



# When a Woman's Body Says No to Sex: Understanding and Overcoming Vaginismus

By Linda Valins

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Writing from her conversations with women who have suffered from vaginismus--an involuntary spasm of the vaginal muscles, preventing penetration--as well as from professionals who treat the condition, Valins offers a practical and compassionate guide for understanding the condition and its causes.

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### **Bibliography**

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### **Editorial Review**

From Library Journal

In her description of vaginismus, a spasm of the vaginal muscles that prevents penetration, Valins relies heavily on her personal struggle with this poorly understood condition. She also draws on the professional literature, interviews, and/or correspondence with experts, and personal accounts from other vaginismus sufferers. Valins outlines the multitude of causes, the types of therapy available, and the difficulties a patient may experience in seeking help. Valins's openness and honesty about her own experience provides reassurance to the woman with vaginismus while making the condition understandable to other interested readers. The book provides a valuable list of organizations, practitioners, and other resources available to women who think they may suffer from vaginismus. The lack of consumer-oriented material on this subject makes this book a "must have" for any library seeking a comprehensive women's health collection.

- *KellyJo Houtz Parish, Univ. of Missouri-Kansas City Sch. of Medicine Lib.*

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### **Users Review**

**From reader reviews:**

**Jake Leslie:**

Spent a free time for you to be fun activity to do! A lot of people spent their down time with their family, or their friends. Usually they undertaking activity like watching television, planning to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could possibly be reading a book is usually option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to test look for book, may be the book untitled When a Woman's Body Says No to Sex: Understanding and Overcoming Vaginismus can be great book to read. May be it might be best activity to you.

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