

Welcome to this issue of Passionate Living my complimentary e-zine.

Please do not keep me a secret. Forward this e-newsletter to your friends and colleagues now. Your recommendation is how I grow and anyone can subscribe by visiting my website.

### **Sex not what it used to be?**

OK, so maybe that is hard to admit to! When you've been in a relationship for a while, you may begin to notice that sex starts to change. You struggle to find the time, the energy and somehow the peaks of excitement just don't always seem to stack up like they used to. Does some of this sound familiar?

Don't worry, you're not alone! The good news is that this is exactly the kind of work that I love to do. I love it so much that I made a professionally produced and edited CD of my Great Sex seminar which lays out the quickest route to the results you want. That seminar is generally full of women and it occurred to me that I'm going to need a different format for men. They might not have time for a seminar but they've got all the time in the world to listen to a CD promising Great Sex.

So now you can find out how to rekindle those early relationship feelings of passion. Listen to the introduction: free online at [www.thegreatsexcoach.com/products.htm](http://www.thegreatsexcoach.com/products.htm). Give it a listen, it's guaranteed to make you smile.

### **The perfect argument for more sex.**

Satisfaction with your relationship leads to you making more opportunities for sex. More frequent sex leads to happier couples and happier couples have sex more than unhappy couples.

Isn't that fantastic!

One reason why some people have poor sex lives is the fact they have too high of standards. One of my clients had a demand that sex be 'perfect' every time and perfectionism is a dangerous disease. As a 'perfectionist in recovery', I like to keep this quote in mind:

"Perfectionism is the voice of the oppressor, the enemy of the people. It will keep you cramped and insane your whole life, and it is the main obstacle between you and a shitty first draft. I think perfectionism is based on the obsessive belief that if you run carefully enough, hitting each stepping-stone just right, you won't have to die. The truth is that you will die anyway and that a lot of people who aren't even looking at their feet are going to do a whole lot better

than you, and have a lot more fun while they're doing it." It comes from a book called "Bird by Bird" by Anne Lamott.

This client wouldn't have sex if he were feeling tired, unhappy, withdrawn, or slightly less than besotted with his partner. This is unfortunate given that sexual arousal produces large doses of fantastic feeling hormones. Oxytocin in particular leaves us feeling much cuddlier and this is always good for the relationship. The experts generally agree that couples that bless themselves with a range of sexual expression have fewer conflicts and better relationships.

I've observed that the gap between people's expectations and their reality can cause a surprising amount of trouble. It's been said that disappointment requires adequate planning. The fabulous Adrienne Burgess makes an interesting point in her book "Will you still love me tomorrow?" She tells us there is statistical evidence that if either party in a relationship has experienced better sex in another long-term relationship, it creates problems.

So if we're looking to have great sex, it's important to start out by having regular sex. As my yoga guru says, "Do your practice and all is coming".

© Copyright 2003 by Michael Myerscough 'The Great Sex Coach'. All Rights Reserved. May be freely copied and distributed as long as you include the following information: "By Michael Myerscough, professional speaker and relationship success coach. Michael has lots of great tips, tools and articles on his website that you can use. Visit him at [www.thegreatsexcoach.com](http://www.thegreatsexcoach.com) and sign up for his free newsletter or you can find all the same content in a work safe format at [www.thegreatrelationshipcoach.com](http://www.thegreatrelationshipcoach.com)