



How Sexual Desire Works: The Enigmatic Urge

Frederick Toates

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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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