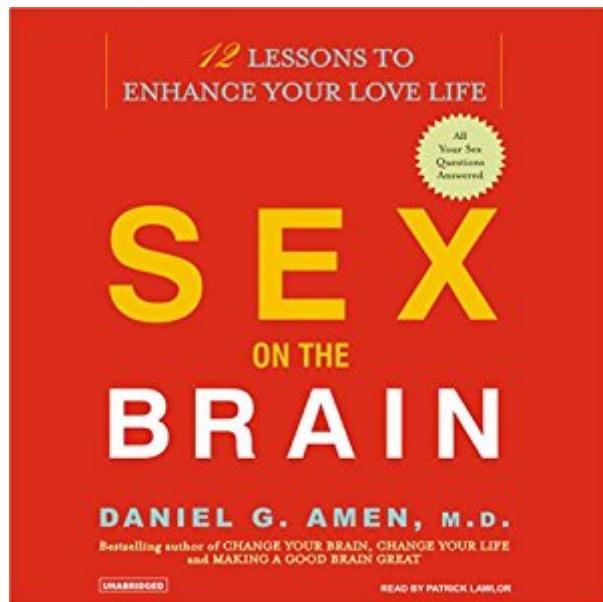


The book was found

# Sex On The Brain: 12 Lessons To Enhance Your Love Life



## Synopsis

What is your best tool for achieving the ultimate sexual pleasure? Your brain! Everyone wants to know how to improve his or her love life, but so few of us understand the integral role the brain plays in getting us in the mood, keeping us excited about our partner, and helping us achieve greater satisfaction. Based on Dr. Daniel Amenâ™s cutting-edge research in practical neuroscience, *Sex on the Brain* shares twelve lessons that help you enhance your love and sex lives through understanding and improving brain function. Filled with practical suggestions and information on how to have better sex, *Sex on the Brain* reveals:â¢ How the differences between menâ™s and womenâ™s brains affect our perceptions and interest in sexâ¢ The science behind why breakups hurt so much, and what you can do to ease the painâ¢ Surefire techniques to â€œx common problemsâ€ “depression, PMS, ADDâ€ “that get in the way of good sex â¢ How to tap into your sensesâ€ “taste, touch, smellâ€ “and â€œnd â€œthe spotâ€ •â¢ How sex can save your life *Sex on the Brain* explains everything there is to know about the brain in love and lust, and shows you how to create a hot, healthy, and happy sex life. --This text refers to an out of print or unavailable edition of this title.

## Book Information

Audible Audio Edition

Listening Length: 8 hoursÂ andÂ 21 minutes

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## Customer Reviews

This is an excellent and very accessible book that primarily looks at what happens in the brain during love, lust, romance, paraphilic, etc. It has a lot of information in it, but it is not overly technical and accessible to the average person. Dr. Amen has a way of simplifying complicated

concepts and weaving them into an engaging narrative. What this book will give you as an understanding of the various parts of the brain and the role they play in our sex lives. It also includes supplements that could be helpful when some areas are over or under active and even typical medications that are used. The scope of the book is pretty large and covers things like impulsive thoughts, sexual addiction, paraphelias (fetishes), cheating behavior, etc. Anyone who has a sex life will find it very interesting and informative and it will also help you to understand yourself. Two complimentary books to this one that I highly recommend are: *The Evolution of Desire: Strategies of Human Mating* and *The Erotic Mind: Unlocking the Inner Sources of Passion and Fulfillment*. These books cover the psychology and some of the evolutionary patterns that gave rise to the way we are hardwired around sex. You can read my review and other reviews to get a better sense of the content, I can't do either book justice in this small space.

AS a mental health professional I am so glad that Dr. Amen approached this topic from the practical point of view. In addition, his use of supplements is unique and something i have found useful in my day to day practice. The book reads well and easy. What he has done is brought together new information and blended it well with information that has been available in a practical format. Any couple or individual will be able to learn more about the opposite sex and increase thier pleasure as well as enjoyment of being together.

Dr. Amen has written a ground breaking book that will help the professional and lay person to learn about the role the brain plays in emotional and sexual intimacy. This exciting book will help you understand how the largest sex organ you have (i.e. Your Brain!!"plays a foundational role in intimacy. Read this book if you want to find that "missing piece" to lasting love. If you are in counseling buy a copy for your psychotherapist and/or physician to read. This is an excellent book to give to both couples considering marriage or couples who are wanting to resurrect intimacy! Dr. Earl R. Henslin

Daniel Amen combines knowledge from over 30,000 SPECT (Single Photon Emission Computerized Tomography) scans that allow him to see the Real Time, qualitative and quantitative brain function; with his superb insights into Human Behavior. He presents a detailed view of Brain Function every step of the way from Gender Personality Differences, Attraction, Lust, Coupling, and Cohabitation, to breakups and loss of a loved one. If Freud were alive today, he might well be working at one of Amen's clinics. For the first time in the History of Psychiatry, Investigators in the

field are able to define and measure the Biological Underpinnings of Human Behavior. In addition to giving a good portrayal of our sexual existence, Dr. Amen presents some very useful interventions to improve this facet of our lives. The CD was in WP3 format which was something of a problem to translate, but its contents filled about 6 regular audio CDs. Having spent 33 years attempting a synthesis of Mind and Brain, I found this to be a truly excellent book about a topic that always holds interest, and it is well worth the money.

Dr. Amen has written an excellent, easy to understand book relating the brain to emotional and sexual intimacy. This thorough and exciting book shows not only the professional but the layman as well how the brain interacts with our emotions leading to an active and fulfilling sexual relationship. It clearly shows how the brain is our most important sex organ and when used properly, can lead to a long lasting love. This book is a "must read" in further fulfilling our lives. Professor David Bennett, California State University San Marcos, California

I am a big fan of Dr. Amen's and have enjoyed his books, CDs and lectures over the years. This book is definately the most fun! Now I finally understand my love of shoes and can help my partner appreciate this as a good thing! The tips for bonding with your partner are invaluable as well. As a nutritionist and exercise physiologist I also appreciated the discussion on the importance of a healthy sex life on your overall health, wellbeing and longevity! Thanks Dr. Amen for another fantastic book that can have a major impact on reader's love lives and health! JJ Virgin, CNS, CHFI

I read this book the first day it came out and couldn't put it down. At last there's a manual explaining how men think.

Great Book! Dr. Amen does a beautiful job of educating on the differences between male and female brains, the difference between love and lust, and what creates long term emotional connections in the brain. He succeeds in making neuroscience fun!!!

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