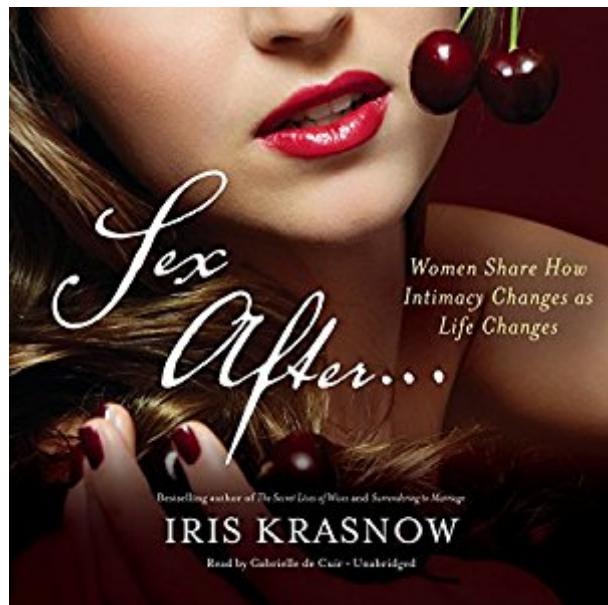


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Sex After...: Women Share How Intimacy Changes As Life Changes



Synopsis

The best-selling author of *The Secret Lives of Wives* offers a refreshingly honest look at how to enjoy a long, satisfying sex life no matter what life throws at you. Hooking up, marriage, childbirth, infidelity, divorce, menopause, widowhood - women's lives have many stages, changes, and challenges. A prevailing question on women's minds as they age is, "How do I handle the shifts in my sexuality caused by these transitions?" In *Sex After...*, veteran journalist and *New York Times* best-selling author Iris Krasnow tackles this question head-on. Krasnow traveled the country, interviewing over 150 women, from waitresses to CEOs, ages 20 to 88. Here she shares their varied stories - raw, titillating, and, most importantly, real. Their confessions are bolstered by Krasnow's in-depth research and reporting, as well as commentary from experts ranging from oncologists, gynecologists, and sex therapists to a Rabbi and the still-feisty Dr. Ruth Westheimer. This rich chorus of voices joins together in an unprecedented and all-encompassing exploration of each phase of intimacy and sexuality and of how life's passages affect a woman's mind, body, and soul. We meet a young wife whose husband lost a leg in Afghanistan; women re-jiggering their relationships after pregnancy, mastectomies, and hysterectomies; and those dealing with husbands with prostate cancer or a penchant for Viagra. We are also thrust into the sagas of post-college random sex and dating after divorce and widowhood - in an era when STDs in older populations are on the rise. And there are testimonies from long-married grandmothers - a sunset period of life that can turn out to be very sexy, through adjusted expectations and the introduction of new toys and new routines. In her trademark conversational style, Krasnow leaves no stone unturned when it comes to sex and intimacy, from hooking up in the 20s to hooking up in senior communities - and everything in between. A well-crafted balance of inspirational (and juicy) anecdotes and prescriptive medical information, this is the book that offers every woman secrets and strategies that will help her feel sexy and fully alive throughout the female growth cycle.

Book Information

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Customer Reviews

The prologue was promising, but chapter one shattered that dream with words such as "loin-twanger." (Seriously?) It jumped around randomly, which proved the same in subsequent chapters. For example, Krasnow goes directly from Andy Griffith's role in PLAY THE GAME to the Bible, suggesting that the "writhing and phallic serpent" only wanted to introduce Adam and Eve to sex, not sin, that the snake "basically tells them to get it on..." Well, ummm...no. Not even halfway into the first chapter, I was ready to abandon it. However, my initial interest was sparked by the chapters titled "Sex After His Illness" (my husband's chemotherapy) and "Sex After Menopause" (my own hormonal rollercoaster). I felt I at least owed it to the book and its author to read those chapters. In "Sex After His Illness," both stories were from newlyweds dealing with pregnancy and babies. You cannot, of course, address every circumstance, but why have two people in similar positions as the only examples, especially when the previous chapter was "Sex After Baby"? I felt for Richaela, the young wife of a Marine who lost his leg during a deployment. And, I liked that the story was told in her voice. However, she needed some guidance to put it in a coherent order. It would have been beneficial for Krasnow to ask questions for clarification. I don't expect the women who tell these stories to be writers, but I expected it of Krasnow. Most unsettling about Richaela's account was how severe her husband's PTSD was yet there is no mention of counseling. Instead, Krasnow uses the missing limb to launch into research on the regeneration of genitals. When Krasnow introduces Julia, she gets it wrong from the start, saying Julia's husband got sick right after their first child was born.

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