

Dr. Goldman's Book Reviews

FOR WOMEN ONLY

A Revolutionary Guide to Overcoming Sexual Dysfunction and Reclaiming Your Sex Life

By

Jennifer Berman, M.D. and

Laura Berman, Ph. D.

with Elisabeth Bumiller

Henry Holt Books 2001

Suzanne Somers interviewed the Berman sisters for her first book on hormones and menopause, *The Sexy Years*. Jennifer Berman is a physician and a urologist. Laura Berman is a psychologist and runs a sex therapy clinic. *For Women Only* is a good basic text on female anatomy and the physiology of female sexuality.

When I was in college in 1967, Masters and Johnson came out with their first book, *The Human Sexual Response*. Although the book sold well, it was deliberately written using exclusively medical terminology so that Masters and Johnson could not be criticized for writing a pornographic book. It is still the textbook of human sexual physiology. It is amazing to me that forty years later, I know of no researchers who have duplicated their work and no one who has advance that corner of human knowledge.

The Bermans have written an easy to follow summary of that physiology. They have suggestions for help with sexual dysfunction including some medications, positions exercises and devises.

One caveat: They strongly promote the use of Viagra by women. Viagra is useful in men with arteriosclerosis or other problems inhibiting blood flow to the penis. Without good blood flow, a man cannot maintain a strong erection. Many women complain of lack of libido or desire for sex. Far fewer women have blood flow problems. Viagra does not increase desire and only helps performance if blood flow is the problem. Despite what is stated in this book, I have found that very few women seem to get any benefit from the use of Viagra.

Robert P. Goldman, M.D.