

1. Why do women need a book to tell them how to reinvent their sex lives with their husbands? Why isn't this second nature?

We live in a world where female sexuality is an embarrassing taboo rather than an enriching treasure. We grow up hearing, "Good girls don't." So we put a wedding band on our finger, then feel like we have to be a "bad girl" to be good in bed.

2. What's the state of contemporary married sex? In your book, you state some pretty bleak statistics.

Sexually satisfied couples are becoming an endangered species. According to *Family Circle* magazine, only 8% of women consider their sex lives "very hot." Twenty one percent call their sex life "routine and boring." Another 21% of respondents asked, "What sex life?"

3. Why do women struggle so much with expressing themselves sexually? What keeps us from enjoying sex?

The list seems endless. Poor body image... low self-esteem... scars from sexual abuse... shame over pre-marital or extramarital relationships... spiritual guilt... fear of judgment... lack of knowledge about male and female sexuality... these are all big hurdles that hold women back in the bedroom.

4. Why is a healthy sex life important to a marriage?

Marriage is the only safe relationship where we can express ourselves sexually and enjoy intimate pleasures without guilt or fear. A husband and wife who live together in a sexless marriage are more like roommates than soul mates.

5. Is there such a thing as "normal" when it comes to married sex, or is every couple different? What should your expectations be?

Each person's sexuality is as unique as their fingerprint, so a married couple should expect differences to arise in the bedroom. "Different" doesn't mean "bad." With open communication and healthy compromise, differences can lead to deeper levels of trust and intimacy.

6. If you want to pep up your sex life, where do you start?

Before you focus on what's happening between the sheets, focus on what's happening between your ears. What are your attitudes about male and female sexuality? Where do they come from? Do they create bridges that connect, or walls that separate?

7. Is it essential for women to embrace their bodies and be aware of what they want before they can really begin to give to their partner?

Most women are sexually *competent*, but they deserve to be sexually *confident* – knowing what brings both of them pleasure, *and* not being too inhibited or ashamed to enjoy it. Sexual confidence is the birthright of every woman, and one of the deepest desires of every husband for his wife.

8. Name some of your top practical tips for spicing things up in the bedroom.

Men are visually stimulated, so women need to get over our body image hang-ups, get naked, and even get on top sometimes so he can drink your beautiful body in through his eyes. Intimacy is much more enjoyable as a spectator sport than with the lights off and the covers up.