

501 Essential Backgammon Problems 2nd Edition

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a positive step by step guide to help readers resolve their sexual difficulties it empowers couples to set goals to meet their needs nursing standard are you worried about impotence or loss of sexual desire premature ejaculation or lack of orgasm experienced psychosexual therapist and couples counsellor vicki ford provides an invaluable guide to understanding the sexual problems that many people face from time to time her simple and effective self help techniques based on cognitive behavioural therapy cbt include practical exercise programs to help develop responsiveness and an understanding of your body suitable for both singles and couples this expert guide will enable you to overcome negative thinking and restore your confidence and your sex life specifically you will learn about the importance of relaxation and stress reduction techniques the impact of ageing disability religion infidelity abuse infertility childbirth bereavement and medication on sexual performance techniques for particular problems overcoming self help guides use clinically proven techniques to treat long standing and disabling conditions both psychological and physical many guides in the overcoming series are recommended under the reading well books on prescription scheme series editor professor peter cooper

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