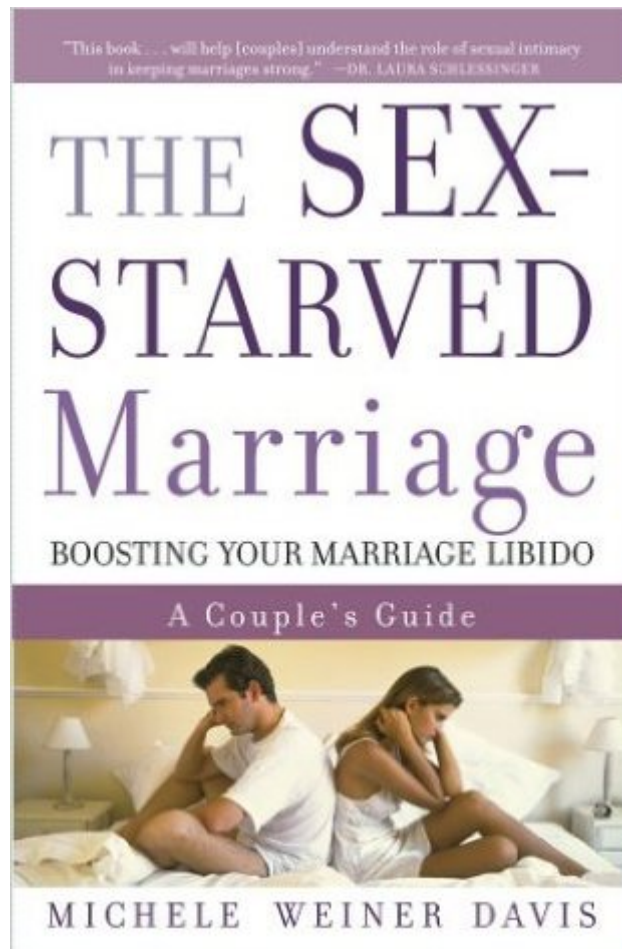


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The Sex-Starved Marriage: Boosting Your Marriage Libido: A Couple's Guide



Synopsis

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.

Book Information

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Customer Reviews

I have struggled for an embarrassingly long time in a sex-starved marriage, so when I saw this book, I felt like my prayers had been answered. For background: I'm the high libido (HL) spouse and my wife has the low libido (LL). My wife tells me I am still tall, dark and handsome, and I know I am in good shape... but after years of isolation, lack of affection and general neglect, you can't help but question it. I'm still in my 30's and I frequently get appreciative looks from women that walk by, but... it still eats away at my self confidence. It's hard to put it out of my mind, like a dark cloud that follows me. From the book, I understand it is just as heartbreaking for women who are married to LL men. If it helps anyone else feeling this way, you are not alone. Anyway, as hurt, demoralized and upset as I feel from the constant rejection, I realize this is a problem for couples - not just the one who is feeling unloved. I make no claims of objectivity. This kind of rejection is as personal as it gets. Even so, I was glad to see Dr. Weiner Davis treated both the HL and the LL partners fairly. After trying for years to get through to my wife, I didn't relish reading about what I might be doing to contribute to the problem, but I could see she was trying to walk a difficult line and balance the different points of view. On the other hand, the author made many sharp observations that LL partners ought to consider. My favorite was when she pointed out the unfairness of a husband or wife knowing and acknowledging their spouse was dying for affection, still choosing *not* to fix what is missing, and still expecting the lonely one to remain faithful. Weiner Davis said that kind of attitude would only lead to infidelity, divorce or both.

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