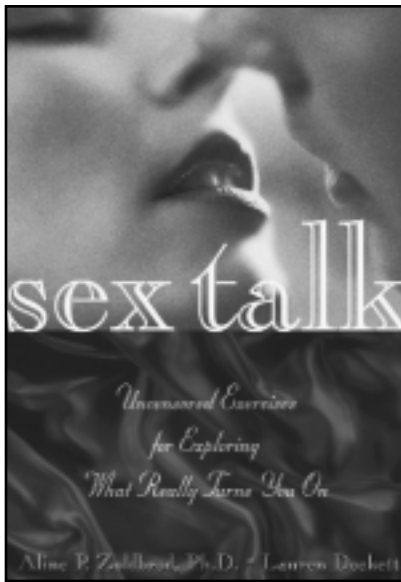


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*We are pleased to announce the publication of . . .*



# SEX TALK

Uncensored Exercises for  
Exploring What Really Turns  
You On

Aline P. Zoldbrod, Ph.D. &  
Lauren Dockett

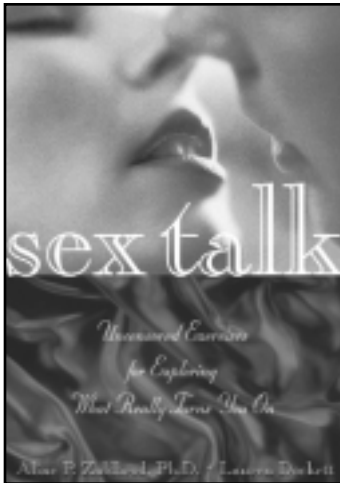
What is the key to great sex?  
Talking about it

*Please consider this helpful new book for review,  
for excerption, and for your booklist.*

SEX TALK  
ITEM SEXT ISBN 1-57224-286-8, (PAPER), \$12.95, 162 PAGES  
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Sex Talk is a recipe for great sex, combining the physical acts—like sexual positions and body image—with the emotional ingredients, then adding a dash of spice and intimacy. The exercises described are sure to turn your sex life into a gourmet experience.

—Deb Levine, M.A., sex and relationship expert  
Ask Delilah of Oxygen media and author of *The Joy of Cybersex*

Talking about sex not only makes us hot, but also dissolves fears and inhibitions, enhances intimacy, fuels desires, helps us realize our fantasies, and creates a trusted space where we can explore new sexual possibilities together with our partners. Talking about sex will not, as some people fear, ruin the fun of sex, or lead couples to dangerous and divisive ground. Not, that is, if it's done correctly.

In this steamy collection of the 50 best sex talk techniques, sex-positive authors Zoldbrod and Dockett teach us all the right ways to understand what we really want from our sexual experiences, and how to best communicate these desires to our partners. By combining these techniques with sexy illustrative stories, they show readers how to:

- Explore what really turns them on;
- Deepen their sexual experiences through intimate talk;
- Banish their sexual inhibitions;
- Jump start their sex life with hot talk and play;
- Talk dirty all the way through the act.

It makes no difference if you've been with your partner for twenty weeks or twenty years, what your sexuality is, or if you're married, living together, or just starting out in your relationship. Everyone who masters the techniques in *Sex Talk* will open a door to hotter, better sex, more sexual self-confidence, and a sexual relationship grounded in truth and understanding.

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## *Suggested Interview Questions for*

### SEX TALK

1. You say that there are wrong and right ways to talk about sex. What are some of the wrong ways and what problems can they cause?
2. What are some of the right ways and what benefits do they offer?
3. What are "loving critiques?"
4. It's often hard for couples to share their sexual history with each other. What are some things you recommend for doing this and how can they lead to better sex?
5. You have a chapter called "From Shy to Shock-Free." What are a few things you recommend for breaking down inhibitions and making sex more exciting?
6. What are "sexual ghosts" and how do they get in the way of satisfying sex?
7. What is the "secret goal exercise?"
8. You offer a "recipe for good kissers." What are some of the ingredients of a good kiss?
9. What affect does body image have on sex and what is the "body comfort trinity?"
10. What is the Panda Syndrome?

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## *About the Authors of*

### SEX TALK



**ALINE P. ZOLDBROD, PH.D.**, is an American Board of Sexology Diplomate, an AASECT certified sex therapist, and a licensed psychologist who for more than thirty years has helped hundreds of men and women learn to communicate their needs and find sexual fulfillment. Author of the award-winning *Sex Smart: How Your Childhood Shaped Your Sexual Life and What to Do About It*, and *Men, Women and Infertility*, she is a frequent contributor to [www.sexualhealth.com](http://www.sexualhealth.com) and [www.hisandherhealth.com](http://www.hisandherhealth.com). Dr. Zoldbrod sees individuals and couples for sex therapy in her private practice in Lexington, Massachusetts, and her model of healthy sexuality can be found on her Web site, [www.sexsmart.com](http://www.sexsmart.com).



**LAUREN DOCKETT**, is a professional writer and reviewer. The author of *The Deepest Blue: How Women Face and Overcome Depression* and coauthor of *Facing 30: Women Talk About Constructing a Real Life and Other Scary Rites of Passage*, her erotica and relationship stories have been anthologized in the collections *Uniform Sex* and *The Moment of Truth*.

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## *What's Been Said About*

### SEX TALK

"If you're tired of books that tell you WHY communication is vital to sexual relationships, but stop short of explaining HOW, it's time for *Sex Talk*. The authors use explicit scenarios, scripts, and easy exercises to help readers learn to express their sexual desires. Take this book's message to heart and you'll experience deeper intimacy, renewed desire, and a soaring sexual self-esteem."

—Anne Semans, author of *The Mother's Guide to Sex* and  
*The Good Vibrations Guide to Sex*

"The exercises in this book are wonderful. There are dozens of stories and ideas usable by people curious to explore their own sexual lives, and by sex therapists and sex educators."

—Lenore Tiefer, Ph.D, author of *Sex Is Not a Natural Act*, and  
Clinical Associate Professor of Psychiatry at the New York  
University School of Medicine

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