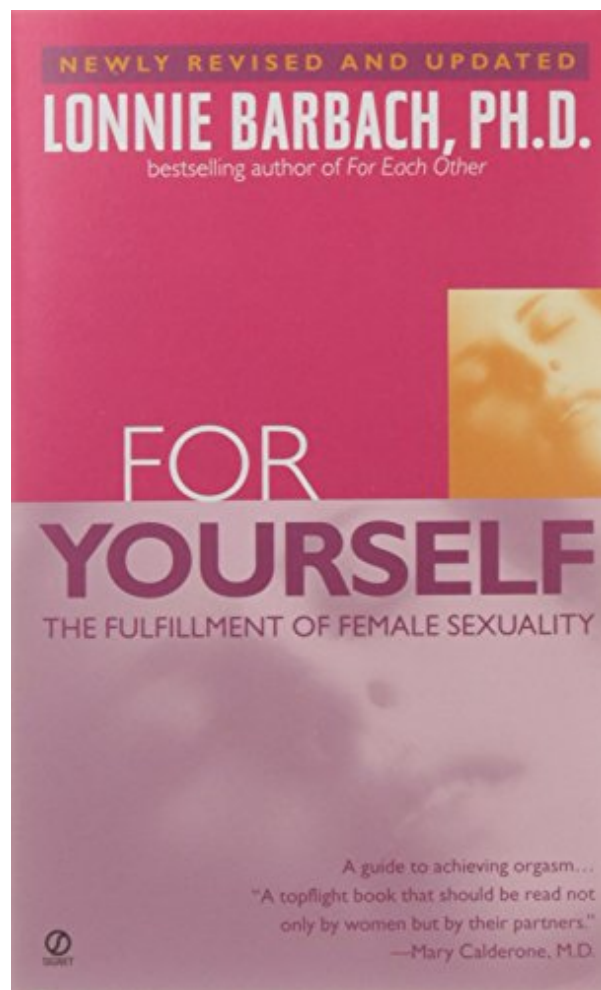


FOR YOURSELF : THE FULFILLMENT OF FEMALE SEXUALITY BY LONNIE BARBACH



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FOR

YOURSELF

THE FULFILLMENT OF FEMALE SEXUALITY

A guide to achieving orgasm...

"A topflight book that should be read not only by women but by their partners."

—Mary Calderone, M.D.



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Review

"Should be read not only by women but by their partners." -- Mary Calderone, M.D.

About the Author

Dr. Lonnie Barbach received her M.A. and Ph.D. in clinical social psychology from the Wright Institute in Berkeley, California. She is now on the clinical faculty of the University of California Medical School in San Francisco and also has a private practice. Among her several bestselling books on sex and relationships are For Yourself, Pleasures, Going the Distance, The Pause, Seductions, The Erotic Edge, and Erotic Interludes, her book with her partner, David Geisinger, Ph.D. They live in Mill Valley, California, with their daughter, Tess.

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For Yourself offers a step-by-step program developed by an acclaimed sex therapist with years of experience in the field. With an emphasis on clear, factual advice, simple, effective exercises, and a warm, reassuring tone, it helps women discover a new world of fulfillment - for themselves. Voted #1 self-help book across over a dozen national surveys totaling 5,000 psychologists by the National Register of health service providers in psychology.

Includes:

- 225 A detailed description of female sexual response
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Most helpful customer reviews

70 of 74 people found the following review helpful.
I'm grateful for this book!

By A Customer

I just finished reading this book last night. When I first picked it up and read the first few chapters, I was so engrossed that I couldn't put it down. Within the first few pages I felt like the author was addressing me personally. Before this book I really thought I was the only woman on planet Earth that couldn't have an orgasm and I felt very uncomfortable sharing this problem with anyone for fear that I'd be told that I was a freak of nature and would need to be shot to be put out of my misery. I was so relieved to find that there was actually a whole book written about this problem and that I was not alone.

Some readers here have commented that certain sections of the book are outdated, especially the parts that deal with the distorted ways that women are brought up to view sex, but believe me, there are still a lot of us out there that were brought this way and I'm only 28. Cultural and religious background may have a big impact on this. I had a Hispanic, Catholic upbringing. But this book never speaks to a specific type of woman, it speaks to ALL women, in a warm, straightforward manner. The concept is that physiologically, we are all the same.

Indeed the one and only thing that I found quite disturbing about this book is in the Chapter on how to bring your children up to be sexually healthy. It straight up says it's okay to have sexual feelings and fantasies about your children, just don't act upon those feelings. I'm not a psychologist but that doesn't sound right to me. I think someone who has those thoughts and feelings towards a child, no matter whose they are, probably has some other sexual issues and should seek some professional help!

Other than that, I can honestly say this book changed me. I gradually felt a difference in my attitude towards sex, which has made me a happier person in general. I don't feel angry and resentful towards sex as I used to. I would recommend this book to any woman who feels anxiety or stress towards sex. At the very least you should give it a shot, it's an easy read. I'm not done going through the exercises in this book but I am grateful just for the fact that it has changed my views on sex and has made me so comfortable with my sexuality and femininity.

34 of 35 people found the following review helpful.

Long live the clitoris!

By A Customer

Originally published in 1975 during the height of the womens lib movement, this is THE classic text to help women understand their own sexual response and become orgasmic - with or without a partner. This book has the potential to cause a revolutionary shift in the consciousness of women who persist in believing that the penis is king, i.e., that women can only have orgasms with the assistance of a thrusting male member. Wrong, wrong, WRONG. The penis is NOT a necessary condition for female orgasm. Barbach notes in the opening chapter that "minor surgery can be performed on the inner two thirds of the vagina without an anesthetic." So in reality, it is the clitoris and not the vagina that is the female sex organ. The clitoris exists purely to provide women with sexual pleasure. It's funny how the clitoris is no where near the vaginal opening. Nature's little joke? Perhaps. The message of Dr. Barbach's book: women, take responsibility for your own sexual pleasure, and don't wait around for the "Magic Penis" or "Mr. Right" to give you that elusive orgasm.

27 of 30 people found the following review helpful.

Thank God for this book!!!

By A Customer

I read this book in the late 1970's and because of it have gone on to lead a "normal" sex life. She tells it like it is; the title got me because of an abusive partner--abusive emotionally and uneducated in the ways of sex. I decided that I could "do this for myself" as the title indicated and DID! If it had not been for the information in this book, we might have been divorced--or worse I would have been in some institution!! It is a great book for achieving the female orgasm. It may not be needed by all, but probably IS needed by more than most men will admit AND by more women who don't even KNOW their lives can be changed. Believe me, honey, you are NOT frigid as you've been told! Read the book!! Thank you, Lonnie Barbach!!

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