



# Manual ilustrado de terapia sexual (Spanish Edition)

*Helen S. Kaplan*

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Este manual, considerado ya un verdadero clásico, no es solo un instrumento de trabajo insustituible para el terapeuta contemporáneo. Su lenguaje sencillo y asequible se dirige al lector interesado para explicarle los pormenores de una serie de disfunciones sexuales -frigidez, disfunción orgásmica femenina, vaginismo, impotencia, eyaculación retardada y eyaculación precoz- y los ejercicios eróticos específicos, complementados con ilustraciones, que se pueden practicar para resolverlas. Una guía práctica de terapia sexual que nos ayudará a conocer por qué se producen estas disfunciones y cómo intentar evitarlas o resolverlas.

Helen S. Kaplan

Fue profesora de psiquiatría en la Facultad de Medicina de la Universidad de Cornell y directora del Programa de Terapia y Educación Sexual de la clínica neoyorquina Payne Whitney. La doctora Kaplan es considerada una de las máximas autoridades en disfunciones sexuales. Entre sus obras divulgativas destacan *La eyaculación precoz* y *Manual ilustrado de terapia sexual*.

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