

Passionate Living

'Great Tips for Great Relationships' by Michael Myerscough. Promoting all the love, sex and intimacy you ever dreamed possible. Please don't keep me a secret, I only market by referral so feel free to forward this tip to anyone you know who'd like it. To subscribe to my free newsletter, or to change your email address, please see the end of this article.

Quick Intro.

For those of you that would like to download your complimentary copy of 'Top Ten Tips for Great Sex' please go to www.thegreatrelationshipcoach.com/private.htm

It's been a very good week for me on the publicity front. I had a full page in Time Out publicising my 'Do you want good sex or would you prefer great sex seminar', which was then picked up by The Times, it's in T2, Tuesday's edition. If you'd like to come along to the seminar it starts 7.45pm, Sunday the 23rd of March, at The Life Centre, London, W8. Call 020 7221 4602 for details.

It's never about the sex.

Welcome to my newsletter! I endeavour to send you useful information and never just fill the pages or misuse your time. I simply want to share with you some of the best stories and strategies from my work with couples and singles in their journey to all the love, sex and intimacy they ever dreamt possible.

In my work with relationships, it became very clear to me that people's feelings about the quality of their sexual relationship is a fantastic guide to the quality of their relationship. My work is about opening up a conversation that needs to happen for growth to occur. Whether that's between me and my client or my client and their partner, it's always beneficial. I know that a relationship isn't purely about the sex but it does tend to be the first thing to give way when a couple starts to struggle. The mistake that most of us make, myself included, is then to get fixated on the sex being the issue. It rarely is, in fact some people have gone as far as to suggest that it's never about the sex.

In preparing for a seminar, I was trying to find a good way to illustrate how great sex is 95% behaviour and 5% technique and I was reminded of a piece of research I came across regarding first impressions. One of the things I coach people on is dating skills and a client recently asked me "How do I make a good impression, what do I say?" Talk about barking up the wrong tree. Do you know that 64% of what people perceive about you is how you look as you say what you say, 30% is how you say what you say and only 6% is what you say? Yet many of us obsess about what we should say or worse, what we did say. Relax, no one is really listening, they're too busy checking out your shoes.

So back to sex...when the relationship begins to get stuck in a power struggle (and

this is a natural occurrence) the sex begins to tail off and we start looking for the manuals about how to make sex great again. It's pretty much a total waste of time to approach it this way and generally leads to greater resentment and frustration. A better approach is to suspend judgment for a while and ask yourself if it isn't about the sex what's really going on?

Which brings me to my tag line 'There's more to sex than just sex!'

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