



Kein guter Sex ohne Unlust: Aus dem Alltag einer Sexualtherapeutin (German Edition)

Beatrice Wagner

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Sexuelle Unlust ist in Deutschland eher die Regel als die Ausnahme: Jeder Zweite ist Umfragen zufolge mit seinem Sexualleben unzufrieden. Oft heißt es „der Lack ist ab“. Die Sexualtherapeutin Beatrice Wagner akzeptiert diesen Grund nicht. Für sie liegt in der Flaute im Bett die Chance, den eigentlichen Ursachen auf die Spur zu kommen. Oft liegt es einfach daran, dass nie über die Wünsche im Bett kommuniziert wurde. Oft stecken auch Verletzungen in der Partnerschaft hinter der Lustlosigkeit. Wer diese Entdeckungsreise ins Ich antritt, erschließt sich ungeahnte Möglichkeiten zu einer neuen Lust, die dann intensiver wird als je zuvor. Anhand zahlreicher Geschichten aus ihrer Beratungspraxis illustriert die Autorin, was die häufigsten Lustkiller sind und wie das Intimleben wieder angefacht werden kann.

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