



# **Sex on the Brain: 12 Lessons to Enhance Your Love Life**

*Daniel G. Amen M.D.*

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What is your best tool for achieving the ultimate sexual pleasure? Your brain!

Everyone wants to know how to improve his or her love life, but so few of us understand the integral role the brain plays in getting us in the mood, keeping us excited about our partner, and helping us achieve greater satisfaction. Based on Dr. Daniel Amen's cutting-edge research in practical neuroscience, *Sex on the Brain* shares twelve lessons that help you enhance your love and sex lives through understanding and improving brain function. Filled with practical suggestions and information on how to have better sex, *Sex on the Brain* reveals:

- How the differences between men's and women's brains affect our perceptions and interest in sex
- The science behind why breakups hurt so much, and what you can do to ease the pain
- Surefire techniques to fix common problems—depression, PMS, ADD—that get in the way of good sex
- How to tap into your senses—taste, touch, smell—and find “the spot”
- How sex can save your life

*Sex on the Brain* explains everything there is to know about the brain in love and lust, and shows you how to create a hot, healthy, and happy sex life.

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