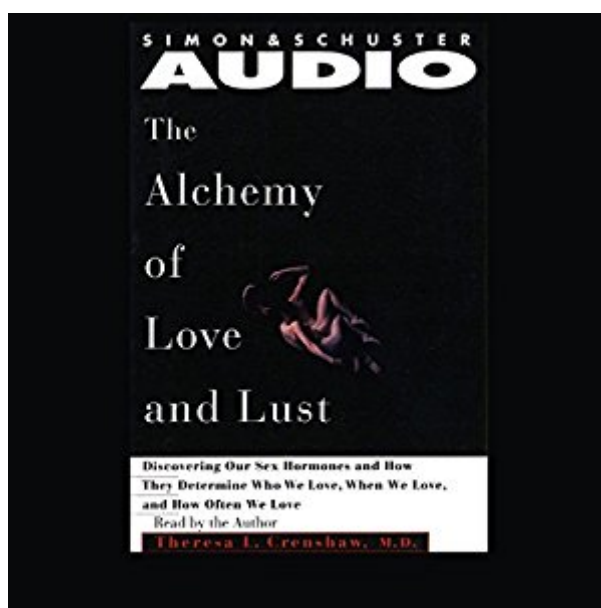


The book was found

Alchemy Of Love And Lust: Discover Our Sex Hormones & Determine Who We Love



Synopsis

Are you in charge of your love life? If you think so, you're wrong - hormones control our sex drives and direct our love lives. In *The Alchemy of Love and Lust*, Dr. Theresa Crenshaw, a renowned sex therapist and researcher, unmask the hidden agendas of our hormones as we progress through different sexual stages - from adolescence through old age. Along with well-known hormones, Dr. Crenshaw introduces lesser known but potent influences that make up our "sex soup". The effects of these chemicals working together and individually offer insight into some compelling issues: Do people become addicted to one another through scent and touch? Can we determine our romantic destinies by altering our hormonal profiles? Romantics needn't worry that science will eliminate the mystery of attraction. To the contrary, this program helps us discover romance, rekindle it, and keep it alive. Filled with often surprising information, *The Alchemy of Love and Lust* explains the effects of our sex hormones and gives us specific, practical suggestions on how to monitor them.

Book Information

Audible Audio Edition

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Audiobooks > Health, Mind & Body > Family & Relationships

Customer Reviews

THE BEST BOOK I've ever read about sex, love, infidelity, infatuation and WHY any of these things happen.

This book gave us a valuable understanding of how chemistry affects ourselves and our relationships. My husband read it, too.

The hard back book that was purchased arrived ahead of schedule, which was convenient, and also

was in the excellent used condition that the distributor promised. I am pleased with this product and would buy from this distributor again.

I found this book to be a HUGE eye opener to the amazing way our bodies function in a primal order for a purpose which we have little control over. To actually learn about the chemical responses that make women want to nest after sex and men want to flee was fascinating. IT'S NOT PERSONAL, IT'S PRIMAL! It was humorous to discover that all the psychology in the world isn't going to change basic biology. THIS is what sex education classes should be about.

I read this book over the summer and found it to be very educational. I am wanting to have a clean lifestyle so HRT options are important to me for healthy sexual awareness. Mental awareness also comes into play when I am struggling with those menopause moments, education helps me rewind and think clearly.

Nice book

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