



NAKED DINNERS

{redefining married sex}

BY CASEY AND MEYGAN CASTON *from* MARRIAGE365

Naked Dinners | Redefining Married Sex

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TABLE OF CONTENTS

Prologue to Series.....	4
Our Naked Dinner Story.....	5
What is Marriage365.....	7
Introduction.....	10
Chapter 1: Intimacy Vs Sex.....	11
Chapter 2: Healthy Sex Talk.....	19
Chapter 3: Cheating and Porn.....	28
Chapter 4: Troubleshooting.....	41
Final Thoughts.....	63
Thrive.....	65



{ *PROLOGUE
TO SERIES*

A NAKED DINNER IS SOMEWHAT SYMBOLIC OF WHAT A MARRIAGE *COULD* BE.

It should be a place of transparency and vulnerability, because your spouse should love you for who you are, stretch marks and spare tires. It should also be a place for connection and communication, which often happens over romantic date night dinners. But if you combine the two concepts of being naked and having dinner, a marriage should be a place of fun and excitement.

Trust me, a naked dinner is not something that happens accidentally. There's a lot of pre-planning that goes into hosting this unique dining option, especially if you have kids. It's about a choice.

OUR NAKED DINNER STORY

BY CASEY & MEYGAN

When we got home from our honeymoon... we sat in our living room and had our first **naked dinner!** We honestly thought that all married couples ate dinner and dessert in the nude. I'm guessing that we had some Hollywood chick flick, happily ever after, we'll never fall out of love fantasy about our future. Having dinner in the buff was fun and easy and full of excitement. (For all you wondering, we cooked our food fully clothed)

Candles lit, our nice plates, a glass of wine and Norah Jones set the mood. The food was... completely unimportant.

Honestly, it was awkward. We both felt vulnerable, and at the same time excited, not only about the inevitable sexual intimacy to follow, but about this new chapter in our lives from boyfriend and girlfriend to engaged to husband and wife, naked dinners was a success even if we felt a bit chilly!

Then came the knocking, and the front doorknob turning. A burglar? Burglars don't knock. Quickly covering ourselves and running to the back room to put clothes on, we screamed at the closed door demanding to know who was there and what they wanted.

It turned out to be our friends, from Sweden, bearing gifts, lacking the wisdom of calling ahead to newlywed couples to make sure it was okay to stop by for a visit. We certainly were not going to be the ones to also educate them on our new dinner ritual either.

A disaster. Partly. But, in a big way, it was a success. A naked dinner is, in its essence, the recipe for a **thriving marriage**. Not necessarily literally eating dinner naked each night, though we suggest you try it at least once. Rather, in being vulnerable together, accepting each other for who you are, being intentional, communicating, making time to be together, and knowing that there is something exciting about your marriage that is worth fighting for!

WHAT IS MARRIAGE365?



Successful marriages don't happen by accident, but rather they are deliberate acts of purpose and intentionality. We do this for ourselves, but we also do it because this is the legacy we want to leave behind for our kids.

The legacy that was handed to us is vastly different than the one we want to live out. Between both sets of our parents, there is a combined 11 marriages that have been broken due to lying, affairs, addictions, mental illness, and simply the desire to quit. Because of this, both of us grew up with some 9 siblings, yet only one is fully blood related.

Obviously the baggage we brought into our marriage was immense. It's taken us years to work through the trauma and abandonment issues of watching our family break apart, many times over. Our early years of being married were horrible because we were both deeply wounded and had the scars to prove it.

The pain of watching our own marriage crumble fueled our desire to learn how to succeed in marriage. Then we quickly realized it wasn't just our marriage at risk. It was all around us. Our friends were quitting on their marriages too. Many of them would find their way on our



**IF YOUR MARRIAGE
MEANS SOMETHING TO
YOU, WHAT ARE YOU
GOING TO DO ABOUT IT?**



couch, where we would hear the pain, confusion, and regret of their divorce. They thought that leaving was the solution, but soon realized that it was even worse on the other side. That's when we turned the corner. Deep down inside we wondered, if we continued the way we were going, would we be sitting on someone else's couch saying the same thing?

Marriage365 is about taking a stand for our marriage. To learn all we can about this wonderful gift that we had neglected and treated with contempt. We are all in on this. We'll stop at nothing to protect the promise that we made to each other on our wedding day, even if we were completely naive about what it really required of us.

But it's not just about our marriage; it's about yours too. We think the secrets that we've discovered are too good to keep to ourselves. We want to give our lives to creating and innovating resources that will spark new life back in to your marriage.

We are all drawn to love stories and it seems there are not enough going around these days. **Will you join us in this journey?** Collectively, can we start a movement that honors and celebrates the promise made on your wedding day?

If your marriage means something to you, what are you going to do about it? It's amazing how much time and money is spent on improving job skills, by networking, going to seminars, reading books, finding good mentors, and yet compare that with how much time is invested on improving the most important relationship you will have in this life.

The ***Naked Dinner Series*** will cover some of the most crucial aspects of marriage. Our focus will be to give you practical advice that you can immediately apply to your marriage, no matter what state you find yourself in.

IT'S UP TO YOU NOW.

HOW IMPORTANT IS THIS RELATIONSHIP TO YOU?

HOW MUCH WORK ARE YOU WILLING TO PUT INTO YOUR MARRIAGE?

The logic is, if love is a choice, then reading this and doing nothing is also a choice. A choice that perhaps will put you on someone else's couch; confused, hurt, and full of regret. Maybe you're like us; we don't want to just survive marriage, we want to thrive!

INTRODUCTION

SEX.

It's everywhere, I mean everywhere. It drives the lyrics in our songs. It's a major plot point in movies. It's the basis to so many jokes in TV shows. It's hard to escape it when casually browsing the internet. It even sells shampoo. It's what the average guy thinks about 24/7. It influences the way girls dress. It becomes the subject of most divorces, either through neglect or with another person. No wonder too, it's also a basic human drive.

Most of the comments and questions we receive from couples are about sex, and there's a lot of pain behind the stories that are shared. Sex is this amazing tool that bonds a couple together, but it also seems to be tool that can drive a couple apart.

In our first edition of *Naked Dinners Series*, we want to provide you a primer on healthy perspectives about married sex. You'll learn the true definition of intimacy, specific action steps in increasing your sex life, how to affair proof your marriage, what's up with pornography, and many of the common issues we hear about sex inside marriage.

{ INTIMACY VS SEX



HE SAID:

I THOUGHT INTIMACY WAS JUST ABOUT SEX – ABOUT BEING TOGETHER IN A PHYSICAL WAY THAT WAS SPECTACULAR.

SHE SAID:

I ENVISIONED ROSES AND ROMANCE ALL THE TIME WITH SEX ON THE SIDE.

Intimacy is probably one of the most misunderstood concepts in relationships. Somehow, somewhere, intimacy and sex became interchangeable words. Many people believe they are one and the same. And while intimacy may include a physical act, it involves much more.

Intimacy encompasses an entire way of being, acting, and thinking. It is a place of commitment, vulnerability, interdependence and trust. Intimacy is when both spouses understand each other while simultaneously feeling understood. We've met plenty of couples that have been married for years and have never truly been intimate with each other.

Intimacy can be experienced at many levels, including physical, emotional, spiritual, mental, financial and recreational. But intimacy, like all things in marriage, is a choice and it requires a lot of hard work to achieve.

Intimacy is a choice to depend on another person– to be attached to them emotionally and physically – and to be known completely. In a sense, intimacy is the choice to allow someone to know you with the trust that they won't betray your vulnerabilities. It's a choice we make when we get married, and one we have to continue to make 365 days of the year. At any time, we can withdraw a part of ourselves from our marriage. When we do that, we deprive ourselves and our spouses of the intimacy we promised on our wedding day.

Casey has the privilege of officiating many weddings in Southern California. It's a beautiful moment when he gets to say, "Cordell, you may now kiss your gorgeous bride!". That kiss represents an intensely passionate emotional connection warranting an equally passionate physical response. But that response is formed out of the emotional intimacy the couple created.

MARRIAGOLGY

Facts & Tips About Marriage

**INTIMACY IS DEFINED AS:
CLOSE FAMILIARITY OR
FRIENDSHIP; CLOSENESS.**

SOME OTHER WORDS TO DESCRIBE THIS:

- **TRUST**
- **ACCEPTANCE**
- **BEST FRIENDSHIP-NESS**
- **FORGIVENESS**
- **SHARED VALUES**
- **TENDERNESS**

Contrast that with sex, without the intimacy, and it's just some form of physical exercise. But even further, all the power of bonding and connecting as a couple is not there. Nakedness is vulnerability. It's the reason why we protect our privacy. We only allow those that are 'intimate' with us to see us bare.



PRACTICALLY, WHAT DOES THIS LOOK LIKE IN HEALTHY MARRIAGES?

You have fun together: whatever activity you do, you encourage each other and laugh together.

Conflict is not eliminated, but rather leveraged. You find when conflict arises, you use it to learn how to love each other better.

Your expectations of each other are realistic. You think more about the positive qualities you find in each other, which far outweigh the bad.

You dream together and find you are pursuing similar goals. You enjoy talking about your future together. In fact, you find yourself lost in conversations.

You've learned each other's rhythms, strengths and weaknesses and established good roles and responsibilities.

You speak words of encouragement and life into each other. You are generous in your love and praise of your spouse.

You're past the blame game and live in forgiveness. You keep short accounts.

Having sex is exciting and always an opportunity to bring the other to climax first, before yourself. Why? Because you love your spouse and want to please and serve them well in all things, including the bedroom.



MARRIAGOLOGY

**EITHER YOU TALK ABOUT IT
OR YOU DON'T. EITHER WAY,
SEX IS STILL THERE.**

SEX VS MAKING LOVE

True intimacy elevates the physical act of sex to making love. But to truly enjoy it with one person over a lifetime, you have to talk about it – what feels good and what does not. I would say that all the conversations that we have had over the years has helped us improve our game. Without a doubt, like wine, sex gets better over time.

Strangely, we've heard people down play scheduling sex or even talking about it, as if it diminishes the excitement. We get it, there's a certain heightened level of excitement in spontaneity. However, we're aware that the reality of sex often fails to live up to the fantasy.

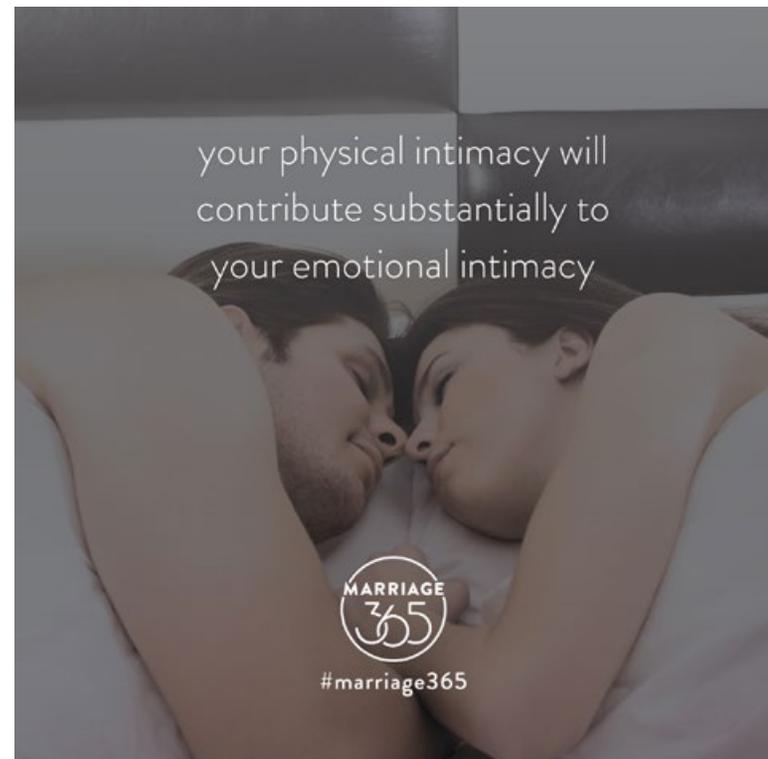
We can't be naïve to think that we'll all just naturally know exactly how to please our spouse in every way. You have to be explicit in describing and showing those things that turn you on. Research shows that the mind is the most powerful source of sexual arousal and satisfaction. Talking about it actually gives you something to anticipate.

Thankfully, we no longer live in a time when the missionary position is the only way to enjoy your partner. Quite frankly, there was never a time when that was true. Rather, it was an expectation this was the acceptable or proper way to make love and conceive children. Everything else was considered perverse.

The thing about lies is there is always some truth in them. In this case, the truth is that doctors believe the missionary position is the optimal position to increase the chance of conception. The lie is that everything else is perverse and sex is only for procreation.

MARRIED SEX IS SO ENJOYABLE, RIGHT!

There is nothing else that can replicate the feeling. Not a runner's high. Definitely not drugs or alcohol. And, regrettably, not even chocolate.





**OUR SEXUALITY IS BUILT
TO CONNECT WITH EACH
OTHER ON A DEEPER LEVEL**

FINDING SATISFACTION

Sexual satisfaction is important for a lasting and fulfilling relationship. Every husband deserves a passionate sex life with his wife. And every wife deserves a satisfying and stimulating sex life with her husband. Our sexuality is built to connect with each other on deeper level. Sex enhances intimacy and creates a bond between two people. The lack of a healthy sex life has negative effects on the emotional bond in a marriage.

You cannot neglect sex, kissing, hand holding, and even physical proximity at the dinner table or on the couch. When a couple experiences passion, unconditional love, respect and good hot sex, together they become stronger and more connected than ever before.

{ HEALTHY SEX TALK

HE SAID:

I HAD NO IDEA SHE WASN'T HAPPY. I JUST WANTED MORE.

SHE SAID:

WHEN I GOT MARRIED, I THOUGHT SEX WAS ALWAYS GOING TO BE FILLED WITH PASSION, ORGASMS, KISSING, CANDLES AND POST SEX CUDDLES.

So often, society, the culture and media create an unrealistic picture of what making love should be. It's not like Meygan was sitting at home reading cheap romance novels and was deceived into believing marriage was a series of brooding looks, torn blouses and hot passionate sex. However, movies, television, music and even books create the impression that sex happens by some spontaneous moment of romance involving rose petals, candlelight and bubble baths.

It doesn't. It might for a while during what we usually call the honeymoon period, but that won't last. After the first month of marriage Meygan was unhappy with our sex life and



she approached several girlfriends asking questions. Unfortunately, they were either too embarrassed or unwilling to talk about sex. And that's not uncommon. Many women and men are uncomfortable even saying the word penis, let alone talking about oral sex, positions and foreplay.

But you have to be able to talk to your spouse about what you like and what you don't like because the key to all healthy marriages is making sure that both husband and wife are on the same page, and specifically in the bedroom. Each couple needs to find what works for them. **Nothing is off limits when it comes to sex if both partners agree to it and are enjoying it!**

WE NEED TO APPROACH SEX WITH OUR SPOUSE IN AN ALMOST STEREOTYPICAL WAY.

WOMEN, ASSUME GUYS DON'T KNOW WHAT YOU WANT.

Tell your husband what you like and be explicit about it. It may not be romantic, but this conversation is too important to ignore. Men have been grossly misinformed by the media about what women want, like, and need in the bedroom.

MEN, THE SAME IS TRUE FOR WOMEN.

Women don't know what you want and aren't sure where the lines are when it comes to sex. What women know is that the average man thinks about sex a lot. In line for Starbucks. Watching commercials. At the office. On the drive home. Always.



MEN WANT TO KNOW:

- What turns you on - be explicit
- How you like the room to be set up
- How to prep the space, music, candles
- How gentle do you want to be touched
- What turns you on that he's not doing
- Should he have something to clean up handy
- Do you like to cuddle afterwards
- What do you want him to say during love making

WOMEN WANT TO KNOW:

- How often do you want sex
- What turns you on
- Do you like me being naked or lingerie
- What foreplay do you like best
- Do you like to cuddle afterwards
- Is there something new you want try in the bedroom
- What's your favorite position
- Do you like the lights on or off

THE MISTAKE MEN MAKE IS THINKING WOMEN DON'T WANT SEX AS MUCH AS MEN.

Women do. While women may not think about sex all day long, women do want sex. According to a Life Styles survey, women would choose sex over traditional Valentine's Day gifts such as flowers, chocolate, jewelry and lingerie. Actually, the women we know would like both. Women want men to tell them with love, how much you want sex, how to compromise if impractical, and then be prepared to approach love making on her terms, which means you might have to sacrifice a television show, time spent on a hobby, or working late to make room and time for sex.

And while you might be embarrassed to ask your spouse about sex, **your spouse is a better resource about what pleases him or her than your friends or the Internet.** Definitely not the Internet.



MARRIAGOLOGY

**NOTHING IS OFF LIMITS
WHEN IT COMES TO SEX IF
BOTH PARTNERS AGREE TO
IT AND ARE ENJOYING IT!**

What's worse there are few healthy resources to turn to. Tabloid magazines seem to offer advice that is cheap or disposable. Meygan looked to the Internet for answers when her friends had none. The problem is Google will take you to facts about sex, but only your spouse can give you the information you need about what he or she likes. If you're adventurous and want to spice up your sex life, you might find ideas on the Internet or even late night cable television, but if they border on fantasy, they probably are.

At the same time, there is nothing wrong with trying something new and inventive in the bedroom. There are books and websites which can help you find toys and lingerie, as well as new positions to try.

Did you know there are 100 positions in the Kama-sutra? Try something new. Share what you're thinking with your spouse and you try the ones you both feel comfortable doing.

TOGETHER, DECIDE WHICH SEXUAL POSITIONS OFFER PLEASURE TO BOTH OF YOU.

If you only have sex in the bedroom, spice it up by trying the shower, couch, kitchen or even floor. Regardless of which spouse comes up with the suggestion, the common goal should be that both husband and wife fully enjoy each other and experience pleasure.

Assuming it meets this criteria, as long as no one is being hurt and you both agree to trying a new position, toy or sexual activity, you should be fine. There are, however, three caveats:

- 1 Know your boundaries.** There may be some positions, toys or ideas that sound like they would be fun, but in reality, are not pleasurable or are actually uncomfortable. Speak up. Tell your spouse and stave off a bad sexual experience that might deter you from trying something new in the future. Trying new things can be exciting, but not everything you try will work for you.

2 **Nothing illegal**, which is self explanatory for your own safety. You might think it's an exciting idea to engage in sex in a public place, but it's against the law and getting caught will go on your record as a sex offense such as indecent exposure or the like.

3 **Just the two of you.** Bringing a third person into a marital sexual relationship is dangerous for a myriad of reasons, but the biggest is the breach of intimacy.

While sex enhances intimacy, it is not the only source of intimacy. Rather, it is a natural extension of a healthy relationship. A healthy sex life is usually the sign of a healthy relationship.

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PUT IT INTO ACTION

Regular sex actually increases sexual desire in couples. Essentially that means the more you engage in an intimate sexual relationship with your spouse, the more each of you will individually want sex. Here are some things you might want to try to spice up your sex life:

Go to an erotic boutique and check out the toys and lingerie together. Yes, it might be a little bit uncomfortable, but you can touch the items in the store and it might be an aphrodisiac even if you don't buy it.

Talk to your spouse about how often, how and where you want to have sex. A healthy sex life looks different in every marriage. Some couples think having sex once a week is satisfying, while others think at least three to four times a week is the minimum. Discuss how often each other would prefer to have sex and make it a point to find a happy medium.

Touch your spouse and tell your spouse what kind of touch you like the best. Ask your spouse to indulge you. Be specific.

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PUT IT INTO ACTION ...CONTINUED

GENTLEMEN

FIRE IT UP BY:

- Light candles, play music and spray some cologne on.
- Don't be shy to turn on the lights during sex and explore each other. This can be hard at first and maybe a little awkward if you aren't used to it but it can also lead to amazing sex.
- Come home in the middle of the day for a quick make out session.
- Flirt with your wife when you are out in public.
- Check into a hotel room on date night for a few hours.
- Play strip poker.
- Take a bubble bath together.
- Share 5 things you admire about her.
- Give her a gentle foot massage.

LADIES

STOKE THE FIRE BY:

- Being naked when he comes home from work.
- Initiate sex.
- Dress or undress slowly.
- Make noises in the shower and invite your spouse to join you.
- Buy a new bra and matching panties.
- Ask him for a quickie.
- Grab his butt as he walks by.
- Text a nude picture of yourself to him.

{ CHEATING AND PORN

HE SAID:

I'VE NEVER CHEATED BUT I KNOW MEN WHO HAVE. SOME WENT LOOKING FOR IT. SOME SEEMED TO JUST HAPPEN. IN ANY CASE, THERE WAS SOMETHING WRONG IN THEIR MARRIAGE OTHER THAN THEIR INFIDELITY.

SHE SAID:

CHEATING, EMOTIONALLY OR PHYSICALLY IS CHEATING. IT TAKES TWO TO MAKE AND TWO TO BREAK A MARRIAGE SO IF THERE WAS SOMETHING WRONG, THEY SHOULD HAVE TALKED TO THEIR WIVES, NOT SOUGHT INTIMACY ELSEWHERE.

CHEATING

It takes two to have an affair – actually three. The third is the person outside the marriage with whom the married person is intimate, whether it's sexual or emotional. If your spouse is having an affair, this is going to be hard to hear – to understand even.

HEALTHY MARRIAGES DO NOT EXPERIENCE AFFAIRS.

Before you throw this book or your laptop across the floor, stop, breathe and read on. There is a reason we say this. While there are always exceptions to the rule, a healthy marriage means the needs of both partners are being fulfilled within the marriage. It's called extramarital because communication and needs are not being met within the marriage.

Often, marriages are ripe for affairs when they are unhealthy, when the marriage is not a priority either or both partners are not working at the marriage, and, more than anything, there is a communication break down. It happens when there are lies, secret lives and too much independence rather than interdependence in the marriage. That independence becomes kindling for a raging firestorm to come.

Of course, there are those couples where one of the two is clearly deceived by the other. One partner appears to be all in – but is really living a double life.

MARRIAGOLOGY

Statistics vary on cheating. One statistic states that in 41% of marriages, one or both spouses admit to physical or emotional cheating. Other statistics put the number closer to 22% of men and 12% of women admitting to extramarital relationships.

*From How Common is Cheating & Infidelity Really, John M. Grohol, Psy.D., www.psychcentral.com, March 22, 2013, citing Blow, A.J. & Harnett, K. (2005). Infidelity in Committed Relationships II: A substantive Review. *Journal of Marital and Family Therapy*, 31, 217-233; Whisman, M.A. & Snyder, D.K. (2007). Sexual infidelity in a national survey of American women: Difference in prevalence and correlates as a function of method assessment. *Journal of Family Psychology*, 21, 147-154.*



Those are the affairs where one spouse feels completely blind-sided or betrayed because they missed the signs: pulling away – a lack of true intimacy – secrets – less time together, to name a few. But one clear sign is that things have changed.

We won't list all the signs of cheating, explain ways to catch a cheating spouse, or even whether to leave or stay when your spouse cheats. Our goal is to redeem marriages and proactively prevent affairs.

WHAT ARE YOU DOING TO AFFAIR-PROOF YOUR MARRIAGE?

You might be thinking, *how do I do that?*

You do it by choosing love, working at your marriage 365 days a year, communicating with your spouse rather than to others about problems in your marriage and compromising for the relationship over yourself.

We have to choose love every day. It's easy to think you are no longer in love when the honeymoon period of your marriage ends and life sets in or when problems arise in your marriage or your bedroom. If not, you are setting yourself up for what we call an emotional or accidental affair.

ACCIDENTAL AFFAIRS

Sex is a like a fire in a campfire pit. It provides warmth, light, memories, good times and conversation. When the fire goes outside the pit it can cause damage like a raging forest fire.

When we say accidental affairs, we're not suggesting you slipped and fell into bed with someone. Rather you accidentally fell into the emotional relationship with someone by turning outward for support rather than turning to your spouse to resolve your relationship issues. The extramarital relationship almost always turns into a physical one.



“But,” you say. “All we did was hug. It was not cheating.”

Maybe not. We’d disagree, though, because, cheating doesn’t have to be actual sex. It includes Internet sex, sexting, and basically anything you wouldn’t do if your spouse was standing there.

For example, an accidental affair *he said, she said*, might look like this:

HE SAID:

IT STARTED SO INNOCENTLY. WE TALKED AND SHE LISTENED. THEN WHEN I WAS HURT I FOUND MYSELF OPEN TO HER COMFORTING ME. HER FLIRTING GAVE ME A TON OF CONFIDENCE AND MADE ME FEEL LIKE I STILL HAD IT.

SHE SAID:

MY HUSBAND DOESN’T LISTEN TO ME OR TELL ME I’M BEAUTIFUL. HE HARDLY NOTICES ME. SO WHEN MY NEIGHBOR TOOK NOTICE OF MY NEW HAIR CUT, IT MADE MY DAY.

Affairs can easily creep in when no boundaries exist in your marriage.

They happen when you start looking to anyone other than your spouse when you're hurting, disappointed, angry, lonely, depressed – especially if your spouse is the source of those feelings. Your spouse should be your safe place. They should be the one person who accepts you for who you are and provides comfort and security. When you're hurt by your spouse, it's easy to look at their negative characteristics and find refuge in someone else's most attractive traits.

To affair proof your marriage, you have to continually be focusing on the positives in your mate, not the negatives. When we focus on our spouse's weaknesses and someone else's strengths, the other person will become deceptively attractive. **After all, affairs never start in the bedroom. They always start in the mind.**

This means it's important to be careful about what you look at and what you think about, especially pornography.





PORNOGRAPHY

Pornography includes anything from skin magazines and late night cable television soft porn or after dark shows to gentlemen's clubs and hard-core pornography. Women as much as men watch and are impacted by pornography. Erotica books are often geared towards women, as are some of the late-night cable shows. An example he said, she said for pornography might look like this:

HE SAID:

THERE'S NO HARM IN LOOKING. THEY ARE JUST IN BIKINIS AND BRAS. IT'S NOT LIKE I'M HAVING AN AFFAIR. YOU CAN LOOK BUT YOU CAN'T TOUCH.

SHE SAID:

IT WAS LIKE A CONSTANT BATTLE BETWEEN MY SEXUAL URGES AND MY SELF-CONTROL. IT'S NOT DOING ANY HARM.

MARRIAGOLOGY

Common signs you might be struggling with pornography include:

- *Change in sleeping patterns;*
- *Increased demand for isolation;*
- *Problems with school, work or personal relationships;*
- *Spending excessive amounts of time on the internet;*
- *Sacrificing other activities such as sleep, work or time with family in order to be online; and*
- *Lying.*

When you look at porn, you are **creating a standard your spouse can never live up to**. Pornography says you are not enough and you need and deserve more.

Those addicted to pornography don't realize what they are really looking for a selfish relationship. The person on the screen never says no, doesn't talk back and doesn't come with the complications of an intimate relationship. The person on the screen is not real. Nor is the person at the strip club or escort service. They are acting. There is no real emotion or even pleasure for him or her. It's work and the only motivation to fake the emotions – to make you feel good – is money.

When your spouse watches pornography, jealousy is a natural response. So are a lack of trust and security, anger, hurt and numbness. The obvious result is you feel violated and you no longer feel like you know your spouse, which is the foundation for intimacy. Your sex life is bound to suffer, even if you agree to watch pornography together or

try something you watch. While you might occasionally discover a position or touch you both enjoy, you're more likely to discover reality doesn't match acting. It doesn't for the actors on the screen and it won't for you.

Pornography is easy to conceal and equally easy to develop an addiction to. The dopamine-oxytocin released when you orgasm has been compared to a heroin hit. When that pleasure is tied to pornography, an addiction occurs. Regular internet porn users describe a trance-like effect from pornography, which gives them a sense of power and a feeling of obliviousness to the world.

The result to a marriage can go two ways. The spouse engaging in pornography might attempt to include the other spouse in the fantasy by encouraging him or her to try some of the activities in the pornographic books, movies or shows. If they don't go well, the other spouse might feel inadequate or jealous your attention is not focused on him or her. The alternative is the spouse engaging in pornography may be ashamed of feeling stimulated by what he or she deems inappropriate, deviant or perverse and will either withdrawal or seek to act out those fantasies outside the marriage.

MARRIAGODOLOGY

**TRUST AND INTIMACY ARE
THE BIGGEST VICTIMS OF
PORNOGRAPHY**



To affair proof your marriage from pornography, you have to choose not to engage in it. It's time to take a stand for what really matters.

TIME TO TAKE DRAMATIC STEPS THAT WILL BREAK THIS HABIT AND ADDICTION.

- Make a commitment to go to bed with your spouse.
- Leave your laptop at work.
- Put your family computer in a public place.
- Buy an internet filter that doesn't allow you turn it off.
- Choose a different route home so you don't pass the strip bar.
- Change the channel when soft pornography comes on. In fact, turn it off all together and go spend time as a couple, playing games, take a walk, or how about turning each other on!

PRIORITIES AND MECHANICS

We have this picture from movies that sex is a firework display of mistake free perfection with clothes flying off in one prolonged, sexy motion. Sex means climaxing together in one explosive orgasm. The reality is sex can become routine, unemotional, messy and even a chore. While this is true, sex is an amazing connecting experience, which should be engaged in often and celebrated. But that doesn't mean that every single experience will be scripted like a movie – unless the movie is a comedy.

An example *he said, she said* might look like this:

HE SAID:

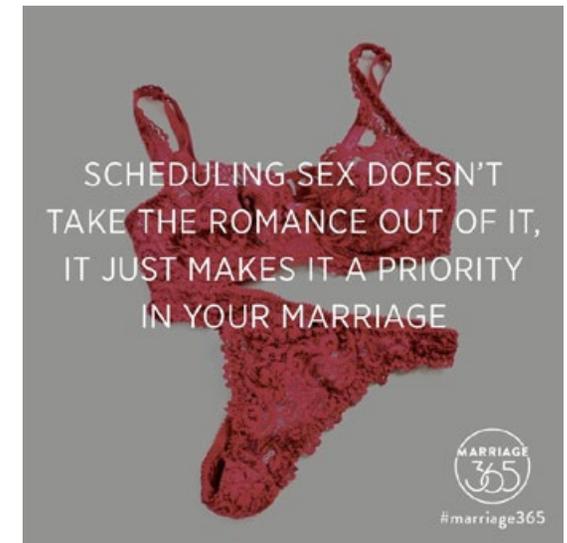
I LOVE HAVING SEX WITH MY WIFE. BUT I SURE AM TIRED WHEN I COME HOME FROM WORK. FRANKLY, I'M KIND OF BORED WITH DOING IT THE SAME POSITION ALL THE TIME.

SHE SAID:

WE WILL NEVER BE THAT COUPLE THAT GETS IN A SEXUAL RUT AND NEEDS HELP IN THAT DEPARTMENT. I KNOW WHAT I LIKE, HE KNOWS WHAT I ENJOY, AND LET'S LEAVE IT AT THAT.

Be proactive and creative in your sex life. Affair proof your marriage by talking to your spouse about trying new things. Think beyond the missionary position and spend time just touching your spouse, bringing them as close to climaxing as possible without doing so. Linger with your spouse. Try new lingerie, toys and positions. Change it up! **It won't get boring if you don't allow it to.** Almost anything goes in marriage as long as you are both okay with it. We won't judge and nor should anyone else. They shouldn't even know.

If you don't have time for sex with your spouse, someone else will. Excuses such as *I'm too tired*, *I've got to work late* and the classic, *I have a headache*, are just that. They tell your spouse that they are not important to you. While there will be seasons in your life where your schedules make sex difficult, such as with young children, a job that requires a lot of travel, or sickness, you can still make time for sex. The lack of a sexual relationship will impact your emotional one as well. In addition to feeling unimportant, your spouse may also feel unattractive and unwanted. **Someone else will make your spouse feel attractive and wanted if you don't.**





Affair proof your marriage by making sex with your spouse a priority. Schedule sex if necessary. We know this sounds anything but exciting and stimulating. And, for you it may not be. But, if you flip it on it's head, you can change that thought. Instead of feeling like it's a chore on your to do list, consider it a chance to anticipate the pleasure of being touched by your spouse and touching your spouse. Choose to linger on the idea of bringing your spouse to climax and receiving the same in return. It's a little more hot when you choose to see scheduling sex as an aphrodisiac rather than a chore to be performed.

Try a new position, go away for the weekend or just carve out a few hours after the kids have gone to bed. If you don't have time to flirt, cuddle and make out with your spouse, you are too busy. Sex is too good for your mood (remember the dopamine-oxytocin release), health and relationship to skip.

***WHEN SEX IS BROKEN IN YOUR MARRIAGE,
YOU HAVE A CHOICE. YOU CAN ALLOW IT TO
CONTINUE BEING BROKEN OR YOU CAN FIX IT.***



{ TROUBLE-SHOOTING

HE SAID:

I NEVER THOUGHT I WOULD HAVE ANY PROBLEMS WITH MY WIFE IN THE BEDROOM

SHE SAID:

I RARELY HAVE AN ORGASM AND SO MANY TIMES SEX IS ABOUT HIM GETTING OFF

Every couple deserves a great intimate life. The physical intimacy of sex will contribute substantially to your emotional intimacy.

Communication is the key to fixing problems in your sex life. If it's simply an issue of time, talk about it and find a time you can both be available emotionally and physically to enjoy each other. If there are bigger issues, communication is still the starting point. Sometimes a therapist can help with that communication.

Sometimes it's important for couples to create lists of things they love about each other and share the lists with one another. This gets you talking and puts you in a great mood. We challenged ourselves to come up with five things we appreciate and love about each other, one of those things had to be a physical trait.

This is what our list said:

CASEY TO MEYGAN

A sexy butt

Irresistible smile

So organized

Compassionate

A good cook

MEYGAN TO CASEY

A hard worker

Strong arms

A great dad

Sexy blue eyes

Passionate about others

We then created time and space for 30 minutes of connection at home and shared our lists to each other. The rest, well, is none of your business!

MARRIAGOLOGY

There's a case against no strings attached sex — a 2011 study at the Johns Hopkins Bloomberg School of Public Health revealed that sex is far more enjoyable for people who listen, understand another person's emotions, and empathize with their partner.

Sometimes, it's that simple. Talking. So let's talk about sex:

THE REDEFINING OF MARRIED SEX

Sex is one of the most delicate and embarrassing topics amongst married men and women today. We get dozens of emails a month from men and women asking for sex advice and while reading their emails, we can feel the frustration and embarrassment many of them face on a daily basis in their marriage.

Five of the main sexual problems we've encountered either through coaching couples or through our blog:

- I love sex but my husband or wife doesn't
- I'm too tired or not in the mood for sex most of the time
- I don't enjoy sex and avoid it at all costs
- We're in a rut. We've been doing the same things for a decade
- My spouse cheated on me. Now what?

We don't have all the answers. Nobody does because what works for you might not work for someone else. However, there are some things you can try if your sex life is suffering from any of these problems.

“MY SPOUSE DOESN'T LOVE SEX LIKE I DO”

Statistics show there are three reasons men might not want sex. The same applies for many women. The first is just exhaustion. Work is hard and tiring. Sometimes men and women are just too physically, mentally and emotionally exhausted by work for sex. No matter how sexy you are, and even if you do a strip tease, your spouse will most of the time say no or not bring it up.

SOME POSSIBLE SOLUTIONS INCLUDE:

Make sure you and your spouse make your marriage a priority. Be a friend and lover and tell your spouse you desire him or her. Tell your spouse you look forward to the times you make

love and you would like to see it happen more often. Let your spouse know you want to start scheduling sex and you will take the initiative.

You may be used to doing this, but have a good attitude about it and be tender the entire day. Make sure everything leading up to sex that night is about your spouse and remind him or her of how sexy you think he or she looks. If you cook, make your spouse's favorite meal.

Send emails and sexy texts during the day letting your spouse know what you want to do to him or her that night and vice versa. This is no way manipulates your spouse to have sex, but helps stimulate your spouse's mind, creating an anticipation for the night. **Make sure your spouse feels loved, appreciated, respected, turned on and cherished by you.**

When the time comes to have sex, initiate the act and please your spouse before you seek pleasure for yourself. It's selfless and tells your spouse that he or she matters and his or her pleasure gives you pleasure. Tell your spouse what your expectations are sexually because he or she may not know.

“I’M TIRED AND NOT IN THE MOOD”

Every new parent can relate to this one. A new baby, being overloaded with work, spending too much time watching television, not exercising, being on your feet all day all result in being too tired for sex. When your priorities are out of whack, your marital relationship will be the first thing to suffer.

Everything in life has to have balance, especially your marriage. When you or your spouse put too many other people and things before your relationship, you, your spouse and your relationship suffers. Your spouse will feel like he or she doesn’t matter to you. Giving your all to your work or your children or both results in your spouse feeling unwanted and unloved. Finding balance in life and learning to say no to people and activities that take up all of your energy and time will free you up to be devoted to your spouse and your sex life.



Another reason you might not be in the mood for sex is because saying the phrase *I'm not in the mood* is an easy cover up for resentment or anger you have for your spouse. Withholding sex is a common thing amongst couples and can cause a lot of damage to your relationship. If you are feeling frustrated, bitter or are holding onto un-forgiveness, make sure you talk through it with your spouse. Admit you have withheld sex and used it as a passive aggressive punishment. It's humbling and it gives you a place to heal from because your spouse knows he or she is still desirable and wanted.

SOME POSSIBLE SOLUTIONS INCLUDE:

Scheduling sex. This was a life changing things for our marriage. With two kids and one with developmental delays, Meygan is usually exhausted by 8pm. But when she knows sex is on the calendar, she makes sure when our son naps, she naps. Work can be equally exhausting. The answer: go to bed early the night before. Tone down your household chores or workload for the day so you have energy to make love and are not held up late at work.



Scheduling sex does not take the intimacy out of it, it just makes it a priority.

Use a code word on your calendar in case a family member or friend finds your phone. Try NAP, which stands for naughty and playful. Another popular code word comes from the show Parenthood: Funky Town.

Initiate sex as often as you can. Set a personal goal for yourself and stick to it. Ask a friend to keep you accountable and your spouse will appreciate the effort and time you put into initiating sex. Especially for women, sometimes take the lead, even if you are not feeling sexual that day. Husbands get tired of always asking and getting rejected when it comes to sex. If you ask for it and put effort into it, it rejuvenates the relationship and your spouse will appreciate it.

Dr. Harriet Lerner even suggests couples should have sex even when both aren't in the mood. "If you wait to have sex until one or both of you genuinely feel desire, you'll wait too long," she says. "In marriage there is often at least one person in the couple who won't feel a natural desire to initiate sex. Push yourself to get started even if you're just doing it for your partner's pleasure."

MARRIAGOLGY

Some practical ways to help put you in the mood.

- *Light candles;*
- *Reminisce about an awesome past sex session with your spouse;*
- *Play romantic music;*
- *Take a dip in the Jacuzzi to relax those muscles and ease your troubles;*
- *Take a shower ---before sex, wash off your stressful day and feel clean and alive again! Invite your spouse to join you in the shower for a make-out session; and*
- *Buy a new piece of lingerie or toy and use them.*

Experts agree that the more you do it, the more you want to do it, which is far more encouraging than the oft-quoted axiom, “if you don’t use it, you lose it.” Take the time to create an atmosphere conducive to putting both you and your spouse in the mood. It takes very little time and does wonders for a marriage.

“I JUST DON’T LIKE IT”

If you feel this way, something is wrong, either physically or emotionally in your relationship. There are physical problems, especially as you age, which can impact your enjoyment. If that’s not the case, your emotional well-being and past sexual experiences may be the cause. The effects of abuse, sexual or even emotional, go beyond the actual abuse. Your view of sex may be tainted and bring back bad memories, inhibiting your ability to experience sex as the pleasurable activity it is. Even the inability to get pregnant after significant attempts trying can create a negative view of sex.

Another reason could be preconceived ideas about sex being bad or dirty. If your parents portrayed sex as only for procreation or as wrong growing up, you might feel guilty enjoying it.

SOME POSSIBLE SOLUTIONS INCLUDE:

If abuse is at the core of your problems, you won't be able to fix it with this book or any other book. You and your spouse need to seek professional help. You may want to see someone if you have lasting guilt about sex as well.

If none of these things resonate with you and you still do not enjoy sex, it is probably because you are not experiencing an orgasm during your sex with your spouse. **Many women and some men do not experience an orgasm during intercourse.** For women, the friction created may not be enough to stimulate you to orgasm in many positions. If there is no health reason and intercourse is not sufficient to cause you to have an orgasm, one of two things is most likely happening. You either have not found the right position or you have not experimented sufficiently with foreplay.

If you do not enjoy sex than you need to be honest with yourself and your spouse. Tell them why and try new things. For a lot of couples, this will solve the problem. If not, you need to redefine what sex is. Sex is not just intercourse but also foreplay and what we'll call postplay, which we'll define as foreplay after one of you climaxes.

MARRIAGOLOGY

While 75 percent of men always reach orgasm during intercourse, only 29 percent of women report the same. In addition, most women are unable to climax through vaginal intercourse, instead needing clitoral stimulation.

Source: National Health and
Social Life Survey

For many, this is a foreign concept and it might feel awkward to even think about but it's so important for your marriage and for yourself. **You need to know your body** – what feels good, what feels weird and what feels amazing. Find time to be alone with your spouse and let him or her know you need a night to explore your own body. Set aside at least 30 minutes to an hour for this. No one likes to be rushed. If you feel very comfortable, explore your body in front of your spouse. This may also give your spouse pleasure.

Many women aren't aware of their own pleasure spots, which makes it difficult to tell your spouse what you like or don't like. Exploring your own body will give you perspective on what brings you pleasure and what does not. When you feel comfortable, invite your spouse to touch you where you felt pleasure. Working together, you and your spouse can enjoy sex. Another thing you can do is sleep naked. Something very different happens under the covers when skin touches skin and you can truly feel each other, instead of yours and your spouse's pajamas.

Your spouse wants you to be pleased and turned on just like you want your spouse to enjoy sex. If your spouse knows you are not into it, it leaves him or her feeling alone, rejected and unloved. It's a give and take in marriage and when both husband and wife are open, transparent and non-judgmental about sex, it can open up an entirely new connection in your relationship.

“WE’RE IN A RUT”

We all get comfortable and used to the same things we know works for the both of us. Changing things up in the bedroom takes effort, time and some creativity. However, if you don't allow for those things, then you will be stuck in your rut forever. When you find yourself doing the same things over and over and feeling like you're in a rut, your spouse probably feels the same way.

Ask. It's time to change things up in a big way and try something new. Be open-minded because change can be hard at first but the end results will be well worth it.



SOME POSSIBLE SOLUTIONS INCLUDE:

There are so many ways you can change things up. A few easy ones are:

Try a different room of the house. Sex can be fun on the floor, in the shower, in the kitchen, in the Jacuzzi, and even on the dryer. It might be out of your comfort zone, but try it. You will never know unless you try a new room or location.

Try a new position. If you have no clue what to try, there are many great books out there that have sketches (we recommend sketches/drawings and not real pictures) you can check out. Our personal favorite book is Position of the Day Playbook. There are hundreds of sketches and honestly some are just plain uncomfortable and weird, but keep trying until you find some that work for the both of you.

Explore the option of sex toys. This is not for everyone but does help many. If you've never tried one, go to a store with your spouse and look at them together. You can't say no until you've at least considered them. Vibrators, ticklers, blindfolds, creams and edible underwear

are all made to increase your sex drive and make sex even more pleasurable. Start with asking if your spouse would ever consider trying some new toys out. Most spouses are pretty open to trying new things if it means more intimate sex and pleasing you.

Get away for a weekend. This is a must if you can make it work. For whatever reason, going away and staying at a hotel for a night or weekend is just romantic. You don't have to worry about the regular household duties or work. The beds are always comfortable, they come with a fancy bathtub, and the rooms are relaxing and quiet. Don't turn on the television and leave your electronics at the door for the weekend away and enjoy each other. Order room service, then put up the do not disturb sign all weekend and walk around naked and enjoy each other's company.

Make out. Remember the days when you dated and time seemed to stop each time you were together to kiss? Often when couples get married, they gradually kiss less and argue more. Schedule (without telling your spouse) a make out session time at least twice a week. It might lead to more, and it might not, but kissing is more intimate than sex and the spontaneity will take you out of your rut.



“MY SPOUSE CHEATED”

If you are going to choose love, you have to choose to trust your spouse, even when your spouse makes mistakes – especially when they do. **When your spouse has cheated on you, choosing to trust your spouse is probably the hardest choice you will have to make.**

An affair is a devastating blow to a marriage. The very foundation of your marriage is ruptured as the vows to each other to be faithful, to love, to honor and to cherish are broken. Life feels like it has come to an abrupt stop. Dreams are crushed, families are torn apart, joy is robbed, and kids are impacted for years to come... all for a fleeting fantasy that the grass may be greener elsewhere. Only the strongest couples recover from this enormous strain on a relationship.

If you are the victim of a cheating spouse, the pain you are experiencing can be immobilizing and all consuming. Everything that you built your life on has been pulled out from underneath you.

You are probably thinking, **how can I ever trust my spouse again?** I can never trust my spouse again.

While this seems like a logical place to start, it is not.

There are four stages you go through if you choose to rebuild the love in your relationship. It will be hard. It will be painful. There will be days you think your spouse is not worth it and you should just leave. We can't make this decision for you but we believe almost every marriage can be redeemed by choosing love.

THOSE FOUR STAGES ARE:

1. FORGIVENESS

To forgive is not to forget. It's about letting go of the pain and the control it has over you to affect your mood, your thought patterns and your reaction to the world around you. Is it fair to let it go? ***NO!***



But it won't make it better to hold onto your pain, disappointment, anger and betrayal. You can't feel your way into forgiveness. Once again, it's about making a choice to love and a choice to forgive. Begin by making decisions that change your beliefs about the other person. An ancient proverb states, "as a man thinks, so is he." Easy to say, harder to wake up each morning and make that decision all over again. But, if there is any chance to regain intimacy and redeem your marriage, you will have to do this over and over again until it no longer has a hold over your heart.

2. RESPECT

Changing your beliefs about someone changes your actions towards that person. As you choose to forgive your spouse in grace and love, you'll see how the environment at home changes. Your choice to show grace and love to your spouse even though he or she cheated on you is an act of respect. It's not an acceptance of the cheating, but more of a declaration that your love is stronger than your spouse's weakness.

MARRIAGOLGY

**FORGIVENESS IS NOT
FOR OTHER PEOPLE...
IT'S FOR YOURSELF**

What does that look like? Exactly like love and grace normally does in a marriage. Using kind words towards your spouse, touching, surprising your spouse with a gift, or spending quality time together. You can't do this if you can't forgive your spouse. It's the action step that follows the heart step of forgiveness. It's showing through your actions you are committed to healing your relationship, including giving up certain freedoms and liberties.

You won't immediately enjoy spending time with your spouse or savor cooking dinner for him or her. But, by acting respectful towards your spouse, you will also be helping yourself forgive. It's a head and hands to heart process. Do and your heart will follow. The journey between head and heart may be only a couple inches apart, but it may be the greatest journey you ever take.

3. TRUST

This is where most couples try to start. They ask, how can I ever trust him again and try to answer it with a plan, words, grief, gifts and sometimes silence. And they usually fail.

Trust can't come before forgiveness and grace. If you haven't made the decision first to forgive and then act on it by showing respect, trying to rebuild trust will be lost in your pain. Trust is rebuilt after many, many, many experiences of these acts of love, which are returned with respect.

To trust someone is to open your heart to them – to be vulnerable with the confidence your spouse will not hurt you again. Delicate matters of the heart, rebuilding trust is a slow process that cannot be rushed. Rather, it will happen over time and rebuild over many seemingly insignificant experiences.

Eventually it looks like choosing to let go of control over your spouse's calendar, phone, appointments, and email with the confidence your spouse is not cheating. If you can't do this – eventually – then there is no hope for your relationship. You won't be able to see this at the beginning. It will seem an impossible task. Try. Some point in the future (remember, the average time to redeem a relationship where a spouse has cheated is two years) you may look back and be surprised how much you, your spouse and your relationship has grown.

4. LOVE

The final step is the one most people think they have all along. You might think, I still love him but I can't trust him or I will always love her but I'm not sure I can ever feel safe with her again. Those are normal thoughts to have. However, trust is the foundation of love. The heart that is free to love again has made the decision to unshackle itself from the bitterness of un-forgiveness. When your heart loves your spouse again without apprehension, you are getting there. When you feel safe, vulnerable and strong in your relationship with your spouse, you are in a place of love and redemption. When you are able to openly choose love again, you will be stronger through this experience.

BUT MY SPOUSE DOESN'T WANT TO WORK THINGS OUT

That's okay. This whole ebook is not directed towards your spouse. It's written for you – to help you be healthy in your relationships and your life. It isn't about manipulating or winning your spouse over to stay with you. Your marriage might not make it, but you have a choice to not carry those wounds into your next relationship.

Why is this important? An ancient Jewish proverb says, “As a man thinks, so is he.” As your mind begins to rehearse the ‘what if’s’, your anxiety levels rise, and you’ll begin to act ‘as if’. If you don’t heal, you will assault your next date with accusations and a line of questioning reserved for interrogation because they turned their head or made a statement similar to your cheating spouse. Your ex-spouse’s actions will destroy your ability to love, trust and respect another if never really forgive the one who hurt you. Living with unforgiveness is drinking the poison, allowing the pain caused by another to rob you of your joy.

Choose to forgive regardless of your spouse’s actions or decisions. By doing so, you choose to make a healthier you.

MARRIAGOLGY

**YOU ARE RESPONSIBLE FOR
YOUR OWN HAPPINESS**



MARRIAGOLOGY

If Sex is this secret language between two lovers, this is a language that must be practiced a lot. Understanding common wishes, desires and needs in the bedroom is such an important conversation to have.

No marriage is perfect. But you can do things to affair proof your marriage. Make sure you talk about sex. It's much more embarrassing for your spouse to cheat or become disinterested in sex than to have a conversation about it.

FINAL THOUGHTS...

POST SEX PILLOW TALK:

We were there...the same position, the same room in the house, the same ambiance, and the same routine. There was a season when sex felt like it was something to check off of our “marriage checklist”. For years we didn’t talk about it because no one taught us how to have a healthy conversation about our sex life. We also were too busy to create space and time to be creative in the bedroom.

That all changed when we discovered the **post-sex wrap up**. Some dear friends mentioned that this transformed their sex life and gave them the insights needed to love their spouse in the specific ways they wanted to be loved. This post-game pillow talk focuses on what they like, didn’t like, what position feels good, fantasies, and affirming each other. This is a time for no judgments. The goal is to build their love life. We use this all the time and it works! Now it’s your turn to apply this to your marriage. Set some ground rules and restate your goals to boost your love life and learn more about each other. Set aside at least 30 minutes to listen to the heart of your lover.

Here's some questions you can use to kick start the conversation.

- What about our sex life makes you excited and anticipate the next time?
- Are you comfortable discussing our sexual likes and dislikes? Why or why not?
- What kind of physical touch best says, "I love you?"
- Who do we know that has the kind of marriage that we want?
- How affectionate would you like to be with me?
- How will we let each other know what we want sexually?
- What need of yours have I not been able to satisfy?
- How can we make our sex life better? Get creative.
- What are your deepest desires, hopes and dreams?

After you've gone through this list, let your spouses answers marinate for awhile. Really listen to what they shared. Validate them and their feelings because this doesn't come natural for many people. **An open conversation with your spouse will also build trust, intimacy, respect, and patience in your relationship.** This open dialogue should never stop --- it's a lifelong process because your needs and desires will change as you grow old together. Together, an amazing sex life is possible by applying what you have read and making the changes necessary! You can do it, we believe in you.

For more information about Marriage 365, visit us on Facebook,
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MARRIAGE365 PRESENTS THRIVE

Marriage365 THRIVE is an online mentorship program that will educate and coach couples in marriage principles, while providing practical hands on application geared to help you thrive in your marriage, not just survive.

TOP 10 INTERESTING FACTS ABOUT *THRIVE*:

1. Each month we'll be looking at topics that are critical for marriages to succeed, such as; sex, money, communication, forgiveness, boundaries, family history, date nights, personal strengths, and many more
2. Couples will be given practical application and challenges to take part in each week
3. We will be bringing marriage thought leaders and interviewing them while hearing their stories about how to succeed in marriage
4. Since we know healthy people make healthy marriages, a large part of the university is to work on individual growth as well as couple growth
5. Each month we'll feature a live Q & A where couples can ask questions and get answers
6. Couples can access content at their own convenience. All interviews, Q & A's, and podcasts are recorded and archived
7. THRIVE is about a community of couples committed to their marriages and finding a place of mutual encouragement
8. You can go through this as an individual or a couple
9. Personal access to Casey and Meygan through private skype sessions.
10. It will be full of awesomeness

Official launch date is NOV 1ST 2014!

Email us directly at Casey@marriage365.org to be added to our pre enrollment list.