



Sex for Dummies

By Ruth, Dr. Westheimer

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How much do you know about sex? Plenty? A little? Not enough? Well, one thing is certain: no matter how much you think you know about sex, Dr. Ruth Westheimer knows more. (And she gets everything right, too.) Now, the nation's most well-known -- and most memorable -- expert on the subject talks about love, relationships, and sex in her own down-to-earth style.

Listen as Dr. Ruth discusses everything from procreation to conception, courtship to commitment, puberty to sex in the Golden Years. With her no-nonsense tips, advice, techniques, and suggestions on topics such as finding a partner, creating the mood, discarding the mythology, making the most of the mystery, and talking to your kids about sex, Dr. Ruth's lessons are not just for beginners, but for anyone who could use a refresher course on sex in the 90s.

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Sex for Dummies By Ruth, Dr. Westheimer Bibliography

- Sales Rank: #9823074 in Books
- Brand: Brand: HarperAudio
- Published on: 1996-04-16
- Released on: 1996-04-16
- Formats: Abridged, Audiobook, Unabridged
- Original language: English
- Dimensions: 7.25" h x 4.75" w x .75" l,
- Binding: Audio Cassette

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Editorial Review

About the Author

Dr. Ruth K. Westheimer has held a private practice for nearly two decades, while appearing regularly on radio, television, and in print media all over the world.

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