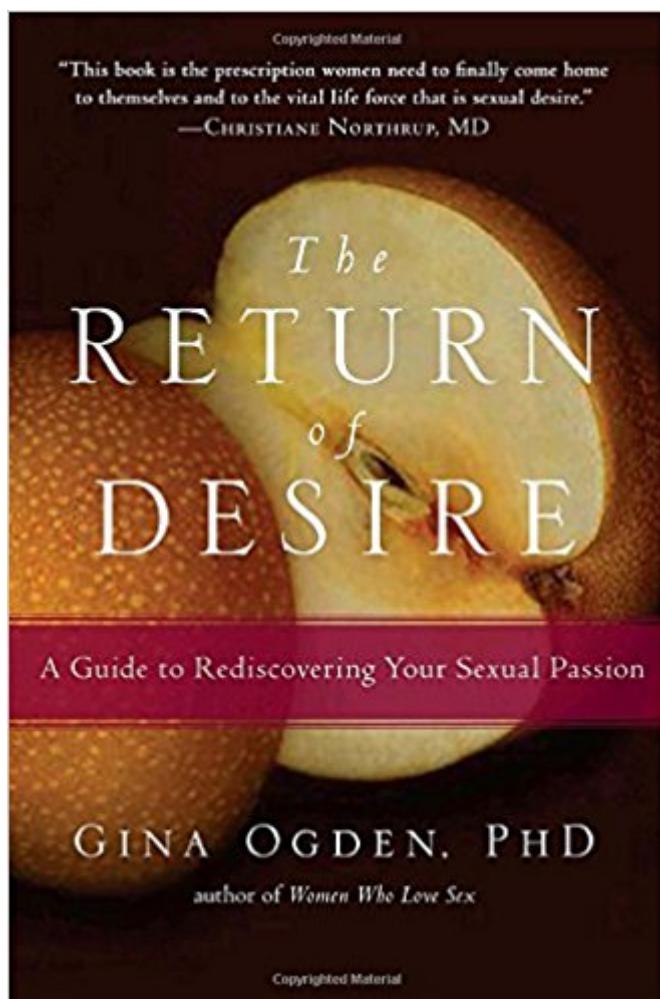


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# The Return Of Desire: A Guide To Rediscovering Your Sexual Passion



## Synopsis

Drawing on three decades of experience as a sex therapist and sex researcher, Dr. Gina Ogden shows you how to: Open up to the four energies that spark desire Create heart-to-heart communication with your partner Transcend guilt, shame, and "good-girls-don't" messages Help heal the sexual wounds of abuse, addiction, affairs, and low self-esteem Enjoy sexual pleasure throughout your life span "from new love, to parenthood, and into your golden years

## Book Information

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## Customer Reviews

"This book is the prescription women need to finally come home to themselves and to the vital life force that is their sexual desire." Christiane Northrup, MD "To read this book is to bask in the radiance of the wisest of sexual guides. Ogden gently and lovingly takes readers on a magnificent journey." Ian Kerner, author of *She Comes First* and *Passionista* Gina Ogden probes the intricacies of female sexuality with subtle depth and understanding. I plan to recommend this book to any woman on her path to finding greater sexual self discovery and self acceptance, and ultimately ecstasy." Esther Perel, author of *Mating in Captivity* Engaging, accessible, well-researched, and full of wonderful anecdotes from women across the life span. A delightful invitation for all readers to explore the full range of our own desires. "Judy Norsigian and Lynn Rosenbaum, for *Our Bodies Ourselves* Gina Ogden listens to women. Her book lifts the language of desire from competition and dysfunction to caring, empathy, and a powerful new

consciousness that expands our lives and our partnerships. "Riane Eisler, author of *The Chalice and the Blade* and *The Real Wealth of Nations* Ogden, a seasoned therapist, shares her considerable wisdom about rekindling sexual passion. No quick fixes promised but a thoughtful recognition and celebration of the emotional, mental, physical, and spiritual dimensions of our sexuality." Sandra R. Leiblum, PhD, author of *Getting the Sex You Want*

Gina Ogden, PhD, has had a distinguished career as a marriage and family therapist, sex therapist, teacher, researcher, and author. She is the author of several books, including *Women Who Love Sex* and *The Heart and Soul of Sex*, and has been a featured guest on numerous radio and television programs including Oprah. She lives in Cambridge, Massachusetts.

Gina Ogden, PHD, is a compassionate professional in sexual therapy. Here, her light really shines through if you are ripe for opening your heart to yourself. It's not so much about the physical but more about education and healing yourself. Awareness is brought (or returned) to a level that will make you prouder. In one of the exercises, I actually found tears rolling down my cheeks as I released a lot of emotional pain. That's an amazing level of understanding and it took her kind and warm way of expression and suggestion to have such a profound reaction.

Gina Ogden did an outstanding job of writing a wonderful contribution to understanding women's sexuality, specifically, low sexual desire. She brings years of experience as a therapist to her work as an academic researcher. The combination of using these two distinct roles to examine women's sexuality and sexual desire provides the reader with a very comprehensive and dynamic picture of what women's sexual desire is and how it can be enhanced. As a mental health counselor myself, I found that the way in which Gina describes women's sexuality in her book is a very important, and not regularly found, perspective in the mental health literature. Gina is able to write about low sexual desire from a clinical perspective, but also go beyond that to address the spiritual aspects of women's sexuality. I have found very few academic authors that delve into this realm with such tenacity and such a stand for women to be completely fulfilled in their minds, bodies and spirits. The book encourages the reader to look at themselves as the source of their sexual desire, and strives to foster women's relationships with themselves as the starting point for a fulfilling sexual life. This is very important and empowering for women, who are many times taught by their caregivers and society to focus on factors outside themselves to fulfill themselves. Gina's book gives women permission to ask for what they want in sexual relationships and feel good about getting their needs

fulfilled. In this book, Gina does a wonderful job of writing about the different aspects of why women's sexual desire may wane, which in my opinion could help readers find a context for their own experience. The book also provides the reader with some excellent exercises for getting back in touch with their own feelings of sexual desire, including a guided visualization and other exercises. As a licensed mental health counselor specializing in sex therapy, I highly recommend this book to women who are struggling with concerns related to low sexual desire!

Gina Ogden makes an excellent case for the premise that desire issues are based upon desires not being expressed or met and not because there is a lack of desire. Whether the reader agrees with this theory prior to reading it, or does not, *The Return of Desire* is an excellent read in its comprehensive appeal ranging from research-based work to its self-help format. It pragmatically goes beyond raising awareness to discussing ideas and exercises that enable one to access desires that lie dormant and effectively acknowledge them with self or express them to a partner. While it is written specifically for and about women, its egalitarian message speaks to all. Ogden's model is a hope-filled, strengths-based, non-heteronormative one that fortifies any practice.

This is the first review I've ever written on . I read the reviews on here all the time before I buy things, and I always appreciate the time people take to write them, so it's about time I return the favor! Anyhow, I chose to review this book first because I think it is pretty amazing. I'm not very far into it yet, but I can tell already the message is profound. Holistic help for your intimacy woes, rather than some piecemeal drivel that reduces your problems to "hormones" or whatnot. Wow, thank you Gina Ogden! This book is just what I needed.

I have sent this book to a few other friends who are over 60. Gina invites the older woman to mature beyond the Youth Culture style of being sexual. In addition to giving a model for desire, she asks some direct and surprising questions about sexual orientation that could shake up ones life! Her discussion of spirituality and sexuality are well considered and welcome in a world of bump and grind.

I have read all three books by Dr Gina Ogden and I am grateful for this gift too all women who will read them. As a sexual counselor in Sweden, I have the best guide I can get with these books. Today I can use the ISIS wheel as a method when meeting both women alone and with a partner and it is such a dynamic way to work. This is such a great help both for my clients as well as for

myself. I hope the books will be translated into Swedish soon!

A must read for all older couples having adjustment problems with low female libido problems.

My women clients at midlife plus love this book. Affirming, honest, helpful and well researched - plus a pleasure to read. Return of Desire is the only book I have promoted on my website as book of the month! It's a book for Everywoman - and truly a gift to our gender. Gina Odgen, keep up the great work you do, and give us more.

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