a high-desire spouse. Davis offers advice for both, bolstered by numerous examples of how that advice has worked for couples she's encountered during her two decades as a marriage counselor. Court your partner the way he or she wants to be courted, Davis tells high-desire spouses; for low-desire spouses, sometimes the best idea is (to borrow a line from Nike) to "just do it." Her "field-tested" tips are sensible rather than earth-shattering--talk openly, be kind, commit to making a change for the better and set concrete, attainable goals--but in the hard-to-talk-about realm of sex, very welcome indeed.

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Review

Publishers Weekly - Author (*The Divorce Remedy*), therapist and Oprah regular Davis offers a frank and reassuring guide for couples struggling with the "desire doldrums." Unfortunately, libidos are rarely equal; most marriages have a low-desire spouse and a high-desire spouse. Davis offers advice for both, bolstered by numerous examples of how that advice has worked for couples she's encountered during her two decades as a marriage counselor... (Jan.) Copyright 2003 Cahners Business Information.

". . . tremendously impressed with Davis's profound understanding of the sexual and relational quagmires so many couples fall into with their misconceptions." -- *Dr. Laura Schlessinger, author of Ten Stupid Things Couples Do to Mess Up Their Relationships*

"For couples struggling with sexual problems . . . this is the first book I will recommend!" -- *Howard J. Markman, Ph.D., co-author, Fighting for Your Marriage*

"It is the antidote to the distance spouses feel when differences in sexual desire wreak havoc in their

marriages." -- *Dr. Gary Smalley, author, Love Is a Decision*

Dr. Laura Schlessinger Author of *Ten Stupid Things Couples Do to Mess Up Their Relationships* I am tremendously impressed with Weiner Davis's profound understanding of the sexual and relational quagmires so many couples fall into with their misconceptions. This book will definitely help readers to understand their own feelings, needs, and responses. But even more importantly, it will help them understand the role of sexual intimacy in keeping marriages strong. -- *Review*

Dr. Laura Schlessinger This book...will help [couples] understand the role of sexual intimacy in keeping marriages strong.

Users Review

From reader reviews:

Lillian Tobias:

This *The Sex-Starved Marriage: Boosting Your Marriage Libido: A Couple's Guide* book is not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is usually information inside this publication incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. This kind of *The Sex-Starved Marriage: Boosting Your Marriage Libido: A Couple's Guide* without we recognize teach the one who reading it become critical in contemplating and analyzing. Don't possibly be worry *The Sex-Starved Marriage: Boosting Your Marriage Libido: A Couple's Guide* can bring when you are and not make your carrier space or bookshelves' grow to be full because you can have it in your lovely laptop even cellphone. This *The Sex-Starved Marriage: Boosting Your Marriage Libido: A Couple's Guide* having excellent arrangement in word along with layout, so you will not really feel uninterested in reading.

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