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I'm Not in the Mood: What Every Woman Should Know About Improving Her Libido

Judith Reichman

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The "hormone of desire," testosterone, acts on the brain to stimulate sexual interest, sensitivity to sexual stimulation, and orgasmic ability in both sexes. The amount of testosterone circulating in a woman's blood declines by about 50 percent between her twenties and fifties. The most common complaint associated with this decline is a seemingly unexplainable decrease or loss of sexual desire and enjoyment.

In *I'm Not in the Mood*, Dr. Reichman reveals the effectiveness of small doses of testosterone in reviving sexual desire and pleasure for women. Questions answered and topics discussed include:

- Why and when do women make male hormones?
- Where do all our male hormones go?
- Behavior, life changes, and medical problems that affect our libido
- Medications that affect our libido
- Will creams, pills, lozenges, patches, or shots help?
- When you should see a psychiatrist, psychologist, or sex therapist
- How to discuss libido issues with your doctor
- How to reach your biologic sexual potential

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