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The Sexually Confident Wife: Connecting with Your Husband Mind Body Heart Spirit

By Shannon Ethridge

Random House USA Inc. Paperback. Book Condition: new. BRAND NEW, The Sexually Confident Wife: Connecting with Your Husband Mind Body Heart Spirit, Shannon Ethridge, Maximize the sexual and emotional potential in your marriage! With down-to-earth wisdom based on the experiences of the thousands of women she's counseled, Shannon Ethridge—author of the million-plus-selling "Every Woman's Battle" series—shows women how to create the healthy, exhilarating sex lives they (and their husbands) desire. Every woman deserves to enjoy great sex with her husband, without inhibition or shame. But many wives live with the burden of self-doubt or feel mystified about what men really want in bed. Others wrestle with memories of sexual abuse or neglect, guilt over past intimate relationships, or negative feelings about their own bodies. Maybe you've been thinking you were alone in your struggle to discover sexual fulfillment. Think again: only 8 percent of married women consider their sex life "very hot"; 21 percent call their sex life "routine and boring." Another 21 percent ask, "What sex life?" These sorry statistics don't have to be your case, as Shannon Ethridge readily explains with arresting warmth and honesty. Brimming with confidence-boosting techniques and inspiring personal stories of rejuvenated relationships, "The Sexually Confident Wife" ...



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