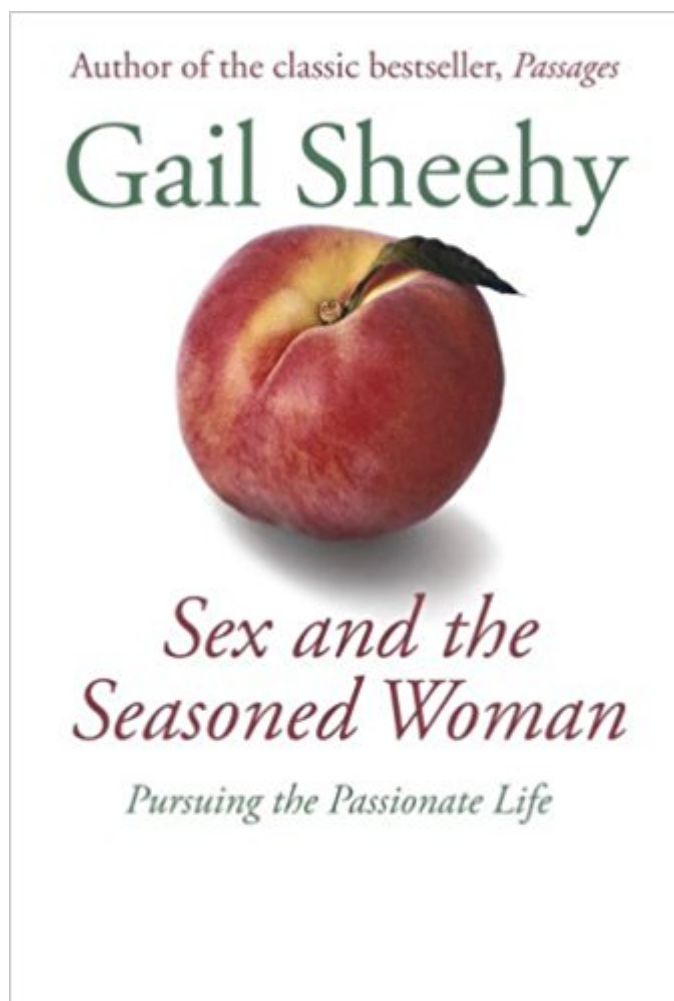


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# Sex And The Seasoned Woman: Pursuing The Passionate Life



## Synopsis

A seasoned woman is spicy. She has been marinated in life experience. . . . She can be alternately sweet, tart, bubbly, mellow. She can be maternal and playful. Bossy and submissive. Strong and soft. . . . The seasoned woman knows who she is. She could be any one of us, as long as she is committed to living fully and passionately in the second half of life. In her most groundbreaking work since *Passages* and *The Silent Passage*, bestselling author Gail Sheehy reveals a hidden cultural phenomenon—increased vitality in women—as sex and love lives after fifty. *Sex and the Seasoned Woman* is the story of an intimate revolution taking place under our very noses. Boomer generation women in midlife are open to sex, love, dating, new dreams, exploring spirituality, and revitalizing their marriages as never before. This is a new universe of passionate, liberated women—married and single—who are unwilling to settle for the stereotypical roles of middle age and are now realizing they don't have to. As life spans grow longer and as societal constraints continue to loosen, older women—once free of the exhausting demands of young children, needy husbands, and demanding careers—find themselves ready to pursue the passionate life. They embrace their “second adulthood” as a period of reawakening. Written in Sheehy's singularly compelling style, combining interviews and research, this book gives voice to more than a hundred fascinating and colorful women. The inspiring stories tell of wives who reinvigorate their marriages after their children leave the nest as well as divorced, widowed, and long-single women who find new dreams and new loves. Sheehy delineates a crucial link between cultivating a new dream and reopening the pathway to intimacy and sexual pleasure. She also examines the latest medical breakthroughs addressing symptoms that have unnecessarily curtailed women's sex lives. From women who find their sexuality reawakened by a younger lover, to couples whose marriages survive health crises and grow stronger, to women who finally find a soulmate in their sixties, to stories from seasoned sirens in their seventies, eighties, and even nineties, these portraits cover an enormous range of experience. In them, Sheehy locates the universal patterns that enable us all to recognize and understand our own lives.

## Book Information

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## Customer Reviews

Sheehy, a self-described seasoned woman, set off in search of others like herself. Her premise? There's "a new universe of lusty, liberated women, some married and some not, who are unwilling to settle for the stereotypical roles of middle age." Aside from the question whether the 200-odd women she contacts constitute a representative universe, her claim is hardly revelatory. Older women (especially Europeans) have known from time immemorial that age has nothing to do with desire and an urge to live passionately. What makes a difference these days is the opportunities afforded by online dating sites. Short on research, Sheehy, best known for *Passages*, makes do by stringing together colorful stories of the women she interviews, drawing inflated conclusions from their lives and claiming it all as part of yet another passage (will it ever end?) to Second Adulthood, with phases like "the Romantic Passage" and "Soul Seeking." The book's most chilling bit of information: you really do lose it if you don't use it. But take heart, ladies; Sheehy provides the name of a doctor who employs a nonsurgical method of rejuvenating the vagina, making it just as pink and open as it was when you were... that's right, young. (On sale Jan. 10) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Famous for her 1976 book *Passages* and her compelling portraits of political figures for *Vanity Fair*, Gail Sheehy sets out to take the temperature of the Baby Boom's libido. Unfortunately, critics feel she has lost her grip on the zeitgeist. It seems that the author is the only one surprised that postmenopausal women are still having sex. The all-female cast of reviewers seems miffed that the book contains so little prurience on the part of Sheehy; further confirming her premise, if not her strategy. Maybe this is a useful book for those Sheehy classifies as WMDs (Women Married, Dammit) or LLs (Lowered Libidos), but the feeling is that most women have covered this turf already. Not that the critics are fooled; they begrudgingly admit that Sheehy will own the talk-show

circuit for years to come on the back of this cunningly marketed book. Copyright © 2004 Phillips & Nelson Media, Inc.

I'm a guy. My absolute favorite quote is one excerpted from this book: about soul-mates being forged, not found (top of p.245). I saw it somewhere, never having read the book. I quoted this so many times, I finally bought the kindle version of this book, just to be able to find the quote... and, in searching, found many references to soul mates... and wound up being hooked at reading swaths of the book. It's title may target women, but I have news - much of this reads very generically to me. Good stuff, Gail!

I had so much fun reading this book. Gail Sheehy writes eloquently, yet humorously, about how to pursue a passionate life when this culture seems ready to put most of us over 50 to pasture... The stories she shares are uplifting and show how many women that aren't ready to be pushed to the side as "women" come to life again. I highly recommend every woman that thinks "it's over.." to think again! Read the book. :-)

It is a myth that after 50 or 60 women are uninterested, this book points out this fallacy. It is a book that is empowering to women over fifty and forget what you think you look like, we are all sexual creatures.

Very good and readable book. Book was as described. Very pleased

It's about time someone with authority spent time researching the reality of sex after age 50 for women like us who have wondered if our continued sensuality is a perverse joke on the universe. If you're younger than 30, look at your grandparents; they're probably still having sex and loving it. Ah, life is still good when you're in your 60s! Write in Style: Using Your Word Processor and Other Techniques to Improve Your Writing

This book has changed the way I will live the rest of my life. At 46 I basically thought life was over. This book gave me a new reason to pursue a passionate life.

I love this book because it helped me to see that I am not alone in this world of the seasoned woman and helped me to realize that life goes on and should be lived fully, vibrantly until the end.

This book is insightful for both sexes and should be mandatory reading for any relationship-its a game changer

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Passionate Journey into the Heart of her Faith

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