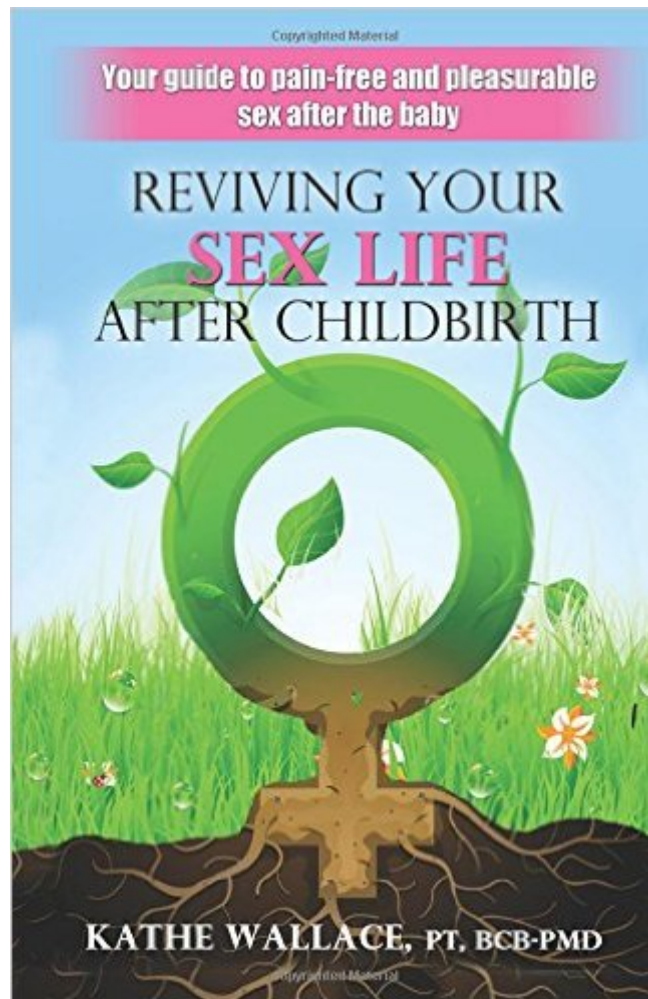


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# Reviving Your Sex Life After Childbirth: Your Guide To Pain-free And Pleasurable Sex After The Baby



## Synopsis

Reviving Your Sex Life After Childbirth helps post-partum women restore pain-free and pleasurable sex after childbirth. It offers practical physical therapy instructions and self-treatment tips on exactly what to do if sex hurts before you start, during, or after you are done. The graphics and instructions provide an easy to implement step-by-step approach. The book addresses the pelvic floor muscles, one of the root causes of post-partum sexual pain and provides proven long-term strategies to help you restore normal pelvic floor sensation and tone—a key component for pleasurable sex. A must read for all post-partum women, their partners, and the clinicians who care for them.

## Book Information

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Average Customer Review: 5.0 out of 5 stars— See all reviews— (6 customer reviews)

Best Sellers Rank: #487,450 in Books (See Top 100 in Books) #108 in Books > Health, Fitness & Dieting > Sexual Health > Women's Sexual Health #1403 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

Kathe Wallace, PT has dedicated her life to helping women recover their pelvic health after childbirth and her new book is a perfect gem that addresses that issue in a straightforward, updated and tell-it-like-it-is way. The information in this book is empowering and informative and for women suffering from painful sex after childbirth, offers real answers and strategies for healing. There are wonderful illustrations and clearly worded explanations for self-massage and pelvic floor muscle stretching and great resources to help in the journey. Wallace also takes the reader beyond the rehab aspect with her inclusion of what she refers to as Pelvic Floor Play, exercises that enhance sexual desire, so frequently overlooked. This book is also a must-have for any clinician who is involved in the care of post-partum women. It is of critical importance that once and for all, the musculoskeletal issues of the post-partum woman are acknowledged and that there are real solutions. Highly recommended!

Wow! Kathe Wallace writes about a topic that is of utmost importance but isn't readily discussed. Kudos to her for doing so and bringing to light the problem many women face and offering a practical and "doable" solution. Diminished sexual pleasure reaches beyond post-partum women so the strategies for strengthening the pelvic floor muscles is relevant to all women. I appreciate the specific and detailed guidance for becoming aware of pelvic health issues and then doing the exercises to restore pleasurable sex. I hope she'll write a second book just for menopausal women.

When dismissed from the hospital after childbirth, and even at your postpartum appointment, pelvic health is not discussed in much detail. Moreover, you are often unaware of any problems until months afterwards. Kathe's book is so helpful for women dealing with a sensitive and uncomfortable, but very important issue. Her healing and recovery techniques are explained and illustrated so well in her book. It has helped me immensely. Its a must have for all new moms!

Great succinct information that is so needed for our postpartum Moms (even if it's been years after having a baby). Thanks for your dedication to promoting women's health Kathe Wallace, PT.

This is a simple step by step guide on how to get you "mojo" back after childbirth. Ms. Wallace offers tips on how to relieve pain and how to regain a healthy sex life. Well done.

Kathe Wallace is a trusted PT in the field of pelvic floor physical therapy. This is an easy to read book for any woman who wants clear answers about the common issues post childbirth.

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