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**FIFTY SHADES OF GREY
 MEETS 50 SHADES OF REALITY
 WHEN DOES SEXUAL FANTASY CROSS THE LINE
 FROM HEALTHY TO HARMFUL?**

NASHVILLE, TENN -- *Fifty Shades of Grey* is a publishing and cultural phenomenon – the series hit the \$20 million sales mark in the United States this summer, surpassing records set by both *The Da Vinci Code* and *Harry Potter*. Though these healthy book sales have spiked the online sale of whips, chains, and other BDSM-related paraphernalia, some dare to question how healthy a super dose of sexual fantasy is for readers. *When does sexual fantasy cross the line from healthy to harmful?*

Best-selling author, speaker and counselor Shannon Ethridge, has penned a book to answer this and other questions about sexual fantasy in ***The Fantasy Fallacy: Exposing the Deeper Meaning Behind Sexual Thoughts*** (Thomas Nelson Publishers, October 2012).

Ethridge explains how some sexual fantasies can become harmful, particularly when acted upon with others. “Fantasies which push the envelope beyond what is socially or spiritually acceptable are most often rooted in childhood trauma or unresolved pain. ***The goal of this book isn’t to judge whether fantasies are ‘right or wrong,’ but to help people examine sexual fantasies closely enough to recognize their roots and help them heal their pain.***”

The Fantasy Fallacy invites readers on a journey into the deeper meaning of sexual fantasy. Ethridge suggests that sexual fantasies reveal one’s interior motivations, fears and desires. Exposing the memories and meanings behind sexual thoughts, she explains, can remove the impulse to act on every imagination. The result of this insightful examination is the road to relational peace, emotional rest, and sexual fulfillment men and women really desire.

Some religions seek to control sexual fantasy through repression or shame, but Ethridge suggests that honesty is the only healthy policy. She urges Christians and all readers to acknowledge their sexual thoughts while simultaneously looking for the issues that are driving these fantasies.

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Ethridge's policy of straight talk allows her to guide readers into discussions of all aspects of sexual fantasy:

- Why has *Fifty Shades of Grey* struck a nerve with female readers?
- Why do we need to talk about sexual fantasy anyway?
- What do boundaries have to do with fantasy?
- Whose faces are behind our fantasies?
- How has the porn industry become a fantasy factory?
- What are we looking for when we barter with our bodies?
- Why isn't the "One Flesh" of marriage enough flesh?
- Why are humans fascinated with Pleasure, Pain, and Power?
- What is the healthy role for fantasy in sexuality?

Before *Fifty Shades of Grey* came on the scene, Ethridge was already prepared to tackle this topic: "For three years I've been saying, 'Someday I want to write about sexual fantasy.' I realized through all the media madness and literary-critic chaos [about *Shades of Grey*] that the time for the book wasn't *someday*. It was *now*."

Through creative word pictures, multiple case studies and well-documented research from fellow counselors and psychologists, Shannon Ethridge enables readers to better understand the purpose of sexual fantasy as it relates to the brain's efforts to heal itself from previous emotional damage. As she writes in the pages of ***The Fantasy Fallacy***, "There are great benefits to peeling back the layers of our sexual thoughts to understand their deeper meanings."

Shannon Ethridge (MA, Counseling and Human Relations) is a best-selling author, speaker, and certified life coach. She has spoken to college students and adults since 1989 on the topics of sexuality and Christian spirituality. Shannon is the author of 19 books, including the million-copy best-selling series, *Every Woman's Battle*. Her latest book is ***The Fantasy Fallacy: Exposing the Deeper Meaning Behind Sexual Thoughts***.

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***The Fantasy Fallacy:
Exposing the Deeper Meaning Behind Sexual Thoughts***

By Shannon Ethridge

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