

TAKE CHARGE OF YOUR SEXUAL HEALTH

Who are you? What are you? How does your body work? Why is my body changing? It's easy to ask these types of questions, especially as you grow older. That body of yours – it's unique – and sometimes it seems to do its own thing. How do you know what is normal and what isn't?

There's quite a lot that makes your female body so unique, and the subtlest of changes can mean big difference for you. Many of those can be unwelcome changes.



"You were given a body that can stand most anything. It's your mind you have to convince."

—Vincent Lombardi

"Take care of your body. It's the only place you have to live."

—Jim Rohn

Have you lost your sex drive? Is sex painful? Then, Total Female is the book for you. It is here to let you know that what you are going through isn't normal. You've probably heard that before: "Oh, honey, you have hormones. They get wacky. Get used to it." But, why should you? You deserve better! You deserve a happy and healthy life, and that includes a healthy sex life as well.

That's the purpose of this book. You will find out everything that makes you uniquely yourself. This includes sexual dysfunction and resolving hormone issues, menopause concerns, and more. You will also find out what you need to know about keeping your body young, even as you grow older.

Have you ever heard of the Vampire Facelift®? How about the "O" Shot®? Don't worry if you haven't. You will learn all about them here. They are just some of the ways you can look and feel young, while enjoying a rejuvenated sex life.

People have the wrong idea about what it means to be a woman, and Total Female is here to set the records straight. You deserve to enjoy your life without hormone imbalances slowing you down. So, do you want to know who you are and what you can do to make your life even better? Then you need to read this book!

www.totalfemale.com

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