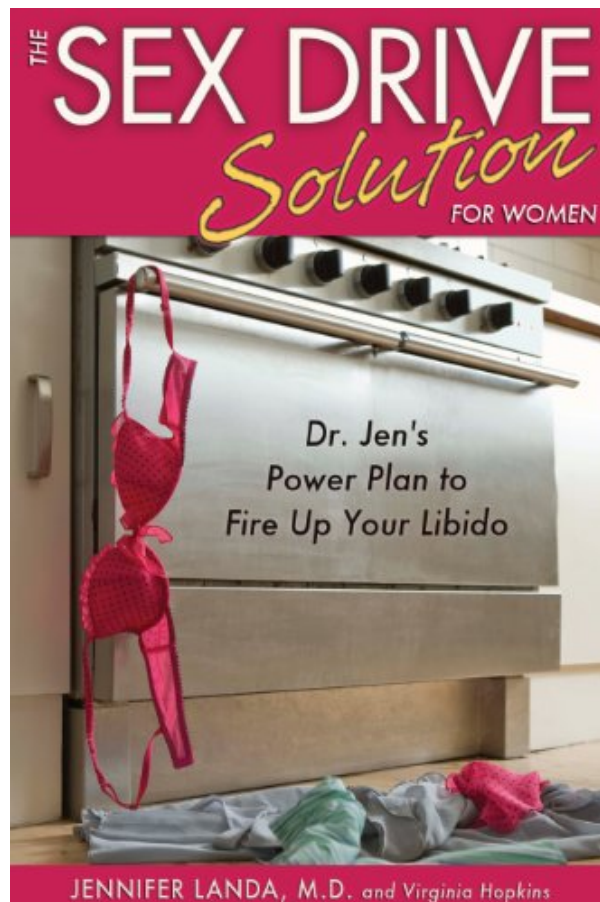
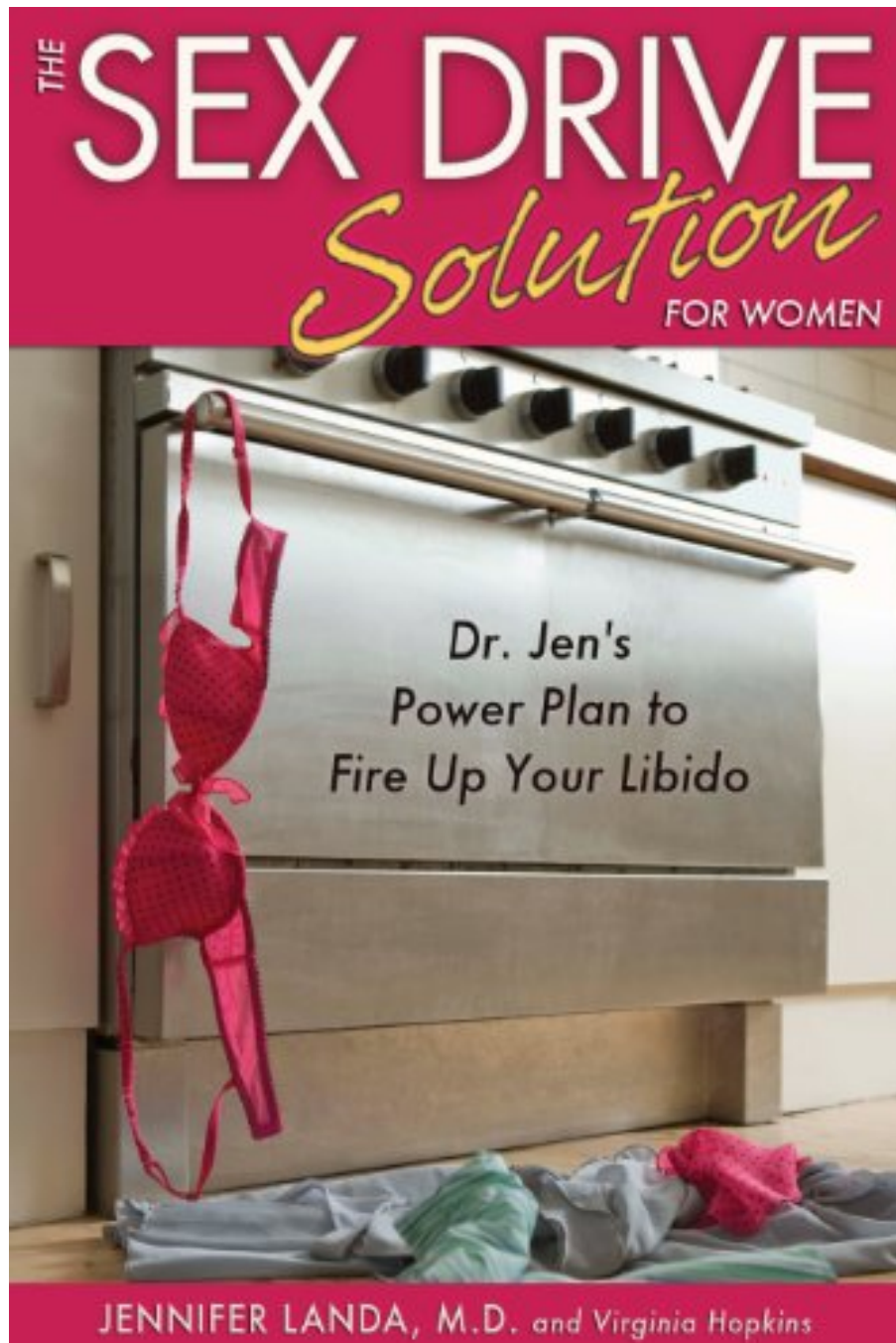


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Review

Jennifer Landa, MD is a brilliant, insightful and caring physician and a leading educator of other doctors. I would recommend the Sex Drive Solution to any woman who's looking for the ultimate how-to book on restoring a lost libido. Dr. Landa combines her medical training and patient experiences to cover all the bases, from hormones and hot flashes, to herbal aphrodisiacs and relationship issues. --Ron Rothenberg, MD Founder, California HealthSpan Institute, Author, Hormone Optimization in Preventive/Regenerative Medicine

About the Author

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After a decade working as a traditional Ob/Gyn, Dr. Landa realized she wanted more—for her patients and herself. She spent two years becoming certified in Anti-Aging and Regenerative Medicine, with an emphasis on hormones and nutrition. She specializes in helping women restore their energy and their sex lives, and is the Chief Medical Officer of BodyLogicMD. Dr. Landa regularly speaks to physician and lay audiences on the subject of female sexuality and hormone balance.

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PDF

Dr. Jen doesn't only talk about weight management, renewed energy and sexual vitality for women over 40 - she is a living, breathing example that all of that and more are possible. The Sex Drive Solution is a wealth of information not only from an expert doctor, but a woman, a wife, a mother who has walked a mile in your shoes.

Sex Drive Solution offers women of all ages the chance to learn what is happening to their bodies, why sex isn't over after 40 and how to reinvent their love lives in every stage of life. Using her expertise as an OB/GYN and now a pioneer in bioidentical hormone therapy, Dr. Jen shares real life stories of patients who have re-ignited their sex-lives and experienced complete wellness transformations with renewed energy and zest for life! Applying The Sex Drive Solutions, women can stop dreaming and start living sexier and happier than they ever believed possible.

Part doctor, part cheerleader, part coach, Dr. Jen's Sex Drive Solution helps women set and achieve realistic goals to "Get Your Sexy Back and Keep It!"

- * Secrets to mid-life weight loss
- * The key ingredient for amazing sex at any age
- * Creative ways to revive a bored libido
- * A Libido Quiz to help you find the sex sinkers in your life
- * Answers to, "What if it's him, not me?"
- * The truth about hormones from a leading expert
- * The best remedies for rekindling desire (and which ones to avoid)
- * Proven techniques to revive energy and kiss chronic fatigue good-bye

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Most helpful customer reviews

30 of 32 people found the following review helpful.

I don't quite hate this book, but it's really close...

By C. S.

I feel a little sheepish having spent money on a book that suggests eating right, exercising, and using sex toys/porn to ramp up a sagging libido. Really? Isn't eating right and exercising the first answer to almost ANY health related question?? OK, so maybe the sex toys and porn aren't always on the list, but still, this information is so basic as to be embarrassing.

There was absolutely nothing in here that could not have been found with a two second Google search on increasing women's libido. Definitely save your money on this one.

15 of 18 people found the following review helpful.

Great info for all women, married or single!

By ShelleyZ

Dr. Jen has written the book we've all been waiting for: aspects of how our bodies work especially in regard to being female, how bio-identical hormones work and what we can do to help ourselves using her nutritional and life-style recommendations. She explains it in an easy-to-read format, well laid out so I can re-read things that are important to my well-being.

Men should read the book too because it will help to make relationships stronger, making the entire family happier and healthier.

I am a post-menopausal patient of Dr. Jen's although I live 4 hours away from her office and see her when necessary. It is worth the time and trip to learn more about myself and how I can live a longer, healthier and more satisfactory life. She is helping me to be a more vital woman and physically feel better than I have in years, my skin is great with the bio-identical hormone treatments I use and nobody believes I am 65 years young. I feel rejuvenated! Thanks, Dr. Jen.

15 of 18 people found the following review helpful.

Thanks for the HOT tips!!!

By Dani Cee

I am nowhere near menopause and I haven't even had my first child, but this book has given me (and my husband) some helpful hints that really spiced things up. For once, a book written from someone who is a board-certified medical doctor, not some self-proclaimed sexpert! I prefer to get my information from someone who is not only experienced, but truly knowledgeable. This book not only offers helpful tips on what to eat, how to exercise and the best ways to make time between the sheets better - it is a credible resource for many of the woes of women's health. It is a book you will want to keep handy for years to come, through every stage of life this book will offer the what, why and how of sexual health and women's health, in general. Thank you Dr. Jen for voicing your expertise for all women to read!

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