

INSPIRE

● *The most common way people give up their power is by thinking they don't have any* ●

ALICE WALKER



Picture: GETTY

It used to be women who feigned a headache, but here a top sex therapist gives his seven key ways to revive the MALE libido

The REAL reason your man's gone off sex — and what to do about it

AS ONE of New York's top sex therapists, I've treated more than 3,000 couples and individuals over the past 30 years. And over those decades I've noticed a seismic shift in habits.

The most pressing sexual issue of the 20th century was women lacking desire and turning down sex. The

by Dr Stephen Snyder
SEX THERAPIST AND PHYSICIAN

old 'Not tonight, dear, I have a headache' idea. But now, things have changed completely.

The most common dilemma for couples in long-term relationships today is *men*

going missing in the bedroom. Perhaps HRT has boosted her libido just as he begins to feel the decline in testosterone that comes with age.

Maybe he's got performance anxiety?

Whatever the reason, at my practice I take phone calls from women all day long, saying: 'He never touches me any more. We're like roommates!'

How, they ask, can I persuade my partner to get it on again? What can I do? But that's the wrong approach. Women don't need another item on the chore list.

The fact is, by the time we hit midlife, women are way ahead of men on all sorts

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