



Have a Juicy, Passionate and Loving Marriage that Lasts

What does great sex do for your marriage, your partner, you and your life? It helps cement the bond the two of you created together. Tremendous passion for each other helps reduce stress, improves your mood and can get you through bumpy patches.

Unfortunately, we women often start with a negative balance in our pleasure bank. First, we have inherited the legacy of generations of negative sexual ideas and messages from our mothers, grandmothers and great grandmothers. We grow up with double standards about sexual behaviour (stud vs. slut). Add in possible not-so-pleasant early experiences, media messages of unattainable looks and mixed messages of what 'sexy' really is and it becomes nearly impossible to have a healthy, positive outlook on sex.

Great news! Here's four ways to top up your pleasure account.

- Discover your Sexual Truths. Yours. Not what TV, media, neighbours, friends, or anyone else thinks is right – what works for you. Figure out what you want. What are your specific turn-ons and -offs? Very few women get crystal clear about these. Consider everything that revs your motor and what stalls it. Have fun considering the sights, sounds, scents, textures, flavours, locations or anything else that comes to mind. Sensual is 'of the senses' so incorporate them all.
- Enjoy at least three 20 minute baths a week. It's vital, especially after having children, to take quiet time for ourselves in a sensual way (candles, oils, treats) and admire our bodies by taking pleasure in every inch of our luscious selves. Practice makes it easier and easier

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- Realize that no-one can give you an orgasm or any other pleasure. You must let go and allow it to happen. Too many women give their lovers credit (or blame) when actually all those magical experiences you've had were allowed by you! Take credit for your own satisfaction.
- Don't expect your husband to read your mind or know 'instinctively' what you want! Open up and practice communicating your intimate needs and wants. He'll cherish you for it. He wants to please you; if only you let him know how...

Speaking of sharing your innermost desires, here are some quick tips since your mother likely didn't sit you down and say "Here's how to discuss sex with your husband".

Communication Tips

- Set an intention before you begin
- Prepare ahead of time. You may even want to practice what you'll say.
- ASK when would be a good time to chat
- Don't say "We need to talk" – it's really just you who needs to talk
- Don't discuss sex in bed – pick a neutral location
- Don't make assumptions – always check them
- Relax!

For more ways to communicate about sex, pick up a copy of my award-winning book, the G-Spot PlayGuide: 7 Simple Steps to G-Spot Heaven! Two chapters are devoted to this crucial and often ignored subject.

Kim Switnicki

is a Sex & Intimacy Coach with over 25 years experience speaking with women and couples about sex and sexuality

Kim's passion is to help women who want to explore their sensual selves. She helps them discover what they truly want AND how to get it. For more information visit www.kimswitnicki.com