

Practical Encyclopedia of Sex and Health

Stefan Bechtel



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Sexual health is something of an enigma for many of us. It is taken for granted when we have it and sorely missed when we don't. Furthermore, sexual health is assumed by so many of us to be automatic that we pay little attention to how it can be maintained. Here, more than in most other areas of health, people are often unaware of fundamental preventive measures they can follow to ensure healthy sexual functioning. This book specifically and skillfully fills this void. This is a well-designed, well-research volume that avoids technical jargon in favor of clear, accessible, easy-to-grasp information. Whether you read it cover to cover or simply put it on the bookshelf for use as a reference, you will find that this is indeed a user friendly book as well as a book that is loaded with immensely practical advice.

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