



Enhancing Sexuality: A Problem-Solving Approach Client Workbook (Treatments That Work)

John P. Wincze, David H. Barlow

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Designed to help individuals seeking to improve sexual relations, including those who may be experiencing specific sexual dysfunction. Using a cognitive-behavioral approach, this book addresses sexuality as a part of human functioning that can be associated with joy and good interpersonal relationships, as well as stress and problematic interpersonal relationships. It allows readers to take the lead in placing their own functioning and satisfaction within this continuum. Written in a way that is both technically correct and understandable, the workbook provides information about sex, information to help target the sources of sexual problems and to find ways for solving them, and a demonstration of ways to avoid certain obstacles to progress.

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