

A large, solid red silhouette of a bra with thin straps, serving as the background for the title text.

Reignite Her Passion

OVERCOME THE 3 HIDDEN MISTAKES
THAT KILL ATTRACTION & DESIRE

Karen Brody

I am so happy you found your way here!

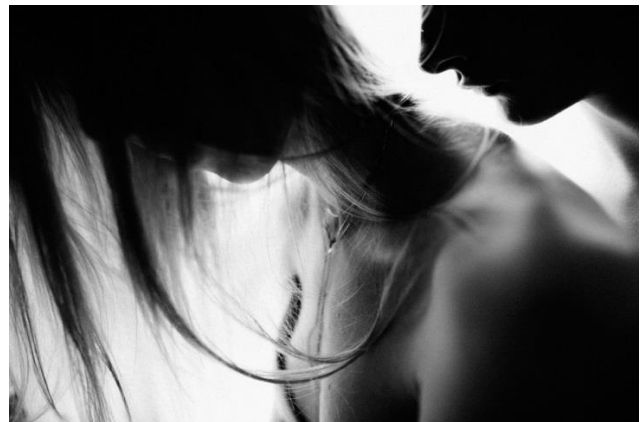
As a “Man Coach” for men I can assure you that what you’re going through with your partner is not unusual. At some point in a relationship with a woman, most men will find themselves grappling with their woman’s lack of or waning desire. How you negotiate this place is critical, as it can have long-lasting and damaging effects on the quality of your connection and intimacy if not done well.

The good news is you’re clearly on course for better things because you now have this potent little eBook in your hands — that has changed lives!

I know that what you’re going through isn’t easy, and yet, you care enough to do something about it. That speaks volumes about who you are.

If you’re like the majority of men I help, you’ve tried your share of fix-it remedies you got off the internet — from books to coaches — to turn around your partner’s lack of desire.

You’ve listened more, been more sensitive and responsive to your woman’s needs, invited her to romantic events she seemed to like. And yet, whatever you do you, you can’t seem to affect her desire. So, you ask yourself, as you lay in bed at night: *Is this it? Is this how I’ll have to live the rest of my life — with no passion and no sex?*



The problem is that you can’t fix a problem you can’t see. The deeper issues that kill a woman’s sexual desire are rarely understood or seen by men — and that’s why having a woman point them out to you can be a really good idea.

Most of the time the woman you’re in love with will not know how to articulate what’s going on for her in a way that’s productive or helpful for you. She’ll only know that something you’re doing isn’t working to open her body and heart to you, and simply respond by pulling away. Of course, this doesn’t help, and can leave you feeling that the situation is out of your control and hopeless.

I’d like you to imagine for a moment that you own a boat. Now imagine you have a gaping hole in the bottom of that boat, and instead of plugging that hole, you decide to keep it afloat by tossing buckets of water overboard as they flood in. Yes, you will stay afloat for a while, but ultimately the boat will sink when you’re not on top of it. This is how men often manage their relationships with women — because they don’t realize that under all their efforts to stay afloat, there’s a hole in the boat. They do the immediate work of throwing out the water and keeping a breakup at bay, but fail to look

deeply enough at the underlying problems that ultimately lead to divorce or relationship devastation.

I wrote this book for you not just as an “expert,” but as a woman who has been on the receiving end of the guys who couldn’t see that we were sinking fast. I’ve been on the receiving end of the **THREE big intimacy destroyers** you’re about to discover and learn to overcome for good. I was the woman who couldn’t articulate what was wrong, the woman who lost interest, sexually and romantically, and pulled away.

Know that these attraction-killing mistakes are hidden to most men and relationship professionals. It took me ten years of coaching my male clients to identify them and package them in a specific and teachable way. I’m confident that when you discover and overcome them, and use the practices I teach you, your sex life will be transformed in potent and powerful ways. What I’m going to do is turn up the lights and give you a map. Not only will you feel better about yourself, you’ll begin negotiating your sexual romantic relationship from a place of rock-solid confidence and certainty.

There are three primary intimacy destroying obstacles that are invisible to most men. Once you see them clearly spelled out, and understand how to negotiate them, they cannot invisibly trip you up again. You might find that you identify with all of them, or just with or one or two. Even removing one of these obstacles is akin to taking Mt. Everest out of your love life; so get ready for big changes ahead.

HOW TO USE THE INFORMATION: PLEASE DO REVIEW

You don’t have to agree with anything I say in this book for the information to work! Remember, that if you had the answers for how to turn things around you would have turned them around already! Right now a willingness to not know and take some direction could be what saves your relationship.

Some things I will suggest might scare or challenge you. This is normal. Your fear of being rejected further might come up too. You might get caught up in anger and resentment — thinking about what you’re faced with, feeling that these monumental changes are all on you. Take heart. I promise you that if you work with my suggestions, wholeheartedly, things are going to feel better for you very soon! Everything that you put into this will pay you huge dividends.

Most importantly, know that if you’re not committed to turning things around and having an outstanding sex life, you’re going to get lackluster results. I’ve known plenty of men who went at this material half-heartedly, simply to prove they were right and walk away from their relationships. I hope you don’t decide to be that guy.

First thing I’m going to ask of you is to forget about time. Let go, too, of hawking for results. Trust that your woman will know if you’re scheming to make something happen. Women don’t like outcome-driven efforts at love. Those kinds of efforts feel insincere, and they are. If you invest yourself completely, you will get something invaluable. If you

look for approval or rewards at every turn, you'll circumvent the magic. Don't circumvent the magic. Dive into the practices and let go of outcome. Lastly, trust the process, because it works.

LET'S BEGIN.

Often men are so engaged in chasing sex, they don't stop to notice that they have sexual choices.

Look at it this way: If you really believed you had a sexual choice, would you chase sex like a desperately coveted meal? No, you'd relax and allow sex come to you. You'd trust in the natural ebb and flow of attraction and desire — between you. You'd trust in your capacity to magnetize your woman's body and heart.

But that's not what you likely do if you've found your way to this book. What's more likely is that you pursue sex, anxiously, out of the fear that if you don't, your partner never will!

If you're like many of the men I coach, you believe you're at the **mercy** of your woman's sexual choice. You believe you don't have a sexual choice. For this reason, you spend an exorbitant amount of time trying to convince your partner to be sexual with you — through good deeds or subtle manipulations. Often men are so wired to interact with women in this way, it doesn't occur to them that their actions create devastating and diminishing returns.

Believing you don't have a sexual choice can make you feel angry and resentful, and diminish the love if it hasn't already. So, let's look at how you can quickly shift this dynamic into one that becomes a fount for the kind of passion and affection you desire.

OVERCOME INTIMACY DESTROYER 1

You can't force a woman to have sex with you — at least not morally or legally. Your having a choice is not about removing hers. Your choice is about how you respond — what you choose to think and feel, and also how you choose to act in response to her choice. It's this that distinguishes you, as either a sexually powerful and desirable man, or a not so sexually desirable man. The most desirable man is one who isn't at the effect of his woman's choices, but is a chooser himself, who has the capacity to decide how he will respond in any sexual situation.

The only thing you truly have control over in a sexual relationship with a woman is how you chose to think and feel. Make no mistake, concerning women, this power is monumental! If you even moderately believe you're at the mercy of a woman's sexual choice, you can't help but feel less than powerful in her presence. When you feel less than powerful in her presence and believe that you can't direct the outcomes you most want sexually, what do you do?

Well, if you're like most men, you manipulate, lie, or hide your sexual intentions. You might believe that you're masterful at this game of deception, and that your woman doesn't notice your manipulations. But know that she does. It's exactly why she loses interest in being sexual with you!

I could amass an army with the men I've coached, who were in sexless relationships over a number of years — because they went covert with their sexual intentions and created a dynamic of mistrust and disrespect.

What I want to help you recognize is that you don't have to play the puppet at the hand of any woman or her sexual choices. Yes, you must respect a woman's body, always. But if, for example, you're in a relationship where your woman suddenly starts giving you her back in bed with no explanation, you have choices. You can get angry and take it personally, most men do. You can become silent and withdraw your caring, most men do. Or, you can do the powerful thing and exercise your choice.

Often when men feel manipulated by a woman's sexual resistance, as if the woman is holding out intentionally to inflict pain, they retaliate by abusing porn, flirting with other women, having affairs, or withholding emotional support. Only a man who doesn't recognize and exercise his power of choice feels manipulated by a woman's choice. When you're choosing, you're in your sexual power.

Every way that you respond to a woman sexually is recorded and felt. Make no mistake. Every time a woman says "no," or asks for affection instead of sex, or makes any kind of sexual request, she's looking to see how you will manage the interaction. If you're a glass house that shatters at the slightest suggestion of "no," she's going to have to play a caretaker role for you more than play the role of your lover.

Not taking it personally means that you don't make her choice mean that there is something deficient in you. You don't tell yourself you're not desirable. You don't tell yourself she doesn't love you. You simply hear her communication as something that is going on with *her*.

But even more importantly: You do what few men do. And that is, you get curious. Taking an interest in whatever is going on for her positions you as a caring, engaged lover. If she's pulling away and not interested, and you take it personally, you never find out what's at the source of what's going on with her. You don't discover the block that precludes her from being intimate with you. Therefore, you can't act as an instrument to help her overcome it. It takes some practice to hear what your woman says about her "no," and not make it mean something about you, but if you practice breathing deeply through these moments, you'll start to see that there is a lot that goes on that is really *all* about her.

Whenever my client Jenny would tell her husband, Peter, she wasn't in the mood for sex, he'd throw a fit. He was generally a calm, balanced person, but when it came to

feeling sexually rejected, he'd lose it. He said it felt to him that it was all HER choice. Peter resented this. It made him furious. Throwing a tantrum felt to him like justice. His wife Jenny had a very different perspective: *"I barely get the words out of my mouth to tell him what's going on with me and why I don't want sex before he's throwing his hands in the air and pulling the sheets over his head. As soon as he acts like this, I lose all desire for him. He seems like such a baby to me. The other night, I just wanted to tell him that I wanted to just kiss and hold each other, but before I could get the words out, he threw his hands in the air. It makes me feel like I'm just a receptacle for his needs."*

Jenny and Peter are a classic example of how a woman offers up sexual uncertainty or resistance and the man takes it personally and blows up.

The next practice I want to share with you features your first Power Tool for overcoming this obstacle.

PRACTICE #1: LET "NO" BE A STARTING POINT

Most men shut down, get angry, and withdraw at "no."

The problem is you never learn how to navigate and overcome sexual resistance this way. "No" isn't a wall; it's a signal that your woman isn't ready to make love because she doesn't feel connected to you or to herself. Think of it as an opportunity to become expert at not only reading these moments, but getting her to open her body to you.



Running away from this opportunity only makes you feel less manly and less seductive, to her, exactly what you don't want.

When you take a woman's rejection of sex personally, it seems to her that all you really care about is sex. Why? You haven't checked in with her or shown an interest in helping her feel close to you. So, what you want to do is ask her gently and with interest: *Hey, what's going on for you?*

Simple right?

What you'll discover is that there is something in the way. She might say, "I'm tired." If you've heard this a lot before, it's time to ask her: *Is there anything else?* Then sincerely be willing to hear what that is. Whatever you do, do not negate what she says or defend yourself.

Hear what she says and acknowledge hearing it. If you defend yourself with excuses she will not trust that she can be honest with you. Invite her to tell you whatever it is, with the promise of not judging it, and then don't judge it. Clue: The sexiest thing you can ever do is hear a woman's "complaint" and not become defensive.

You've now set her up to expect you will check in. You will no longer take her "no" personally and pull away. You have already begun to break the pattern.

****This is a huge step toward repairing intimacy. When you pull away, remember, she tells herself you don't care, that you only want sex. You have now set her up to expect that she can't throw you off with "no." You will practice checking in on what's going on for her. This will make her think about and take responsibility for her choices, as she never has before.*

PRACTICE #2: CIRCUMVENTING THE TERRAIN OF "NO"

When you sense your partner isn't interested sexually, it likely means that something is blocking her emotionally, or she's not physically ready. Whatever it is, you feel a distance. Unlike you (a masculine being), your female partner can't focus on one thing at a time and flip off her mind instantly. Don't expect this of her. It may not be that she doesn't want you; it may simply be that she's not physically ready to engage you. Again, don't take this personally. She might not feel connected to herself or to you. It could be the stresses of the day are still banging around in her head. Whatever it is, she's not feeling present in her body.

Your opportunity is to guide her skillfully to shift from being mentally focused to being physically focused.

For this, you want to learn the skill of making "small offers." Small offers are easy to say "yes" to and they get your partner out of her head and into her body.

Here are a host of small offers:

- a. Foot massage
- b. To hold her
- c. To talk about her feelings
- d. To kiss
- e. To massage her back
- f. To soul gaze (look into each other's eyes)
- g. To brush her hair
- h. To read her a story

What's key here is that you don't expect something in return. If your offer leads to more, great. If she says "yes" to a foot massage, maybe she'll say "yes" afterward to kissing and so on. You can continue to make offers. It's empowering for you to learn how to get "yeses," and to let go of expectations.

When you are giving any one of these gifts for connection, drop into your own pleasure. Really practice enjoying these fully. You never want this to feel like work for you.

And remember: This is a process. Relax any expectation of an immediate result. It would be best to take a few days to work with the above practices before moving ahead to the next. Overwhelm will only make you want to give up. You want to experience small successes that inspire you to do more.

THE SECOND “DESIRE KILLER”

The next behavior that kills a woman’s sexual desire for you is one I call **Bargaining for Sex**.

Bargaining is dealing or trading for sex. Some men bargain by buying gifts. Some men bargain through deeds. Others subtly manipulate. It’s not that you can’t be kind and do wonderful things for a woman, but if you do them specifically to get sex, I call that bargaining.

You’ll recall this was what Peter was guilty of. He thought that doing nice things for his wife was a part of getting what “he wanted.” What he didn’t realize is that he could learn to become masterful at navigating her resistance, and getting enthusiastic “yeses,” and also be a wonderfully supportive husband.

A woman can always sense when you’re bargaining. When sex becomes commerce in a relationship it destroys the intimacy and trust. You might think you’ve got a pretty tight arrangement: you fulfill her wishes; she fulfills yours.

Unfortunately, these deals don’t work and they foster resentment. No woman wants to strike a deal with you for her body or her heart. She wants all of those sweet perks you offer without expectations attached.

Now, if you’re really entrenched in the bargaining model, you might be wondering: *Well, what about me? How do I get what I want?*

Great question. Know this: When a man is sexually confident and masterful at lovingly seducing his woman, he doesn’t need to manipulate to get sex. He gets a lot of sex because he knows how to present his “offer” in a confident and compelling way. And, he can enjoy giving to his woman in a host of ways that are not sexual — because he’s a sexually full cup. His reward is feeling the power of the gifts he has to share. This is what I ultimately want you to be able to feel.

When bargaining works, or seems to work, and provides rewards, you come to believe that it’s what you need to do. Pretty soon “doing to get” becomes a habit. And when you act like this, it proves to your woman that you don’t really love her, and that you just want sex. If it were her that you desired, you wouldn’t accept a bargain. If she didn’t want to give herself to you sexually, you wouldn’t want to be with her, and you certainly

wouldn't want to strike a deal. But since you're willing to earn sex or trade for it, it seems that sex is all you actually want.

You should be aware that most women have a fear of being used sexually. It feels really bad to us to think that your sexual desire isn't coming from love. Thus, your partner is likely asking herself when you want her sexually, *"Is this really love?"*

If she doesn't see, feel, or hear your love demonstrated in some way (in combination with your desire), she may resist your advances just to protect herself.

DROP BARGAINING

Your imperative, now, is to stop bargaining, completely.

Do you hear that door slamming shut? Slam it tight. Know that any kind of bargaining (however subtle) makes you feel untrustworthy to your woman. This is not how you want your woman to see you sexually. You want her trust, that you not only desire her, but that you love and respect her, and yourself.

Now, know that it's not just men who bargain. Women bargain too! I can remember at one point in one of my relationships offering my partner a certain sexual perk if he installed some book shelves for me. It was said in good humor but he was completely insulted. "Is that how you see me?" he asked. "Like someone you can manipulate with sex? Don't ever use sex to manipulate me," he said. "It really feels bad."

This was a huge turning point for me. I never used sex as a bargaining tool again! I hadn't used my sex in that way a lot, but enough to see in that moment that it was not respectful and based on the assumption that a man would do anything for sex.

I have also been bargained with by my partner. In fact, there was one long-term partnership that taught me everything I currently know about bargaining. Mark would do everything in the world for me as long as his sexual needs were satisfied. I was the most beautiful woman for him, when he got what he wanted sexually. He was over the moon in love and walking on air. But when "Mark" didn't get his way, he'd get angry and throw fits, and refuse me the attention I had so come to love. I found his behavior very hurtful and it ultimately led to our demise.

How do you know if you're bargaining? Well, if you find yourself feeling resentful because you do things for your woman and those deeds don't result in sex, you're bargaining with your kindnesses. If you cut your woman off emotionally when she doesn't give you sex, you're bargaining with your love. If what you give and why you give it is part of any kind of unspoken deal, it will backfire and cause resentment in you, and mistrust in your partner.

So, what do you do if you're caught in this trap? If you want your power back, declare here and now that you will never again bargain for sex. This might terrify you because

you'll think: "I'll never get sex again!" All men go through this initial fear. It's not easy to let go of something for the promise of something greater, when you have no idea — yet — what that greater thing might be, or if it will manifest at all. The reality is that if you want a real and deeply satisfying sex life (one in which your woman is truly engaged and desirous of you) you need to eradicate the intimacy killing behaviors that kill attraction. I know you'll get way more sex because I've seen the proof.

HOW DO YOU THIS EXACTLY?

If you can't do something for your woman without sexual expectations, don't do it. A woman loses her respect for you when you bargain, and that's a hole you don't want to dig yourself out of, if you can avoid it.

You should also avoid her deals. If she offers you sex in exchange for help around the house, or for anything at all, you need to say "no" to her, unequivocally.

It's key to communicate that any kind of commerce around sex is now off the table — period! Then watch how differently she responds to you, both in and out of bed, as you demonstrate yourself to be a man with high standards!

PRACTICE #1: DO SOMETHING FOR HER WITH NO EXPECTATIONS

If you're in the habit of doing things to get sex, you may not even be aware of the fact that everything you do packs a hidden agenda. What I'd like you to do is something completely unexpected for your partner, and when the fantasies arise around what you'll get in return, breathe them out of you and let them go. If you notice your partner trying to return the "favor," with an insincere gesture, give her a hug and walk away. This will break the dynamic!

*****Do this at least 3 times a week.**

You want to feel the power of giving without expectation, and feel how satisfying it can be when you choose what you want to give. You must disassociate doing something for your partner with getting sex all together. Doing good and getting sex are now like earth and sky!

Write down your three acts of kindness, now, so that you are certain to make them happen. What will you do, and then practice letting go of sexual expectations?

PRACTICE #2: SAY "NO" WHEN NO IS BEST

If you're hungry for sex all the time, and in the habit of bargaining, you generally do whatever your woman asks you to do — even when you really don't want to — even when you *should* say no for your highest good.

I'm not suggesting you become resistant, guarded, or stingy. I'm suggesting you cut the ties of doing favors for sex. If saying you'll do something is tied to a potential sexual reward, your practice must be to gently say "no." Of course giving a loving reason will have a much better effect than a sharp "no."

"I'm sorry, I won't be able to do that for you today; I've got too many work deadlines to meet. I can get to that tomorrow, if you'd like," is a great example.

You're sending a new message — that you're no longer a sexual puppet on a string. You're also exercising healthy boundaries around what you do for your partner, by doing what is best for you first. This will inspire her respect and a new way of seeing you. Be clear, this isn't a chance to punish your partner. It's a practice for disengaging inauthentic behavior.

THIRD DESIRE KILLER

The **Third Desire Killer** is one that might surprise you because most men who engage in this behavior have no idea they are, or how insidious it is in their relationships.

How many times have you known in your heart that your woman didn't really want to be sexual with you, and yet you took her offer to "take care of you?" And, you knew she was trying to avoid you and a deeper connection with you? While these compromises might seem better than nothing, or feel as if she's offering a gift because she loves you, the truth is that they are highly damaging to your partner's respect and desire for you. When you accept these kinds of handouts, she gets the message that you're willing to settle. She also gets the message that you don't really love her and want to make love to her — because if you did, you'd demand something authentic and meaningful from her.

By accepting a less than fully engaged and present version of her, you're saying that you really are all about the sex and your own pleasure, and that you don't have standards! She may continue to "do you" but it will be without respect and without surrendering into her own pleasure. Ever felt her just going through the motions? You don't want to feel that anymore or tolerate it.

A self-respecting man would expect more from his woman and he'd get it! Now, I don't want you to beat yourself up. Yes, you've done this — all men do. The key is that now that you know it's a problem, you can and will stop. Women are highly sensitive and responsive to change.

I know that it can seem that if you don't go along with the handout program, you'll get no sex. When I confront men on this issue, they often say: *"I don't want to push her."* Not wanting to "push" is a man's way of saying he's afraid of being relegated to the sexual dog house, **FOREVER**.

Most guys would rather take scraps than risk being put out in the cold. Unfortunately, no risk equals no reward. How different is no sex from sex without passion and engagement? Hoping her level of interest will shift while engaging any of these desire-killing behaviors is like hoping for a rainstorm in the Sahara Desert.

Once a woman knows you will settle and that she's in charge, you'll be treated like a sexual refugee getting rations — just enough to get by.

You have to have sexual standards to inspire a woman to want to give her sexiest self to you! If you're good with scraps, why would she whip up a gourmet sexual buffet?

Now, you're probably telling yourself that you have no standards because she doesn't like sex. You're saying: *"I don't want to push her by expecting more of her. She already isn't into it."*

My question to you then is: *Why are you having sex with her?*

The truth is more likely that she doesn't like the kind of sex you're having or how you're behaving around sex. She doesn't like that you take handouts (where she's disconnected) and bargain with your loving.

The good news is you can turn this all around if you're willing to drop the attraction-killing behaviors. You want to demonstrate, one action at a time that you're about love and loving her. You don't want to harshly turn down her offers to "do you," but you do want to start to gently let her know that you'd prefer to wait until you can have all of her involved. If it's a matter of her not being connected to you or stuck in her head, use the small offers section to see if there is a way to connect, physically. Let her know: *I want to connect with you. Let's do something that would feel good to you.*

Taking sex that feels angry or that it's coming from a place of obligation will only harm your connection. Those are the moments to let her know that you really love her and appreciate the offer, but it's her heart you want more than her body.

PRACTICE #1: MANAGE YOUR SEXUAL ENERGY

Your sexual energy leaks all over the place when you're feeling tense or sexually needy.



It can feel like pressure for a woman and it's not sexually inviting. When there's this kind of tension and need for release within you, your partner doesn't feel that you want her, she feels, rather, that you have an intrusive, self-serving need.

You can learn to manage this energy so that being around you is a turn on rather than a turn off. If you have a hard time picturing this, imagine how much more attracted you are to a sexually confident, relaxed woman than you are to one who feels sexually and emotionally needy.

FOLLOW THESE NEXT STEPS:

1. Next time you're turned on, instead of letting that energy leak all over the space, you're going to work with containing it. I want you to breathe that energy up from your pelvis into your heart. Imagine it being pulled up a tube or chamber.
2. As you do this, you'll notice you become relaxed. Now, don't release that energy in any way for at least four hours. This means no self-pleasuring.
3. Your opportunity is to contain your sexual energy. Then be in your woman's company (turned on) as you continue the focused breathing.
4. Notice how you feel and notice how she responds. DO NOT make a move to be sexual.
5. You're learning how to feel this energy and not rush to expend it or ask her to do something about it.
6. Practice containing the energy everyday (by choosing not to do something about it right away) and keep noticing a growing ease with it and a growing relaxation and playfulness, and you breathe it up and learn to relax in a turned-on state. A confident man can be turned on and not have to act on it.

When you don't need to do something about it, you become sexually magnetic to your woman. She'll be far more likely to feel magnetized when you're relaxed and sexually full.

PRACTICE #2: PLAN A SEXUAL DATE

One of the huge turn offs for a woman is the pressure of your physical need wanting to be satisfied now, and all over the place! Nothing wrong with the need itself, but if it isn't managed well, it won't appeal to her. Planning a date means that you want to be with **HER**. A woman can feel this as distinctly different from an urge arising, wanting to be satisfied in the moment. Communicate your desire for a date and make it clear it's about wanting to be with her: *"I'd like to spend some intimate time with you. How about a date Saturday night at 7? I'll bring the wine and the candles."*

The key here is the communicating a clear desire to be with **HER**. *“I’d like to make love to you. I miss you. Can we set up a date for 7 tonight?”*

If it’s been a **VERY** long time for the two of you (months or more), make the same invitation, only ask for time to re-connect. Don’t call it a date, if that feels too far away from where you are. Then spend the time reconnecting by looking into her eyes, putting your hand over her heart, telling her you miss her or that you’re sorry, or whatever helps to bring you closer.

****This can be a sticky place to navigate if you haven’t talked in a while, and if there is a lot of tension between you. If you stay focused on the connection itself and feeling close, it takes the pressure off of having to make something happen. A woman will experience a tremendous shift in feeling a man connect with her. For you it might not be a big deal to look into her eyes, or caress her face, but for your woman it will express a tenderness and caring that opens her heart. This is likely exactly what the two of you need to repair the intimacy if it’s been awhile.*

BRINGING IT ALL TOGETHER

The most important thing here is not to become overwhelmed. I’ve given you a lot of information to digest. This depth of information may have been delivered over months of one-on-one sessions, so go easy on yourself.

As I said in the opening of the book, you may feel upset with yourself for not knowing this, or feel afraid to move forward. These feelings are natural.

I suggest you trust the process and take it one step at a time.

You may need to some time to integrate what you’ve learned; these are fresh ideas. Read the book again, slowly, and put your first practices into play. Stay with the first practices until you feel they are integrated, and until you feel an inner shift in your way of being.

Instead of hounding your woman and your relationship for results, become a master of what is going on inside of you. How are you shifting? What’s happening to your confidence and your sexual energy?

This is really just the beginning of what is possible between you and your woman. First, we remove the negative obstacles, then we work to rebuild trust and connection.

If questions arise for you that I can answer briefly, feel free to [contact me on my web page](#). I'm also available for one-to-one guidance, to get you more quickly to that place you want to be. I notice that men often wait far too long to seek out help, when working with me could shave off years of heartache and guesswork!

[Contact me now](#) if you feel drawn to my teaching and to more of my expert guidance. I have a lot of exciting and empowering insights just waiting for you! Additionally, stay tuned for more from me in your inbox.

