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C A N A D A

166 King Street East, Suite 300, Toronto ON M5A 1J3

Ph: 647.427.8882 | Fx: 647.430.9446 | www.SimonandSchuster.ca

Contact: Rita Silva, Publicist / Simon & Schuster Canada
647.427.6992 / rita.silva@simonandschuster.ca



Why Married Couples Don't Have Sex... At Least Not with Each Other!

Canadian psychologist and author Sara Dimerman has been counselling couples for over 25 years, and of all the reasons that they seek her help, problems in their sexual relationship consistently ranks near the top of the list. In *Why Married Couples Don't Have Sex... At Least Not With Each Other!* (Simon & Schuster Canada; February 24, 2015; \$19.99), Sara draws from her experience, research, and interviews with numerous experts to explore patterns between couples and problems that may be creating obstacles on the path towards bringing sex, sexual desire and intimacy back to life. She reveals why so many married men and women are willing to risk losing everything they've built together over the years by engaging in sexual relationships with others, with or without the consent of their partners.

When a relationship is new, it's easy to make time for one another and for intimacy. Sex is intense. Exciting. Novel. After years of marriage, after the honeymoon phase is over and the days of not being able to keep your hands off of each other are long gone, many couples find desire for their partners waning -leaving in its place a lack lustre sex life.

And is it any wonder that things change over time? With so many everyday obstacles such as a long day at work, taking care of the children, household chores and bills, sex often takes a back seat. Perhaps there are unresolved issues that keep anger and resentment simmering below the surface, diminished self-worth as a result of physical changes to one's body, physiological changes that inhibit one's ability to perform sexually or psychological factors that keep the couple at a distance. Regardless of the problem, Sara is here to help: In *Why Married Couples Don't Have Sex...* readers will relate to examples of other couples along with "Is This You?" questions to uncover the real reason behind their dwindling desire and loss of intimacy. Whatever the cause, Sara explores the real reasons that married couples are not having sex and offers tips and options on how to reignite the fire in a relationship.

Sara Dimerman is a psychologist in the Toronto area who has provided counselling to individuals, couples and families for twenty-five years. She is co-author of *How Can I Be Your Lover When I'm Too Busy Being Your Mother?* and is a columnist and podcast producer/host for sites and print media across North America and internationally. Sara is a regular guest on radio and television and is interviewed frequently for articles in newspapers and magazines. She is married and has two daughters. Visit Sara's website: www.helpmesara.com or follow her on twitter @helpmesara.

Why Married Couples Don't Have Sex... At Least Not With Each Other!
By: Sara Dimerman

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To request an interview or for more information, please contact:

Rita Silva, Publicist \ rita.silva@simonandschuster.ca \ 647.427.6992

