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NEW YORK TIMES BESTSELLER

Author of the classic bestseller *Passages*

Gail Sheehy



*Sex and the  
Seasoned Woman*

*Pursuing the Passionate Life*

"Sheehy is fascinating, a genius at her craft."  
—The Washington Post

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## **Sex and the Seasoned Woman: Pursuing the Passionate Life**

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# Sex and the Seasoned Woman: Pursuing the Passionate Life

*Gail Sheehy*

## **Sex and the Seasoned Woman: Pursuing the Passionate Life** Gail Sheehy

The author of *The Silent Passage* combines interviews and research in an exploration of romance and the sexual habits of a wide range of women--married and single--over the age of fifty, covering an enormous range of experience among older women. R..Title: .Sex and the Seasoned Woman..Author: .Sheehy, Gail..Publisher: .Random House Inc..Publication Date: .2007/01/30..Number of Pages: .354..Binding Type: .PAPERBACK..Library of Congress: .oc2007064822

## **Sex and the Seasoned Woman: Pursuing the Passionate Life Details**

Date : Published January 30th 2007 by Ballantine Books (first published 2006)

ISBN : 9780812972740

Author : Gail Sheehy

Format : Paperback 354 pages

Genre : Nonfiction, Audiobook, Sexuality, Health, Womens

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# From Reader Review *Sex and the Seasoned Woman: Pursuing the Passionate Life* for online ebook

## Cathy says

I've been reading this book for over four years now and I finally finished it. The attraction was the subtitle: Pursuing the Passionate Life. The book consists of interviews with many seasoned women and how they've reinvented themselves in mid-life and later. It was easy enough to pick up and read whenever the urge hit me, which, as it took me over 4 years to complete, wasn't often. I do find it true that women in mid-life and older are no longer interested in throwing in the towel and settling into domesticity. They're now open to love, sex, dating, new dreams, exploring spirituality, and revitalizing their marriages. I am very interested in this phenomenon of reinvention, and did much of that myself at age 51, when I separated from my husband and went abroad to teach English in Korea, Oman and then China, finally reuniting with my husband after a 7-year separation. Cliche as it was, I was on a search to find myself; thus, I could relate to many parts of this book. That being said, it wasn't all that compelling or inspirational that I was propelled to finish it in one fell swoop.

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## Wendy says

This book explained me to myself! Enjoyable to read, with good real-life stories. I found my path to be reflected in the passages Sheehy describes "seasoned" women experienced. So glad to find out I'm "NORMAL." lol

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## Bookmarks Magazine says

Famous for her 1976 book *Passages* and her compelling portraits of political figures for *Vanity Fair*, Gail Sheehy sets out to take the temperature of the Baby Boom's libido. Unfortunately, critics feel she has lost her grip on the zeitgeist. It seems that the author is the only one surprised that postmenopausal women are still having sex. The all-female cast of reviewers seems miffed that the book contains so little prurience on the part of Sheehy—further confirming her premise, if not her strategy. Maybe this is a useful book for those Sheehy classifies as WMDs (Women Married, Dammit) or LLs (Lowered Libidos), but the feeling is that most women have covered this turf already. Not that the critics are fooled; they begrudgingly admit that Sheehy will own the talk-show circuit for years to come on the back of this cunningly marketed book.

This is an excerpt from a review published in Bookmarks magazine.

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## Beth says

I'm almost 43 and I loved this book! It was so nice and comforting to hear other women's stories and get some helpful insight to what is down the road. Seems like the key is just WANTING and ALLOWING yourself to be happy and adventuresome. I will be mentally 'filling this one away' so I can go back to it in the future.

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### **Juliana says**

I picked this up at a library sale because I like Sheehy's books. I'm a little young for the book--but as a recent divorcee I found this book very inspiring. The book is full of stories and interviews with women who have found a more independent and passionate life after 50.

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### **apwebb83 says**

There are lots of wonderful women out there who are able to make profound growth happen and rich lives occur after turning 50. I LOVE that! Oh and let's not forget that the sex talk is delightful too. It was enlightening for my husband. I got the book on tape as well as in print and we listened to a large section of it together, which was just as good as going to one of those "couple's retreats." Did I mention that the sex talk was great?

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### **Juan Manuel Wills says**

Una periodista reconocida que ha escrito varios libros exitosos sobre la mujer, el sexo y la edad.

En este caso particular se dedica a compartir sus conclusiones sobre infinidad de entrevistas que realizó a mujeres madres (entre los 40 y los ochenta años) sobre sus creencias y expectativas relacionadas con sus cambios sexuales, su comportamiento y lo que piensan que les espera en esa segunda vida posterior la menopausia.

Está bien escrito, es ameno en lo que describe, en los casos individuales de mujeres que seleccionó para conocer sus vivencias.

Inicia presentando las creencias populares sobre lo que sucede en este paso importante para la mujer. Según menciona es una verdad sin contemplaciones que el placer por el sexo desaparece, la atracción del hombre por ellas disminuye hasta llegar a cero y, mas o menos, para una sociedad machista como en la que crecieron, sus esperanzas e ideales de una vida feliz en esta segunda y última etapa de su vida deberían ser mínimos.

Encontró, por el contrario, que lo que venía sucediendo era la realidad de una vida mas completa, madura y bien aprovechada en lo intelectual y en lo sexual — en lo físico— que daba a la mujer grandes posibilidades de realización, de sensaciones materiales y espirituales y de apoyo como nadie lo hubiera esperado.

La sociedad se ha transformado, es más abierta, no considera pecado el placer sensual y con la ayuda de medicamentos, hormonas y estrógeno, de psicoanalistas y sexólogos, las mujeres encuentran que en esta edad pueden encontrar formas que ni siquiera conseguían en su edad de máxima productividad, para sentirse

satisfechas física y mentalmente.

Sheehy presenta a través de su interacción con científicos, ginecólogos, terapistas y por sobre todo, miles de mujeres un testimonio en el que afirma lo que dicen cientos de mujeres de haber encontrado su mejor momento en la vida...después de los cincuenta .

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### **Laura says**

I meant... Some simple and closed minded ppl like bill... Etc. then my last sentence was Jim did t mean anything bad bout what u have he just doesnt learn about it like Why his mom is on Coumadin.... Too hard to learn bout it. And then he always refers to Linda as "her" or "she" and when i ask about what she does he always says "dont know"

I probably shoulda just called you. I spent alot of time being bis friend. And its like teenage stuff how he cant be around me with her. Oh bother

Marty came home from golfing and said he was golfing with a guy... (A guy hes got a guy) who gave him his card to come in for an estimate... Hes a dentist. AND HE does CASH!!!! So thats almost like 2 buckets of shit!! So when I get more of the taxes back.... He can get his teeth fixed  
Sorry so long. But my lbs are up but my pants are fitting better ??

Sent from my iPhone

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### **Therese says**

I must admit that I have been a Gail Sheehy "Passages" fan since the 70's. Thank you for being in our corner and telling it like it is, in your gifted, forthcoming way, Gail!This book was a gift from a gentleman I was dating at the time. After reading the book, I realized his gift was a compliment. It was wonderful and I could identify with it in many positive ways. Gail's shared stories consistently make us feel sane and understood. I wake each day proud of who and what I have become.

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### **Rebecca says**

I shouldn't admit to reading this. It's not even really about sex (worse luck). There are a few sound ideas about women finding confidence, independence, and genuine identity later in life. Sadly, these ideas are buried in fluff and repetition.

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### **Martina Keller says**

Essential reading for women over 50!

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## **Pascale says**

I get tired of reading about women who, once they reached their forties, dumped a bothersome spouse to run off into the sunset with new lovers, have great sex and exciting new careers. [...] So, books like this get on my nerves, because all along, I hear a little voice in the back of my mind reminding me that I hate sitting at a #\$\$%^!! PC and do drudge work while it's sunny outside and I don't even get any benefits [...].

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## **Jana says**

An argument for feminism for women who apparently never considered it until mid-life. Nothing new for those of us who encountered and identified with feminist thinking years ago. I read about 3/4 of it...

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## **JZ says**

She blew me away. What a good read, with amazing insights.

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## **Maya says**

This was an interesting book. Yes, it was about sex but nothing specific or titillating. It was NOT an erotic book. It was a non-fiction book about the author's study on relationships involving women over 50. Yes, sex is a part of a relationship but it was mostly about how women change after 50 and enter into what the author calls their "second adulthood". During that "second adulthood" many things happen to their romantic relationships, whether they are married, single or dating. These women are looking to interact and grow/change in a relationship and it is very different from what they were searching for in their 20's and 30's. If they are still in a long standing committed relationship then it has to change or it won't survive for the long haul. I can totally relate as I am a woman over 50 and it was comforting to know that the journey I have been on in my 50's is common and it occurring to millions of women out there. We are all strong, creative, determined, "seasoned" women who are full of character - this time in our lives is not the beginning of the end, it is the beginning of a new beginning. :)

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