

# The Hormone of Desire

"Today women of all ages have come to appreciate their potential for a fulfilling and enduring sexual life. Dr. Susan Rako has researched and written a landmark book. . . Gracefully, intelligently, and sensitively written, *THE HORMONE OF DESIRE* began as Dr. Rako's own story, a story of challenge, inspiration, and determination. . . ."

FROM THE INTRODUCTION BY BARBARA BARTLIK, M.D.,  
AND HELEN SINGER KAPLAN, M.D., PH.D.

"By combining both her personal and professional experience of libido changes at menopause, Susan Rako has created a book that can help thousands of women get the healthcare and attention they need and deserve."

CHRISTIANE NORTHRUP, M.D., AUTHOR OF  
*WOMEN'S BODIES, WOMEN'S WISDOM*

"Menopause is a journey through poorly charted waters. And most physicians approach the possibility of prescribing supplementary testosterone for women suffering symptoms of its deficiency with the resistance and ignorance of sailors who believed the earth was flat, and that if they proceeded to sail on, they would fall off."

SUSAN RAKO, M.D.



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*The Truth About  
SEXUALITY,  
MENOPAUSE, and  
TESTOSTERONE*

SUSAN RAKO, M.D.



\$21.00  
(Canada: \$28.95)

Millions of women experience a traumatic loss of sexual desire during menopause. Although estrogen and progesterone alleviate many of the unpleasant effects of menopause, these hormones cannot address flagging sexual desire. Dr. Susan Rako's breakthrough research has brought to light the fact that the female body produces significant amounts of testosterone that are crucial to the healthy functioning of every woman's libido, thus linking decreased testosterone levels at the onset of menopause to diminished sex drive. *The Hormone of Desire* is the first book to fully reveal the benefits of testosterone supplements for menopausal women and is an invaluable tool for women and their doctors.

Meticulously researched, *The Hormone of Desire* is a compelling account that began as one woman physician's search for all-important answers to her own medical dilemma. Dr. Rako found that she and other women were suffering from the medical community's unfortunate ignorance and from society's fear, ideological resistance, and the sexual politics that stymie treatment of women suffering from testosterone deficiency. *The Hormone of Desire* was written to give women the opportunity to make informed decisions about this vital quality of life issue, and Dr. Rako's research will become the standard bearer for a new age of hormonal therapy.



SUSAN RAKO, M.D., has been a psychiatrist in private practice in the Boston area for the past twenty-five years. She trained and taught at Harvard Medical School's Massachusetts Mental Health Center, a teaching hospital in the Department of Psychiatry. With developed interests in writing and film, Dr. Rako earned a master's degree in film from Boston University's College of Communication before her hormones crashed. Dr. Rako is at work on a collection of stories and lessons from a life.

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