

# Conference on Aging

## Resources for “Romance After 50”

### Books

1. Title: **Dr. Ruth's Sex After 50: Revving Up the Romance, Passion & Excitement!** (A Best Half of Life Book)

Author: Dr. Ruth Westheimer

Many people enjoy the best sex of their lives after 50! Many experience more passionate, more thrilling, and more satisfying sex--the kind they only dreamed of before. Dr. Ruth K. Westheimer, world-famous sex therapist, guides the reader through the physical and emotional challenges of sex after 50, revving up the romance, passion and excitement as only Dr. Ruth knows how! (Amazon Description)

CSL and LH notes: This book is helpful for those that are already partnered and looking to improve intimacy. Dr. Ruth uses him/her, but notes in the introduction that the advice is relevant for same sex and/or transgender couples.

2. Title: **Dating After 50 For Dummies**

Author: Pepper Schwartz

Meet, date, and start a relationship with Mr. or Ms. Right--after 50

Almost everyone associates falling in love with their younger years, but as the boomer generation ages, more and more people over 50 are jumping back into the dating scene for the first time (in a long time) and need advice and guidance on how the dating world (and ways to find a soul mate) have changed since they last tested the water.

*Dating After 50 For Dummies* covers the gamut of topics for those dating after 50: the physical and emotional benefits of sex and relationships as we age; dating confidence boosters; dating site options (and signing up for the first trial); safety concerns when dating; fun and different dating ideas; how to introduce a new partner to your children; and much more.

- Dating and relationship advice for baby boomers
- How to deal with medical issues that can make sex difficult
- Dating advice for gays and lesbians
- How to build self-esteem for dating after 50

Continue...

Presenting Partner:



Supporting Partners:



Contributing Partners:



Continued...

If you're single and over 50, the trusted advice in *Dating After 50 For Dummies* gives you everything you need to get out there and meet the partner of your dreams. (Amazon Description)

CSL and LH notes: This book is helpful for those just getting back into the dating scene. Particularly useful are suggestions for building confidence about dating.

### 3. **The New Love and Sex After 60**

Authored by Robert N. Butler, M.D., and Myrna I. Lewis, Ph.D.

<https://www.amazon.com/New-Love-Sex-After-Completely/dp/0345442113>

You may be getting older but love and sex are still a vital part of your life. Here is the book that speaks to your concerns about sex beyond the middle years. Two leading experts have completely updated and revised the classic guide on the subject to address the needs of our changing world in the new millennium. Inside you'll find:

- The truth about aging and how it affects sexual desire and lovemaking
- A thorough guide to common medical problems--and solutions
- New drugs that can improve and enhance sexuality--including the latest on Viagra
- Research on post-menopausal changes
- A detailed look at the procedures for easing and solving sexual problems
- Practical strategies for finding new relationships and staying sexually fit
- Advice to help your adult children understand your new relationships

### 4. **How Women Got Their Curves and Other Just-So Stories**

Authored by [David Barash Ph.D.](#) (Author), [Judith Eve Lipton M.D.](#) (Author)

<https://www.amazon.com/Women-Their-Curves-Just-So-Stories/dp/0231146655>

So how *did* women get their curves? Why do they have breasts, while other mammals only develop breast tissue while lactating, and why do women menstruate, when virtually no other beings do so? What are the reasons for female orgasm? Why are human females kept in the dark about their own time of ovulation and maximum fertility, and why are they the only animals to experience menopause?

David P. Barash and Judith Eve Lipton, coauthors of acclaimed books on human sexuality and gender, discuss the theories scientists have advanced to explain these evolutionary enigmas (sometimes called "Just-So stories" by their detractors) and present hypotheses of their own. Some scientific theories are based on legitimate empirical data, while others are pure speculation. Barash and Lipton distinguish between what is solid and what remains uncertain, skillfully incorporating their expert knowledge of biology, psychology, animal behavior, anthropology, and human sexuality into their entertaining critiques. Inviting readers to examine the evidence and draw their own conclusions, Barash and Lipton tell an evolutionary suspense story that captures the excitement and thrill of true scientific detection. Continue...

## 5. Sex for Grown Ups: Dr. Dorree Reveals the Truths, Lies, and Must-Tries for Great Sex After 50

Authored by Dorree Lynn, Ph.D., with Cindy Spitzer

Once upon time in America, there were many, many grown ups approaching 50 and even more after 50, who were rapidly becoming the major age group in the land. In spite of this fact, these wonderful pioneers were still trying to hang onto the youngsters who they remembered themselves to be. They wanted to look younger, act younger, feel younger, and especially, have sex liked they did when they were younger. After all, everyone on TV and everywhere else said this was very, very good and certainly quite possible. And who doesn't like being told you can have exactly what you think you want for as long as you want to have it? Such myths keep some sparkle in our lives and become the fairy dust of our hopes and dreams. How else can we live happily ever after? <https://drdorree.com/sex-for-grownups/>

### Websites

#### 1. AARP Sex and Intimacy

<https://www.aarp.org/home-family/sex-intimacy/>

CSL and LH Notes: Advice, Resources, Discussion Board, Quizzes provide a well-rounded, well-researched set of resources for those already partnered or those getting into the dating scene.

#### 2. Dorree Lynn

<https://drdorree.com/>

Dr. Dorree Lynn is a nationally known celebrity psychotherapist, sex-pert, author, lecturer and media personality. She has helped thousands of men and women achieve intimacy, vitality and the best sex of their lives no matter what their age. Dr. Dorree offers solutions to a myriad of sex issues that are more common than you may know. World traveled, Dr. Dorree Lynn has recently chosen "historic and hip" Charleston as her home.

She was the media sex-pert for AARP and the founder of the Fifty & Furthermore e-zine. As a psychologist, she was the respected ear to power-brokers in government, media, corporate America, and the arts.

Dr. Dorree has been an international speaker, consultant, the host of multiple radio programs, and a regular media expert for the American Psychological Association (APA).

#### 3. Senior Sex: Tips for Older Men (8/2020)

<https://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/senior-sex/art-20046465>

### Online Dating Sites

[SeniorFriendFinder.com](http://SeniorFriendFinder.com)

[SeniorMatch.com](http://SeniorMatch.com)

[DatingForSeniors.com](http://DatingForSeniors.com)

[SeniorDateFinder.com](http://SeniorDateFinder.com)

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## Podcasts

### 1. Modern Love

- available in print <https://www.nytimes.com/column/modern-love?searchResultPosition=0>
- and as a podcast on apple or android
- and a book Modern Love: [True Stories of Love, Loss, and Redemption](#)

Modern Love is a weekly column, a book, a podcast — and now, in its 16th year, a television show — about relationships, feelings, betrayals and revelations. (NYT description)

LH Notes: Modern Love reminds me that love comes in many colors and flavors. The stories are rarely about 20 year-olds, or have typical romantic comedy story lines. James Baldwin said “Love takes off masks that we fear we cannot live without and know we cannot live within.”

## Additional Resources

A number of resources related to Safer Sex for Seniors:

<https://safersex4seniors.org/resources/>