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Wiley 4th Edition Audio CD (B08ZDFPKYT)

Sex for Dummies, 4th Edition Audio CD: Instruction Manual

A Comprehensive Guide to Intimacy and Sexual Health

INTRODUCTION

This instruction manual provides an overview and guidance for engaging with the 'Sex for Dummies, 4th Edition' Audio CD. This audio program offers a comprehensive exploration of intimacy and sexual health in the 21st century, presented by Dr. Ruth K. Westheimer. It aims to provide clear, factual information to help listeners understand and navigate various aspects of physical relationships and personal well-being.

HOW TO USE THIS GUIDE

To maximize your learning experience with the 'Sex for Dummies, 4th Edition' Audio CD, consider the following suggestions:

- **Listen Actively:** Pay close attention to the spoken content. Dr. Ruth provides insights and practical advice.
- **Pace Yourself:** The program covers a wide range of topics. Feel free to pause and reflect on sections as needed.
- **Review Key Concepts:** If a particular topic is of interest, revisit the relevant audio tracks.
- **Engage with the Material:** Consider how the information applies to your understanding of relationships and sexual health.

KEY TOPICS COVERED

The 'Sex for Dummies, 4th Edition' Audio CD addresses a variety of subjects pertinent to sexual health and relationships. These include:

- Understanding intimacy and physical relationships.
- Discussions on contraception and safer sex practices.
- Exploration of diverse sexualities and fantasies.
- Guidance on communicating about sex with partners.
- Addressing health and social issues related to sexuality.
- Insights into transgender rights and contemporary movements like #metoo.
- Dispelling common sexual myths.



Image: Cover art for 'Sex for Dummies, 4th Edition' Audio CD. The cover displays the title, an image of two pairs of legs under a white sheet, and a portrait of Dr. Ruth K. Westheimer. Key themes such as 'Decide when the time is right', 'Contraception, safer sex, and exploring sexual fantasies', and 'Talk to children and young adults about sex' are highlighted.

ABOUT THE AUTHORS

The content of 'Sex for Dummies, 4th Edition' is primarily authored by **Dr. Ruth K. Westheimer**, a renowned therapist and influential figure in discussions on sex and relationships. She is recognized for her syndicated radio program, television shows, and numerous books. Dr. Westheimer has also held teaching positions at Yale and Princeton Universities. The book also features contributions from **Pierre A. Lehu**, who has collaborated on previous editions of 'Sex For Dummies'.

PRODUCT SPECIFICATIONS

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