

Ask yourself the following questions: Can you imagine not obsessing about going to the bathroom? How often you have to go? Where is the closest facility? Will you make it there without leaking? How much water should you drink (or not) before you go into your 1:00 p.m. meeting?

What if your bladder were “worry free?” What if you were able to laugh without leaking? Were you ever unable to get home and in the door before you had to go?

Millions of women spend a great deal of their time and emotional energy on just these questions. In addition to all the logistics of a life ruled by their bladders, women factor these bodily concerns into their sense of themselves. Do they remember what it is like to feel sexy? Do they feel comfortable in their own skin? Can they put on an outfit and feel attractive? Or, are they totally disconnected from their own bodies, living life completely oblivious to pelvic health and fitness?

While there are other books on the market about topics like urinary incontinence and overactive bladder, we wanted to provide the essential and easily readable primer that would help women understand why their pelvis is key to their viability as a person, a mother, a partner. By understanding what is inside the female pelvis and how each “part” works, you will become more informed about why you need to care for your body from the “inside out.”

We will share key tips, topics and exercises that can change your life. We want you to know why what you eat and drink matters, why your pelvic floor exercises can make sex better for you and your partner, why how and when you go to the bathroom can contribute to problems with leaking or urge. Most importantly, we want you to learn that breaking bad habits can lead to Life Beyond Your Bladder.