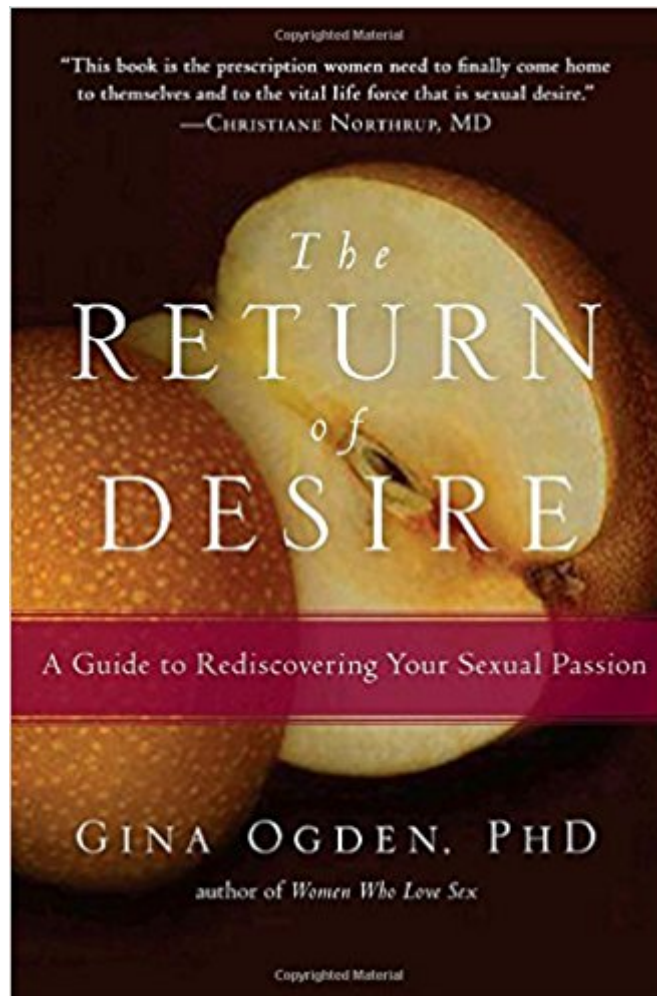




Ebook Directory
the best source of ebook

The book was found

The Return Of Desire: A Guide To Rediscovering Your Sexual Passion



Synopsis

Drawing on three decades of experience as a sex therapist and sex researcher, Dr. Gina Ogden shows you how to:

- Open up to the four energies that spark desire
- Create heart-to-heart communication with your partner
- Transcend guilt, shame, and "good-girls-don't" messages
- Help heal the sexual wounds of abuse, addiction, affairs, and low self-esteem
- Enjoy sexual pleasure throughout your life span
- from new love, to parenthood, and into your golden years

Book Information

Paperback: 224 pages

Publisher: Trumpeter; 1 edition (July 15, 2008)

Language: English

ISBN-10: 1590303644

ISBN-13: 978-1590303641

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 57 customer reviews

Best Sellers Rank: #222,768 in Books (See Top 100 in Books) #53 in Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health #375 in Books > Health, Fitness & Dieting > Sexual Health > General #604 in Books > Health, Fitness & Dieting > Psychology & Counseling > Sexuality

Customer Reviews

"This book is the prescription women need to finally come home to themselves and to the vital life force that is their sexual desire." —Christiane Northrup, MD

"To read this book is to bask in the radiance of the wisest of sexual guides. Ogden gently and lovingly takes readers on a magnificent journey." —Ian Kerner, author of *She Comes First* and *Passionista*

"Gina Ogden probes the intricacies of female sexuality with subtle depth and understanding. I plan to recommend this book to any woman on her path to finding greater sexual self discovery and self acceptance, and ultimately ecstasy." —Esther Perel, author of *Mating in Captivity*

"Engaging, accessible, well-researched, and full of wonderful anecdotes from women across the life span. A delightful invitation for all readers to explore the full range of our own desires." —Judy Norsigian and Lynn Rosenbaum, for *Our Bodies Ourselves*

“Gina Ogden listens to women.” Her book lifts the language of desire from competition and dysfunction to caring, empathy, and a powerful new consciousness that expands our lives and our partnerships.

•Riane Eisler, author of *The Chalice and the Blade* and *The Real Wealth of Nations*

“Ogden, a seasoned therapist, shares her considerable wisdom about rekindling sexual passion. No quick fixes promised but a thoughtful recognition and celebration of the emotional, mental, physical, and spiritual dimensions of our sexuality.”

•Sandra R. Leiblum, PhD, author of *Getting the Sex You Want*

Gina Ogden, PhD, has had a distinguished career as a marriage and family therapist, sex therapist, teacher, researcher, and author. She is the author of several books, including *Women Who Love Sex* and *The Heart and Soul of Sex*, and has been a featured guest on numerous radio and television programs including Oprah. She lives in Cambridge, Massachusetts.

Gina Ogden, PHD, is a compassionate professional in sexual therapy. Here, her light really shines through if you are ripe for opening your heart to yourself. It's not so much about the physical but more about education and healing yourself. Awareness is brought (or returned) to a level that will make you prouder. In one of the exercises, I actually found tears rolling down my cheeks as I released a lot of emotional pain. That's an amazing level of understanding and it took her kind and warm way of expression and suggestion to have such a profound reaction.

Gina Ogden did an outstanding job of writing a wonderful contribution to understanding women's sexuality, specifically, low sexual desire. She brings years of experience as a therapist to her work as an academic researcher. The combination of using these two distinct roles to examine women's sexuality and sexual desire provides the reader with a very comprehensive and dynamic picture of what women's sexual desire is and how it can be enhanced. As a mental health counselor myself, I found that the way in which Gina describes women's sexuality in her book is a very important, and not regularly found, perspective in the mental health literature. Gina is able to write about low sexual desire from a clinical perspective, but also go beyond that to address the spiritual aspects of women's sexuality. I have found very few academic authors that delve into this realm with such tenacity and such a stand for women to be completely fulfilled in their minds, bodies and spirits. The book encourages the reader to look at themselves as the source of their sexual desire, and strives to foster women's relationships with themselves as the starting point for a fulfilling sexual life. This is very important and empowering for women, who are many times taught by their caregivers and

society to focus on factors outside themselves to fulfill themselves. Gina's book gives women permission to ask for what they want in sexual relationships and feel good about getting their needs fulfilled. In this book, Gina does a wonderful job of writing about the different aspects of why women's sexual desire may wane, which in my opinion could help readers find a context for their own experience. The book also provides the reader with some excellent exercises for getting back in touch with their own feelings of sexual desire, including a guided visualization and other exercises. As a licensed mental health counselor specializing in sex therapy, I highly recommend this book to women who are struggling with concerns related to low sexual desire!

Gina Ogden makes an excellent case for the premise that desire issues are based upon desires not being expressed or met and not because there is a lack of desire. Whether the reader agrees with this theory prior to reading it, or does not, *The Return of Desire* is an excellent read in its comprehensive appeal ranging from research-based work to its self-help format. It pragmatically goes beyond raising awareness to discussing ideas and exercises that enable one to access desires that lie dormant and effectively acknowledge them with self or express them to a partner. While it is written specifically for and about women, its egalitarian message speaks to all. Ogden's model is a hope-filled, strengths-based, non-heteronormative one that fortifies any practice.

This is the first review I've ever written on . I read the reviews on here all the time before I buy things, and I always appreciate the time people take to write them, so it's about time I return the favor! Anyhow, I chose to review this book first because I think it is pretty amazing. I'm not very far into it yet, but I can tell already the message is profound. Holistic help for your intimacy woes, rather than some piecemeal drivel that reduces your problems to "hormones" or whatnot. Wow, thank you Gina Ogden! This book is just what I needed.

I have sent this book to a few other friends who are over 60. Gina invites the older woman to mature beyond the Youth Culture style of being sexual. In addition to giving a model for desire, she asks some direct and surprising questions about sexual orientation that could shake up one's life! Her discussion of spirituality and sexuality are well considered and welcome in a world of bump and grind.

I have read all three books by Dr Gina Ogden and I am grateful for this gift too all women who will read them. As a sexual counselor in Sweden, I have the best guide I can get with these books.

Today I can use the ISIS wheel as a method when meeting both women alone and with a partner and it is such a dynamic way to work. This is such a great help both for my clients as well as for myself. I hope the books will be translated into Swedish soon!

A must read for all older couples having adjustment problems with low female libido problems.

My women clients at midlife plus love this book. Affirming, honest, helpful and well researched - plus a pleasure to read. Return of Desire is the only book I have promoted on my website as book of the month! It's a book for Everywoman - and truly a gift to our gender. Gina Odgen, keep up the great work you do, and give us more.

[Download to continue reading...](#)

The Return of Desire: A Guide to Rediscovering Your Sexual Passion Sex and Marriage: How to Guide for Sex and Passion and Desire for Married Couples: Discover the 10 Ways to Turn Your Sex Life From Routine to Lustful Desire Sex and Marriage: More Sex, Passion and Desire for Married Couples: Discover the 10 Ways to Turn Your Sex Life From Routine to Lustful Desire (Sex Tips, ... Marriage, Marriage Advice, Marriage Help) Desire's Promise: The Desire Series Book 1 The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire (20th Anniversary Edition) The Way of the Superior Man: A Spiritual Guide to Mastering the Challenges of Women, Work, and Sexual Desire Sex Guide: Mastering Your Sexuality and Becoming Good at Sex Every Time (Become Good at Sex, Sexual Improvement, Reach Sexual Pick, Last Longer) A Taste for Brown Bodies: Gay Modernity and Cosmopolitan Desire (Sexual Cultures) The Impotence Epidemic: Men's Medicine and Sexual Desire in Contemporary China (Critical Global Health: Evidence, Efficacy, Ethnography) Surfing for God: Discovering the Divine Desire Beneath Sexual Struggle Pure Desire: How One Man's Triumph Can Help Others Break Free From Sexual Temptation The Comfort Women: Sexual Violence and Postcolonial Memory in Korea and Japan (Worlds of Desire: The Chicago Series on Sexuality, Gender, and Culture) The Sexual History of London: From Roman Londinium to the Swinging City---Lust, Vice, and Desire Across the Ages Homosexual Desire in Revolutionary Russia: The Regulation of Sexual and Gender Dissent (Chicago History of American Civilization (Paperback)) Romans: Grace and Glory (The Passion Translation): The Passion Translation Proverbs Wisdom from Above 2016 Weekly Planner: Imitation Leather (Passion Translation) (The Passion Translation) Passion Blue (Passion Blue Duology Book 1) Passion Blue (A Passion Blue Novel) Passion For Life (Quest Passion for Life Series, V. 1) Erectile Dysfunction: The Most Effective, Permanent Solution to Finally Overcoming

Impotence and Sexual Dysfunction for Your Sexual Health (BONUS INCLUDED, Impotence, Premature Ejaculation)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)