

**NO MORE CLUELESS SEX**  
**10 Secrets to a Sex Life that Works for Both of You**  
By Gail Wyatt, Ph.D. and Lewis Wyatt, M.D.  
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*"Brings together the physical, mental, social and spiritual aspects of sexual health as perhaps only the Wyatt team could . . . a tremendous contribution. "*

*-- David Satcher, M.D.*

*Former Surgeon General, United States Public Health Service*

*"A book that will help couples have an open and honest dialogue about one of the most difficult topics to talk about in a relationship – sex. Their years of practical work in the field is evident as they handle in a compassionate and informed manner a whole array of sensitive and difficult issues that face young and old alike trying to develop health sexuality and healthy relationships."*

*-- Helene D. Gayle, MD MPH*

*Director, HIV, TB and Reproductive Health*

*Bill and Melinda Gates Foundation*

## **NEW BOOK REVEALS SECRETS TO A SATISFYING SEX LIFE**

### **Renowned Sex Therapists Explain How People Can Get The Love They Want By Educating Themselves About Their Bodies, Relationships, Obsessions, and More**

Sex is a part of everyone's life, yet it's a topic that is often not discussed – and one around which many myths swirl. Through their separate practices, Gail Wyatt, Ph.D., a clinical psychologist and sex therapist, and Lewis Wyatt, M.D., an obstetrician/gynecologist, have spent more than thirty years helping thousands of people achieve more fulfilling sex lives and relationships. They've seen nearly every sex and relationship problem imaginable, and have worked with adults of all ages, couples and singles, and adolescents and families. In their new book, **NO MORE CLUELESS SEX: 10 Secrets to a Sex Life that Works for Both of You** (Wiley, October 2003), they share their years of experience and wisdom and show how to achieve the self-awareness that's necessary for achieving a sex life that works.

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"All successful major breakthroughs in sexual pleasure and relationships begin with self-awareness," the Wyatts write. "With sufficient self-knowledge and an understanding of what sex is about, you can unblock obstacles to your pleasure – without risking emotional or physical health – and rescue any relationship worth saving." In **NO MORE CLUELESS SEX**, they explain that clueless sex is sexual activity in the absence of informed self-awareness. And they describe the ten basic patterns of cluelessness – outlining the dangers of each, and offering step-by-step advice for developing the self-knowledge needed to break free of them. These patterns include:

**Clueless Assumptions:** Most people are in the dark about how their bodies work before, during, and after sex. Rather than addressing the mechanics of sex, here the Wyatts explain how individuals can figure out what arouses them.

**Clueless Quickies:** In a fast-food, fast-paced world, the epidemic of quick sex is not surprising. The authors explain the dangers of a diet of quickies, as well as the physical problems quick sex may be masking – and introduce an alternative.

**Clueless Lies:** Faking pleasure can become addictive, argue the Wyatts, and they explore how to begin facing the truth.

**Clueless Use of High-Tech Sex:** From vibrators to phone sex services, cybersex, and pornography, a range of high-tech stimulation is now available. The authors explain the limitations of these technologies.

**Clueless About the Body's Potential:** Sexual dysfunction and physical disability is often seen as the end of sex. The authors disagree. "Don't give up trying when your body won't do what you want. Sexual pleasure is always possible," they write.

**Clueless Use of Drugs:** From not knowing the side effects of birth control pills on sex drive to ignorance about the influence of alcohol on sexual performance, this may be the most widespread area of clueless sex in today's society. The authors share the information people need to know.

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**Clueless Pain:** Here, the authors discuss people who believe they need to be hurt, or to inflict pain, in order to experience sexual pleasure. They explain how understanding one's sexual history makes it possible to avoid repeating dangerous patterns.

**Clueless Victims:** People who are vulnerable and needy for love and sex tend to attract sexual predators. The authors explain how to identify this pattern – and the predators – before it's too late.

**Clueless About Grief and Stress:** People often slip into impulsive liaisons for comfort – with unintended long-term consequences. The Wyatts emphasize needing to recognize one's own vulnerability in order to avoid being hurt.

**Clueless Obsessions and Commitments:** For some, sex can be a compulsion. The authors explain how medication and psychotherapy can help.

With dozens of examples from their own case files and helpful self-tests, the Drs. Wyatt walk readers through the process of achieving the self-awareness necessary for greater intimacy. In addition, **NO MORE CLUELESS SEX** shares their ten rules for a healthier sex life – including Rule 3 "Clear out bad influences," and Rule 7, "Control your own sexual boundaries."

"Self-knowledge is crucial to happiness," write the Drs. Wyatt. **NO MORE CLUELESS SEX** explains how to understand oneself through understanding one's sexual history, and sets readers on the road to better relationships.

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#### **ABOUT THE AUTHORS**

**GAIL WYATT, PH.D.** is a sex therapist in private practice and a Professor of Psychiatry and Behavioral Science at UCLA. The author of more than 100 professional publications and books, including *Stolen Women*, she has appeared on television and had her work profiled in many magazines, including *Essence*, *Ebony*, *Self*, and *Vogue*. She has received numerous awards and honors for her scientific accomplishments, mentoring, and teaching.

**LEWIS WYATT, M.D.** is an obstetrician/gynecologist and sex therapist in private practice. He has taught residents in Martin Luther King and Cedars Sinai Medical Centers in Los Angeles and served as a medical consultant on television and radio.

Husband and wife for thirty-eight years, the Drs. Wyatt have two adult children, one grandchild, and reside in Beverly Hills.