



The Sexual Alarm System: Women's Unwanted Response to Sexual Intimacy and How to Overcome It

Judith Leavitt

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The Sexual Alarm System: Women's Unwanted Response to Sexual Intimacy and How to Overcome It by Judith Leavitt explores the shield that develops around many women's bodies to protect them from real and perceived sexual intrusions and dangers. From a young age, women are socialized to regard their sexuality as something that puts them in danger. However, the Sexual Alarm System interferes with a woman's ability to be sexual when she wants to be. Leavitt discusses how the Alarm functions, how it develops, what triggers it, and how it interferes with a woman's ability to be sexual in an intimate partnership. In addition, this book presents specific body exercises for therapists to give to women to work through this Alarm and to develop the ability to enjoy their sexuality.



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