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The Ripple Effect: How Better Sex Can Lead to a Better Life

Dr. Gail Saltz

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Finally. The thinking woman's guide to great sex.
Bookshelves sag under the weight of guides and manuals that tell readers that their sex lives will be transformed if only they are limber enough to hoist leg A into position B. Many women have found that transformation underwhelming to say the least.
Sex is physical. But as best-selling author and television commentator Dr. Gail Saltz writes, "Seeing sex in only physical terms is an old-fashioned and ineffective approach that is based on a fundamental misunderstanding, like treating tuberculosis with breathing exercises, which we did before we knew that tuberculosis was caused by a bacterium. We know better now."
With a dose of good humor, Dr. Saltz explains how women can approach their sexuality from the inside out and create a ripple effect that will change how they think, feel, and behave in every aspect of life.

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