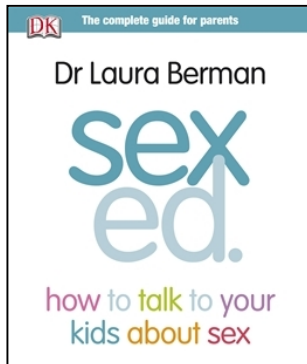


PRESS RELEASE

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Sex Ed.

Dr Laura Berman

Published: 16th November 2009

Price: £12.99

How to talk to your kids about sex

*****Dr Laura Berman is available for interview****

“Dr Laura – as she is known – is the undisputed queen sexpert of US television”

The Sunday Times Style

According to a recent article published by *The Daily Mail*^{*}, parents have a key role to play when it comes to the changing attitudes of young girls and the ‘increasing sexualisation of children’. Another story stated that the NHS is telling school pupils that they have a ‘right’ to an enjoyable sex life and that it is good for their health⁺.

In her new book, renowned therapist and host of “*The Dr. Laura Berman Show*” on Oprah Radio (Sirius XM) as well as a regular guest on “*The Oprah Winfrey Show*”, Dr Laura Berman tackles some of the challenges faced by parents when dealing with questions about sex.

For many children, despite sex education being taught in schools, they find out about the birds and the bees in the playground, which can eventually lead to finding out about sex through their own experiences, whether they feel ready to or not. Once a child reaches those all important teenager years, sex is suddenly everywhere and for many parents, the advice they tend to give is to just say ‘no’ and that sex is bad.

However, curious teens are bombarded with sexual imagery, especially from the media. **Sex Ed.** helps parents understand the best way to deal with issues such as this, with advice on how to monitor sexual content on TV, in films and on the internet.

Whether your child is reaching young adulthood or just starting school, **Dr Berman** looks at the body and mind, highlighting the key stages during each age milestone and helps guide parents on what to say when dealing with those difficult questions.

Sex Ed helps prepare parents for every situation when tackling questions about sex, ensuring they have all the crucial information to speak openly with their child. Dr Berman’s resourceful, reassuring advice helps encourage positive thought, relationships and decision making – a must have book for every mum and dad.

**For more information please contact Helen Poultney on 020 7010 3591
or by email, Helen.Poultney@uk.dk.com**

^{*}The Daily Mail, 12th August 2009

⁺The Daily Mail, 13th July 2009

Dr. Laura Berman

Laura Berman, Ph.D is the host of “The Dr. Laura Berman Show” on Oprah Radio on Sirius XM, as well as a regular guest on “The Oprah Winfrey Show”. Dr. Berman is the Director of the Berman Centre in Chicago, a specialized healthcare facility for women and couples. She is also an assistant clinical professor of OBGYN and Psychiatry at the Feinberg School of Medicine at Northwestern University.

Dr. Berman has been working as a sex educator, researcher and therapist for 20 years. She is the author of the newly released New York Times best-selling book, "Real Sex for Real Women: Intimacy, Pleasure, & Sexual Wellbeing”

She also authored the New York Times best-selling book, "For Women Only: A Revolutionary Guide to Overcoming Sexual Dysfunction and Reclaiming Your Sex Life” as well as "Secrets of the Sexually Satisfied Woman: 10 Keys to Unlocking Ultimate Pleasure” and “The Passion Prescription.”

After obtaining a Master's Degree in clinical social work and a Doctorate in health education specializing in human sexuality from New York University, she went on to complete a training fellowship in Sexual Therapy with the Department of Psychiatry, New York University Medical Centre.

Dr. Berman is also a member of the American Association of Sex Educators Counselors and Therapists (AASECT), Society for the Scientific Study of Sexuality (SSSS), National Association of Social Workers (NASW), International Society for the Study of Women's Sexual Health (ISSWSH), and American Urologic Society (AUA).



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