

she comes first the thinking mans guide

She Comes First: The Thinking Man's Guide to Prioritizing Pleasure and Connection

she comes first the thinking mans guide isn't just a catchy phrase—it's a transformative approach to intimacy that emphasizes understanding, respect, and genuine connection. In a world where conversations about pleasure often focus solely on one partner's experience, this guide shifts the spotlight to the woman's satisfaction, inviting men to rethink how they approach relationships and intimacy. Whether you're new to the idea or have heard about it before, exploring what it truly means to put "she comes first" into practice can deepen your connection and create a more fulfilling experience for both partners.

Understanding the Philosophy Behind She Comes First

At its core, "she comes first" is about prioritizing a woman's pleasure in a way that's thoughtful and attentive. It's not just a slogan but a mindset that encourages men to listen, learn, and adapt to their partner's unique desires and needs. This thinking man's guide explores how embracing this approach fosters intimacy beyond the physical act—it builds trust, communication, and emotional closeness.

The Importance of Prioritizing Her Pleasure

Many men grow up with societal messages that focus on their own performance or equate masculinity with dominance in the bedroom. However, the "she comes first" approach challenges these outdated notions by highlighting the value of mutual satisfaction. When a man genuinely prioritizes his partner's pleasure, it can lead to:

- Enhanced emotional connection
- Increased trust and openness
- More satisfying sexual experiences for both partners
- Reduction of performance anxiety

These benefits underscore why a thinking man wouldn't overlook the impact of putting her first.

Dispelling Myths About Female Pleasure

Understanding female pleasure can be complex due to a lack of comprehensive sex education and persistent myths. The thinking man's guide helps debunk common misconceptions, such as the idea that women achieve satisfaction only through intercourse or that orgasm is the sole indicator of a pleasurable experience. Recognizing the diversity of female sexual response is crucial, and "she comes first" encourages patience and attentiveness to discover what truly works for your partner.

Practical Steps to Embrace the She Comes First Philosophy

Turning this mindset into actionable behavior requires more than good intentions. Here's how the thinking man can make it a reality.

Communication: The Foundation of Understanding

Open and honest communication is the cornerstone of prioritizing her pleasure. Discussing likes, dislikes, boundaries, and fantasies without judgment creates a safe space where both partners feel heard and valued. Questions like "What do you enjoy most?" or "How can I make this better for you?" show a willingness to learn and adapt.

Learning Anatomy and Techniques

A thinking man invests time in understanding female anatomy to enhance intimacy. Knowing about the clitoris, G-spot, and erogenous zones helps tailor physical connection that feels pleasurable. Books such as "She Comes First" by Ian Kerner have become popular for offering insights into techniques that focus on clitoral stimulation, which many women find essential for orgasm.

Patience and Presence

Rushing through intimacy undermines the experience. Prioritizing her pleasure means being patient, attentive, and fully present. This mindset encourages slowing down, savoring each moment, and tuning into her responses—verbal and nonverbal—to adjust accordingly.

Incorporating Foreplay and Emotional Connection

Foreplay is not just a prelude but a vital part of the sexual experience. The thinking man's guide emphasizes the importance of touch, kisses, and other forms of affection that build anticipation and arousal. Emotional connection, such as eye contact and affectionate conversation, also enhances physical intimacy.

Why She Comes First Matters in Modern Relationships

In today's fast-paced world, where distractions abound and genuine connection can be elusive, embracing the "she comes first" philosophy offers a pathway to deeper intimacy.

Building Equality and Respect

Prioritizing her pleasure is a step toward equalizing the sexual experience. It moves away from ego-driven encounters toward mutual enjoyment, reinforcing respect and partnership.

Improving Relationship Satisfaction

Studies show that sexual satisfaction is closely linked to overall relationship happiness. When both partners feel fulfilled, the relationship tends to be stronger and more resilient.

Encouraging Personal Growth and Empathy

Putting her first challenges men to develop empathy and emotional intelligence. It pushes individuals to look beyond their own needs and engage more deeply with their partner's experience.

Integrating She Comes First into Everyday Life

This philosophy isn't limited to the bedroom—it permeates how partners relate to one another in daily life.

Active Listening and Emotional Support

Being attentive to her feelings, stresses, and joys during everyday conversations builds a foundation of care that naturally extends to intimacy.

Respecting Boundaries and Consent

A thinking man understands that consent is ongoing and respects her boundaries at all times. This respect is a key component of putting her first.

Celebrating Her Beyond Sexuality

Recognizing and appreciating her achievements, interests, and personality fosters a holistic connection that enriches all aspects of the relationship.

Resources for the Thinking Man Ready to Prioritize Her Pleasure

For those eager to dive deeper into the "she comes first" mindset, there are valuable resources that combine education with practical advice.

- **Books:** Ian Kerner's "She Comes First" remains a seminal guide for understanding female pleasure in a respectful and informed way.
- **Workshops and Counseling:** Many therapists and sex educators offer sessions that focus on communication, anatomy, and intimacy skills.
- **Online Communities:** Forums and discussion groups provide spaces to ask questions and share experiences with like-minded individuals.

Taking advantage of these tools can accelerate growth and deepen your understanding of what it truly means to put her first.

The journey to embracing "she comes first the thinking mans guide" is ongoing and rewarding. It invites men to shed old patterns, open their hearts and minds, and rediscover intimacy through the lens of empathy and mutual pleasure. By committing to this approach, relationships become not just about physical connection but about honoring and celebrating the fullness of your partner's experience.

Frequently Asked Questions

What is 'She Comes First: The Thinking Man's Guide to Pleasuring a Woman' about?

'She Comes First' is a book by Ian Kerner that focuses on the importance of oral sex and understanding female pleasure, promoting a more thoughtful and attentive approach to sexual intimacy.

Who is the author of 'She Comes First'?

The author of 'She Comes First' is Ian Kerner, a licensed psychotherapist and sex counselor.

What makes 'She Comes First' different from other sex guides?

'She Comes First' emphasizes the importance of prioritizing a woman's

pleasure and provides detailed guidance on oral sex techniques, challenging traditional male-centric approaches to sex.

Is 'She Comes First' suitable for beginners in sexual relationships?

Yes, the book is written in an accessible way for beginners and experienced individuals alike, offering clear advice and techniques to improve intimacy.

Does 'She Comes First' address communication between partners?

Yes, the book highlights the importance of open communication and understanding a partner's needs to enhance sexual satisfaction.

What are some key techniques suggested in 'She Comes First'?

Key techniques include focusing on clitoral stimulation, using varied motions and pressures, and being attentive to the partner's responses to ensure pleasure.

How has 'She Comes First' been received by readers and critics?

'She Comes First' has been praised for its respectful, educational approach to female sexuality and has become a popular resource for improving intimacy.

Can 'She Comes First' help improve a couple's sexual relationship?

Yes, by encouraging prioritizing female pleasure and better communication, the book can help couples build a more satisfying and connected sexual relationship.

Are there any criticisms of 'She Comes First'?

Some critics feel the book focuses heavily on oral sex, which may not encompass all aspects of sexual intimacy, but most acknowledge its valuable focus on female pleasure.

Where can I buy or read 'She Comes First'?

'She Comes First' is available for purchase on major book retailers like Amazon, Barnes & Noble, and in many bookstores. It is also available in eBook and audiobook formats.

Additional Resources

****She Comes First: The Thinking Man's Guide to Understanding Intimacy****

she comes first the thinking mans guide opens a thoughtful dialogue about

intimacy, relationships, and emotional connection that transcends conventional advice. In a world saturated with quick fixes and superficial tips, this guide advocates for a deeper understanding of female pleasure, mutual respect, and the art of attentive partnership. This article explores the core principles behind the concept, its relevance in contemporary relationships, and why it remains a crucial resource for men seeking to foster intimacy beyond the physical act.

Unpacking “She Comes First”: More Than Just a Phrase

At first glance, the phrase “she comes first” may seem straightforward—prioritizing a partner’s pleasure during intimate moments. However, the thinking man’s guide reveals layers of meaning that extend into emotional intelligence, communication, and the dismantling of outdated gender norms. Unlike traditional narratives that often focus primarily on male gratification, this approach centers female experience, recognizing it as equally important and deserving of attention.

The idea is not merely about technique but about cultivating empathy and patience. It challenges the stereotype of male dominance in sexual encounters and instead promotes a model where both partners’ needs and desires are acknowledged and met. This shift is essential for fostering healthier, more satisfying relationships.

The Cultural Shift Towards Female-Centered Intimacy

Historically, discussions around sex often marginalized female pleasure, creating gaps in understanding and satisfaction within relationships. The thinking man’s guide addresses these cultural oversights by encouraging men to educate themselves about female anatomy, emotional cues, and the importance of consent and communication.

Research indicates that couples who prioritize mutual satisfaction report higher relationship happiness. For example, a 2019 study published in the *Journal of Sex Research* found that couples who openly discuss sexual needs and prioritize each other's pleasure experience greater intimacy and long-term satisfaction. “She Comes First” taps into these findings by advocating for a conscious, respectful approach to intimacy.

Core Principles of “She Comes First” in Practice

Understanding the philosophy behind “she comes first” is only the beginning. Applying it effectively requires practical knowledge, sensitivity, and a willingness to learn and adapt. Below are some foundational elements that the thinking man’s guide emphasizes.

1. Prioritizing Communication

Effective intimacy relies heavily on open dialogue. Men are encouraged to ask questions, listen actively, and be receptive to feedback without defensiveness. This communication extends beyond verbal cues to include body language and emotional responses.

2. Mastering Female Anatomy

A key aspect often overlooked is the significance of educating oneself about female anatomy, including the clitoris, G-spot, and erogenous zones. The thinking man's guide stresses that understanding these areas enhances a partner's ability to provide pleasure that is both satisfying and respectful.

3. Patience and Presence

Rushing through intimate moments undermines connection. "She comes first" advocates for patience—allowing time for arousal and emotional bonding. Being fully present in the moment helps build trust and deepens the experience for both partners.

4. Emotional Intelligence

Recognizing and responding to a partner's emotional state is as crucial as physical technique. The guide encourages men to develop empathy, sensitivity, and the ability to navigate complex feelings during intimacy.

Comparing "She Comes First" to Traditional Sexual Guidance

Traditional sexual advice often centers on performance, duration, and physical prowess, sometimes neglecting the emotional and psychological dimensions of intimacy. In contrast, "She Comes First" integrates these elements, offering a holistic approach.

- **Focus on Female Pleasure:** Unlike many guides that prioritize male climax, this approach centers the woman's experience as vital to the encounter.
- **Emphasis on Communication:** Encourages ongoing dialogue rather than assuming understanding.
- **Emotional Connection:** Highlights the interplay between emotional intimacy and physical satisfaction.
- **Educational Component:** Promotes learning and self-improvement regarding anatomy and emotional needs.

These distinctions make “She Comes First” particularly valuable for men seeking to move beyond conventional paradigms and foster more meaningful relationships.

The Role of Consent and Mutual Respect

Integral to the thinking man’s guide is the principle of consent. Prioritizing a partner’s pleasure inherently requires ongoing, enthusiastic consent. This ensures that intimacy is a shared, positive experience rather than a transactional or coercive one. Respecting boundaries and recognizing that desire can fluctuate at any time are essential aspects covered within this framework.

Practical Tips Inspired by “She Comes First”

Applying the principles outlined in “She Comes First” involves actionable steps that men can incorporate into their intimate lives:

1. **Educate Yourself:** Read reputable sources on female anatomy and sexual health.
2. **Practice Active Listening:** Create a safe space for your partner to express desires and concerns.
3. **Prioritize Foreplay:** Recognize that arousal takes time and foreplay is critical for female pleasure.
4. **Be Present:** Minimize distractions and focus fully on the shared experience.
5. **Seek Feedback:** Encourage open conversations post-intimacy to understand what worked and what can improve.

These practical measures foster deeper connection and improve overall satisfaction.

Addressing Common Misconceptions

The thinking man’s guide also tackles prevalent myths that can hinder intimacy. For example, the misconception that female pleasure is straightforward or identical to male pleasure can lead to frustration or misunderstandings. Similarly, the idea that men must always initiate or dominate sexual encounters is challenged, promoting a more balanced dynamic.

By dispelling these myths, “She Comes First” helps men approach intimacy with more awareness and adaptability.

The Impact of “She Comes First” on Modern Relationships

In an era where gender roles and expectations are evolving, “She Comes First” offers a progressive template for intimacy. Couples embracing this philosophy often report enhanced emotional closeness and sexual fulfillment. It aligns with broader movements toward equality, respect, and emotional openness in relationships.

Moreover, it encourages men to see intimacy not as a performance but as a mutual journey, which can reduce anxiety and increase confidence. This mindset shift is invaluable in building lasting partnerships grounded in trust and genuine care.

Ultimately, “she comes first the thinking mans guide” serves not just as a manual for physical intimacy but as a broader invitation to understand and honor the complexities of human connection. Its emphasis on empathy, education, and mutual respect resonates in today’s social climate, making it a timeless resource for men committed to enriching their relationships.

[She Comes First The Thinking Mans Guide](#)

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she comes first the thinking mans guide: She Comes First Ian Kerner, 2019 'There are some fantastic books out there that men should read ... It really worked' Coleen Nolan, ITV's Loose Women Did you know that the clitoris has 8000 nerve endings, twice as many as the penis? Here is everything you've wondered about the female orgasm and how to make it happen. A witty, well-researched and revealing guide to giving your lover an orgasm every time. More than just foreplay, Ian Kerner argues that oral sex is the key to a great sex life for both partners. Short sections cover philosophy, technique, step-by-step instructions and detailed anatomical information, essential to both beginners and experienced lovers. 'It's time to close the sex gap and create a level playing field in the exchange of pleasure, and cunnilingus is far more than just a means for achieving this noble end; it's the cornerstone of a new sexual paradigm, one that exuberantly extols a shared experience of pleasure, intimacy, respect and contentment. It's also one of the greatest gifts of love a man can bestow upon a woman.' Ian Kerner

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remain caught between feminism and femininity, between self-affirmation and an endless quest for self-improvement, between playing an injured party and claiming independence. Rather than blaming the usual suspects—men, the media—Kipnis takes a hard look at culprits closer to home, namely women themselves. Kipnis serves up the gory details of the mutual displeasure between men and women in painfully hilarious detail. Is anatomy destiny after all? An ambitious and original reassessment of feminism and women's ambivalence about it, *The Female Thing* breathes provocative new life into that age-old question.

she comes first the thinking mans guide: What Men Want in Bed Bettina Arndt, 2012-01-01 Across the world, the story is the same. Sex scandal. Media frenzy. Another prominent man caught with his pants down. So why do men take such risks for sex? Sex therapist Bettina Arndt's new book is all about why sex matters so much to men. More than 150 men kept diaries for her, talking about what it is like to live with that constant sparking sexual energy—and;relentless, uncontrollable, all-consuming. Their painfully honest, confronting, often hilarious stories explain their quest for sexual adventure, their secret delights, the thrill of giving pleasure, why some men turn to pornography and men's delight in the Viagra revolution. With every second man over fifty dealing with erection problems, Bettina offers advice on the wondrous new treatments giving men a new lease of sexual life. Her diarists reveal what it is like to pop little blue pills, or inject their best friend, or face impotence after prostate cancer treatments, or use treatments with a reluctant partner. *What Men Want: In Bed* lifts the lid on men's longings, frustrations, their fears and their intense joy in making love.

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she comes first the thinking mans guide: Love in the Second Act Alison Leslie Gold, 2006-01-19 Inspiring stories of individuals—aged 46 to 97—who experienced a resurgence of passion in their lives when they least expected it. F. Scott Fitzgerald believed there are no second acts in American lives. Yet at least as far as love is concerned, the statistics indicate otherwise. These days,

more and more people are falling in love and embarking on deep and fulfilling romantic relationships in the later part of their lives. At a time when the specter of spending one's final years alone can seem only slightly less intimidating than Internet dating, the subjects profiled in this book tossed their hearts up in the air with the hope that love just might spring eternal. And just how different is the game at age seventy-five than it was at age twenty-five? This book forms an engaging meditation on the ways that love itself alters and matures as we grow older. Organized around the distinct and often surprising themes that emerged from Gold's conversations with lovers from all walks of life—love suddenly appearing out of the shadows following a determination to find it at whatever cost; second-act relationships that represent 180-degree turns for the parties involved; a sense of finally coming home to the one you were meant to be with in the final stages of life—Love in the Second Act will remind anyone, young or old, that the quest for love is never-ending.

she comes first the thinking mans guide: *Unmet Expectations in Couple and Sex Therapy* Stephen J. Betchen, 2023-10-11 Stephen J. Betchen illuminates unmet expectations as one of the leading causes of relationship problems, offering an integrative, systemic, and conflict-oriented treatment model that will help both therapists and couples develop happier and more realistic relationships. This clinical guide helps therapists provide couples with the ability to recognize the origin of their expectations and when their expectations might be realistically or unrealistically too high or low. It defines and demonstrates the complexity of what met or unmet expectations are, identifying common symptoms as anger, incessant bickering, anxiety, disappointment, disillusionment, and sadness. Chapters outline how to determine the origin and impact of unmet expectations before discussing how and why we choose our partners that do or do not meet our needs. Addressing sociocultural factors in depth, Betchen provides tools to assess and treat both sexual and non-sexual symptoms and includes a chapter on how to manage the issue of when a therapist doesn't meet the expectations of their clients. The book is invaluable for therapists who work with couples as well as trainees and supervisors in couple, family, and sex therapy graduate and post-graduate programs.

she comes first the thinking mans guide: *Swoon: Great Seducers and Why Women Love Them* Betsy Prioleau, 2013-02-04 Lose yourself: Swoon has wicked fun answering that age-old query: What do women want?—Chicago Tribune Contrary to popular myth and dogma, the men who consistently beguile women belie the familiar stereotypes: satanic rake, alpha stud, slick player, Mr. Nice, or big-money mogul. As Betsy Prioleau, author of *Seductress*, points out in this surprising, insightful study, legendary ladies' men are a different, complex species altogether, often without looks or money. They fit no known template and possess a cache of powerful erotic secrets. With wit and erudition, Prioleau cuts through the cultural lore and reveals who these master lovers really are and the arts they practice to ensnare women. What she discovers is revolutionary. Using evidence from science, popular culture, fiction, anthropology, and history, and from interviews with colorful real-world ladykillers, Prioleau finds that great seducers share a constellation of unusual traits. While these men run the gamut, they radiate joie de vivre, intensity, and sex appeal; above all, they adore women. They listen, praise, amuse, and delight, and they know their way around the bedroom. And they've finessed the hardest part: locking in and revving desire. Women never tire of these fascinators and often, like Casanova's conquests, remain besotted for life. Finally, Prioleau takes stock of the contemporary culture and asks: where are the Casanovas of today? After a critique of the twenty-first-century sexual malaise—the gulf between the sexes and women's record discontent—she compellingly argues that society needs ladies' men more than ever. Groundbreaking and provocative, *Swoon* is underpinned with sharp analysis, brilliant research, and served up with seductive verve.

she comes first the thinking mans guide: *Eve's Blessing* Suzannah Weiss, 2025-08-28 "In sorrow thou shalt bring forth children." With these words, women fell into a world that saw them as cursed. They are still falling. Today, we define women by suffering: menstrual cramps, mood swings, excruciating childbirth, painful first-time sex. Femaleness itself has come to look like an illness, so now, women seeking solutions for their ailments are dismissed. And as our pain is sanctioned, our

pleasure is deemed tricky, complicated, burdensome, elusive. This reality is not our destiny. These myths are misreadings not just of ancient texts but of women's bodies. Our pain is the product of oppression imposed for centuries. That's the real curse. Yet amid this oppression, our pleasure has survived. Once we recover who we were before the fall, we can revel in the blessings of our bodies. Ecstatic births, positive periods, sublime sex, orgasmic lives — this is who we are behind the cultural curse we've been under. Through inspiring stories from the author and a diverse group of blessed people, Eve's Blessing charts many paths from pain to pleasure so that you can walk your own. If you've drifted away from paradise, this book will guide you back.

she comes first the thinking mans guide: Wedding Bells and Chimney Sweeps Bruce Montague, 2014-04-07 Wedding Bells and Chimney Sweeps is a wideranging, highly readable collection of information about marriage, a miscellany of facts, lore, statistics, old wives' tales, historical snippets, anecdotes, quotations, myths and superstitions. From the origin of the reading of banns to marriages conducted by ships' captains, the significance to a bride of the wooden spoon to the tradition of tossing her garter, the red tape required before a marriage can take place to Amish weddings and wedlock in literature, here is a book in which readers, married, soon-to-be-married, or determinedly single, are bound to find something to interest, amuse, astonish or, sometimes, appal them. Whether read or dipped into by anxious fiancé, nervous bride, doubtful father-in-law, doting aunt, beaming bridesmaid or melancholy former lover - or simply someone with a passing interest in some of our oldest traditions, religious and pagan - this is a book to delight even the least romantically minded reader.

she comes first the thinking mans guide: What Every Mental Health Professional Needs to Know About Sex Stephanie Buehler, 2013-07-29 Although sexual issues frequently arise in therapeutic practice, mental health professionals are often uncomfortable and poorly equipped to address them. Written by an author who is both a psychologist and sex therapist, this practical guide provides information, tools, and exercises to increase the confidence and comfort of the mental health professional called upon to treat sexual issues during the course of therapy. The book is based on the premise that the therapist must be comfortable with his or her own sexuality in order to offer appropriate treatment. This guide discusses the characteristics of healthy sexuality-for both client and therapist-and explores the reasons that may underlie a therapist's discomfort with addressing sexual issues. Using case studies and sample dialogues, it covers a multitude of common and unusual sexual problems, couple's issues, questions that parents may have about sex, working with LGBT clients, sex for survivors of trauma, sexuality and aging, sexual pain disorders, and how to assess whether more extensive sexual therapy is needed. The guide demonstrates how therapists in different modalities can incorporate treatment of sexual problems into their practice, and covers relevant ethical issues. Included is a downloadable set of practitioner's resources that includes worksheets and client handouts that can be immediately put to use. Additionally, the book provides resources for more in-depth information and discusses collaboration with other health professionals. Key Features: Discusses how to comfortably and effectively discuss, assess, and treat clients' sexual concerns Supported by case studies and therapist/clinician dialogues Includes Step Into My Office sidebars taken from the author's own experience Provides downloadable resources including assessments, worksheets, and client handouts

she comes first the thinking mans guide: Principles and Practice of Sex Therapy Kathryn S. K. Hall, Yitzchak M. Binik, 2020-06-03 This widely used clinical reference and text--now significantly updated with 75% new material reflecting therapeutic advances, diagnostic changes, and increased coverage of sexual minority groups--comprehensively addresses sexual problems and their treatment. Prominent contributors interweave theory, research, and clinical considerations. Detailed case examples illustrate the process of assessment and intervention with individuals and couples across the lifespan, with attention to gender-related, cultural, and health concerns. The volume features an integrative introduction and conclusion, plus an instructive editorial commentary at the beginning of each chapter. New to This Edition *Many new authors and extensively revised chapters. *Coverage of advances in sexual medicine, ICD-11 diagnostic changes, and other timely topics.

*Chapters on sexual aversion, female sexual arousal disorder, and out-of-control sexual behavior.
*Chapters on the transition to parenthood and the treatment of sexual concerns in the BDSM community and adult transgender clients. *Chapters on additional medical issues: cancer and spinal cord injury.

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she comes first the thinking mans guide: Sex Diaries Bettina Arndt, 2009-03-01 In *The Sex Diaries* Australia's best known sex therapist, Bettina Arndt, uncovers the night-time drama being played out in bedrooms everywhere—the creeping hand and feigning of sleep, the staying up late in the hope that he will doze off. It is one of the great inconvenient truths of relationships that after the first blissful years together, most men want more sex than their female partners. Bettina Arndt recruited ninety-eight couples to keep diaries, revealing their intimate negotiations over sex. Who feels like having sex? Who doesn't? And how do couples cope if one person wants it more than the other? She draws on her thirty-five years of professional experience to provide a provocative analysis that challenges our basic assumptions about sex. With her characteristic humour and insight, Bettina Arndt proposes a new approach to how couples can enjoy regular sex—and sustain loving relationships.

she comes first the thinking mans guide: The Essential Elements of Sex Eryn-Faye Frans, 2012-12-11 *The Essential Elements of Sex*; provides you with the building blocks you need for the sex life you have always hoped for and dreamed about in your marriage. We are facing an epidemic of divorce in the church, and the dirty little secret is that these marriages are falling apart because we, as Christians, are woefully unprepared for the most taboo aspect of our relationshipsex. *The Essential Elements of Sex* outlines information crucial to the foundation of sexual intimacy and describes the nine essential elements necessary to build a strong, sustainable partnership. Eryn-Faye Frans combines the authoritative research of some of the most renowned experts in the field with her own experience coaching thousands of individuals and couples across North America. In *The Essential Elements of Sex*, she provides a biblically based, scientifically established understanding of the issues men and women face in the bedroom. She debunks myths about sexual intimacy, provides answers to commonly asked questions, offers tips and how-tos, and suggests practical exercises that can improve communication, intimacy and appreciation for each other.

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