

The Pleasure Principle

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From hints for dealing with minute men to the secrets of sexually successful couples, *Pleasure: A Woman's Guide to Getting the Sex You Want, Need and Deserve* (Putnam Adult, \$25.95) encourages readers to forget asking friends for advice—the best way to spice up your sex life is by getting intimate with yourself. Ob/gyn Hilda Hutcherson, an *Oprah* regular, *Essence* and *Glamour* sex columnist and codirector of the New York Center for Women's Sexual Health, explains that the key to great sex resides in women's willingness to study their bodies and free their minds to explore the possibilities, from phone sex to fantasies. Dr. Hutcherson covers communication between the sheets, erotic games, the pros and cons of sexual positions and other ways to heat up the bedroom, kitchen or car. This fun, easy-to-read guide is sure to please.

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