

Dr. Goldman's Book Reviews

SEX OVER 50

By

**Joel D. Block, Ph.D. with
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Reward Books, Prentice Hall Press 1999

This is not a book about theory, general ideas or vague physiology. If you want a practical, how-to guide for better sex, you can't get much more straightforward or clear. This book is not for the shy. The book is entirely text. There are some places where descriptions of positions get a bit confusing. A few illustrations would have helped. I don't know if the 1970s book **The Joy of Sex** is still in print, but that was an excellent text and a breakthrough in its day. It was well illustrated, although the couples in the drawings would look today like the Hippies they were in the 70s.

If the choice is to buy *The Kama Sutra* or *Sex Over 50*, go for the modern book, unless you want to learn how to break into a Harem and have sex with the ladies before they catch and behead you, The Kama Sutra is of little modern practical use. ***Sex Over 50* is a direct instruction manual.**

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