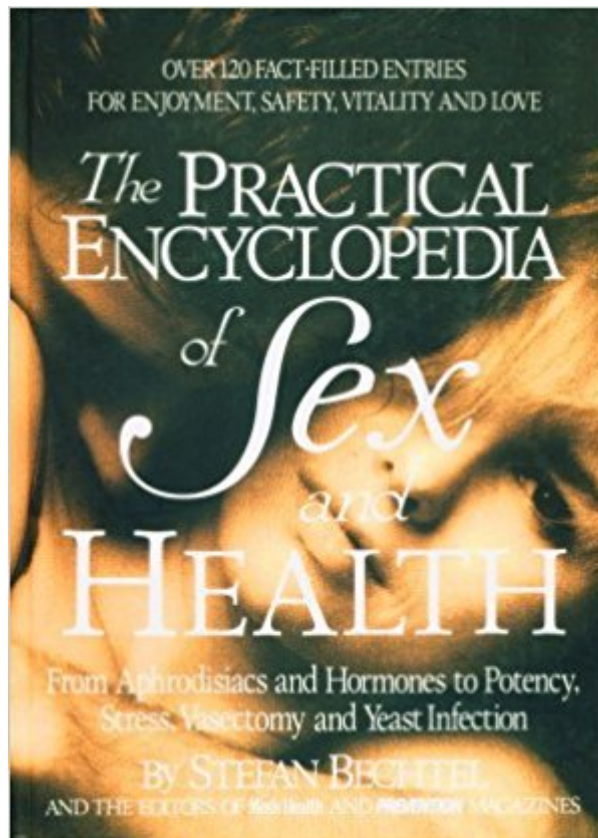




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# **Practical Encyclopedia Of Sex And Health**



## Synopsis

Sexual health is something of an enigma for many of us. It is taken for granted when we have it and sorely missed when we don't. Furthermore, sexual health is assumed by so many of us to be automatic that we pay little attention to how it can be maintained. Here, more than in most other areas of health, people are often unaware of fundamental preventive measures they can follow to ensure healthy sexual functioning. This book specifically and skillfully fills this void. This is a well-designed, well-research volume that avoids technical jargon in favor of clear, accessible, easy-to-grasp information. Whether you read it cover to cover or simply put it on the bookshelf for use as a reference, you will find that this is indeed a user friendly book as well as a book that is loaded with immensely practical advice.

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Sexual health is something of an enigma for many of us. It is taken for granted when we have it and sorely missed when we don't. Furthermore, sexual health is assumed by so many of us to be automatic that we pay little attention to how it can be maintained. Here, more than in most other areas of health, people are often unaware of fundamental preventive measures they can follow to ensure healthy sexual functioning. This book specifically and skillfully fills this void. This is a well-designed, well-research volume that avoids technical jargon in favor of clear, accessible, easy-to-grasp information. Whether you read it cover to cover or simply put it on the bookshelf for

use as a reference, you will find that this is indeed a user friendly book as well as a book that is loaded with immensely practical advice.

A little outdated, but everyone should have this book. It has need to know practical health information. I learned more from this than years of sex ed. Very to the point, easy to read, and sources are cited

The good news: This book produced by the editors of Men's Life and "Prevention" magazine is a virtual cornucopia of information on health and sex: symptoms, statistics, diseases, problems, remedies, folklore, treatments, misinformation, and general non-medical advice: what to do and what not to do; who to see and who not to see, clearly written in a very readable font, all arranged alphabetically and cross-indexed. The bad news: Most of the information is sketchy and all too brief and goes un-cited, and thus it would have been better if it had references to books, articles and websites for further more in-depth information. But for these drawbacks, and as a "quick-and-dirty" reference, this is the guide to have. Three Stars

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