



Dr. Diana Hoppe —
*Healthy Sex Drive, Healthy You; What Your
Sex Drive Reveals About Your Life*

What Others Are Saying About *Healthy Sex Drive, Healthy You*:

"Your level of sexual desire is a direct reflection of your quality of life, physically, emotionally and spiritually. Wondering what happened to it? Why it seems to have changed so much? How to find the right level for you, right now? This book will help you understand what is standing in your way and how to reach the level of physical intimacy you desire!"

—Carolle Jean-Murat, M.D., founder, The Wellness Center for Midlife Women, and author, *The Answer Is Within You*

"Nearly every single woman in the world feels the same way and experiences the same changes in libido. She suffers through it and eventually manages it. Growing old helps ... and so does this book!"

—Natasha Josefowitz, 86 year-old author, *Too Wise to Want to Be Young Again*

"Women play so many roles today, from mother to cook, from taxi driver to soccer coach, from career woman to laundress, from wife to lover ... it's no wonder our sex lives suffer from lack of attention. Sure, we long for a romantic evening with our husbands, but as soon as the lights are out, it seems like our desire for sleep overcomes our desire for romance. *Healthy Sex Drive, Healthy You* is for every woman who finds her libido lagging. It highlights the many sources of the problem, such as stress and hormones, and provides the solutions we need to rev up our sex lives and make us feel like women again. If you—and your partner—miss the sexy temptress you used to be, this book is for you!"

—Susan M. Heim, author, *It's Twins! Parent-to-Parent Advice from Infancy Through Adolescence*

"I found *Healthy Sex Drive, Healthy You* to be very interesting and comprehensive and bought several copies for myself, family and friends. I was wondering why my sex drive was getting lower and your book certainly gave me some wonderful insight. Immediately after reading your book, I was better prepared mentally for a wonderful evening with my husband. Life gets so hectic and crazy that I am going to make it a practice to re-read your book as a reminder. You not only gave medical information but great ideas and background for enriching my physical and mental attitude toward having a "healthy sex drive". Thanks so much for writing such a great book!

— Linda England

I loved this book! I found Dr. Hoppe's book helpful for a lot of reasons. Not only did it help me better understand my libido, it also taught me what it means to have a

healthy libido and how it effects other areas of my health and well-being. I enjoyed the various tips and statistics in the book and also how diet and stress can play an integral part in having a healthy libido. I read it and passed it on to my husband so he could better understand me as well as himself! I highly recommend this book.

— **Tricia**

“This is a very informative book that answered all of my questions. I can't say enough wonderful things about this book! I've been concerned about my recent decrease in sexual desire but hesitant to talk to anyone about it. *Healthy Sex Drive, Healthy You* answered all of my intimate questions. I'm now able to decipher the signals that my brain and body have been sending me for quite a while now. Dr. Hoppe's book is full of exciting scientific facts and studies but is written in comfortable language that anyone can relate to. I loved her suggestions on how to improve relationships and especially the information on women's hormones. I now better understand what's been standing in my way, blocking my capacity to fully enjoy intimacy. I recommend this book to all women and their partners. This book is a must-have.

— **Marie H.**