

Better Sex Through Mindfulness with Dr. Lori Brotto.**Episode 39: Show Notes.**

On today's show we welcome Dr. Lori Brotto, a Professor in the department for Obstetrics and Gynecology at the University of British Columbia and the Canada Research Chair in Women's Sexual Health.

Lori has also the author of the book, *Better Sex Through Mindfulness: How Women Can Cultivate Desire*. In this episode we are discussing sexual desire, and how a low desire or lack of interest in sex is by far the most common sexual concern, not only in women but in men as well. Many people struggle for different reasons, both psychologically and socially. Lori helps us today to uncover those struggles and those reasons and step beyond our negative beliefs to reignite our sexual desires through mindfulness. For an incredibly insightful conversation, be sure to tune in to today's episode!

Key Points From This Episode:

- Hear more about Lori and how she became a sex researcher and sex therapist.
- Researcher's findings on reasons why women experience low sexual desire.
- Why low sexual desire is often confused.
- Understanding how mood and depression suppresses desire.
- How your beliefs can impact your desire.
- Cognitive behavioral therapy and how it can effectively treat sexual complaints.
- Physical conditions people can have that may interfere with sexual function.
- A female Viagra solution to fix female sexual arousal disorder, how terrible can it be?
- Struggling to reach orgasm during sex: whether you're lacking desire or full of it.
- How mindfulness can help women and man be more present and reignite desire.
- Lori share some stories from her book on how mindfulness can be useful.
- Adopting a regular mindfulness practice and engaging the muscle of the mind.
- And so much more!

Tweetables:

"Low desire or lack of interest in sex is by far the most common sexual concern, not only in women but in men as well." — @DrLoriBrotto [0:04:01]

"Negative beliefs in the brain can also stimulate certain brain path ways that interfere with desire and arousal." — @DrLoriBrotto [0:11:21]

“Pretty much anything that impacts hormones has the potential to impact sexual response.” — @DrLoriBrotto [0:14:35]

“If you are going to have sex, you may as well show up for it.” — @DrLoriBrotto [0:27:30]

Links Mentioned in Today’s Episode:

Dr. Lori Brotto — <http://www.loribrotto.com/>

Dr. Lori on Twitter — <https://twitter.com/DrLoriBrotto>

Better Sex Through Mindfulness: How Women Can Cultivate Desire — <https://www.amazon.com/Better-Sex-Through-Mindfulness-Cultivate/dp/1771642351/>

University of British Columbia — <https://brottolab.med.ubc.ca/about/dr-lori-brotto/>

Filbanserin — <https://addyi.com/>