



# How Sexual Desire Works: The Enigmatic Urge

*By Frederick Toates*

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## How Sexual Desire Works: The Enigmatic Urge By Frederick Toates

There are countless books on sex and an endless fascination with the subject. Varieties and vagaries of sexual desire have long been documented, but there has been little engagement with cutting-edge scientific research to uncover the biological and psychological bases of sexual desire. Here, Frederick Toates uses the insights of modern science to show how a wide range of desire-related phenomena - fantasy, novelty-seeking, sexual addiction, sex-drug interactions, fetishes, voyeurism, and sexual violence and killing - start to make sense. For example, the role of the brain's neurochemical dopamine can now be much better understood in terms of wanting, and a distinction between wanting and liking has been established. Also, an understanding of the layered organization of the brain, sometimes described as hierarchical, can be used to explain temptation and conflict. This is a fascinating book with great social relevance to society and its problems with sexuality.

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## **Editorial Review**

### **Review**

"In this fine book Toates gives a lively tour of the psychology behind 'how sexual desire works'. As a pioneer in motivation theory himself, Toates is an ideal guide into how incentive motivation processes work to produce sexual desires. Beyond psychology, he leads the reader on forays into neuroscience, and includes many excellent quotations as case samples, all to help put the psychology of human sexual desire into better perspective. This is a highly readable and illuminating book."

Kent Berridge, University of Michigan

"A balanced and highly accessible book on the enigma of sexual desire, highlighting the vast range of different sexual desires and the many unanswered questions in this area of research. Borrowing from fictional depictions of desire, as well as a wealth of scientific data, this book will appeal to academics and clinicians across a variety of disciplines as well as the general public."

Cynthia A. Graham, University of Southampton, and Research Fellow, The Kinsey Institute for Research in Sex, Gender and Reproduction

"In this eminently readable and enticing book, Fred Toates weaves a golden thread through the disarming topic of sexual desire, linking its many faces - literary, clinical and scientific - together. The implications of his analysis to our understanding of sexual problems and disorders are immense and will likely help create important paradigms for their study. This book is a must-read for anyone interested in motivation and sex, and how we are able to get what we want and like, despite living in a world full of imposed sexual values and inhibitions. A real tour de force!"

Jim Pfaus, Concordia University

"Bringing together all of the latest scientific research on the topic of sexual desire, Frederick Toates somehow manages to combine a scientific tone with an uncanny ability to engage the reader. An illuminating and beautifully written text by one of the world's leading writers on biological psychology today."

Lance Workman, University of South Wales and co-author of Evolutionary Psychology

"Toates' book makes an important contribution to a debate that society can't afford to ignore as we struggle to balance individual rights with protecting the vulnerable."

Fortean Times

"This sounds like a useful self-help manual but is actually an all-round examination of the core aspect of human experience from one of psychology's leading experts in motivation. Theory and data are entertainingly balanced by examples from life and the arts, so that it works as a textbook or as an example of popular science that is especially well evidenced."

Times Higher Education

"The book is worth it for its bibliography alone."

New Scientist

"This book offers a broad and thorough view, including the latest research in psychology and neuroscience, as to the how and why of sexual desire and urges. It also offers suggestions for how to help people with problems in this area and should be seen as a valuable contribution to an improved attitude that will lead to a healthier and safer society."

Breathwork Science (breathwork-science.com)

"I came away from this book enriched by being exposed to Toates' insights regarding basic aspects of our human sexual experience. Issues surrounding sexual desire are commonplace among many of the clients who seek out sex therapy and understanding the causes of sexual desire is the first step to being able to help them. Wonderfully researched, with many insightful explanations, this book is an important contribution to the field of sex research with many practical ramifications for the sex therapist."

Sexual and Relationship Therapy

"This book offers a broad and thorough view, including the latest research in psychology and neuroscience, as to the how and why of sexual desire and urges. It also offers suggestions for how to help people with problems in this area and should be seen as a valuable contribution to an improved attitude that will lead to a healthier and safer society."

Scientific and Medical Network Journal

"Those who want to gain an overview of models of sexuality from the standpoint of a perspective that integrates especially the more recent research on the importance of the "behavioral approach system" are very well advised with this book."

Harald Walach, translated from Verhaltenstherapie

About the Author

Frederick Toates is Emeritus Professor of Biological Psychology at The Open University and Vice-President of the Open University Psychology Society.

## **Users Review**

### **From reader reviews:**

#### **Owen Ray:**

Now a day those who Living in the era everywhere everything reachable by connect with the internet and the resources inside it can be true or not require people to be aware of each info they get. How many people to be smart in receiving any information nowadays? Of course the correct answer is reading a book. Looking at a book can help persons out of this uncertainty Information mainly this How Sexual Desire Works: The Enigmatic Urge book because book offers you rich details and knowledge. Of course the data in this book hundred pct guarantees there is no doubt in it everbody knows.

#### **Louise Hawkins:**

Hey guys, do you desires to finds a new book to study? May be the book with the title How Sexual Desire Works: The Enigmatic Urge suitable to you? The book was written by renowned writer in this era. Typically the book untitled How Sexual Desire Works: The Enigmatic Urgeis the main of several books that will everyone read now. This kind of book was inspired a number of people in the world. When you read this guide you will enter the new dimension that you ever know before. The author explained their idea in the simple way, therefore all of people can easily to comprehend the core of this e-book. This book will give you a lots of information about this world now. So that you can see the represented of the world on this book.

**Peter Wilson:**

In this time globalization it is important to someone to receive information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information easier to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. Often the book that recommended to you personally is How Sexual Desire Works: The Enigmatic Urge this reserve consist a lot of the information from the condition of this world now. This particular book was represented how does the world has grown up. The dialect styles that writer make usage of to explain it is easy to understand. The actual writer made some research when he makes this book. Honestly, that is why this book appropriate all of you.

**Carolyn Bailey:**

What is your hobby? Have you heard this question when you got students? We believe that that concern was given by teacher to the students. Many kinds of hobby, All people has different hobby. And also you know that little person such as reading or as looking at become their hobby. You should know that reading is very important along with book as to be the factor. Book is important thing to increase you knowledge, except your teacher or lecturer. You discover good news or update about something by book. Numerous books that can you choose to adopt be your object. One of them are these claims How Sexual Desire Works: The Enigmatic Urge.

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