



## **For Women Only**

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

Jennifer Berman, M.D. and Laura Berman, Ph.D.  
with Elisabeth Bumiller  
Henry Holt Books

In her first book about hormones and menopause, *The Sexy Years*, Suzanne Somers interviewed the Berman sisters. Jennifer Berman is a physician and urologist and Laura Berman is a psychologist and runs a sex therapy clinic. *For Women Only* is a good basic text about female anatomy and the physiology of female sexuality. Virtually all yoga practices are designed to help overcome fear, anxiety, anger and depression. As one yoga master said, "You don't get old and stiff, first you get stiff and then you get old." Do yoga, stay loose, enjoy life, reduce fear, and escape depression.

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 medical terminology exclusively 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 that forty years later, I am not aware of any researchers who have duplicated their work nor any advancement has been made in that corner of human knowledge.

The Berman's have written an easy to follow summary of the female physiology. They have suggestions for help with sexual dysfunction including some medications, positions, exercises and devices.

**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. Few 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, MD