

# Lustvoll Durch Die Wechseljahre Sexualität Lebens

As recognized, adventure as well as experience not quite lesson, amusement, as with ease as arrangement can be gotten by just checking out a book **lustvoll durch die wechseljahre sexualität lebens** then it is not directly done, you could say yes even more on the order of this life, roughly the world.

We give you this proper as competently as simple mannerism to acquire those all. We find the money for lustvoll durch die wechseljahre sexualität lebens and numerous books collections from fictions to scientific research in any way. along with them is this lustvoll durch die wechseljahre sexualität lebens that can be your partner.

Courage 1979

**Dear Lover** David Deida 2009-04-10 In Dear Lover: A Woman's Guide to Men, Sex, and Love's Deepest Bliss, David Deida explores every aspect of the feminine practice of spiritual intimacy, from sexuality and lovemaking to family and career to emotions, trust, and commitment. Written as a collection of letters from a man to his "dear lover," here is this internationally acclaimed writer's invitation to practice love as a living art, as you discover.

**Perché gli uomini vogliono il sesso e le donne amano. Che uomini e donne vogliono dal sesso e dall'amore** Christian Bernard 2018-08-11 L'ormone principale nel desiderio sessuale è il testosterone. Nel corpo degli uomini il testosterone è più che nel corpo delle donne, quasi 20 volte. Pertanto, gli uomini sono pelosi, alti e sembrano sexy. Dal momento che il corpo femminile ha un sacco di ossitocina, diventa una spiegazione che le donne tendono ad innamorarsi più degli uomini...

**Deutsche Nationalbibliographie und Bibliographie der im Ausland erschienenen deutschsprachigen Veröffentlichungen 2009**

**Körper und Geschlecht** ZFG 2013-03-13 Dieser Band enthält Vorträge aus einer gemeinsamen Veranstaltungsreihe von Wissenschaftlerinnen der Universitäten Bremen und Oldenburg, die im Bereich Frauen- und Geschlechterforschung arbeiten. Ausgehend von einer interdisziplinären Perspektive auf geschlechterbezogene Körperdiskurse lenkt der Band den Blick auf einen umfassenden Körperbegriff, der Konstruktionen von Körpervorstellungen, -bildern, -symbolen und deren Deutungen in Abhängigkeit von kulturellen, sozialen, politischen und historischen Kontexten erschließt.

*The Wisdom of Menopause* Christiane Northrup, M.D. 2012-01-03 Dr. Christiane Northrup's #1 New York Times bestseller *The Wisdom of Menopause* has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Northrup has championed, the "change" is not simply a collection of physical symptoms to be "fixed," but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. Now completely revised, this groundbreaking classic

draws on the current research and medical advances in women's health, and includes: • a new section on sex after 50—and how, if need be, you can rejuvenate your sex life; • updated mammogram guidelines—and how thermography improves breast health; • the latest on the glycemic index, optimal blood sugar levels, and ways to prevent diabetes; • dietary guidelines revealing that hidden sugar—not dietary fat—is the main culprit in heart disease, cancer, and obesity; • all you need to know about perimenopause and why it's critical to your well-being; • a vital program for ensuring pelvic health during and after menopause; • strategies to combat osteoporosis and strengthen bones for life. With this trusted resource, Dr. Christiane Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

Making Marriage Simple Harville Hendrix 2013 Draws on extensive research, counseling workshops with couples and the authors' own 30-year relationship to distill basic, provocative truths about marriage and provide essential tools for rendering a marriage more rewarding and positive. 50,000 first printing.

*The Art of Extreme Self-Care* Cheryl Richardson 2009-01-01 Beloved author and teacher Cheryl Richardson updates her classic, New York Times best-selling self-care manual, giving you the permission and practical tools you need to dramatically upgrade your life. "For the last 20 years I've dedicated my personal and professional life to the importance of self-care by teaching from my own experience," writes Cheryl Richardson. "In the past, I've sacrificed my health and my relationships for work, given to others at the expense of my own needs, and watched my dreams slip through the cracks of a busy life. As a result, I've learned a lot about what it takes to put an end to the madness. . . . From years of personal experience, as well as coaching great men and women, I've come to understand that selfishness leads to selflessness. When we care deeply for ourselves, we naturally begin to care for others - our families, our friends, our greater global community, and the environment - in a healthier and more effective way. We tell the truth. We make choices from love instead of guilt and obligation. And we soon realize that we're all connected and that our individual actions affect a greater whole." This updated edition of Cheryl's best-selling handbook *The Art of Extreme Self-Care* brings her message home to readers with a new section about forming and running a successful support group, as well as updated resources so readers stay inspired and motivated. Her practical, action-oriented program outlines 12 strategies to transform your life one month at a time, each one challenging you to alter one behavior that's blocking your path. Chapters include "End the Legacy of Deprivation," "Find Your Passion," "The Absolute No List," and "Does That Anger Taste Good?" (Hint: it really doesn't.)

The Optimized Woman Miranda Gray 2016-12-09 If you want to get ahead, get a cycle. The menstrual cycle consists of Optimum Times - days of heightened performance skills and abilities. When we 'match the task to the time' we have the opportunity to excel beyond our expectations. We can achieve goals and success more easily, get ahead in the workplace, and enhance our feelings of fulfilment. In *The Optimized Woman*, Miranda Gray presents a flexible plan of practical daily actions for self-development, goal achievement and work enhancement, aligned to the phases of the menstrual cycle. This book will totally change how women think about their cycles. It will change how they live their lives, achieve their goals, plan their work and careers, and create happiness and well being. The reader will be amazed that this is the one self-development method that they can apply month after month without losing the commitment and motivation to achieve their dreams, and bring fulfilment and success.

Hormonpower Marjolein Dubbers 2017-12-18 Enschlüsselt: das Zusammenspiel weiblicher Hormone, Vitalität und Lebensstil Wussten Sie, dass Östrogen über 400 Funktionen im weiblichen Körper steuert? Ist der Östrogenspiegel gestört, leiden von der Zellteilung über Haut und Gelenke bis hin zum Gedächtnis unzählige Bereiche im Körper. Gewichtsschwankungen, Schlafstörungen, Stoffwechselerkrankungen und

vieles mehr sind die Folge. Marjolein Dubbers, in den Niederlanden die führende Expertin für Frauengesundheit, zeigt mit ihrem 7-Punkte-Programm, wie wir mit der richtigen Ernährung die weiblichen Hormone wieder ins Gleichgewicht bringen. Für mehr Gesundheit, Energie und Lebensfreude.

*Tao Tantric Arts for Women* Minke de Vos 2016-07-01 Awaken sexual energy for radiant love and empowerment, healing of emotional trauma and chronic conditions, and celebration of each stage of a woman's life • Reveals how to channel sexual energy to experience the 3 kinds of female orgasm, clear trauma, and heal issues related to PMS, menopause, and libido • Details how to perform breast self-massage, jade egg yoga, yoni articulation, and Universal Healing Tao work such as the Inner Smile and Ovarian Breathing • Includes solo and partner practices for conscious energy exchange, intimacy building, unconditional love, and activating your multi-orgasmic potential Through the Taoist tantric arts, women can experience the full flowering of their sexual energy. Rooted in Chinese energy medicine, Universal Healing Tao practices, and ancient Taoist traditions from the Yellow Emperor and his three female advisors, these practices honor and celebrate each stage of a woman's life and allow women to awaken their genuine feminine sexuality--receptive, soft, sensitive, intuitive, and creative--rather than the masculine approach that focuses on strength, endurance, and control. In this comprehensive guide to Taoist tantric arts for women, author Minke de Vos reveals how to channel natural sexual energy to evolve the Divine within and heal deep-rooted negative emotions and traumas related to sexuality. She explores techniques from the Universal Healing Tao system, such as the Inner Smile and Ovarian Breathing, to cleanse the uterus of negative emotions and fill your creative center with compassionate vibrations. She offers sexual energy practices to prevent chronic conditions like cancer, depression, and osteoporosis and heal issues related to PMS, menopause, and libido. She explains how to experience the three different kinds of female orgasm and provides detailed, illustrated instructions for exercises such as breast self-massage for emotional transformation and jade-egg yoni yoga to strengthen the pelvic floor and stimulate inner flexing and articulation. She offers evocative meditations to connect with the Goddess within and embrace the innate sexiness at each stage of life. Including solo and partner practices for conscious energy exchange and intimacy building, Minke de Vos's detailed guide to cultivating female sexual energy allows you to ease the passage through the menstrual cycle, pregnancy, and menopause; harmonize your relationships; and merge your inner male and female energies into wholeness.

**Frau sein** Dr. med. Ute Buth 2019-01-09 Sex - im Sinne des Erfinders?! Warum nicht, immerhin ist Sex Gottes geniale Idee! Doch für viele Frauen sind Sexualität und Identität eher herausfordernde Themen, die noch dazu eng miteinander verknüpft sind. Wie eng, macht dieses Buch deutlich. Und auch, was Sexualität noch alles umfasst: Sie dient nicht allein der Fortpflanzung; Sex schafft Lust, die Einheit zweier Menschen und ermöglicht ein tiefes Kennenlernen, weit über die Körperebene hinaus: Sexualität mit Leib und Seele! Doch angesichts ihrer eigenen Lebenswirklichkeit sind diese Aspekte für viele Frauen weit entfernt. Als Frauenärztin und Sexualberaterin zeigt Dr. med. Ute Buth Wege auf, die eigene Identität und Sexualität neu zu entdecken, um so das Land einzunehmen. Sie baut einfühlsam Brücken von der Wirklichkeit zur eigentlichen Idee, im Sinne des Erfinders. Das Buch richtet sich bewusst an alle Frauen, Verheiratete wie Singles, und ermutigt sie, ihre Weiblichkeit in ihrer jeweiligen Lebenssituation zu bejahen und für sich stimmig zu leben. Jetzt in der 2. Auflage mit 3 zusätzlichen Kapiteln: Wechseljahre - Weibliche Sexualität im Alter - Nicht vollzogene Sexualität

*The Secret Pleasures of the Menopause* Christiane Northrup 2008 *The Secret Pleasures of Menopause* is a groundbreaking book that is long overdue! Dr. Northrup believes that it's about time menopausal women came out of the closet and learned to enjoy the best years of their lives! Even though studies show that menopause does not decrease libido, ease of reaching orgasm, or sexual satisfaction, the majority of

menopausal women are not experiencing the pleasure and sexual satisfaction that is their birthright. Christiane Northrup, M.D., delivers this breakthrough message that will help millions and millions of perimenopausal and menopausal women throughout the world understand that at menopause . . . life has just begun! It is the beginning of a very exciting and fulfilling time, full of pleasure beyond your wildest dreams!

*Spirit Babies* Walter Makichen 2008-12-18 Am I Meant to Become a Parent? Why Can't I Conceive? What Is My Unborn Child Trying to Tell Me? In this reassuring, supportive, and accessible book, leading clairvoyant and medium Walter Makichen offers guidance to prospective parents eager to create a warm, nurturing environment for their soon-to-be-conceived-or-born children. Applying the wisdom and insights he has gained through twenty years of communicating with these spirit babies, Makichen helps you resolve issues about starting a family...actively participate in the psychic process of creating a child...and move past your worries and fears about becoming parents. From the seven essential chakras that link our body, mind, and spirit to why pregnant women are superpsychic, you'll discover: \* How to create the energy that nurtures spirit babies \* How to understand how past lives and chakras relate to your unborn child \* The conception contract-what it is and what it means for you and your child \* How karmic pairings affect conception and pregnancy \* Why miscarriages occur and what they can signify Plus spirit babies and guardian angels...spirit babies and adoption...spirit babies and dreams...and much more Featuring inspirational examples of couples who are now happy parents, as well as breath exercises and healing meditations at the end of each chapter, *Spirit Babies* tells you everything you need to know to become the parent you were meant to be.

**Mother-daughter Wisdom** Christiane Northrup 2005-01-01 Provides a new approach to women's health that draws on the unique bonds between mother and daughter to ensure a healthy future.

**Weisheit der Wechseljahre** Christiane Northrup 2017-02-02 Der Klassiker der Gesundheitsliteratur komplett aktualisiert und überarbeitet! Christiane Northrup ist in den USA die Koryphäe auf dem Gebiet der Frauenheilkunde. Sie beschreibt offen, klar und einfühlsam die Veränderungen, die Frauen zwischen 40 und 55 erwarten. Dabei räumt sie gründlich auf mit der gängigen Vorstellung, dass sich hinter dem Begriff "Wechseljahre" einfach eine Ansammlung körperlicher Probleme verbirgt, die – am besten mit Hormonen! – behandelt werden müssen. Die Wechseljahre sind vielmehr ein körperlicher und geistiger Umwälzungsprozess, der Frauen eine echte Chance zum Wachstum bietet – wenn es ihnen gelingt, auf ihre innere Stimme zu hören. Northrup deckt den Zusammenhang zwischen den Wechseljahren und dem emotionalen Leben einer Frau auf und beschreibt unter anderem, wie die Wechseljahre zu einer Verschiebung der weiblichen Prioritäten führen, wie Frauen klimakterische Beschwerden als Weckrufe ihres Körpers erkennen können, wie sich hormonelle Veränderungen auf die Sexualität auswirken, wie Frauen mit den Veränderungen ihres Äußeren umgehen oder sich vor Herzerkrankungen, Alzheimer und Krebs schützen können. Northrup ermutigt Frauen, die Botschaften ihres Körpers zu verstehen, die Wechseljahre als eine Zeit der positiven Energie zu begreifen und die wunderbare Kraft dieser Lebensphase für ihre persönliche Entwicklung zu nutzen. In der Neuauflage des Bestsellers hat Northrup die neuesten Studien und Fallbeispiele zusammengetragen und berichtet mit ihrer reichen Erfahrung aus ihrer Praxis.

*Women's Bodies, Women's Wisdom* Christiane Northrup 1995 Based on the connection between physical and spiritual health, a popular holistic guide to alternative medicine for women contains an alphabetical list of women's ailments and conditions, including fibroids, menstruation, vaginitis, and menopause. Reprint.

The Art of Extreme Self-care Cheryl Richardson 2012 A practical, action-oriented program that advises individuals how, on a month-by-month basis, to identify and alter troubling behaviors, sharing strategies to stop the cycle of self-betrayal and neglect that stems from daily violations of self-care.

Teil 1 Sexualität — zwischen Phantasie und Realität Teil 2 Qualitätssicherung Peter Buchheim 2013-03-07 Der 7. Band der Lindauer Texte enthält in Teil I die Vorträge des Leitthemas der zweiten Woche der Lindauer Psychotherapiewochen "Sexualität zwischen Phantasie und Realität". Ausgehend von ethnologischen und psychobiologischen Dimensionen der Sexualität werden die Fragen der geschlechtlichen Identität und der Sexualität in der Mehrgenerationenperspektive bearbeitet. Speziell therapeutische Ansätze und klinische Probleme bis hin zum sexuellen Mißbrauch wie auch verschiedene Spielarten des Sexualität im Spannungsfeld zwischen Intimität und Öffentlichkeit runden das Spektrum der in diesem Band dargestellten Themen ab. Teil 2 besteht aus dem Bericht über Qualitätssicherung in der psychotherapeutischen Weiterbildung der Forschungsstelle für Psychotherapie, Stuttgart.

**Weibliche Sexualität im Lebenskontext** Waltraud Freese 2016-12-27

**Sex Ü60** Arnold H. Lanz 2019-07-11 Seien wir ehrlich: Sex ist und bleibt die schönste Sache der Welt. Leider ebenso wahr ist, dass das aktive Erleben, das Umsetzen von Sex fast in jedem Lebensalter Probleme bietet. In der Jugend ist man zu unerfahren um es wirklich genießen zu können, in den Berufsjahren ist man so unter Stress und Druck, dass das Schönste oft genug zu kurz kommt. Stellen sich Kinder ein, wird Sex zu etwas, das man möglichst heimlich, lautlos und rasch tut. Sind die Kinder ausgezogen und auch die Wechseljahre vorbei stehen endlich alle Zeichen für ein lustvolles Sexleben auf grün. Dumm ist bloss, dass man in all den Jahren älter geworden ist. Die jugendliche Gelenkigkeit ist vermindert, man ist aus der Übung und die Libido ist deutlich reduziert. Sich in Laune bringen ist Anstrengung, die schmerzfreie Stellung finden ist nicht einfach und das ganze Geschehen eher mühsam. Der Mann steht kaum mehr, der Lustkelch ist trocken: Anstatt Lust resultiert Schmerz und Frust. Kommen gravierende Krankheiten wie Prostatakrebs, Unterleibszysten, Brustkrebs dazu, wird es echt schwierig. Die grosse Frage ist also: Wie kann ich meine Libido und Potenz zurückgewinnen, damit ich die Zeit, wo sich mein Sexleben endlich frei entfalten könnte auch richtig genießen kann? Wie kann ich im Alter 60+ Sex so richtig lustvoll genießen? Gibt es das überhaupt, Sex im Alter? Oder ist das etwas, das nur einige Wenige erleben, während sich die grosse Mehrheit still und heimlich damit abgefunden hat, dass es aus ist mit Sex. Dass spätestens mit 60 oder mit 70 nichts mehr geht. Ich zeige dir hier, wie du Libido und Potenz zurückgewinnst. Wie du dir deine Sexualität bis ins allerhöchste Alter erhalten und lustvoll genießen kannst. Gleichgültig wie alt du heute bist: Mach dich auf den Weg. Auch du kannst deine Libido und Potenz zurückgewinnen und genießen. Im Alter stehen alle Zeichen auf grün, im Alter hast du Zeit: Nutze jeden Tag für das Schönste auf dieser Welt: Sex.

*Einstein* Jürgen Neffe 2007-04-17 Albert Einstein is an icon of the twentieth century. Born in Ulm, Germany, in 1879, he is most famous for his theory of relativity. He also made enormous contributions to quantum mechanics and cosmology, and for his work he was awarded the Nobel Prize in 1921. A self-pronounced pacifist, humanist, and, late in his life, democratic socialist, Einstein was also deeply concerned with the social impact of his discoveries. Much of Einstein's life is shrouded in legend. From popular images and advertisements to various works of theater and fiction, he has come to signify so many things. In *Einstein: A Biography*, Jürgen Neffe presents a clear and probing portrait of the man behind the myth. Unearthing new documents, including a series of previously unknown letters from Einstein to his sons, which shed new light on his role as a father, Neffe paints a rich portrait of the tumultuous years in which Einstein lived and worked. And with a background in the sciences, he describes and contextualizes Einstein's enormous contributions to our scientific legacy. Einstein, a



breakout bestseller in Germany, is sure to be a classic biography of the man and proverbial genius who has been called "the brain of the [twentieth] century."

My Secret Garden Nancy Friday 2013-11-18 The #1 New York Times–bestselling author’s “groundbreaking” work on women’s sexual fantasies (Publishers Weekly). First published in 1973, My Secret Garden ignited a firestorm of reactions across the nation—from outrage to enthusiastic support. Collected from detailed personal interviews with hundreds of women from diverse backgrounds, this book presents a bracingly honest account of women’s inner sexual fantasy lives. In its time, this book shattered taboos and opened up a conversation about the landscape of feminine desire in a way that was unprecedented. Today, My Secret Garden remains one of the most iconic works of feminist literature of our time—and is still relevant to millions of women throughout the world. “The author whose books about gender politics helped redefine American women’s sexuality.” —The New York Times

Making Life Easy Christiane Northrup 2016 "Northrup explores [what she feels is] the essential truth that has guided her ever since medical school: our bodies, minds, and souls are profoundly intertwined. Making life flow with ease, and truly feeling your best, is about far more than physical health; it's also about having a healthy emotional life and a robust spiritual life. When you view your physical well-being in isolation, life can become a constant battle to make your body 'behave'" --Dust jacket flap.

Das Recht auf Liebeskummer Lothar Sandfort 2012

Göttinnen altern nicht Christiane Northrup 2015-08-31 Die Göttin in sich entdecken. Älterwerden ist nicht gleichbedeutend mit dem Verlust der Gesundheit, Schönheit oder dem Abgleiten in kulturelle Bedeutungslosigkeit. Niemand könnte das eindringlicher, überzeugender und leidenschaftlicher postulieren als die weltweit renommierte Gynäkologin und Bestsellerautorin Christiane Northrup. Bereits mit »Frauenkörper, Frauenweisheit« und »Weisheit der Wechseljahre« ermutigte sie unzählige Frauen, ihrem ureigenen intuitiven (Körper-) Wissen zu vertrauen. Nun führt sie in das Geheimnis der Alterslosigkeit ein. Dabei geht es ihr um nichts weniger als die Emanzipation von allen Vorurteilen der Gesellschaft gegenüber dem Älterwerden, von den Erwartungen »der anderen« und auch von den Einflüsterungen der Ärzte. Sie fordert dazu auf, endlich all das zu tun, was Frauen zu alterslosen Göttinnen macht: die Selbstheilungskräfte stärken, optimale Ernährung, u. a. mit Superfoods, die Freizeit erfüllend gestalten, sich der spirituellen Dimension öffnen - um maximal sinnlich, vital und freudvoll zu leben.

Awakening Fertility Heng Ou 2020-03-24 From the bestselling authors of The First Forty Days comes a gently nurturing guide for aspiring mothers. The path to motherhood is a deep and transformative process. It can also include unexpected twists and turns. Awakening Fertility is a loving companion to accompany you along the journey—whether your desire to become a mother burns fiercely today or is a future calling just beginning to stir. Intended for women at every stage of the preconception process, this book offers wisdom and guidance to support your body, mind, and spirit—including nearly 50 delicious recipes to nourish yourself deeply.

**Tantric Orgasm for Women** Diana Richardson 2004-05-10 A revolutionary approach to female sexuality that focuses on relaxation as the key to achieving deep orgasmic states • Explores how receptive feminine energy influences the male-female exchange • Reevaluates the role of the clitoris, breasts, and vagina in achieving orgasm • Provides ancient tantric meditations for increased sensitivity and awareness Fulfilling sex nourishes love, rejuvenates the body, and boosts mental health. Unfortunately, prevailing attitudes in the West work against the natural capacity of women to realize

their sexual potential and experience deep orgasmic states. Tantric Orgasm for Women offers women a fresh look at the ecstatic bliss possible within their bodies, using knowledge and approaches from the sensually cultivated traditions of the East. Exploring Tantra from the female perspective, Diana Richardson reveals the critical role receptive feminine energy plays in allowing orgasmic states to arise. Her 20 years of tantric research and personal experience provide readers with an understanding of how the various parts of the female body may be activated to deepen ecstatic states. Readers will learn how to re-circulate orgasmic energy; why breast stimulation takes priority over vaginal attention; the difference between soft penetration and deep sustained penetration, including how to avoid premature male ejaculation; and how women can strengthen the erection response of male partners. Tantric Orgasm for Women shows how women can exert a powerful influence on their sexual experiences when they understand the inner workings of their bodies and when they avoid adopting conventional ideas about what should be satisfying to them.

*So bleibt die Liebe jung* Oswalt Kolle 2013-02-18 Keiner in Deutschland hat den Umgang mit Sexualität mehr geprägt als Oswalt Kolle. Er scheut vor keinem Tabu zurück, auch nicht vor Sexualität im reiferen Alter. Lust an der Liebe und Zärtlichkeit sind kein Privileg der Jugend. Menschliche Wärme ist bis ins hohe Alter notwendig. Seinem unermüdlichen Einsatz ist es zu verdanken, dass seit einigen Jahren endlich auch öffentlich über Sexualität im Alter diskutiert wird. "So bleibt die Liebe jung" ist ein offenes Buch, das mit großem Einfühlungsvermögen Menschen ab 49 Jahren wichtige Ratschläge gibt.

**simplify your life** Werner Tiki Küstenmacher 2016-10-13 Humorvolle und alltagstaugliche Anleitung zur Vereinfachung aller Lebensbereiche, angefangen beim materiellen Besitz bis hin zur spirituellen Dimension.

**Goddesses Never Age** Christiane Northrup 2015 A doctor blends personal stories with the latest scientific research on health and aging to help inspire and empower women to grow old gracefully, describing how to maintain good health, have a fulfilling sex life and remain flexible and agile as we age. 75,000 first printing.

**Wechseljahre: Abschied und Neubeginn** Dr. phil. Sabine Hamm 2013-12-17 Die Wechseljahre sind kein "Ungeheuer", vor dem sich Frauen fürchten müssen. Sie sind kein "Gesundheitsrisiko" oder gar eine Zeit des "Hormonmangels". die Autorinnen zeigen, was in dieser Lebensphase wirklich passiert und wie die typischen Wechseljahresbeschwerden - ohne griff in die Medikamentenschublade oder eine Hormontherapie - durch naturheilkundliche Anwendungen gelindert werden können. Frauen sollten dieser Lebensphase mit Gelassenheit und Selbstvertrauen begegnen, sich selbst mehr Achtsamkeit schenken und die Beschwerden als signale ihres Körpers verstehen lernen. Die Wechseljahre können so auch ein Neubeginn sein und eine Chance, gesünder und bewusster zu leben.

*Make More Love* Ann-Marlene Henning 2014-09-30 Ob mit 45 oder 65, frisch verliebt oder in einer langjährigen Beziehung, Sex gehört für die meisten Menschen zu einem glücklichen Leben dazu. Hartnäckig hält sich aber das Vorurteil: Sex und Alter passen nicht zusammen. Alte Menschen haben keine Leidenschaften, keine erotischen Fantasien, keine heimlichen Affären. »Make More Love« soll mit Vorurteilen aufräumen, Mut machen, Neugier wecken, begleiten und Spaß machen.

In the FLO Alisa Vitti 2020-01-28 The bestselling author of WomanCode presents a biohacking program for women, teaching them how to use their natural 28-day cycle to optimize their time, diet, fitness, work, and relationships. Women have a important biological rhythm they experience every month that affects productivity, weight, sex drive, energy, and mood. It is essential to be aware of and take care of

this rhythm, but it has been widely ignored by medical, nutrition and fitness research. So as women, we diet, we deprive, and we cram as much as possible into our day, striving to accomplish impossible to-do lists, and scheduling our lives based on a 24-hour time cycle, ignoring the intuitive time our bodies naturally keep: a monthly cycle with four hormonal phases that offer incredible advantages. In the FLO presents a revolutionary 4-week solution to manage your energy and time according to your female biochemistry. By working with each phase, you'll support your hormones, unlock peak creativity and performance, and avoid burnout. You'll know exactly when to eat certain foods, clear your social calendar, or ask for a raise—and you'll have the tools to do so, including:

- Meal plans and recipes for each phase
- Charts for phase-specific exercises, work tasks, and relationship activities
- A daily planner that helps you align with your strengths in each phase
- A biohacking toolkit for navigating period problems and hormonal birth control

Alisa Vitti, functional nutrition and women's hormone expert, bestselling author of *WomanCode*, and founder of modern hormone healthcare company *FLOliving.com*, has been teaching women how to reclaim their rhythm for nearly twenty years and has witnessed the incredible rewards it offers—including losing stubborn weight, regaining energy, clearing skin, and minimizing PMS. By getting In the FLO, you'll get more done with less effort, you'll feel better consistently throughout the month, and you'll enjoy the freedom that comes with living on your own time.

**The Wisdom of Menopause (4th Edition)** Christiane Northrup 2021-05-11 “The Wisdom of Menopause offers an honest look at the menopausal transition. . . . If you are looking for realistic, positive, and constructive solutions to the inevitable challenges of life, then look no further—you have found your sourcebook.” —The North American Menopause Society A #1 New York Times bestseller when first published, this groundbreaking book has inspired more than a million women with a dramatically new vision of midlife—and will continue to do so for generations to come. As Dr. Christiane Northrup explains, the “change” is not simply a collection of physical symptoms to be “fixed,” but a mind-body revolution that brings the greatest opportunity for growth since adolescence. The choices a woman makes now—from the quality of her relationships to the quality of her diet—have the power to secure vibrant health and well-being for the rest of her life. In this fully revised and updated fourth edition, Dr. Northrup draws on the current research and medical advances in women's health, including

- up-to-date information on hormone testing and hormone therapy
- a completely new take on losing weight and training your mind to release extra pounds
- new insights on the relationship between thyroid function, Hashimoto's disease, and Epstein-Barr virus, with a new program for healing thyroid issues
- all you need to know about perimenopause and why it's critical to your well-being
- the latest on new, less invasive and more effective fibroid treatments
- information on which supplements are better than Botox for keeping your skin looking youthful
- additional advice on dealing with pelvic health issues, including pelvic prolapse

With this trusted resource, Dr. Northrup shows that women can make menopause a time of personal empowerment—emerging wiser, healthier, and stronger in both mind and body than ever before.

*The Multi-Orgasmic Couple* Mantak Chia 2009-03-17 The bestselling authors of *The Multi-Orgasmic Man* show you and your partner how to: Experience intense multiple whole-body orgasms Pleasure each other profoundly Use sexuality for health and healing Deepen your love and spiritual relationship Couples will discover simple step-by-step techniques for a level of sexual pleasure, intimacy, and healing they may not have known was possible. This fully illustrated guide will inspire couples to make love all night-and make love last a lifetime.

**Die Uhr des Lebens** John Medina 2013-11-11

**"- Als hätte ich ein Schatzkästlein verloren."** Gunhild Buse 2003



**A Mom's Guide to the COVID Shot** Christiane Northrup 2021-06 In A Mom's Guide to the COVID Shot: What Every Mother Needs to Know, Christiane Northrup, M.D. shares the truth about what is in the COVID-19 vaccine and the effects it is having on those who have received it. Christiane Northrup, M.D., visionary pioneer in women's health, is a board-certified OB/GYN with more than thirty years of clinical experience, former assistant clinical professor of OB/GYN at the University of Vermont College of Medicine, and three-time New York Times bestselling author of Women's Bodies, Women's Wisdom, The Wisdom of Menopause and Goddesses Never Age. In 2013, Reader's Digest named Dr. Northrup one of the "100 Most Trusted People in America." In 2016, she was named one of Oprah Winfrey's Super Soul 100, a group of leaders who are using their voices and talent to awaken humanity. And in 2020 & 2021, she was included in the Watkins Spiritual 100, a list of living people that make a unique and spiritual contribution on a global scale.

The Nature and Evolution of Female Sexuality Mary Jane Sherfey 1973