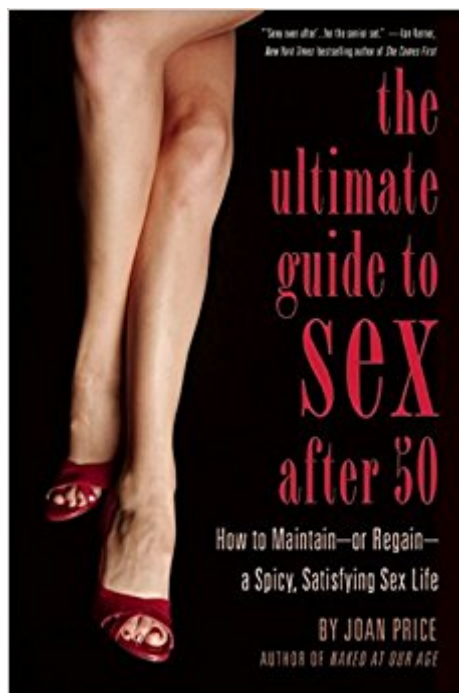




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# The Ultimate Guide To Sex After Fifty: How To Maintain—or Regain—a Spicy, Satisfying Sex Life



## Synopsis

“Sex changes with aging, but for every problem, there is a solution,” says Joan Price, “senior sexpert” for the over-fifty population. Her definitive guide to sex and aging has it all: medical challenges, loss of libido, loss of intimacy, dating, elusive orgasms, erectile dysfunction, vaginal pain, self-pleasuring, sex toys, kink, and more. The Ultimate Guide to Sex After Fifty delivers solid, practical information in a friendly, accessible style to help all genders and orientations, partnered or unpartnered, enjoy their sexuality for the rest of their lives. Joan Price is best known for *Naked at Our Age: Talking Out Loud About Senior Sex*, which won Outstanding Self-Help Book 2012 from the American Society of Journalists and Authors and Best Book Award 2012 from the American Association of Sexuality Educators, Counselors, and Therapists. Her first senior sex book was her sexy memoir, *Better Than I Ever Expected: Straight Talk About Sex After Sixty*. People over fifty who hunger for real information from an age-appropriate author will appreciate Price's savvy advice, personal candor, and humor. Whether you have a vibrant sex life or an unfulfilling one that you'd like to fix, *The Ultimate Guide to Sex After Fifty* will be a valuable resource.

## Book Information

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## Customer Reviews

"Living "happily ever after" may be the stuff of fairy tale endings, but in this forthright and important book, Joan Price shows us how "sexy ever after" can be a new beginning for the senior set"; Ian Kerner, NY times best-selling author of *She Comes First* "Let this be your guide to juice and wisdom"; at any age! Joan Price has written a frank, generous, inclusive book to

remind us that sexual expression can become richer over time, with scores of ways to encourage a safe and delicious journey of discovery."#151;Gina Ogden, PhD, LMFT, author of The Return of Desire: A Guide to Rediscovering Your Sexual Passion"Joan Price is a spirit among us. Her frankness is stunning, and shimmers among all the cotton wool pronouncements about how we should be living out our sexual selves, but somehow don't. Her curiosity has led her to amass a trove of stories and facts which she shares generously, and her deep intelligence has formatted this knowledge in accessible form. Among all the noise about sex that surrounds us daily, her simple truths slip into our lives shepherded by tolerance and compassion. Yet, while Joan addresses facts and feelings that so easily cause shame and regret, how is it that we always we come away laughing? Viva Joan Price!"#151;Ann Evans, author of Daring to Date Again#147;Joan's common sense, humor, compassion, and expertise shine in this excellent resource for older adults."#151;Melanie Davis, PhD, CSE and Robin Goldberg-Glen, PhD, MSW, co-presidents, Sexuality and Aging Consortium at Widener University"I bring the understanding of what our modern, over-50 population wants in information about sex and aging. I bring the experience, attitude, warmth, and humor of a media-savvy, 69-year-old woman who is living and loving in an aging body and is willing to talk out loud about it."#151;from the book"Joan Price is our sage for the new world order of sexuality for seniors. She rocks the house with her uncanny upbeat spin, debunking myths, revealing positive messages and promoting smart sense about sex and aging. This book is her best yet!"#151;Patti Britton, PhD, Author of The Art of Sex Coaching and Co-Founder of SexCoachU.com#147;The Ultimate Guide to Sex After 50 is a breakthrough book! Brilliantly sourced, it is a no-nonsense, easy to access, new resource for not only revitalizing a long-term sexual relationship but for those beginning anew. You'll find natural, yet profound ways to build your confidence, learn new skills, re-access your sensual/sexual nature and most importantly - fully enjoy all of the health benefits that good sex bestows. Everything you'll ever need is right here in Joan's book. Enjoy!"#151;Suzie Heumann, Tantra.com#147;The Ultimate Guide to Sex After Fifty provides a wealth of information. Joan delivers spot on ideas that bring enlightenment, encouragement and insight to an underserved age group."#151;Phil Parker, Author of Grandpa Does Grandma: The ABCs of Senior Sex and Kiss Yourself Hello! From a Life of Business to the Business of Life"Way to go Joan Price!! If you're over 50, you need to read this book. If you're over 50 and not having great sex, you should find out more about what's holding you back and how to get past it. This is exactly what "The Ultimate Guide to Sex after Fifty" will help you find out. Whether you have issues in your relationship or if sex is painful, if you have erectile issues or you find yourself thrown back into the dating world after fifty,

this book will help you find your way. You deserve to have a great sex and this book can show you the way!"#151;Dr. Jen Landa, the Hormone Expert MD: Author of The Sex Drive Solution for Women and creator of the Endless Energy program"

In her book Ultimate Guide to Sex Over Fifty, Joan Price tackles all aspects of sex over fifty in a way that is passionate, straightforward, and illuminating. She not only is upfront in dealing with the myths that haunt those growing older, but she tosses them right out of the window. Instructive, direct, and encouraging- Joan offers a glimpse into the steamy, erotic love life that anyone can partake of at any age. Focusing on the common problems that seem to arise as age creeps up, she offers a myriad of options to spice up the bedroom. The Ultimate Guide to Sex Over Fifty is a must read for anyone who wants more sex, better sex, or just wants to try some new ideas in their sex life. Thought provoking, realistic, humorous, and informative - Joan Price has created a manual everyone can benefit from."

#151;Nichole Pool, Antelope Valley Elder Care Examiner, MS Industrial & Organizational Psychology, Former Director of Lancaster Adult Day Health Care, Former Social Work Assistant for the elderly population"

Joan price is the major spokeswomen for sexuality and aging in the US. This is her finest book. She motivates and empowers women, men, and couples to embrace sexuality as a positive force in their lives. She speaks to both traditional and non-traditional sexuality and honors sexual diversity. If the president were to appoint a czar for healthy sexuality and aging it would be Joan."

#151;Barry McCarthy, professor of psychology at American University and author of Rekindling Desire"

No one has done more than Joan Price to lay the ageist stereotype of the "sexless senior" to rest#151;and to educate us about just how diverse and delicious those sex lives can be."

#151;Ashton Applewhite, This Chair Rocks and Yo, Is This Ageist?"

Lots of people have questions about how sex works when we get older. And even if you don't think it's a topic that's relevant to your life now, it will be eventually, I hope. Nobody knows how to talk about the challenges and pleasures of sex after fifty better than Joan Price. She's created the most comprehensive, realistic, useful, and funny guide to relationships, dating, and sexuality I've ever found. There are lots of practical tips, positive information, and suggestions for things to think about so you can create an amazing sex life. Whether you're currently in a relationship or not, and whether you're over fifty yet or not, there's a lot here for you."

#151;Charlie Glickman PhD, sexuality & relationship coach#147;

Thank you, Joan Price, sister warrior, for joining me in building an army of orgasmic vibrating women (and men) to change society's view of sexuality. The healing has begun."

#151;Betty A. Dodson, Artist, Author, Ph.D. sexologist, dodsonandross.com"

The Ultimate Guide to Sex after Fifty by Joan Price is the ultimate book on why, when and how to enjoy

sex for the rest of your life, regardless of age. This comprehensive guide covers every facet of one's sex life with candor and grace. From health and medical issues to emotional and psychological challenges, Price addresses each topic objectively yet sensitively. Every woman or man over the age of fifty can enhance their lives by reading this book and taking to heart its message: you're never too old to embrace the benefits and pleasure of sexual activity, regardless of your circumstances. So get back in the game!"

—Rosalind Sedacca, CCT, author of *99 Things Women Wish They Knew About Dating After 40*, 50 & Yes, 60!, [WomenDatingAfter40.com](http://WomenDatingAfter40.com)

"Once again Joan has captured the essence of senior sexualities, and woven this critical information into a book that will be indispensable to many. Whether you're looking for senior sexuality info on sexual health, or relationships, or sexual problems and solutions; it's all right here, in your hands, in this book. Joan Price remains one of our leading experts in the field of senior sexualities, and her latest book is a must-read for the silver set."

—Dr. Winston Wilde, a private practice sex therapist in Beverly Hills, founded a sex therapy clinic in Rancho Mirage: [DesertSexCenter.com](http://DesertSexCenter.com)

"Joan Price has crafted the definitive guide for older adults with *The Ultimate Guide To Sex After Fifty*. Her latest book answers questions, inspires and provides many great resources from leading sexuality experts on how to maintain sexual pleasure through our senior years. Joan's down-to-earth advice, sprinkled with personal stories and readers' questions, reassures us that an active and satisfying sex life is possible at any age."

—Walker Thornton, Writer, Sex Educator and Public Speaker, [walkerthornton.com](http://walkerthornton.com)

"The *Ultimate Guide to Sex after 50* is an absolute must read for anyone who wants to maintain a vibrant erotic life in middle age and beyond. Joan Price is a treasure; in our youth-obsessed society, she's unyielding in her insistence that older people have just as much right to sexual pleasure as younger ones. Her *Ultimate Guide* is at once fierce, humorous, and deeply practical. This straightforward, comprehensive, and moving book also comes with an extensive resource guide."

—Mark Michaels and Patricia Johnson, authors of *Partners in Passion*

"Joan Price is a rare treasure. She's America's senior sexpert with the knowing smile. Yes, you can still enjoy sex, you Boomers who've always loved sex. No need to stop now. Sore knees? Quirky libido? Let Joan show you a few work-arounds. Joan's connection is instantaneous. Her compassionate tone feels like a good friend over a hot cup of coffee. It's just what's needed for the sharing of intimate, essential details. Whether just curious or in need of answers, you'll find everything you're looking for and more in *The Ultimate Guide to Sex After 50*."

—Rae Padilla Francoeur, author of *Free Fall: A Late-in-Life Love Affair*

"What an inspiring resource! Joan offers hundreds of

erotic possibilities for people of all genders, abilities, and sexual preferences"; plus lots of enthusiastic permission to try it all. The Ultimate Guide To Sex After Fifty is an indispensable book for anyone who wants ecstatic sex after fifty.""; Barbara Carrellas, author of Urban Tantra: Sacred Sex for the Twenty-First Century and Ecstasy is Necessary" Joan Price's Ultimate Guide to Sex After Fifty is not just a rule book for aging couples. It's a powerful, sexy reminder that getting older doesn't have to mean giving up a passionate love life. Price's advice and direction gives us lots of things to look forward to. She also answers the questions that many of us may be afraid to ask. Sexy aging is possible, and for anyone who hopes to stay hot and juicy and get older at the same time (everyone) they should read this book.""; Dr Tammy Nelson, author of Getting the Sex You Want: Shed Your Inhibitions and Reach New Heights of Passion Together and The New Monogamy: Redefining Your Relationship After Infidelity Praise for Joan Price's previous works : "Price brings an upbeat tempo and infectious energy to this empowering and straightforward guide to sex for the older woman.""; Kirkus

Sex Information Your Doctor Doesn't Tell You In this definitive guide to great senior sex, Joan Price will help you deepen your pleasure for a lifetime. The myth that aging bodies have an expiration date when it comes to sex is just plain wrong. Sex may change with the challenges of aging, but for every problem, there is a solution. The Ultimate Guide to Sex after Fifty offers clear and reliable information, helpful tips and thoughtful interviews that disclose what works for real people—couples, singles and the widowed, across all orientations. Whether you currently have a vibrant sex life or an unfulfilling one that you'd like to improve, this book will be a real resource for you now and through the years ahead. Everything you need to know about: Long-term relationships Medical challenges Loss of libido Dating later in life Communication Elusive orgasms Self-pleasuring Sex toys G-spots P-spots Loss of intimacy Friends with benefits

Joan Price is my hero. My husband and I read parts of her book, Naked at our Age, aloud to each other. It opened up our communication and gave us permission to ask each other for what we wanted sexually. This new book, Ultimate Guide to Sex After 50, doesn't wait to get right into the good stuff! I am only a few chapters in, and already hoping that more people read this book and have their minds expanded about how good sex can be if you open up your mind and talk to your partner about what you want. You may not even know that sex can be better, read this book and know that it can.

The Ultimate Guide to Sex after 50 is full of information, suggestions, stories, and wisdom. It is written from a healthy point of view which Joan Price states on page 145, "If we could all just enjoy what we enjoy without moralizing about what other people enjoy, what a wonderful world it would be." Embracing this blunt, well-informed, and tolerant viewpoint makes it possible to learn without feeling embarrassed or guilty. People do a wide variety of things in their bedrooms, and how does it help us to be ignorant about those things? If you have read this book, you are prepared for anything: a change in your partner's pattern of desire, illness, loss, physical limitation, old age, and more good sex than you had imagined possible. I won't deny that reading about dozens of sexual kinks and variations is erotic, but the eroticism is balanced with deep intelligence as Price never dwells too long on any particular practice, but moves forward to make her point. If nothing else, you will realize by the end of the book that you're allowed to empower the most resilient and unrelenting sex organ in your brain. It's going to turn to sex anyway, whether or not you allow it to, so you might as well enjoy the ride. Price never loses sight of the fact that the most precious gift of all is a reliable loving relationship. When we are without one, Joan shows us myriad ways to remain a sexual being until your very last day.

I'm 70 years old and have enjoyed dating for 27 years since my divorce after 20 years married. I corresponded with Joan about some of what I've found "out there." Was pleased to discover some of my correspondence used in this book. That said, I'm also a connoisseur of books about senior sexuality and so far this book is the BEST of the lot. Joan speaks from the front lines and about what is real. You'll get your money's worth and more with this book.

I saw the author Joan Price at an event last week and was VERY impressed by her knowledge on the subject. Truth is, there are changes to our body at a certain age and the the information in this book can be very helpful. I think this book covers EVERYTHING you need to know on the subject. This book is very reassuring and comforting to my partner and me. If you are over 50 and prize a healthy and happy sex life, you MUST read Joan Price's guide. Sheer excellence- bravo Joan Price!

Sex after Fifty gives lots of sexual encounter examples and so much information that your mother could NEVER tell you because she didn't know it and would turn red if she did. Best book for our age group or any age ...

Joan's books have been a real blessing for me! After being out of the dating game for years, a bright flame from my past rekindled and I discovered my fire had burned down low! My spirit was willing but the rest of me was lagging far far behind and needed help! I preordered this book on and have only had it a couple of days but have already learned new things! I recommend it for anyone at any age! Great information, good sense of humor, and I love the remarks from those of us going through the process of remaking our selves as sexual beings! Thank you, Joan!

We all get older. You don't know how or when you got there but all of a sudden, your body starts complaining. Joints and muscles ache when the weather changes. Your mind still thinks it 35 (or maybe 40 at the latest) but the rest of you knows how old you really are. And all of a sudden your genitals don't work the same either. That's when it really hits home. Joan Price's book is a must have no matter what your age. Whether to prepare you for whatever may be ahead or to help explain what's going on now, this book has it all. And, most importantly, it will help you deal with it, in a compassionate and caring way.

I believe this is an excellent book for someone who needs to ease the tension of starting a new relationship but not as informative for someone who has an advanced relationship.

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The Ultimate Guide to Sex After Fifty: How to Maintain or Regain a Spicy, Satisfying Sex Life Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) 200 Dirty Talk Examples: How to Dirty Talk your way to the Most Graphic, Mind-Blowing Sex of your Life (Sex Advice and Sex Tips to Improve Sex Life and have Better Sex) Kama Sutra: Best Sex Positions from Kama Sutra and Tantra to Skyrocket Your Sex Life (Kama Sutra, Sex Positions, How to have Sex, Tantric Sex) (Volume 1) Sex: Sex Starved Marriage: 33 Demonstrated Sex Positions + 14 Best Tips On How To Last Longer, Make Her Scream And Be The Best Lover In Her Life (+FREE BONUS)(Sex and Marriage, Sex Positions Book) Tantric Sex: The Truth About Tantric Sex: The Ultimate Beginner's Guide to Sacred Sexuality Through Neotantra (Tantric Sex Books, Tantric Sex For Men And Women) XXX MATURE SEX Pictures 3: sex, porn, milf, mature sex, love girls, sex pictures, anime sex pictures The Ultimate Soups & Stews Book: More than 400 Satisfying Meals in a Bowl (Better Homes and Gardens



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