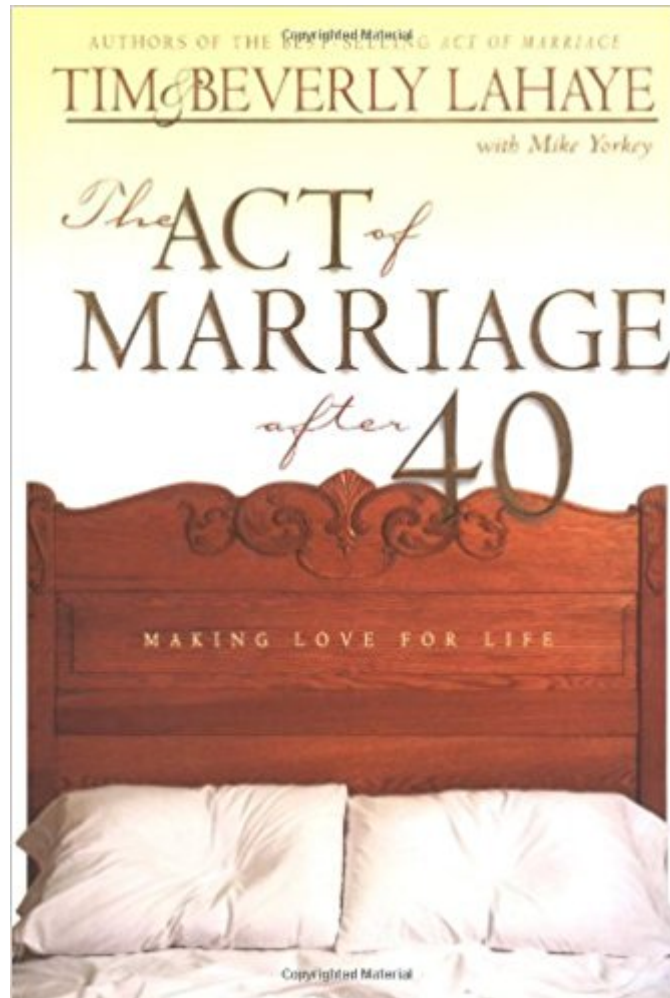




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# The Act Of Marriage After 40



## Synopsis

Yes, lovemaking does change after 40, but it is still the most thrilling experience two married people of the opposite sex can experience on this earth! In this practical, fun-to-read, illustrated guidebook, Tim and Beverly LaHaye cover a broad spectrum of key topics and show married couples how to experience a more satisfying and joy-filled sex life long after age 40. Millions of married couples have questions about sexual intimacy. Yet all too often, their questions go unasked . . . or unanswered. This easy-reading, medically sound book candidly addresses issues of intimacy. Does sexual desire actually reverse with aging? How does menopause affect a woman's sex drive? How can exercise and nutritional supplements improve our sex life? Is there such a thing as male menopause? What can we do to put more spark into our lovemaking? You'll learn about sexual desire and dysfunction. Understand the risk and temptation of extramarital affairs. Gain a better understanding of menopause and the dangers of breast and prostate cancer. Learn how to prepare for, and adjust to, physical changes affecting lovemaking. You and your spouse can rekindle that sexual spark in your marriage--or build even stronger intimacy and commitment.

## Book Information

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## Customer Reviews

The Act of Marriage After 40: Making Love for Life by Tim and Beverly LaHaye with Mike Yorkey is a practical, no-nonsense guidebook that will teach married couples to have a more satisfying sex life in middle age and beyond. A follow-up to their successful Act of Marriage, the topics covered in this book are based on the results of a comprehensive survey investigating the sexual issues that are most important to older Christian couples. Although the LaHayes say their research indicates that

"the frequency of sex is reduced by advancing age," they make a convincing case for their belief that "the meaning of the act of marriage can be enriching, more satisfying even with the passage of years." Each chapter of the book explores topics such as menopause, erectile dysfunction, breast cancer, prostate cancer, and the temptation of extramarital affairs. The LaHayes also provide a number of strategies for jump-starting stalled sex lives. Some of these strategies are atmospheric (men will learn that "items that stir a woman's senses are a bouquet of flowers, a bowl of fresh fruit, or 100-gram bars of Swiss chocolate (chocolate has been known for its aphrodisiac qualities for centuries).") Other strategies are more technical. (Various sexual positions are described, and although the LaHayes "do not personally recommend or advocate oral sex," they "see no biblical grounds to preclude two married people from enjoying the practice.") The Act of Marriage is a passionate exploration of an important subject, and its advice will help many married couples practice sexual faithfulness to one another as an expression of Christian faith. --Paul Power

Stress, aging and illness can contribute to a flagging sexual relationship for men and women after age 40. But the LaHayes, whose 1976 2.5-million-copy bestseller, *The Act of Marriage*, made it more permissible for evangelical Christians to discuss sex openly, say that combining the correct frame of mind with a few basic techniques can make the middle to golden years the richest and most sexually fulfilling. The husband-and-wife team (writing with Mike Yorkey, former editor of *Focus on the Family* magazine) cover the spectrum of sex and aging by discussing both male and female menopause, fluctuations in sexual desire, erectile dysfunction, breast and prostate cancer, common temptations and the importance of maintaining good health to enhance peak sexual performance. They offer practical tips and suggestions for the bedroom, demonstrating how spirituality affects sexual intimacy. Specifically, the authors advise couples to work on cultivating a warm relationship before entering the bedroom. They should take time to make thoughtful physical preparations and choose surroundings that are comfortable for both partners. Foreplay should offer a gentle touch, and intercourse involves finding those positions most conducive to mutual pleasure. The authors include a fascinating survey of approximately 800 men and women who answered 71 questions on their sexual history, satisfaction and habits. Each chapter is worthy of thoughtful, careful reading, offering hope to "over-40" married Christian couples. Copyright 2000 Reed Business Information, Inc.

The book arrived in perfect condition. I feel everyone should take the time to read this book, it is very informative. I read "The Act of Marriage" a few years ago, and because I'm preparing for

marriage, I decided just to see if an updated version was available, and I'm totally satisfied and I highly recommend it! Ann-Marie

Very good book.

This book is ok if your marriage is rocky and it is focused on the sexual intimacy side of things. It was a good read but not as helpful as I thought it may have been. I guess I was looking for more scripture reference than professional counseling surveys.

Very informative. Would recommend to other couples :)

great book and delivery on time!

This book was recommended to me by my religious leader and I have passed it on to two other couples who have been very pleased with it. The subject is dealt with in a respectful and thorough way.

Fantastic read. Book was in Great conditioned when it arrived. THANK YOU! -Dee

We are always looking for ways to revitalize our marriage. Tim and Beverly are a great inspiration for Christians. Thanks!

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