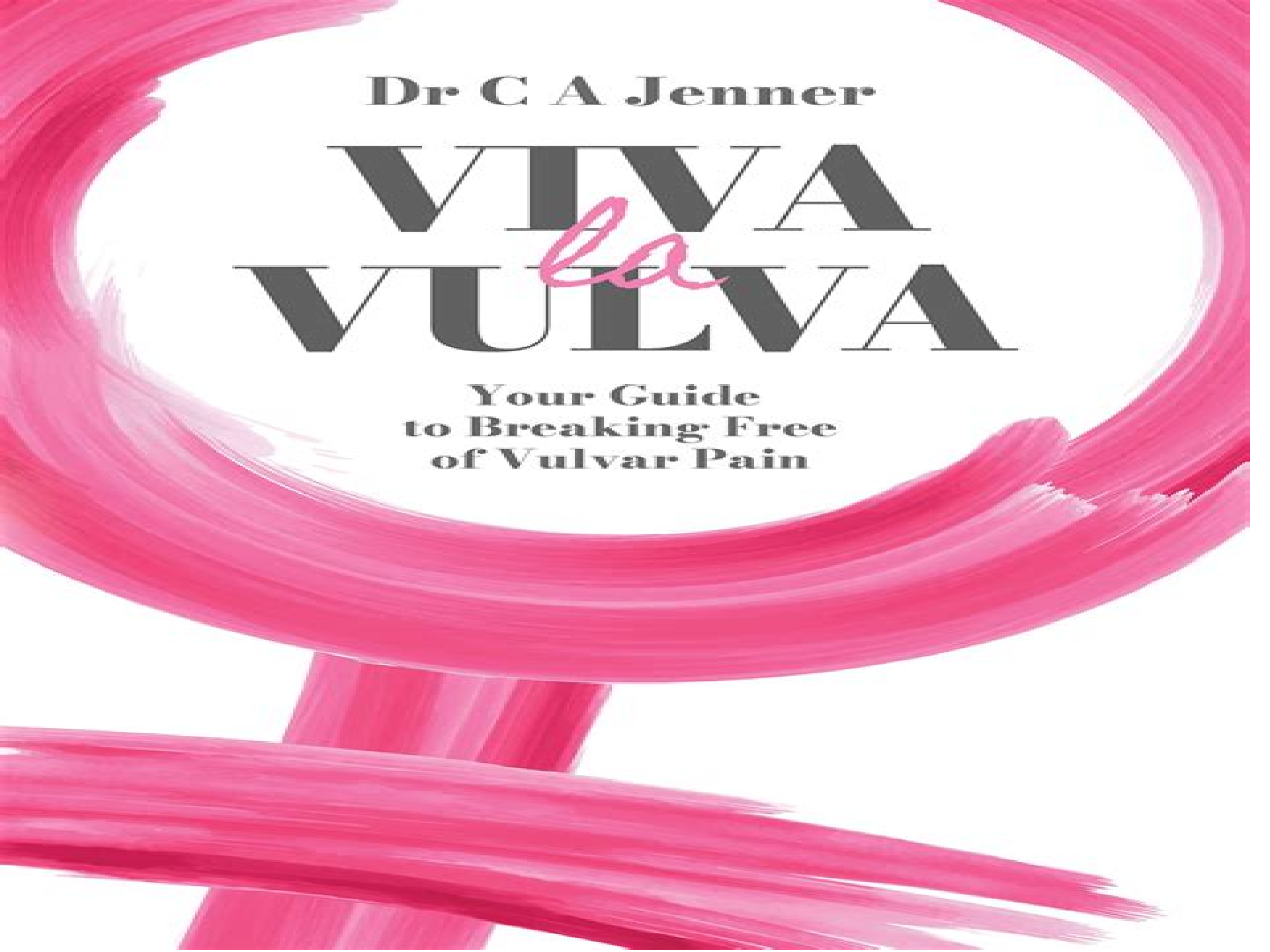


The background of the entire image is composed of thick, expressive pink brushstrokes. A large, circular stroke frames the central text, while several horizontal strokes are at the bottom, creating a sense of movement and artistic flair.

Dr C A Jenner

VIVA
la
VULVA

**Your Guide
to Breaking Free
of Vulvar Pain**

Viva La Vulva Resource Guide

R. R. Bowker LLC



Viva La Vulva Resource Guide:

Viva la Vulva Dr. Christopher Jenner, 2022-05-11 Up to 16% of women experience vulvodynia at some point in their lives regardless of age ethnicity or socioeconomic group The pain of vulvodynia can upend relationships and turn daily life into a nightmare Then there is the stigma that vulvodynia carries Many women are embarrassed to discuss vulvar pain with their doctors and the taboo on women s health topics doesn t help A lack of open discussion means that thousands of women worldwide are suffering in silence with no hope of a cure But the idea that you have to suffer in silence is a lie There are plenty of ways to treat vulvodynia and with help it s 100% possible to take back control of your life and relationships In this book was written for you by practicing physicians pelvic physiotherapists and scientists with years of experience to smash the stigma and empower you with the knowledge you need to rid yourself of vulvar pain *Cumulative List of Organizations Described in Section 170 (c) of the Internal Revenue Code of 1954* , *Learning AIDS* , 1989 *Current List of Medical Literature* , 1953 Includes section Recent book acquisitions varies Recent United States publications formerly published separately by the U S Army Medical Library *Girlfriends* , 1999 **Current List of Medical Literature** , 1953

Finding and Revealing Your Sexual Self Libby Bennett, Ginger Holczer, 2010-04-16 Finding and Revealing Your Sexual Self integrates case studies and Sexercises designed to enhance the information in each chapter The tone of the book is one of compassion with a common sense approach that takes into account various sexual orientations Special Sexual Healing sections are dispersed throughout containing relevant questions and answers relating to the difficulties that arise in different areas of sexuality and communication The methods used in the book are tried and true exercises successfully used by the authors in couple and individual therapy Finding and Revealing Your Sexual Self helps readers to become sexually self aware and able to share this awareness with their partner while providing the tools to discuss sex with professionals if necessary

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