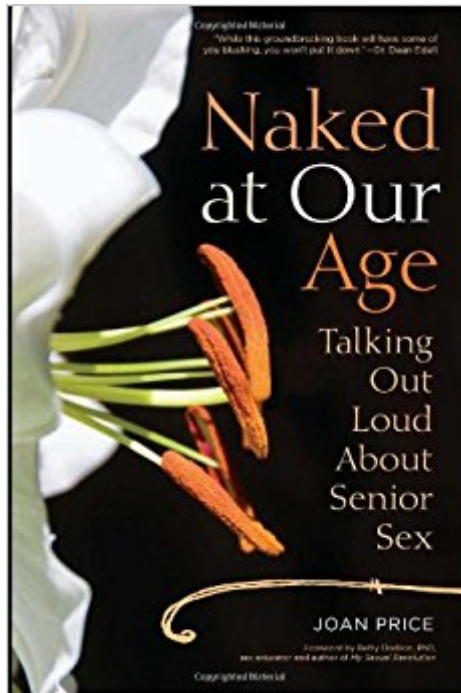


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# Naked At Our Age: Talking Out Loud About Senior Sex



## Synopsis

Joan Price is talking out loud about later-life sexuality. With a foreword by Betty Dodson, *Naked at Our Age* candidly addresses senior sexuality in all its colors—the challenges, disappointments, and surprises, as well as the delights and the love stories. *Naked at Our Age* gives people over fifty a voice to tell stories of their past and present sex lives, ask questions, and get straightforward advice and information from experts. No topic is off-limits. In *Naked at Our Age*, women and men—coupled and single, straight and gay—talk candidly about how their sex lives and relationships have changed with age, and about how they see themselves, their partners, or their single life. Many are having unsatisfying sex, or no sex at all, and are seeking advice. Price presents their personal stories, and follows up with tips from sex therapists, health professionals, counselors, sex educators, and other knowledgeable experts. Named "Outstanding Self-Help Book" of 2012 by the American Society of Journalists and Authors and winner of the 2012 Book Award from the American Association of Sexuality Educators, Counselors, and Therapists, *Naked at Our Age* is an entertaining and indispensable guide to handling and understanding the issues of senior sex and relationships.

## Book Information

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## Customer Reviews

*Naked at Our Age: Talking Out Loud About Senior Sex* is the 2012 recipient of the American Society of Journalists and Authors Service/Self Help Award. Hang on, because *Naked at Our Age* breaks all the barriers and goes where ordinary books on this subject dare not. Some readers may be shocked . . . and others delighted by this bold . . . and uncensored approach. The message is

clear: As far as sex in the senior years goes . . . the best is yet to come." Dr. Dean Edell, M.D., Emmy-award-winning host of the Dr. Dean Edell Program and author of the best-selling book *Eat, Drink and Be Merry*; Told through the voices of real people interspersed with great advice from smart professionals, *Naked at Our Age* is an important resource for anyone who wants to keep pleasure and sensuality in their lives . . .

Candida Royalle, pioneer of woman-friendly erotica and author of *How to Tell a Naked Man What to Do* "[W]ith irresistible enthusiasm, Joan Price tackles outdated expectations and promotes new ways to celebrate sexuality throughout the later years.

Peggy Brick, president of the Sexuality and Aging Consortium at Widener University and co-author of *Older, Wiser, Sexually Smarter: 30 Sex Ed Lessons for Adults Only* "[T]he impact of the book is as much inspirational as it is educational.

Pepper Schwartz, PhD, author of *Prime: Adventures and Advice on Sex, Love, and the Sensual Years*

Author and speaker Joan Price calls herself an "advocate for ageless sexuality." She has been called other things by the media: "senior sexpert," "the beautiful face of senior sex," and her favorite, "wrinkly sex kitten." At age sixty-one, Price wrote *Better Than I Ever Expected: Straight Talk about Sex After Sixty* (Seal Press, 2006) to celebrate the delights of older-life sexuality; especially her spicy love affair with artist Robert Rice, who became her husband. Five years later, after questions and comments from hundreds of readers about their own senior sex lives, she is following up with *Naked at Our Age*. Formerly a high school English teacher, Price is also a fitness professional who believes that exercise should be a treat, not a treatment. She has written several books about health and fitness, including *The Anytime, Anywhere Exercise Book: 300+ Quick and Easy Exercises You Can Do Whenever You Want*. Price teaches popular contemporary line dancing classes (which she calls "the most fun you can have with both feet on the floor") in Sebastopol and Santa Rosa, California.

THE BEST. This is the best text for senior sexuality I have read to date. I recommend this for anyone, young or older, to gain a better understanding and acceptance of our bodies as they change over time and the effect of that on one's sexuality. Men, a great read to understanding the changes in your female partners, as well as in your own bodies and needs. Women this can help you develop compassion for the changes a man goes through in his "menopausal" years. It can bring the differences together in compassion and renewed love-making.

This book answered many questions for me. Very good as a delightful resource book and both men

and women are open and honest concerning issues that arise as one enters senior life. Read it, you will really enjoy this book.

A good book about people expressing their sexuality. Many helpful comments from trained therapists. The author shares her helpful perceptions and experiences along with the individuals and couples who share their experiences and questions.

My changing body and its needs have been presenting a challenge for my husband and I for the past several years...this book is the first I've found that really addresses the issues that we've been facing in a face to face way with real people's stories...I like that a lot. It made me feel like I wasn't alone (which I knew I wasn't anyway, but the stories really helped). It was nice to have that validation that yes, my issues are not uncommon and we can get beyond them. I think this book would be helpful to just about anyone as they age and want to continue to live a sexual life. Thanks!!

Jon price does not mince words. Most of the book is made up of questions she is commonly asked on speaking engagements. Her questions and answers pertain to all kinds of people in different situations. This may be a bit more risque, but she tackles the subjects she encounters in a respectful and dignified manner.

As an over 50 dater myself, I have been following Joan Price's blog for quite a while. I am still reading *Naked at Our Age* and can see that I will find it relevant for years to come. It's a great book for anyone, married or single, who is having issues or simply who wants to understand the sexual dynamics of aging. If we only follow the societal expectations of what sex at 50 or 60 is supposed to be like, we're missing out on the wide range of delights that await us. The combination of seniors' sharing their issues paired with answers from Ms. Price and experts is a great way to give the reader information. I think the book is very upbeat, pragmatic and solution oriented. I recommend it for everyone over the age of 50. Sexuality is a wonderful thing. We need more voices like this to encourage a healthy approach to sex and sexuality at every age. Walker Thornton, Freelance writer  
Blog: [...] Blog: [...]

As a certified sex therapist, I am always looking for practical, informative resources for my clients. This book speaks to those over 50 who want to re-kindle or enhance their sexual experiences. Well written, it provides encouragement and practical advice.

Found Joan's podcasts first. Amazing.turn 60 next year. everyone needs this! (now, if only my wife would read it!)

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