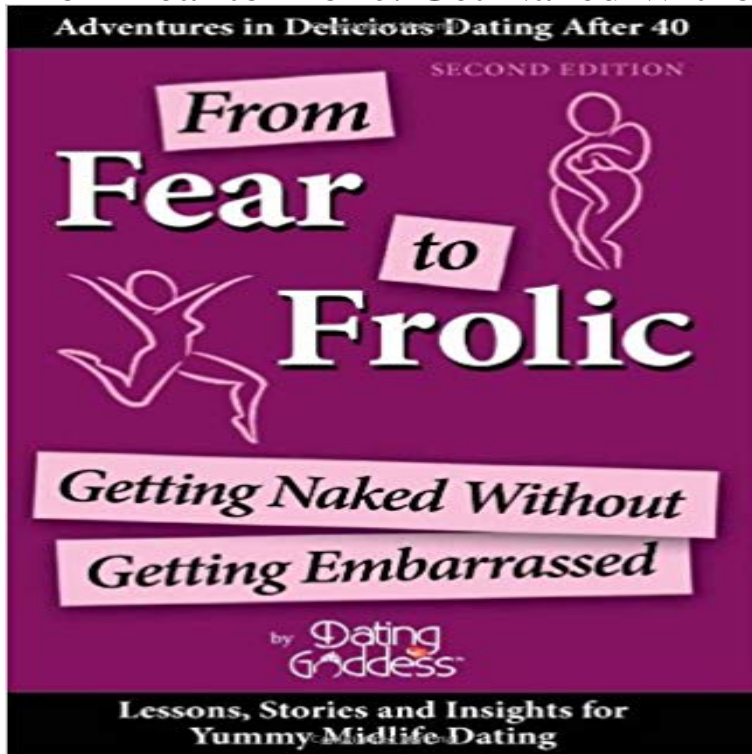


From Fear to Frolic: Get Naked Without Getting Embarrassed



Get naked with a new man? Oh, my! Many midlife women say they're interested in having a special man in their life, but they're not sure about sex. They may not have been sexual with anyone other than their husband. And it might have been decades since they've been intimate with anyone - and it's a tad scary to think about getting naked with a new man at this stage of life. After child bearing and perhaps some extra pounds - not to mention gravity - we don't feel we look our best unclothed. How long would a man tolerate making love in a pitch-dark room - while wearing a blindfold? How do you know when you're ready? How do you teach a new man what you want? What if he wants you to do something that's not comfortable for you? Sample topics: Sleepover dos and don'ts Does he want in your life - or just in your bedroom? Getting naked with him the first time An excuse to seduce or how important is bedroom bliss? What to ask yourself before getting naked with him Are you and your guy on the same sexual time line? Sharing your sexual owners manual with him What women need from a man before having sex Why too-soon midlife sex is like non-fat food How dating sex is like waffles Too-soon seduction: I'm special, but not THAT special From Fear to Frolic focuses on what you need to know before getting physically intimate with a man you're dating. This is nerve-racking to many midlife women. This book will prepare you to know when you're ready and let go of some of the fears and embrace intimacy again.

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