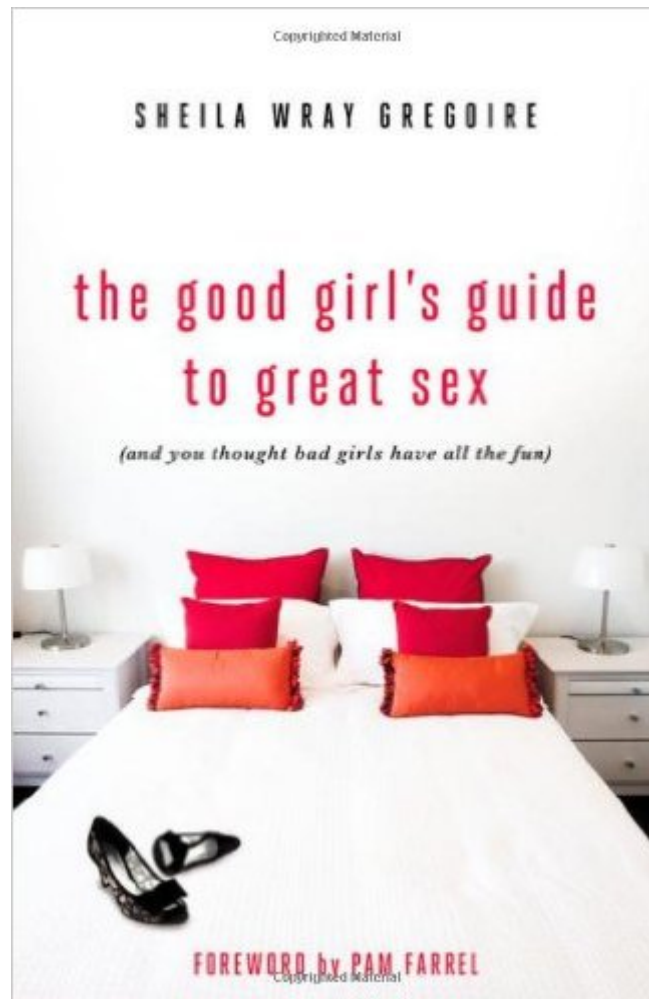


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# The Good Girl's Guide To Great Sex: (And You Thought Bad Girls Have All The Fun)



## Synopsis

Billions of people have had sex. Far fewer have made love. In the Good Girl's Guide to Great Sex, author Sheila Wray Gregoire helps women see how sexual intimacy was designed to be physically stupendous but also incredibly intimate. Whether you're about to walk down the aisle or you've been married for decades, The Good Girl's Guide to Great Sex will lead you on a wonderful journey of discovery towards the amazing sex life God designed you for. With humor, research, and lots of anecdotes, author Sheila Wray Gregoire helps women see how our culture's version of sex, which concentrates on the physical above all else, makes sex shallow. God, on the other hand, intended sex to unite us physically, emotionally, and spiritually. Gregoire walks through these three aspects of sex, showing how to make each amazing, and how to overcome the roadblocks in each area we often encounter. Drawing on survey results from over 2,000 people, she also includes lots of voices from other Good Girls, giving insight into how other women have learned to truly enjoy sex in marriage.

## Book Information

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## Customer Reviews

I decided to read the ARC of The Good Girls Guide to Great Sex to see if it would be a good reference for when my husband, an Episcopal Priest, and I to use for part of our premarital counseling. Most of the book, I would say, is very useful. The section describing what sex is in detail for women or men who were virgins when they were marrying was really good. It answered a lot of questions that one might have, in a spiritual way, as well as a physical way. I enjoyed reading about how men feel about sex and how women feel about sex, without the whole guilt trip that we

(women) must just do it no matter what, that sex is not important to us at all. There was a definite emphasis on the importance of sex in a marriage- this is the biggest part- sex is to be between a married man and woman- no exceptions. If you have had premarital sex, it is not the end of the world, but if you are not married, you should stop until after you are married, even if it is only a few months away. There was also a definite emphasis on sex being between you two- no porn. The author states that neither of you should be imagining other people while having sex with each other, that will hurt a marriage in the long run. She also states that masturbation and the use of sex toys will hurt a marriage, with, I think, one exception talked about in the book. The author talks about how much porn can hurt a marriage and that there are many men and women who use porn, often without the spouse's knowledge. There was an entire chapter on it, and it was a frequent topic throughout the entire second half of the book, coming up at random point from where it was first mentioned through the very last chapter.

The Good Girl's Guide to Great Sex is a fun way of learning about your body (as a woman, sorry guys this really is all about the lady's) and the way your body is when you're enjoying great sex. Please let me preface this, Sheila Wray Gregoire made this book for lady's having sex in the marriage bed. If you're not doing that, you probably will really hate this book. Sorry again, but that's the best way I can give forewarning. This book is best read when you're about to enter in to marriage, having a struggle in this specific department, or just really enjoy making you and your husband happy by bettering your sex life. I really enjoyed reading a book on sex by a woman for a woman. This, I think, is the best way to learn about your body. There are numerous books out there on this topic, but this is the first I could really say "She knows exactly what I have had struggles with." Many times a man can not understand the emotional roller coaster of your wedding night, or the frustration that can happen after a bad experience. Ms. Gregoire does an awesome job at doing this and giving the facts! I actually will plan on using this for my daughters, Sheila had some awesome ideas and advice for women on why they should wait until they're married. I just loved it. One teeny tiny thing that just kind of irked me was the comparison of a good girl and bad girl. I'm sure the author didn't mean to do this but for people who aren't Christian they might not understand the comparison. If we're referencing the Bible; all of us fall short and are bad. There is no good, we are all bad in God's eyes, and the only thing that can save us is Jesus Christ. Through His death and conquering death, He made our path to God so that we may have a relationship with God.

In 1993, when I got engaged, a friend gave me a copy of the 1973 edition of The Act of Marriage, a

Christian classic of its kind. It was hopelessly outdated even then, so I was intrigued when I came across this title, *A Good Girl's Guide to Great Sex*, to see if it was any more relevant. It is. The author is very open about the ups and downs of her own relationship, and these stories are enhanced by quotes from some of the hundreds of women (and men) she surveyed as part of her research. Her studies refute the common secular wisdom that practice with as many people as possible makes perfect. Her research showed that those who were least sexually active before marriage had the greatest satisfaction with their love lives. Despite the title, *A Good Girl's Guide to Great Sex* is not all about positions and moves (after all, the biology hasn't changed). It is more about sex as a vital component of the marriage relationship. She emphasises the importance of our relationship with our spouse, spending time together and sharing hobbies. She also says "The key to a passionate marriage is not to be as sexually adventurous as possible, but to be as passionate about God as possible". What makes this book different, at least for me, is that it is real. The area where this struck me most forcibly was in the discussion around pornography. This wasn't even mentioned in *The Act of Marriage* (which seemed to assume that the wedding night was the first time a good Christian boy would ever see a naked woman). But a changing world and the omnipresence of the internet means that this is now a real issue in many marriages.

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