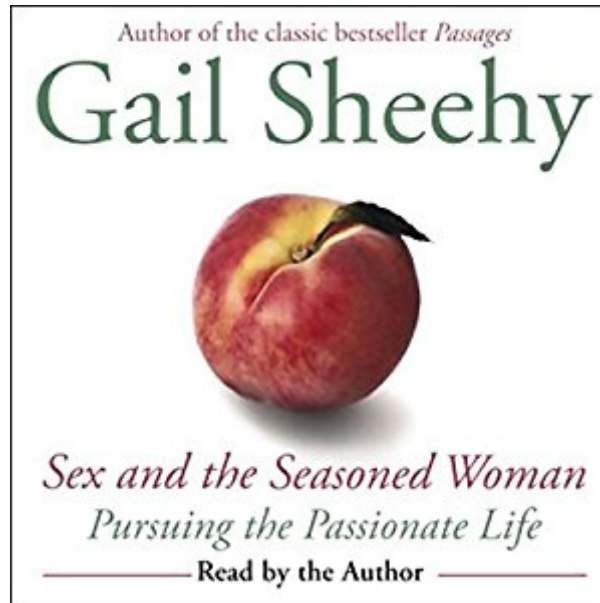


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# Sex And The Seasoned Woman: Pursuing The Passionate Life



## Synopsis

A seasoned woman is spicy. She has been marinated in life experience. . . . She can be alternately sweet, tart, bubbly, mellow. She can be maternal and playful. Bossy and submissive. Strong and soft. . . . The seasoned woman knows who she is. She could be any one of us, as long as she is committed to living fully and passionately in the second half of life. In her most groundbreaking work since *Passages* and *The Silent Passage*, bestselling author Gail Sheehy reveals a hidden cultural phenomenon—“increased vitality in women”—™s sex and love lives after fifty. *Sex and the Seasoned Woman* is the story of an intimate revolution taking place under our very noses. Boomer generation women in midlife are open to sex, love, dating, new dreams, exploring spirituality, and revitalizing their marriages as never before. This is a new universe of passionate, liberated women—“married and single”—who are unwilling to settle for the stereotypical roles of middle age and are now realizing they don’t have to. As life spans grow longer and as societal constraints continue to loosen, older women—“once free of the exhausting demands of young children, needy husbands, and demanding careers”—find themselves ready to pursue the passionate life. They embrace their “second adulthood” as a period of reawakening. Written in Sheehy’s singularly compelling style, combining interviews and research, this book gives voice to more than a hundred fascinating and colorful women. The inspiring stories tell of wives who reinvigorate their marriages after their children leave the nest as well as divorced, widowed, and long-single women who find new dreams and new loves. Sheehy delineates a crucial link between cultivating a new dream and reopening the pathway to intimacy and sexual pleasure. She also examines the latest medical breakthroughs addressing symptoms that have unnecessarily curtailed women’s sex lives. From women who find their sexuality reawakened by a younger lover, to couples whose marriages survive health crises and grow stronger, to women who finally find a soulmate in their sixties, to stories from seasoned sirens in their seventies, eighties, and even nineties, these portraits cover an enormous range of experience. In them, Sheehy locates the universal patterns that enable us all to recognize and understand our own lives.

## Book Information

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## Customer Reviews

\*\*\*\*\*Gail Sheehy's newest book "Sex and the Seasoned Woman" is truly a must-read for all women over 45. It covers sex and aging for those women who wish to live passionate lives. It is not for those women who are content to live their lives slogging on, simply surviving from day to day. It is for those of us who want more. One of the great revelations of this book (for me) is that sex can continue well into the mature years. The author discusses approaches (including medical and scientific) women can now avail themselves of to keep themselves healthy and capable of sexual activity. One thing I didn't realize is that "use it or lose it" applies to vaginal health. If you do not repeatedly ensure blood flow to the vagina, it will atrophy, and thus be less capable of functioning...the book goes into this in detail (which I won't do here). But I think that this is something every woman should study. Certain women may have reservations about buying this book, thinking it to be a book about promiscuity. It is not. It covers faithful marital sex---all types of sex---so that it will apply to you no matter what your lifestyle. However, the one constant is that in order to enjoy it, you will need to want to be vital, sensual, alive, passionate, and active in order to find this book interesting. The book covers the different passages women go through in their pre-50's, and each decade thereafter until they pass 100. It covers sex in the Bible Belt, including the phenomenon of Passion Parties in the small rural towns of the south---apparently there are women in all sociological groups who wish to have good sexual relationships with their mates.

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