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The Good Girl's Guide To Great Sex: (And You Thought Bad Girls Have All The Fun)



Synopsis

Billions of people have had sex. Far fewer have made love. In the Good Girl's Guide to Great Sex, author Sheila Wray Gregoire helps women see how sexual intimacy was designed to be physically stupendous but also incredibly intimate. Whether you're about to walk down the aisle or you've been married for decades, The Good Girl's Guide to Great Sex will lead you on a wonderful journey of discovery towards the amazing sex life God designed you for. With humor, research, and lots of anecdotes, author Sheila Wray Gregoire helps women see how our culture's version of sex, which concentrates on the physical above all else, makes sex shallow. God, on the other hand, intended sex to unite us physically, emotionally, and spiritually. Gregoire walks through these three aspects of sex, showing how to make each amazing, and how to overcome the roadblocks in each area we often encounter. Drawing on survey results from over 2,000 people, she also includes lots of voices from other Good Girls, giving insight into how other women have learned to truly enjoy sex in marriage.

Book Information

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Customer Reviews

Gregoire answers questions about nuts and bolts. She also writes from a covenantal view: Sex is created by God for our good and His glory. She conveys a basic message that marriage is a lifelong endeavor, that husbands and wives have time to experiment, and that communication and trust facilitate good sex. Like a funny big sister, she takes on intimate topics in a frank and reassuring way. She writes for those who are engaged, newlyweds, and for those who are sexually experienced and want to gain a biblical understanding. She cautions against laziness and also

against the temptations that porn has made popular. (WORLD Magazine)

My husband and I have been married for 21 years, and happily married for 17. Those first four years were really difficult. And a big part of the reason is that we just couldn't connect in the bedroom. When we walk down the aisle, we usually assume everything will naturally fall into place. If it was going to be hard, we wouldn't get married, would we? Yet all too often, once the confetti is gone and the wedding dress is boxed up, we don't feel quite as giddy. We start to wonder, "is this all there is? Isn't marriage supposed to be better?" Yep. It is! And in *The Good Girl's Guide to Great Sex*, I show women that you don't have to settle for mediocre. God created you to feel incredible pleasure but also incredible intimacy through sex. And he doesn't want you to settle for anything less! But getting to bliss isn't always easy, because men and women approach sex very differently. Men make love to feel loved. Women need to feel loved to make love. Add to that our culture's portrayal of sex being something that is only physical, and awfully shallow, and combine that with all of our baggage coming into marriage, and sex can often be something that adds a lot of tension to the marriage. It doesn't have to be that way. Whether you're a new bride or a veteran wife, my dream is that you will be able to experience true and beautiful intimacy with your husband--intimacy that has all the physical fireworks you've dreamt of, but also that overwhelming feeling of "being one". And in this book I gave all the practical tips I could on how to better understand your man, how to better understand yourself, and how to understand how sex is supposed to work. Because I asked women just like you about their experiences, I've also got lots of funny stories and messages of triumph to help you aim high. And I've even included some "Good Girl Dares" to spice things up. Because honestly, ladies, those having the most fun in bed aren't the starlets that grace the covers of *Cosmo*. They're those of us who are married to our good guys, and who are committed for life. Those are the necessary ingredients for a great sex life. And in the book, I'll help rev it up!

Great book. I highly recommend it! Wait to read it until 3-4 weeks before your wedding so it doesn't stir up too many thoughts before the right timing. Wait to buy it (or buy it now & save it! You could even write a letter to your future husband now and tell him you're thinking/praying for him). I'll definitely be buying copies of this book for future bridal showers/bachelorette parties! I'm thankful Sheila was willing to share and very open. Just buy it, even if you're married you'll either learn something or enjoy the "good girl dares!" Wonderful book!

Straightforward, enjoyable, candid and informative, this book is an excellent resource. I read it soon

after my wedding and have recommended it to several of my friends, pre-marriage.

I loved this book and would recommend it for those going into marriage without much/any experience and for those who are looking to add some romance to their relationship with their husband.

Love this book, very frank and conversational and easy to read. I appreciate the personal stories and the MANY topics it covers. I gave it to my sister before her wedding.

A very informative book! Really opens your eyes to a different perspective of sex in marriage and how it's suppose to be a beautiful thing shared on a pretty regular basis. I have been telling all my friends about this book and it has definitely affected my marriage in a positive way!

Great book. It was a little uncomfortable for me because I am quite the prude. However, it has been useful.

I'm engaged, and wanted to get some cold, hard facts about sex, as well as some good Christian marriage advice. This book fit the bill! And the writing is so entertaining.

what a welcome book for married couples ...honest, up-front, encouraging ... I will give this as bridal shower gifts.

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