



# **Younger (Sexier) You: Enjoy the Best Sex of Your Life AND Look and Feel Years Younger**

*MD Eric R. Braverman, RPA-C Ellie Capria*

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Just as he used the latest brain science to help tens of thousands reverse the effects of aging and achieve lasting weight loss, Dr. Eric Braverman now uses the most up-to-date research on hormones and the brain to explain how great sex contributes to great health, and vice versa. He explains that sexual plays a huge role in keeping us young, fit, and healthy--helping with everything from cognitive function to stress reduction to appetite control. It has even been shown to increase levels of hormones that protect against infections and cancer. Furthermore, preserving a good sex life is an important factor in maintaining a loving relationship and curbing the urge to stray that can lead to unfaithfulness and disappointment.

Beginning with a discussion of the brain and an explanation of sex codes, or how individuals personally view and approach sex, and a quiz to help each reader determine her specific sex code, Braverman looks closely at the major hormones involved with sexual activity and explains how to make permanent changes to four main areas affected by the aging process: libido, creativity, stamina, and satisfaction--for an additional 7-10 years of great sex.

With information and advice to address the health concerns of men and women alike, *Younger (Sexier) You* will help every couple achieve greater pleasure and intimacy; showing them that the most effective way to remain young and sexy just might be the most pleasurable.



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