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**“Sexual dysfunction is...a significant public health concern.”**

—*Journal of the American Medical Association*

## **THE SOLUTION:**

# The **LIBIDO** BREAKTHROUGH

A DOCTOR'S GUIDE TO  
RESTORING SEXUAL VIGOR  
AND PEAK HEALTH

Stuart W. Fine, M.D., F.A.C.S. and  
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Coauthor of the #1, *New York Times* Bestseller **THE ARTHRITIS CURE**

Read by **BRENDA D. ADDERLY**  
with **STEFAN RUDNICKI**

# **The Libido Breakthrough A Doctors Guide To Restoring Sexual Vigor And Peak Health**

**Leah Kliger, Deborah Nedelman**



## **The Libido Breakthrough A Doctors Guide To Restoring Sexual Vigor And Peak Health:**

**The Libido Breakthrough** Stuart L. Fine, Stuart W. Fine, 1999 Offers practical advice for individuals suffering from sexual desire disorder discusses the causes of the ailment and suggests therapeutic techniques designed to reawaken desire

**Still Sexy After All These Years?** Leah Kliger, Deborah Nedelman, 2006 Draws on interviews and conversations with women ages fifty to ninety five to shed new light on sexuality among older women discussing such topics as what happens to sexual desire after age fifty how older women keep passion alive how couples can remain physically intimate in the wake of injury or illness and more Original **American Book Publishing Record**, 2001 *Rekindling Desire* Dr. Daniel A. Harlow, 2024-11-22 Reignite Passion and Rediscover Intimacy In a world where stress and routine often hinder the joys of intimacy are you ready to reclaim your passion and boost your libido Discover a comprehensive guide that masterfully blends science psychology and the art of romance to help you restore your vitality and enhance your relationships *Rekindling Desire* A Guide to Restoring Male Libido delves deep into the nuances of male sexuality taking you on a transformative journey through understanding the intricate factors that affect libido With chapters that explore everything from hormonal impacts and psychological influences to the crucial role of physical health and relationship dynamics this book serves as an essential companion for anyone seeking to overcome libido challenges Engage with actionable insights that go beyond traditional advice offering holistic strategies to reignite passion Learn how to communicate better with your partner explore mindfulness techniques and adopt lifestyle changes that are uniquely tailored to rejuvenate your desire With expert guidance on navigating medical treatments and embracing therapeutic practices this book equips you with the confidence to tackle any barrier to intimacy This book isn't just about improving your own experience it's about enhancing connections and building a fulfilling relationship Rediscover the art of sensuality appreciate the female perspective and engage in meaningful dialogues that foster trust and intimacy Each chapter is crafted to empower you providing tools and strategies for long term success that adapt to your personal journey Why wait to experience deeper connections and a renewed sense of passion Embark on a path to rediscover the vitality within you Transform your approach to intimacy and take the first step towards restoring more than just your libido revitalise your life

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