

Expert reveals men want sex ... and plenty of it

ANNA YEO

Sexpert and best-selling author Bettina Arndt will visit Maitland on Tuesday to talk about all things “sex” as part of Maitland City Library’s Look Who’s Talking program.

It’s Arndt’s first visit to Maitland and she is expected to talk about her latest research on the male sex drive and discuss ways in which a couple can maintain a healthy sexual relationship.

“Why men want sex more than women is a major issue in a lot of relationships and causes a lot of tension,” Arndt said.

“My research over the past three years has been spent looking at men and their sexuality and why women would rather eat chocolate.

“It also looks into why men take more risks in their relationship.”

Arndt spent her early career on television and radio talking about sex and she became a leading social commentator through her writing and work on government advisory committees.

Arndt has followed up her international success with the best-selling Sex Diaries and a new book about men and sex.

What Men Want is all about why sex matters so much to men and is based on the diaries of more than 150 men.

Arndt trained as a clinical psychologist, specialising in sexual therapy, and first came to prominence in the 1970s.

She moved to the US in the late ‘80s and spent five years in New York writing a syndicated newspaper column.

She also published collections of her writings in Private Lives and All About Us.

Since returning to Australia Arndt has served on a number of committees advising the Australian government on policy matters.

She is a full-time feature writer for The Australian and a regular guest on ABC radio around the country.

Arndt said she was excited when invited by Maitland City Library a year ago to come and talk as part of the Look Who’s Talking series.

Tickets for Arndt’s talk at Maitland City Library are \$10 and can be made online at www.maitland.nsw.gov.au/library



SEXPERT: Bettina Arndt will reveal her interesting research as part of Maitland City Library’s Look Who’s Talking series on Tuesday.