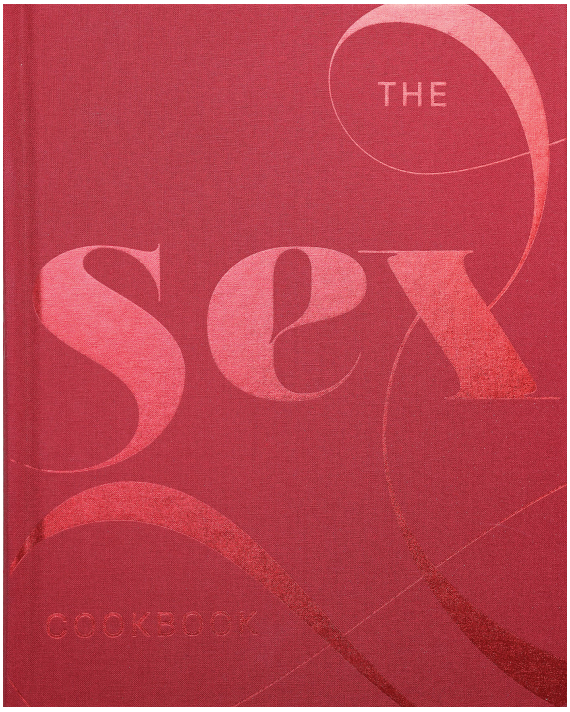
TITLE INFORMATION
Tel: +44 (0) 1394 389950
Email: uksales@accartbooks.com
Web: https://www.accartbooks.com/uk



The Sex Cookbook

Azra Hodza

ISBN	9788794190527
Publisher	Helmin Publishing
Binding	Hardback
Territory	World excluding Denmark
Size	240 mm x 190 mm
Pages	176 Pages
Price	£27.99

- Not a sex book - a book about what to eat to get you ready for sex!
- A funny book perfect for a host gift
- Extremely beautiful in all red with red foil and coloured edges

What you eat before intimacy matters more than you think! The wrong foods can leave you bloated, sluggish, or self-conscious—but the right ones will make you feel light, energised, and irresistible. This book is packed with delicious, easy-to-make recipes designed to enhance your mood, boost circulation, and keep you feeling fresh. Say goodbye to heavy meals that slow you down and hello to dishes that keep you ready for romance. Dig in, stay light, and let the real fun begin.

Azra Hodza is a Bosnian nutritionist who has specialised in what to eat to maximise energy levels. Whether it's for a walk, athletic performance, or even sex, Azra Hodza knows exactly which ingredients and combinations are best for the body.







Published 14th Oct 2025