



159 Mistakes Couples Make In The Bedroom: And How To Avoid Them

Dr. Bea M. Jaffrey

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Fifty percent of couples are dissatisfied with their sex life. How do you keep the passion in a long-term relationship? This book is about common sex issues a couple may have, it gives advice and it offers solutions. Written by a doctor of clinical psychology with extensive knowledge about relationships and sex, this book is not only for couples but for everyone who wants to have a great relationship and a fulfilling love life and for health practitioners who want to know the most common issues couples bring to therapy. This book is about love and sex, myths and taboos, dysfunctions, problems and mistakes that people bring to therapy and how to avoid them. It is a self-help guide backed by current research to help people of all ages, from very young to old age, create healthy relationships and to achieve self-actualization.

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