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31 Days to Great Sex is for you!

These 31 days of readings and challenges will help married couples rebuild intimacy, rediscover fun, and achieve great fireworks.

The first few days are devoted to seeing sex in a positive way, and talking through your baggage and insecurities. Then we spend a few days on building emotional intimacy (your friendship), a few days on building physical intimacy (the fireworks, making sex feel wonderful!), a few days on spiritual intimacy (the oneness), and a few days putting habits in place so that you can keep the momentum going once you're done.

Sex is so important in a marriage, and yet often we lose hope. It becomes blah. We wonder if we can ever recapture that spark--or if we can ever light that spark in the first place.

This series takes you step by step in the process of building a fun and intimate sex life. It doesn't only focus on the mechanics of sex--though there certainly are posts that will help you in that department. It also focuses on building friendship, experiencing real intimacy, and learning to have fun again.

Any two bodies can work together sexually. When we have problems in the bedroom, it's often not because of our bodies. It's usually because we aren't communicating well, or we feel distant from each other, or we're just nervous. The big benefit of this 31 days is that you'll actually TALK and communicate about this important part of your life. Talking about it is difficult to do, but the prompts and the posts make it much easier. That's often when breakthroughs happen!

Who will benefit from this book?

Newlyweds who want to start off well!

Couples for whom life has become blah and too routine

Couples who have almost given up hope that sex can become great

Couples in conflict because one spouse wants sex more frequently than the other

In other words--just about every married couple. It doesn't matter where you are in your marriage, the 31 Days to Great Sex will help you talk about sex more, think about intimacy more, and feel

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How does it work?

Each day has a topic, like "Embracing the Skin She's In", "Hitting the Reset Button on your Sex Life", or "How Do You Decide Your Sexual Boundaries?" There's a short write-up you read together, and then there's a challenge for you to do, often containing some conversation prompts. And yes--there's plenty in there about how to make sex feel great, too.

We're meant to have an abundant marriage--so don't settle for mediocre. Make this the most fun project you'll ever do together as a couple.

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If you realize your 31 days to great sex so overwhelming, you are able to go ahead and take instructions or guides in the manual individually. Select a special feature you wish to give attention to, browse the manual thoroughly, bring your product and execute what the manual is hinting to complete. Understand what the feature does, using it, and don't go jumping to a different cool feature till you have fully explored the actual one. Working through your owner's manual by doing this assists you to learn everything concerning your digital product the best and most convenient way. By ignoring your digital product manual and not reading it, you limit yourself in taking advantage of your product's features. When you have lost your owner's manual, look at product instructions for downloadable manuals in PDF

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