



## **The Men's Health and Women's Health Big Book of Sex: Your Authoritative, Red-Hot Guide to the Sex of Your Dreams (and His!)/ Your Authoritative, Red-Hot Guide to the Sex of Your Dreams (and Hers!)**

*By Editors of Women's Health, Editors of Men's Health*

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Good health and a fit body are inextricably entwined with great sex. On a physical level, fitness makes one a more attractive and skilled lover. On an emotional level, studies show that body image plays a key role in sexual desire and satisfaction. Research has linked a healthy sex life to lower risks of cardiovascular disease, diabetes, depression, and obesity.

Based on the latest research on sexual health, behavioral psychology, fitness, and nutrition, The Men's Health and Women's Health Big Book of Sex is brimming with useful tips, exercise photos, practical sidebars, and more. The two-sided book also features the Better-Sex Workout, the Better-Sex Diet, a Trouble-Shooter's Guide to Sexual Health, and Q&A columns from the Men's Health "Girl Next Door" and Women's Health "Guy Next Door" and leading sexual health experts.

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- Sales Rank: #670557 in Books
- Published on: 2011-02-01
- Released on: 2011-02-01
- Original language: English
- Number of items: 1
- Dimensions: 8.51" h x .73" w x 8.02" l, 1.94 pounds
- Binding: Paperback
- 384 pages

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