

## Keren Smedley dispels a few sex myths

From The Jewish Chronicle

Candice Krieger  
July 30, 2009

 Follow the JC on Twitter



One of society's more durable assumptions is that people over 50 don't have much sex — or, at least, aren't too interested in it.

Not true, says agony aunt and life coach Keren Smedley. An expert on age-related issues, Ms Smedley, 57, aims to dispel the mythology that nobody over 50 enjoys a physical love-life in her latest book, *Who's That Sleeping in My Bed?* In it, she addresses a range of sex and relationship issues for baby boomers.

She tells People: "I realised that a lot of the questions — general and personal — I was being asked were about being older. We are

a generation that is doing things differently to our parents and I felt that there wasn't much literature around, so it seemed like a good idea to write a book."

The book follows the success of her previous publication *Who's That Woman in the Mirror: The Art of Ageing Gracefully*. Ms Smedley, a member of the British Association of Counselling, says 50 is an age of transition. "It's an age where you have opportunities to do things that you may not have had before. It's a time to have a rethink about your life and relationships. We should embrace this age, focusing on what we can do, not what we can't."

Aimed at both men and women, the book features a selection of self-help tests and charts to help readers clarify and define key issues. Mother-of-three Ms Smedley is a former advisor for *Saga* and the agony aunt for magazine *Woman's Weekly*. She also runs Experience, an organisation which provides relationship workshops for over-50s.

*Who's That Sleeping in My Bed* is published by Headline Spring Board, priced at £12.99

Last updated: 12:15pm, July 30 2009

[Email this page](#)



More on...


► People

See also

- Julian Treuherz boosts Liverpool's cultural status
- Paul Shaviv wins a prize for taking his Jewish school to new heights
- James Hyman mashes up Tarantino's music — and hands it back
- Sue Faber wins a gong for her 'remarkable' fundraising
- Oliver Ross causes a stir with his book about a fed-up estate agent


[Mobility In The Home?](#)

Stannah Stairlifts Give You Freedom Request A Free Consult From Stannah  
[www.StannahStairlifts.co.uk](http://www.StannahStairlifts.co.uk)

 Ads by Google


[Relationships Psychic](#)

Your Questions Answered Love Relationships Destiny  
[Genuine-Psychics.co.uk](http://Genuine-Psychics.co.uk)

 Ads by Google

[Anti Ageing SkinCeuticals](#)

Free Samples P&P Gifts & Offers Tel & E-mail Advice, Derma Roller  
[www.carolegoddard.co.uk](http://www.carolegoddard.co.uk)

 Ads by Google

Largest selection of kosher wines and spirits in the UK

 SUMMER SIZZLER OFFER: 6 WEEKS FREE

 YOUNG JOURNALIST 2010

 SOCIAL & PERSONAL BOOK YOUR ANNOUNCEMENTS

 EVENTS AND COMPETITIONS

MOST READ TODAY

[Jews plan Israel's boycott](#)

[Get took five desperate years, now I'll be shunned](#)

[Kosher phones ring the changes](#)

[Three arrested in Iran for 'devil worship'](#)

[The Voice's racist Israel jail claim is 'blood libel'](#)

