



# The Best Sex of Your Life

*James White, Peter Kent*

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This informative book presents sex advice based on new research at the Exercise Physiology Laboratory of the University of California at San Diego. It outlines step-by- step methods to improve sexual pleasure and satisfaction for both partners. Beautifully illustrated with line drawings.

Dr. James White, Ph.D., is professor emeritus at the University of California at San Diego and former director of the exercise physiology and human performance center.

Peter Kent is the author of twenty six books.

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