

The Power of a Three-Letter Word (Sex)

Most people feel pretty okay in the sexual arena as far as knowing how it all works. And most will agree that the act of sex can be as diverse as the color spectrum! Even the word itself in various forms can be a noun (thing), a verb (action), adjective, or adverb. Few words have such strong depth and multiple meanings; and few words evoke such powerful emotions. It's the emotional part that can become tricky. Sex may not necessarily be a subject you need help with, but it *is* something we can all do with a little respect towards, a little more understanding of.

Our module on this topic isn't a "How To". It's a "What To" ...

- What to do when sex is the main thing holding your relationship together?
- When it's lost its zing - or never had it?
- When it's your favorite tool to use to get your way?
- When you struggle with talking to your spouse about it?
When you're not in the mood?
- When it's all you think about?

Often so much of our self-esteem is tied to our sexual performance, our sexual appetite, or to our internal view of our own sexiness. Sex can wield incredible power in our relationships, including shaping our sense of worth. So make sure you're armed with sexual knowledge - and not just the "How To" part! Fill out the [Contact Us](#) form and give yourself an extra power boost!