

The Sexually Confident Wife

What makes a marriage beautiful? Honesty? Compatibility? Physical and emotional intimacy? All of these are important, but there's one component that determines the quality and longevity of a marriage more than anything else: a willingness to grow.

Let your soul be stirred by an extraordinary love. What would it be like to know without even a glimmer of doubt that you are loved—truly, passionately, deeply—just as you are? Can you imagine your heart being completely entwined with one whose every word to you reveals tender affection? When an unimaginable accident forced then-sixteen-year-old Shannon Ethridge to consider if such an intimate, meaningful soul connection was even possible, she discovered this incredible truth: The Creator of the universe woos and pursues you with unimaginable passion. He longs for you to be completely His. As she reveals, for the first time ever in print, the details of her dramatic, face-to-face encounter with the Lover of her soul, Shannon points the way toward a satisfying, vibrant relationship with Jesus. Completely His and the companion devotionals in the Loving Jesus Without Limits series combine practical insights with powerful personal stories from women just like you to help you embrace your true worth and lead you into a life of greater joy and purpose than you've ever thought possible. As you catch a glimpse of Christ's unfathomable love, your own spiritual passion will be awakened and you'll be inspired to embrace your role as His bride, fully and completely His—without limits. Why settle for less than the lavish love relationship you're designed to enjoy?

Move beyond the mechanics of sex to a rich and rewarding connection! God's desire is for couples to enjoy vibrant sexual relationships without inhibition, awkwardness, fear, resentment, guilt, or shame. With honesty and frankness, life coach and best-selling author Shannon Ethridge opens the minds of both husbands and wives to embrace a lifestyle of passion and pleasure. Divided into four sections, *The Passion Principles* helps couples celebrate the spiritual, mental, emotional, and physical dimensions of sexuality. Questions include: What was God thinking when He created sex? Why do humans think about sex so much? Will there be sex in heaven? How did we get such different ideas about sex and love? How can I get past his or her sexual past? How can I help my spouse heal from the sexual abuses he or she suffered? What if my heart is telling me I married the wrong person? How can we balance mismatched sex drives? Some chapters end with questions for personal contemplation or for couples to use as conversation starters, and other chapters end with prayers that foster a deeper spiritual and emotional connection, making this book a perfect guide to a more passionate love life.

A women's guide to getting that sexy back in the bedroom and living the life you desire no matter what state your relationship is in. It's hard to feel desirable when you're worried about the survival of your marriage. Do thoughts of divorce dance in your head? Do you feel that sex hasn't been on the priority list for you or your spouse? Add in these thoughts along with raising teenagers, demanding work schedules, financial insecurities, and other stressors, and it all becomes too much. All in all, though, you crave connection and being seen. Certified life coach, licensed specialty-certified New Life Story® wellness coach, and sexual confidence coach, Erica Lemke-Pembroke is on a mission to help women feel sexy again and reclaim their sexual confidence. She created the Sexy Again Method based on her own experiences, which she uses to empower women in rediscovering this for themselves. In *Feel Sexy Again*, women learn how to: Own their "sexy story" and create healthy narratives that support their vision Let go of expectations of their partner Reconnect with themselves in an empowered and powerful way Explore their values, beliefs, and ideals to find what truly lights them up Develop strategies to get the most out of their current relationships—both with their partner and themselves

As seen on The TODAY Show! “A godsend to anyone searching for, but struggling to find, true love in their lives.” —Kristin Neff, PhD, author of *Self-Compassion* “Empowering and compassionate, and its lessons are universal.” —Publishers Weekly Real love starts with you. In order to attract a life partner and build a healthy intimate relationship, you must first become a good partner to yourself. This book offers twenty invaluable lessons that will help you explore and commit to your own emotional and psychological well-being so you can be ready, resilient, and confident in love. Many of us enter into romantic relationships full of expectation and hope, only to be sorely disappointed by the realization that the partner we’ve selected is a flawed human being with their own neuroses, history, and desires. Most relationships end because one or both people haven’t done the internal work necessary to develop self-awareness and take responsibility for their own experiences. We’ve all heard “You can’t love anyone unless you love yourself,” but amid life’s distractions and the myth of perfect, romantic love, how exactly do you do that? In *Loving Bravely*, psychologist, professor and relationship expert Alexandra H. Solomon introduces the idea of relational self-awareness, encouraging you to explore your personal history to gain an understanding of your own relational patterns, as well as your strengths and weaknesses in relationships. By doing so, you’ll learn what relationships actually require, beyond the fairytale notions of romance. And by maintaining a steady but gentle focus on yourself, you’ll build the best possible foundation for making a loving connection. By understanding your past relationship experiences, cultivating a strong sense of self-awareness, and determining what it is you really want in a romantic partner—you’ll be ready to find the healthy, lasting love your heart desires.

Whether you’re single or married, having a pleasurable and fulfilling sexual relationship includes devoting time to seduction and foreplay. All too often, dissatisfaction in a couple's sex life is due to the fact that they've forgotten how to seduce each other. Couples are often guilty of skipping foreplay altogether, instead going straight to the already established pleasure zones that once turned their partner on but which may no longer do so. Dr. Pam has written this book to revive the neglected art of seduction, with tips and tricks specifically designed to stimulate each of the sexual senses: touch, sight, taste, smell and hearing, as well as the sixth sense, intuition. Packed with unique seduction and sex techniques for both new and established couples, *Fabulous Foreplay* offers sexy, easy-to-follow advice for even the most experienced lover. *Are You a Dirty, Nasty Slut? Or a Sexually Repressed Nightmare?* Regardless of your background or bedroom resume, someone or something has probably made you feel that way at some point. This was what Corinne Fisher and Krystyna Hutchinson discovered when they created the wildly popular *Guys We Fucked: The Anti Slut-Shaming Podcast*. What started as an outlet to interview— You guessed it!—guys they'd fucked, quickly evolved into an enormous community of Fuckers around the world, and a place to share stories of kinks gone wild, trauma, assault, and the overall confusion among people who don't know what the fuck they are doing (in other words, everyone). *F*CKED* brings these raw, ridiculous, and serious conversations from the podcast to the page. It is a guide to love and sex for anyone -- female, male, trans, or undecided—who is fed up with double standards and the stigma surrounding sexual beings. It is for anyone who has ever felt afraid to be their authentic self. Corinne and Krystyna won't talk down to you or coddle you because you're better than that. They won't explain why he's just not that into you, because it doesn't fucking matter. This book will teach you how to deal with shit, brush your shoulder off, and move on. You'll also learn about: Why shame is completely made up and how we can stop giving into it Sexual exploration and how it sometimes ends in a trip to the ER Stuff we should stop doing: Snooping, nitpicking our bodies, and faking orgasms Asking your sexual partner uncomfortable questions Masturbation, threesomes, porn, sex toys, butt stuff, and much, much more Despite what *Rom-Coms* and magazines tell you, you can handle sexual exploration without the assistance of a man, a glass of rose, and a Xanax. More importantly, you're fine all by yourself. This is the book *Bridget Jones* should've read instead of writing that shitty diary in the first place.

Let's get practical – how do real women live out God's plan in 21st-century marriages? Too often submission is represented as repressive servanthood, rather than a voluntary desire to empower a husband's leadership. And as with many things in our culture, this view of submission has found its way into our churches and marriages. In reality, women desperately want to experience the graceful waltz where both the husband and wife are in harmony - each 'dancing' their God-given role. But all too often, there are no realistic, Godly models from which to draw. Author and speaker Cindy Easley surveyed ordinary women and asked, "How does this work for you?" Specifically, how do women live out submission in her particular situation? These are their stories, from caring for a chronically ill husband to living with a nonbeliever. Each example will help married or engaged women gain appreciation for God's will for marriage and learn to dance with the one they love.

"Sheila speaks to both the heart and habits of the woman who is wife and mother. The lessons in this book are biblical, doable, and affordable!"--Margaret B. Buchanan From advertisements to mommy blogs to Pinterest, scenes of domestic bliss abound, painting a picture of perfection and expectation nearly impossible to live up to. Why can't you work a full-time job, stylishly clothe yourself and your children, plan a party for twelve with handmade decorations, keep your house sparkling clean without chemicals, and bake a gourmet meal in the same day? Everyone else is doing it! For many women, housework has become more than chores that need to be done; it is a symbol of identity. Sheila Wray Gregoire wants to stop that thinking in its tracks and help women back to a life of balance--for their sakes and for their families. She encourages women to shift their focus from housekeeping to relationships and shows them how to foster responsibility and respect in all family members. The second edition retains the helpful, concrete advice on everyday situations such as strategies for tackling chores and budgets and tips on effective communication, while incorporating the wisdom Sheila has gained through her interaction with thousands of readers of her blog and through her speaking ministry over the past ten years. Through the principles in *To Love, Honor, and Vacuum*, Gregoire promises readers they can grow and thrive in the midst of their hectic lives--even if their circumstances stay the same. Have you allowed skewed views and bad theology to hijack the question, "What does sex mean to our marriage?" In *"Pursuit of Passion,"* we offer you detailed suggestions on building your sexual connection and pleasure, as well as overcoming common struggles that rob couples of authentic sexual intimacy. This book equips engaged and married couples to replace misinformation with God's truth - that sex is His idea, and that God designed sex to be an essential and passionate place of bonding in your marriage. This book comprehensively looks at the spiritual, emotional and physical aspects of your sexual intimacy, tackles some of the toughest questions that couples face and includes discussion questions that will foster deeper communication for you as a couple. This book also includes an extensive list of marriage-building resources. Get ready to take your intimacy to a whole new level

When does an affair begin? Not with the first forbidden touch...but with the first forbidden thought. Unexpectedly, you find yourself enjoying a powerful emotional bond with another man. You feel like you matter to someone again. And the door you thought was locked so firmly--the door to sexual infidelity--is suddenly ajar. The only way women can survive the intense struggle for sexual integrity is by guarding not just your body, but your mind and heart as well. *Every Woman's Battle* can help you learn to do that.

Using real-life stories and examples from her own struggle, Shannon Ethridge helps women like you—whether married, engaged, or planning to marry someday.

OUR DEAR YOUNG MEN AND YOUNG WOMEN, we have great confidence in you. You are beloved sons and daughters of God and He is mindful of you. You have come to earth at a time of great opportunities and also of great challenges. The standards in this booklet will help you with the important choices you are making now and will yet make in the future. We promise that as you keep the covenants you have made and these standards, you will be blessed with the companionship of the Holy Ghost, your faith and testimony will grow stronger, and you will enjoy increasing happiness.

Daily Encouragement for Every Woman's Heart Each new day brings fresh opportunities for spiritual growth—along with challenges to your commitment to integrity. Subtle temptations to compromise often tiptoe their way into your thoughts. As you talk with misguided friends and experience the pressures of our sex-obsessed culture, you may begin to feel alone in your struggle for wholehearted purity. Like a faithful friend and accountability partner, Every Woman, Every Day provides the daily encouragement you need to withstand the pressures of temptation and pursue God's best in every area of your life. Adapted from the best-selling Every Woman series, each one-page devotional reinforces key principles of sexual, emotional, and spiritual integrity. In addition, you'll find practical advice and insights geared to your unique needs and struggles as a woman. With 365 days of inspiration and wisdom, Every Woman, Every Day equips you to guard your heart against compromise—and to experience true and lasting fulfillment.

Arguing against popular misconceptions that blame women for unfulfilling sexual relationships, a practical guide identifies the biological and psychological factors that compromise a man's sex drive while suggesting practical strategies for promoting healthier levels of intimacy. Reprint. 50,000 first printing.

A book for married couples, from newlyweds to those married for fifty years or more, advice on how to maintain a healthy sex life. Feminine traits that were once disparaged as weaknesses--such as sensitivity, intuition, and feeling emotional--are reclaimed as powerful strengths that can be embraced as the keys to a happier life for everyone Challenging old and outdated perceptions that feminine traits are weaknesses, The Feminine Revolution revisits those characteristics to show how they are powerful assets that should be embraced rather than maligned. It argues that feminine traits have been mischaracterized as weak, fragile, diminutive, and embittered for too long, and offers a call to arms to redeem them as the superpowers and gifts that they are. The authors, Amy Stanton and Catherine Connors, begin with a brief history of when-and-why these traits were defined as weaknesses, sharing opinions from iconic females including Marianne Williamson and Cindy Crawford. Then they offer a set of feminine principles that challenge current perceptions of feminine traits, while providing women new mindsets to reclaim those traits with confidence. The principles include counterintuitive messages, including: Take things hard. Women feel things deeply, especially the hard stuff--and that's a good thing. Enjoy glamour. Peacocks' bright coloring and garish feathers are part of their survival strategy--similar tactics are part of our happiness strategy. Chit-chat. Women have been derogated for "gossip" for centuries. But what others call gossip,

we call social connection. Emote. Never let anyone tell you to not be emotional. Express your enthusiasm, love, affection and warmth. Embrace your domestic side. Don't be ashamed to cultivate the beauty of your home and wrap your arms around friends and family. With an upbeat blend of self-help and fresh analysis, *The Feminine Revolution* reboots femininity for the modern woman and provides her with the tools to accept and embrace her own authentic nature.

Over the last few decades, research, activity, and funding has been devoted to improving the recruitment, retention, and advancement of women in the fields of science, engineering, and medicine. In recent years the diversity of those participating in these fields, particularly the participation of women, has improved and there are significantly more women entering careers and studying science, engineering, and medicine than ever before. However, as women increasingly enter these fields they face biases and barriers and it is not surprising that sexual harassment is one of these barriers. Over thirty years the incidence of sexual harassment in different industries has held steady, yet now more women are in the workforce and in academia, and in the fields of science, engineering, and medicine (as students and faculty) and so more women are experiencing sexual harassment as they work and learn. Over the last several years, revelations of the sexual harassment experienced by women in the workplace and in academic settings have raised urgent questions about the specific impact of this discriminatory behavior on women and the extent to which it is limiting their careers. *Sexual Harassment of Women* explores the influence of sexual harassment in academia on the career advancement of women in the scientific, technical, and medical workforce. This report reviews the research on the extent to which women in the fields of science, engineering, and medicine are victimized by sexual harassment and examines the existing information on the extent to which sexual harassment in academia negatively impacts the recruitment, retention, and advancement of women pursuing scientific, engineering, technical, and medical careers. It also identifies and analyzes the policies, strategies and practices that have been the most successful in preventing and addressing sexual harassment in these settings.

As a woman, your sexual confidence can actually make you more powerful, and can boost your ability to fulfill the goals that you want to attain. Understand that sexual confidence is not limited to bedroom matters. It involves the manner with which you interact with others, how you feel about yourself, and so much more. Having this confidence can help you reach your full potential and go after things without hesitating or feeling embarrassed. Unfortunately, there could be certain issues that may be hindering you from achieving your goals these may also sometimes making you feel embarrassed, especially when it comes to discussing these things with a friend or doctor. The unsolved issues may eventually become a burden to you, leading to various insecurities and poor confidence. With this book, the aim is to help women gain back their sexual confidence. Here are some of the things it can teach you: It provides explanations regarding the different embarrassing issues that affect the sexual confidence of a woman. It tackles the causes of a specific issue as well as the reasons for its occurrence. It offers tips, suggestions, and other things that can help you deal with a particular women issue that you have. If you feel as if you've been lacking confidence lately and have had some trouble trying to gain it back, we hope that the contents of this book helps you overcome your issues.

The bestselling author of *The Secret Lives of Wives* offers a refreshingly straightforward guide to enjoying a long, satisfying sex life. Women of the baby boomer generation know and trust Iris Krasnow as a writer who speaks candidly to the issues that concern them most. In the months following the publication of her most recent book, *The Secret Lives of Wives*, Krasnow addressed thousands of women, and she discovered that two subjects dominated her audiences' conversations: sex and change. Whether women are worried about marriage and divorce or illness and death, they're all asking: "How do I handle the shifts in my sexuality caused by these events?" *Sex After . . .* holds the answers to everything from regaining sexual confidence after childbirth and breast cancer to navigating the dating scene in senior communities. As with all of Krasnow's books since her New York Times bestseller *Surrendering to Marriage*, the narrative is driven by real women's stories: raw, intimate, and, most importantly, true. Prescriptive, emancipating, and insightful, *Sex After . . .* addresses a range of circumstances, including what happens: When you or your spouse doesn't want sex anymore After cancer, amputation, PTSD, or another illness maims the body If you come out of the closet at middle age When your marriage is damaged by adultery If you're dating again after twenty-five years with the same sexual partner When your husband is addicted to Viagra Filled with edgy and honest stories of carnal challenge and triumph from women of all backgrounds and life stages, *Sex After . . .* is Krasnow's signature take on *Everything You Ever Wanted to Know About Sex but Were Afraid to Ask*—during all of life's passages. Krasnow is a media and lecture tour favorite, and readers—whether in the heat of an initial can't-eat-can't-sleep attraction or rounding the corner to their sixtieth anniversary—will applaud her eye-opening perspectives on the one issue that can change lives for better or worse like nothing else.

An essential exploration of why and how women's sexuality works—based on groundbreaking research and brain science—that will radically transform your sex life into one filled with confidence and joy. Researchers have spent the last decade trying to develop a "pink pill" for women to function like Viagra does for men. So where is it? Well, for reasons this book makes crystal clear, that pill will never be the answer—but as a result of the research that's gone into it, scientists in the last few years have learned more about how women's sexuality works than we ever thought possible, and *Come as You Are* explains it all. The first lesson in this essential, transformative book by Dr. Emily Nagoski is that every woman has her own unique sexuality, like a fingerprint, and that women vary more than men in our anatomy, our sexual response mechanisms, and the way our bodies respond to the sexual world. So we never need to judge ourselves based on others' experiences. Because women vary, and that's normal. Second lesson: sex happens in a context. And all the complications of everyday life influence the context surrounding a woman's arousal, desire, and orgasm. Cutting-edge research across multiple disciplines tells us that the most important factor for women in creating and sustaining a fulfilling sex life, is not what you do in bed or how you do it, but how you feel about it. Which means that stress, mood, trust, and body image are not peripheral factors in a woman's sexual wellbeing; they are central to it. Once you understand these factors, and how to influence them, you can create for yourself better sex and more profound pleasure than you ever thought possible. And Emily Nagoski can prove it.

Discover the common misconceptions about what it means to exercise biblical authority and understand the role of submission in

the marriage relationship. This groundbreaking work can help men grasp and apply essential but often overlooked principles for marital leadership.

The author of the phenomenal # 1 New York Times bestseller *Men Are from Mars, Women Are from Venus*, John Gray has helped millions of men and women achieve lasting love and happiness. Now he turns his wisdom and expertise to one of the most sensitive and essential issues in a relationship: sex. In *Mars and Venus in the Bedroom*, he explains how we can use advanced relationship skills to keep the fires of passion burning and achieve much greater intimacy. Romance can thrive when we accept that men and women have very different, yet complementary, emotional and physical needs. Dr. Gray shows us how we can make small but important adjustments in our attitudes, schedules, and techniques so that both partners are happy in the bedroom -- and in the relationship. From learning advanced skills for greater sex to achieving greater confidence in the bedroom, discovering the joy of quickies to rekindling the passion and keeping romance alive, John Gray has the answers for you.

Powerful Tools for Guarding Your Body, Mind, and Heart Remaining pure while single isn't easy in a culture that encourages a woman to use her body to gain power, respect, and personal fulfillment. The longing for emotional and physical connection can gradually and subtly lead you into compromises you never intended to make. But you can resist the pressures—or reclaim your purity—by building a strong foundation of integrity. This book, ideal for study with *Every Woman's Battle*, is designed specifically for single women and will give you the tools you need to resist temptation and discover true fulfillment. Through practical and biblical lessons you'll be equipped to:

- understand the unique components of female sexuality
- discern your personal areas of vulnerability
- design a defense plan to protect your heart and mind, as well as your body
- allow God to satisfy the desires He placed within you

Each weekly study section—designed both for individual and small group use in eight-week or twelve-week tracks—guides you deeper into God's Word, then helps you personalize and apply the principles that will help you live in sexual and emotional purity.

A fascinating look at the changing role of wives in modern America After a half century of battling for gender equality, women have been freed from the necessity of securing a husband for economic stability, sexual fulfillment, or procreation. Marriage is a choice, and increasingly women (and men) are opting out. Yet despite these changes, the cultural power of marriage has burgeoned. What was once an obligation has become an exclusive club into which heterosexual women with the right amount of self-discipline may win entry. The newly exalted professionalized wife is no longer reliant on her husband's status or money; instead she can wield her own power provided she can successfully manage the business of being a wife. *Wife, Inc.* tells a fiercely contemporary story revealing that today's wives do not labor in kitchens or even homes. Instead, the work of wifedom occurs in online dating sites, on reality television, in social media, and on the campaign trail. Dating, marital commitment, and married life have been reconfigured. No longer the stuff of marriage vows, these realms are now controlled by brand management and marketability. To prosper, women must appear confident, empowered, and sexually savvy. Guiding readers through the stages of the "wife-cycle," Suzanne Leonard follows women as they date, prepare to wed, and toil as wives, using examples from popular television, film, and

literature, as well as mass market news, women's magazines, new media, and advice culture. The first major study to focus on this new definition of "working wives," *Wife, Inc.* reveals how marriage occupies a newly professionalized role in the lives of American women. Being a wife is a business that takes a lot more than a vow to maintain—this book tells that story.

Guides young women to make the right choices to maintain sexual purity, focusing on self-acceptance and the damaging influences of the over-sexualized media.

"Honey, I'm too tired" may sound like just another excuse—but for millions of American women, it's simply the truth. They may settle for no sex at all or the obligatory "I'd better do this for my marriage" sex—often to the detriment of their relationships. In this guide, Dr. Laurie B. Mintz shows women how to bring their libido back to life—and put the passion back into their lives. Mintz, a psychologist and sex expert, has been there, both personally and professionally. She shares her own story, as well as the stories of her many clients, as she puts forward her foolproof five-step plan designed to excite and energize even the weariest of stressed-out women. Complete with case studies and exercises, this sex-cure-in-a-book is all readers need to feel strong, sexy, and sensual again!

Too many of us never achieve the romantic and sexual fulfillment we want and deserve, and usually we blame our partners for getting it wrong. But what if the problem isn't him, it's you? Renowned relationship therapist and New York Times' bestselling author Laura Berman helps you break out of bad relationship patterns and achieve lasting romance and sexual satisfaction. Designed to be both inspirational and achievable, *It's Not Him, It's You!* helps you identify the damaging patterns of thought and behavior that prevent you from finding love and realizing the full potential of your relationships. Learn how to overcome self-blame and lack of confidence, how to acknowledge bad relationship choices so that you never repeat them, how to feel confident in the bedroom, and how to bring romance and intimacy back into your sex life. Then take the reins of your love life and create the relationship you want. *It's Not Him, It's You!* speaks to both single women and those in established relationships. Each chapter takes you one step further along the path to lasting, fulfilling love and sex, with a combination of tips, advice, inspiration, and real-life stories from Laura's clinics, all presented in Laura's characteristic warm, supportive style, to help you to discover just how happy, satisfying, and rewarding your relationship can be.

There's an old joke that after years of marriage a man complains, "She changed!" and a woman complains "He didn't!" Just as change is a part of life, it's also a part of marriage—a healthy and normal part of it. But just because things have changed doesn't mean you shouldn't recognize yourself or your relationship with your husband. Too many women wake up in their marriages and ask themselves, "Is this it?" After years of sharing domestic duties, raising kids, and balancing careers, many of us can't help but wonder if we're living the lives we intended to have. Whether you have been married

for two decades or two months, dating and relationship expert Andrea Syrtash shows how to create a more exciting and more fulfilling relationship with your spouse—and more important, with yourself. After all, you can't expect to find passion in your relationship if you are not passionate about your own life! With simple steps and fun exercises, *Cheat On Your Husband (with Your Husband)* provides the tools to help you combat boredom in your marriage and renew an easy, intimate connection with your spouse. Using real-life examples of couples who have benefited from her techniques, Syrtash debunks common marriage myths and shows how fun and fulfilling marriage can be.

Have you felt humiliated, uncomfortable, or just unsure if the act of oral sex is right in your marriage? As a Christian it's easy to misinterpret this act as unholy. But the good news is, it's actually in the Bible and God gives this act in marriage a green light. You can feel confident, comfortable and fierce in the bedroom. Understand how your husband thinks, feels, and physically responds intimately. Discover the 16 positions and 10 techniques to make him wild with pleasure. You can feel fantastic and free in spicing up the bedroom!

Based on her sought-after sexuality workshops, the coauthor of *Lesbian Sex Secrets for Men* shows women how to master the nine elements of sexual empowerment to reclaim their desire and live the sexually fulfilling lives they want. In a culture that defines achievement in terms of the workplace and the family, and that judges women's worth by superficial standards of beauty, sexuality is often overlooked as an essential piece of women's power. Many women realize they want more sexually but don't know how to get it. Based on her sought-after workshops for women, Amy Jo Goddard lays out her holistic, inside-out approach to sexual empowerment—one that examines sexuality not only in terms of what happens in the bedroom but through a lens of personal power and the erotic energy that is at our core. In *Woman on Fire*, she reveals how to elevate our sexual intelligence by mastering the nine Elements of a Sexually Empowered Life. Including stories from the thousands of women she has worked with, Goddard shares how to get (back) in touch with desire, explore vulnerability, and push the boundaries of what we think is acceptable. We will have not just better sex, but also more pleasure throughout life, more power in our work, and more deeply connected relationships. And we will discover what Goddard always reminds the women she works with: The more whole we are as sexual beings, the more fulfilled we are as human beings. From the Hardcover edition.

Readers ready to stop the blame game and pursue the marriage of your dreams can let authors Shannon and Greg Ethridge show them how to reignite their relationship with spiritual, emotional, and physical passion.

Maximize the sexual and emotional potential in your marriage! With down-to-earth wisdom based on the experiences of the thousands of women she's counseled, Shannon Ethridge—author of the million-plus-selling *Every Woman's Battle* series—shows women how to create the healthy, exhilarating sex lives they (and their husbands) desire. Every woman

deserves to enjoy great sex with her husband, without inhibition or shame. But many wives live with the burden of self-doubt or feel mystified about what men really want in bed. Others wrestle with memories of sexual abuse or neglect, guilt over past intimate relationships, or negative feelings about their own bodies. Maybe you've been thinking you were alone in your struggle to discover sexual fulfillment. Think again: only 8 percent of married women consider their sex life "very hot" 21 percent call their sex life "routine and boring" Another 21 percent ask, "What sex life?" These sorry statistics don't have to be your case, as Shannon Ethridge readily explains with arresting warmth and honesty. Brimming with confidence-boosting techniques and inspiring personal stories of rejuvenated relationships, *The Sexually Confident Wife* opens a new world of passion for every couple, helping women to connect with their men on every level—physical, mental, emotional, and spiritual—enabling them to fully enjoy the ultimate, enduring union that marriage can be.

Sexual and emotional fantasies tend to reveal certain areas of trauma, brokenness, and disillusionment that are yet to be healed. Many people, including Christians, look to their sexual and emotional fantasies as a road map to where they can find the fulfillment they long for. However these fantasies aren't a reliable road map into the future, they are actually a rocky road map from the past. Shannon Ethridge, best-selling Christian author, certified life coach, and advocate for healthy sexuality offers fascinating insights into common sexual thoughts such as: dating a much older man or much younger woman connecting with strangers via cyberspace gay and lesbian fantasies fascination with pleasure, pain, and power Introduced in *Genesis*, God's design for sex, beyond procreation, is to offer connection and pleasure for marriage partners. But also in *Genesis* is an outline of seven sexual fallacies that bring discord, pain, and brokenness. *The Fantasy Fallacy* helps explain the basis for these fallacies and offers insights to help expose not only the meaning behind them, but ways to face them, heal from them, and find physical, emotional, and spiritual freedom.

This is a resource for women seeking practical techniques to discover, explore, express and embrace their sexual self. This book teaches you specific skills to improve your relationship with yourself (the key to better sex and relationships with others) by assisting you to connect with your core sexual self through intensive reflective questions and strategies. This book will allow you to access and celebrate your unique and beautiful sexuality.

A funny, sexy, and wildly entertaining look at the rewards of fully realized desire in the life of one ordinary woman. At 43 years old, Pamela Madsen was happily married to the man she fell in love with at 17. She was the mother of two sons and had a successful career as a nationally known advocate for fertility issues. But she felt a growing sexual restlessness and yearning that wouldn't let up. And though Pamela loved her husband and didn't want to have an affair, she knew deep down that she needed more, much more. In *Shameless*, she tells the story of how she found it—and not only kept her marriage intact but made it stronger than ever. In this fearless memoir, Pamela tells the story of her search for sexual, personal, and spiritual wholeness. She explores, in riveting detail, what she experienced at the hands of sexual healers, men who brought her untold pleasure (and became her close friends

in the process). But this is not just another sex book: Shameless is also an account of how Pamela's journey healed her issues with food and body image and most important, helped her weave the many roles that she played—daughter, friend, partner, mother—into one fully integrated person. It is a story about a woman falling in love with herself and a call to other women to do the same.

Featuring the contributions of scores of women, an explicit manual shows women how to become sexually irresistible to the opposite sex, how to discover and fulfill your man's sexual fantasies, and how to achieve the sex lives they desire. Original. With the same candor and creativity that made *Men Are Life Waffles—Women Are Like Spaghetti* (more than 270,000 copies sold) a bestseller, author Pam Farrel gives wives 52 ways to wow their husbands and add spark to their marriages. Pam delivers humor in her fun woman-to-woman style through inspirational stories, godly advice, and easy-to-read offerings that include: wow assignments: simple ways to support, love, and encourage husbands wow wisdom: Bible verses and wisdom to help women cover their spouse with prayer wow dates: creative ideas for everything from shared meals to weekend getaways Newlyweds, married with kids, or empty nesters will appreciate these ideas crafted for the busy life. A woman can try one idea a week for a year or take on a few at a time to deepen her spiritual, emotional, and physical bond with her loved one.

Here is the challenge that most guys will face at one point or another in their lives: they feel attracted to a woman but have little to no idea of how to create connection - The thing that strikes me is that when you look deeper into it, the laws that create attraction between a woman and man are quite precise - This is the real info here - Women are predictable! - You give a guy a certain set of skills and mind sets and he will get women attracted to him most of the times - Sexual confidence is a an attitude you easily develop when you have the right info and train these skills - Think about it! What gives you confidence at anything in life? - It's exactly that! Skills + Practice! - The winning mind sets to get women attracted to you is exactly what I will give you in this material - I show you exactly how to avoid being in the friend zone - How to destroy approach anxiety - How to boost your presence in social situations - How to trigger desire in her - How to multiply passion when you are already in a relationship - Simple tricks that boost your sexual confidence! - And so much more! - Look! I won't lead you on! I know you are in a hurry to access all that right now - I am pro life coach with 10 years of solid experience helping guys boost their dating power and confidence in the dating world - I am blown away by the results I see! - The feedback I get is fantastic even after a couple of weeks of applying these simple tactics - If you are insecure or tend to be shy, these core tactics are definitely for you - If you are already successful and want to fine tune your skills, you will discover new breakthrough ideas that will take your game to a whole new level! - This material is dedicated to your future! Now, go and win!

This critical resource gives managers, HR, and anyone who may come into contact with someone in trauma—including workplace violence, harassment, assault, illness, addiction, fraud, bankruptcy, and more—the tools they need to be prepared for what lies ahead. This book is crucial for every manager or HR representative who shouldn't just prepare to one day be faced with a report of a traumatic experience at work, but plan on it. This five-step method will help managers make survivors feel supported and

understood. The Empathetic Workplace guides supervisors of any level through an understanding of how stories of trauma impact the brain of both the survivor and the listener, as well as the tools to handle the interaction appropriately, to help the listener, the organization, and most importantly, the survivor. The easy-to-follow LASER method outlined in these pages includes the following elements that all managers should know and understand: Listen-Controlling your own reaction, managing your body language, asking open-ended questions, hearing what is not being said, and winding down the speaker when the conversation becomes unproductive are essential elements in being a good listener. Acknowledge-Once someone shares a difficult personal story with you, it is important to acknowledge that gift. Share-You can help the speaker regain some measure of control by sharing information with him or her about what happened or what happens next, your personal or organizational values, and what you don't yet know but hope to learn. Empower-You can help the traumatized person by providing him or her with resources that are available to them through the company or outside groups. Return-The final step is to ensure that the traumatized person has a way to come back later when he or she cannot remember all that you said, thinks of more questions, or wishes for updates. The LASER technique can benefit all who are responsible for others, from top-tier managers at Fortune 500 companies to Residence Advisors in college dormitories.

Offers strategies for women with low libidos to help overcome the emotional, physical, and mental obstacles that are affecting passion and intimacy in their marriages.

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