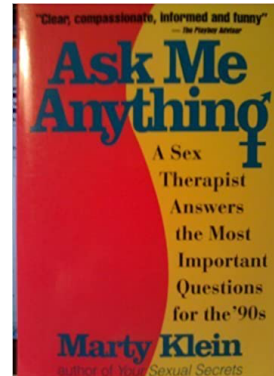


**"Ask Me Anything:  
A Sex Therapist Answers  
the Most Important  
Questions for the '90s."**

**Author Marty Klein**

PhD, Certified Sex  
Therapist and Licensed Marriage  
and Family Therapist for 34 years



**Question #475 from "Ask Me Anything," page 262**

**475. What's an average sex drive? I mean, how often do most people do it?**

The range of what healthy, "normal" humans do, sexually, is enormous, far broader than most people assume. Some folks want sex three times a year, some three times a day. Variables like age, health, and living arrangements make an enormous difference.

In general, I think that most people overestimate how much sex others want.

If you are concerned about your own sex drive, or are unhappy with your partner's, don't refer to what other people do. You know what feels right and what feels uncomfortable. Let that information guide your communication and judgment.