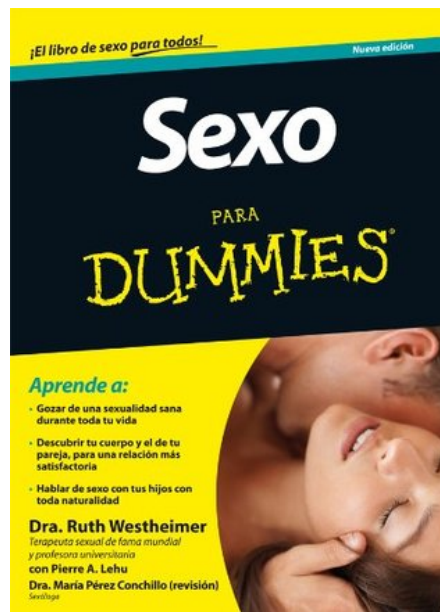




Sexo para Dummies

Ruth Westheimer , S. L. Freire Diseño y Comunicación (Translator)

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La sexualidad es una parte natural de la vida de las personas, pero durante siglos ha estado envuelta por falsos mitos y tabúes. La doctora Ruth Westheimer desmonta, en estas páginas, prejuicios y falsedades y ofrece su dilatada experiencia como terapeuta sexual para ofrecer al lector las claves para que pueda disfrutar de una vida sexual sana, intensa y muy satisfactoria. • El punto G, el misterio del orgasmo femenino, la primera vez — descubre qué hay de cierto y qué es mentira en los grandes mitos sobre sexo. • Qué esperan ellos y qué esperan ellas — aprende todo lo que las mujeres desearían que los hombres supieran, y todo lo que los hombres querrían que ellas conocieran. • Cuerpo y mente — es muy importante conocer y cuidar la salud psicológica para evitar traumas, complejos y barreras mentales acerca del sexo... • Disfunción eréctil, eyaculación precoz, baja libido — la mayoría de los problemas sexuales tienen fácil solución si te pones en manos de un buen especialista. • Cuando las hormonas se vuelven locas — ¿por qué en la adolescencia el sexo adquiere tanta importancia? ¡Te lo explicamos muy claro! • Sexo para todas las edades — nunca eres demasiado viejo para disfrutar del sexo, si sabes cómo... • Gente precavida vale por dos — estar bien informado sobre las diferentes opciones para evitar las ETS o un embarazo no deseado te ahorrará mucho estrés.

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From Reader Review Sexo para Dummies for online ebook

Rosa Folgar says

Quite humorous and has some good advice and tips. Lots of information that I wish I had found out years ago. Interesting read for the most part, most stuff I wanted to skim because was pretty basic. Recommend for a young adult or teen curious on the topic. Would probably be most beneficial to them.

Spence says

There will be a day when this subject can be captured in a great book. That day is not today.

Efe Karabulat says

Eğer 18 yaşında olsaydım bu kitap bana hediye edilebilecek en iyi şey olurdu.

Seks, hiç tartışmasız insan hayatındaki en önemli konulardan biri. Temel bilgileri edinmenin zorunluluğu bir yana, kitapta da vurgulandığı gibi bilmek ya da üpheden kurtulmak daha büyük bir hazzın da anahtarı tekil ediyor.

28 yaşında bir erkek olarak ise bu kitapta aradığım bazar kistası bana yeni bir şey öğretip öğretemeyeceği idi. Adı üzerinde "for Dummies", yani acemiler için. Çok genç birinin öğrenebileceği çok şey var ama bu konularda okumay seven ve yaşı mı bizi almı birine de faydalı olabilecek miydi? Doğrusunu söylemek gerekirse hayır. Çok güldüğümü, ufak tereddütlerimin giderildiğini ve birkaç cümlelik taze bilgi ile karıştırdım? açık yüreklilikle söyleyebilirim ama benim için bundan fazlası yoktu.

25 yaşın altındaysanız, seks ve insan anatomisi hakkında etrafıca bilginiz yoksa veya cinsel bir sorunuz varsa bu kitap sizin için inanılmazacak kadar faydalı olacaktır. Biraz daha ileri gideyim: Önem sırasında kutsal kitapların gerisinde kalmakla birlikte geri kalan her şeyin önüne konulabilir. Eğer kendini yetiştirme erikini bir bireyseniz de keyifli birkaç saat geçirmenizi sağlayabilir. Her halükarda insanı yormayan, lezzetli bir okuma. Seks konusunda okumaya yeni başlayacaksanız mükemmel bir başlangıç noktası. Her kesimden insana tavsiye edebilirim.

mei says

Terlepas dari judul, pembahasannya di buku ini justru lebih banyak soal kesehatan organ reproduksi yang kita miliki, mitos seputar organ reproduksi, dan cara menanganinya. bahasa yang dipakai di buku ini ringkas, jelas dan tidak menggunakan kalimat yang membingungkan. Pembaca seperti saya jadi tidak "jijik" dan takut dengan organ reproduksi yang kita miliki.

menarik dan informatif banget

?????? ??????? ??????? says

This nice sexual advice that has been written by Ruth K. Westheimer are really so great to the extent of Joy, I find all her recommendations and advice quite acceptable and understandable. she speaks about sex in General and to It's forms in particular with focusing much attention to the health section and safe sex recommendations, her book is really recommended to any person who is new to the world of sex and its joy and magic.

Zethu says

As an expert on the subject, I approve of this book.

Yenny says

Seru & lucu juga ternyata...hahaha....

Nutter says

Yeah, I know...who wants to be the dummy that doesn't know anything about sex? Well, I certainly don't want to be, so I read the book and now I know something about sex. This really is worth the read, especially for those with traditional values (well, you'll have to skip the chapter on homosexuality if you have traditional values).

Sarah says

I wanted to check this out of curiosity. I skipped a lot much information I already knew or didn't need. I say this is good for people who don't have much knowledge or maybe have some issues.

Aditya Hari Raj says

I don't remember any other book which made me laugh so hard...

Tessa says

I think I am probably beyond the "dummies" stage, but if you imagine Dr. Ruth's cute little old lady German

voice narrating, then this book is a hoot!

Jessica says

Surprisingly enough this was a great book! Not to read all at once, but to pick at bits and pieces throughout High School. Then once college came along and the parts were relevant - ALL of my friends and their boyfriends, and their boyfriends friends borrowed it.

Yeah its a sad version of my mother's "maturation" book. But hey at least I can't say I wasn't well informed.

PS very clinical. NOT porno style. I'd recommend it to every pre-teen, teen, college student & adult.

Shacoria says

This book is a wealth of knowledge and the information is presented in a way that is easy to understand. The book is also quite humorous. I was happy to see that Dr. Ruth included Natural Family Planning in the birth control section of the book. I like that the book included information on so many topics. I give this book a three, only because I disagree with some of Dr. Ruth's teachings on things like abortion and planned parenthood.

Chrysanthos says

The book covers the pretty basics but at least the author has humor. Most things are common knowledge but it didn't hurt to refresh my memories.

Kelly Kelly says

It's not really what you would think to be honest. I got the book as a joke for a friend and never ended up sending it. Sorry Miss. But the book is great! It tells you everything from medical information, psychological, sociological, sexual and everything between and beyond. It's educational and not just about coitus.
