



Women, Sex, Power & Pleasure: How Powerful and Pleasurable Living Can Give You the Sex You Want

Evelyn Resh

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Women are amazing. We climb to the highest levels in the business world, juggle our time between friends and family, and volunteer a helping hand when asked—all without seeming to break a sweat. But frequently what hides beneath that ultra-competent exterior is someone screaming out for change.

In *Women, Sex, Power, and Pleasure*, sexuality counselor and nurse-midwife Evelyn Resh focuses on helping you create the life and sex life you always hoped for by looking at your relationship to pleasure in general. With a refreshing and disarming sense of humor, she explores the importance of all types of pleasures—from a simple coffee break to great sex—and shows that without having these experiences on a regular basis, life feels empty and overall health suffers.

In her quest to explain why so many women's lives are barren of such pleasure, Resh lays out six attributes—self-esteem, physical health, spiritual satisfaction, creativity, resilience, and compassion—that are essential to accessing and prioritizing pleasure. When these six attributes are strong and balanced, women feel powerful and deserving of pleasure in all its forms. However, when even one is weak, they turn away from pleasure—especially sex.

With chapters structured around some of the most common reasons she's heard for avoiding sex in her practice—I Feel Nothing, Menopause Is Killing Me, I'm Too Busy!, I'm Too Fat to Have Sex—she sheds light on the imbalances that result in lives devoid of sexual desire and activity. With practical guidance, self-assessment questions, and stories from her practice and personal life, Resh explains how you can regain your emotional wellness and live a powerful life that includes a steady relationship with pleasure and sexual satisfaction.

Women, Sex, Power & Pleasure: How Powerful and Pleasurable Living Can Give You the Sex You Want Details

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Cary says

A terrific read. Resh calls on her decades of experience as a sexuality counselor and a nurse-midwife to offer friendly, helpful advice to women who may have lost their sexual mojo. Her funny, yet authoritative tone is a refreshing change from the deadly earnestness of many books about sex. If your life has become one big to-do list, this book is for you.

Flickalooya says

After taking a stroll through a few chapters I'm really looking forward to reading some feminist reviews.

I just need to get the popcorn.

Emily Leathers says

shelves: personal development, work life balance, nonfiction, sex, happiness, heard author on broad experience podcast

Ignore the sexuality references if you want to (though you shouldn't, and the author would probably be disappointed if you do) and read this as the most straightforward come-to-Jesus conversation you've had about making time for *you* amid all the other responsibilities you set for yourself.

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started sample just before bed sat 8/20/16. Bought full book partway through sample and started that evening.

Heather says

Pretty thought-provoking perspective of how women and men perceive and prioritize their time regarding pleasure (sex and otherwise).

Christine says

This book wasn't what I was expecting... it's aimed towards married, middle aged, older women. I still got some gems from it, but there was lots that I couldn't relate to. Things like feeling confident if you have body

image issues related to being overweight... or if you're dealing with cancer or menopause and the effects those conditions have on intimacy with your romantic partner.

I did like how the author talks about getting more pleasure out of every day, whether it's by taking walks outdoors, reading great books, playing instruments and trying new foods. Then, when we begin doing things like these just for the pleasure and enjoyment, we can remember what it's like to feel good... and we'll start doing things in all areas of our lives to feel fulfillment and enjoyment. Tapping into this way of doing things not for certain results but to enjoy the process is really useful to incorporate when we're with our romantic partner, too!

Leandra Vane says

This is an excellent book and one I very much enjoyed reading.

The author begins the book with a chapter on six different markers of emotional well-being. This chapter covers things like health-seeking behaviors, creativity, and empathy. I found this alone is an amazing resource and great place to begin with both exploring your sexuality and aiming to have a more fulfilling life.

The rest of the chapters conquer excuses women often use when letting their sexuality fall into a rut. Chapters such as "I'm just too busy," "Honestly, it's all he thinks about," and "Becoming your own activist" give you an idea of the content covered. There are also chapters on menopause, body image, and different phases in life when sex is not a priority such as new motherhood, times of grief, or illness.

Resh knows her stuff, and knows how to bring the information to women who need it.
