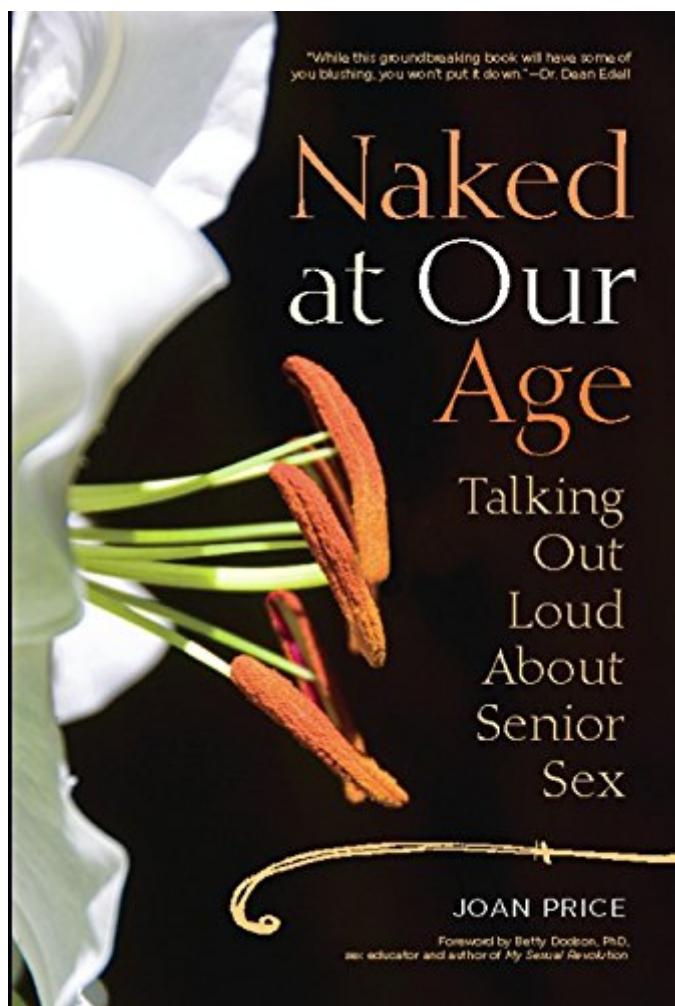


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# Naked At Our Age: Talking Out Loud About Senior Sex



## Synopsis

Joan Price is talking out loud about later-life sexuality. With a foreword by Betty Dodson, *Naked at Our Age* candidly addresses senior sexuality in all its colors—the challenges, disappointments, and surprises, as well as the delights and the love stories. *Naked at Our Age* gives people over fifty a voice to tell stories of their past and present sex lives, ask questions, and get straightforward advice and information from experts. No topic is off-limits. In *Naked at Our Age*, women and men;coupled and single, straight and gay;talk candidly about how their sex lives and relationships have changed with age, and about how they see themselves, their partners, or their single life. Many are having unsatisfying sex, or no sex at all, and are seeking advice. Price presents their personal stories, and follows up with tips from sex therapists, health professionals, counselors, sex educators, and other knowledgeable experts. Named "Outstanding Self-Help Book" of 2012 by the American Society of Journalists and Authors and winner of the 2012 Book Award from the American Association of Sexuality Educators, Counselors, and Therapists, *Naked at Our Age* is an entertaining and indispensable guide to handling and understanding the issues of senior sex and relationships.

## Book Information

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## Customer Reviews

I loved this book. Already telling friends. But, all the same, you are not going to want to read it. Not at first. Too bad. You need to. The naked part is great. The age part? Well, get over it. Look in the mirror. Look at the bathroom scale. Time to loosen those knickers some and cowboy, cowgirl up to the reality of being older. And still wanting love. Naked love. With my heart and soul dialed in, I've read a wall of books this last decade on human sexuality and love. As a man in my mid 50s seriously in the game, I needed to do my research. Ten years later at 64 this work here by Joan Price is unique and as important as ever for those of us more wise than pretty in the years department. Turns out, the author is an expert at senior romance. She found deep soul mate love and good sex herself, albeit tragically interrupted by death. Yet following an important grieving time she comes heart open at life once again, reaching out with not only her own wisdom and experience but the sage advice of 43 other experts with illustrative sidebars in the book. All kinds of sex mavens speak in her work, from Betty Dodson to Dossie Easton, whether it is masturbation or spank me into enlightenment spiritual kink after 70, her experts have our erotic backs and fronts covered. The chapter here on dating online after 50 is brilliant I must say, and this from a reviewer that found success in that venue. Also, her chapter on post 50 women and the matter of vaginal pain and thinning vaginal walls left me spanking myself that I ever thought I knew much about sex and women and physiology. For basics, who knew 50 was older? And who knew women need two orgasms a week from their 50s forward not loose sexual functionality.

Back in 1975, I read Studs Terkel's *Working: People Talk About What They Do All Day* an organized set of interviews which focused on "real people," and how their jobs affected their lives. In a similar vein, *Naked at Our Age*, appropriately subtitled "Talking Out Loud About Senior Sex", also spotlights real people's experiences, feelings, thoughts, and concerns about sex in the latter half of life. For me, Terkel's book highlighted the tension between the way a job could be unsatisfying yet also provide vital self-definition. Price's book elaborates on the multiple physical, social, and emotional tensions arising from expressing one's sexuality as an elder. Some of her respondents are older people who have worked through the wounds of earlier years and are ready to "get it on." The courage expressed by the women and men who have survived betrayals and violence, and not abandoned the human connection of sexual play is inspiring. Those sections are a welcome restorative to the culture-wide notion that older folks are dead below the waist. I respect Ms. Price for not limiting her sample to conventional couples -- a few of her respondents practice BDSM, are polyamorous, or live in non-traditional arrangements. For me though, the sections about seniors who

are dealing with the downsides of aging are particularly rich. Several chapters which describe declining libido (whether resulting from emotional stresses, illness, or the side effects of medication), or declining physical capability -- ED and EDIs, vaginal dryness and tearing, consequences and complications of chemotherapy and surgeries -- also provide resources to help.

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