



# Women, Sex, Power, And Pleasure: Getting the Life (and Sex) You Want

*Evelyn Resh MPH CNM*

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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.

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