

ATLANTA SEX TIMES

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"I feel like a piece of MEAT!"

In my Atlanta Sex Therapy practice I have had women report that they feel like a piece of meat to their husbands. They further explain that it feels like "he just wants sex, not me." I help these wonderful women understand that their husbands want sex *with them* and not

Book Review:

Sexual Intelligence: What We REALLY want from sex and how to get it by Dr. Marty Klein

I loved this book because it talks about "adult sex" and what it really means to have a sex in a long term committed relationship. The book was easy to read, down to earth and very

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Athletic sex is the sex of the young. It is based on the body's natural sex drive and agility. Athletic sex can be done anytime and anywhere and often for very long periods of time, but as we get older we may no longer be able to hang from the chandeliers.

Hence, a new definition of what sex "should be" is needed. I propose that couples stop defining great sex by the number of simultaneous orgasms they have in a nanosecond. Instead, I request that couples work together to identify what sex means for their relation-

them.

My second step in serving my clients is having them identify the behaviors that make them feel "meat-ish" and develop a replacement behavior. For example, if he hits you on the butt which makes you feel like crap, identify it (nicely) and give him an alternative option like hugging you or kissing you. Most men are willing to provide what you want (especially when it will lead to more sex).

After I facilitate a wife's understanding of her husband better, I then help them think of ways to increase their own sexual desire and spirit of sexual play. So many women lose their sexual selves and forget their own sexual needs when the

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*See the back for some fun
(and educational)
SEX FACTS!*

ATHLETIC SEX VS ADULT SEX

ship now and what is needed for all parties to feel sexually satisfied at this stage of their lives. Here are some questions to get you started:

1. What do we each need to have good sexual experiences at this phase of our lives? An example would be adding a lock on the bedroom door so

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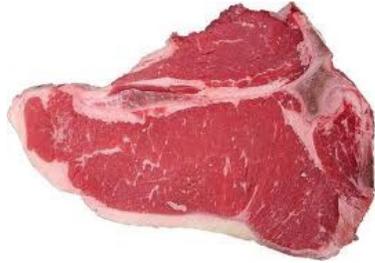
Atlanta Sex Times is written and distributed by Certified Sex Therapist Natalie A. N. Elliott. Natalie has been helping women and couples in the Atlanta area obtain the sex lives they desire since 2008. If you have questions or feel its time to consult a professional please feel free to call Natalie with any questions (at 1.888.788.4624 ext. 11). Mention this newsletter to receive a free consultation.



"I feel like a piece of MEAT!"

demands of work, children, family, and church are on their plate. One of the best ways I've discovered for rekindling your spirit of sexual play is with a couples massage.

And lastly, I suggest that my couples work harder to articulate what they appreciate about each other. Many people in



long term committed relationships feel taken for granted which contributes to that "meat-ish" feeling. Having both spouses show more appreciation will increase intimacy in and out of the bedroom. You can start to change your relationship today by purposing to verbalize to you lover how much you appreciated him today. In closing, that feeling of being a piece of meat can change with time and attention. Sometimes there are some

deeper issues in a relationship and I encourage you to begin to educated yourself and/or explore this with a professional because I believe that you can have the best romantic relationship possible.

Fun Sex Facts:

- 86% of Americans adults say they masturbate
- You can now buy vibrators, handcuffs, dildos, and anal beads on Amazon.com.
- Many men of all ages don't ejaculate every time they have sex—and many women consider themselves a failure when this happens.
- ~Quoted from Dr. Marty Klein's book : Sexual Intelligence

Athletic Sex versus Adult Sex, continued

that we don't have to worry about the kids coming in.

2.What needs to happen in between our sexual experiences to keep us sexually attuned since we can no longer depend on youth or that "new love" feeling to keep us "hot & ready?"

3.What brings you to guaranteed orgasm now? Most people's arousal patterns change over time as their body changes. For example, at one point a woman may have only orgasm with clitoral stimulation, but now she may be able to orgasm through vaginal intercourse.

These a just a few questions to get you started in you thinking. The main difference in Athletic sex and Adult sex is the amount of deeper communication and caring that is involved. Most couples in America haven't learned to really talk about their sexual wants and needs in a way that builds and uplifts the relationship. The good news is that you can start the conversation today because I believe that it is never too late.

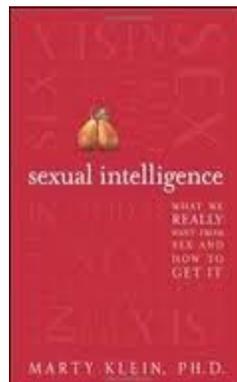
BOOK REVIEW OF SEXUAL INTELLIGENCE CONTINUED

informative. Sex Intelligence , as defined by Dr. Klein, is good quality information mixed with mature emotional skills and body awareness.

The book gives real life stories pickled with sound advice. The book tackles topics of what is normal sex, communicat-

ing about sex, body image pressures, common myths, performance obsession, trust in the relationship, contraception, and much, much, more.

The book is an easy read. It is about 200 pages long. The cost of the book is only \$10.99 and can be purchased on



Amazon.com. I would recommend this book to any couple to help them start their internal conversations about sex. My only concern about the book is that for very conservative readers they may need to skip over some of the author's non-conservative comments.