

# TURN UP *the* HEAT

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A COUPLES GUIDE TO SEXUAL INTIMACY

DR. KEVIN LEMAN



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# Introduction

Have a great sex life—by Saturday night! (Or Thursday night, if you're really frisky.)

**W**hen Adam saw Eve for the first time, what do you think he said? “Holy moley, will you look at that!”

To Adam, beautiful Eve was a wonder—the one creature in Eden perfectly suited to be his mate. What did Adam do next? What comes naturally to us men: He stared. He appreciated. Then he couldn't help but touch this gift from almighty God. And what happened next was very, very good.

Sex—God's awesome invention—got a great start in that beautiful Garden of Eden. But whatever happened to the garden where a man and a woman—true partners, together for a lifetime—were naked and not ashamed?

You know what happened. Just one little bite of the forbidden fruit, and all of a sudden what almighty God created got labeled “dirty.” Adam and Eve quickly realized they were in the buff, so they slunk off into the bushes to hide themselves until they were clothed. Their perfect world of paradise was ruined. Their lov-

ing heart connection with almighty God was severed. And their innocent, peaceful relationship, as well as their sexually satisfying exploration of each other, was interrupted. All at once they *knew* their differences—and found them downright shameful and embarrassing.

But when it gets right down to brass tacks, what do we all dream of? Getting back to those days in the garden, where God's perfect invention of sex surrounded both the man and the woman in a mutually satisfying, forever relationship. What does every godly man want? A godly woman who loves sex. What does every godly woman want? A godly man who provides the intimacy that her soul longs for. You see, men need only a place, but women need a reason. As a husband and wife understand and learn to appreciate those crucial differences, they can turn up the heat in their relationship and have great sex—*all the time*.

Sex inside the bounds of holy matrimony was God's idea, but today folks are just a little afraid to ask questions about it, for fear of embarrassing themselves. (It's kind of like Adam and Eve hiding naked in the bushes.)

So I've made it easy for you.

Packed into this book are the hottest questions about sex and intimacy—questions I get asked every day as I travel, speak, and counsel married couples and soon-to-be-wed couples—and my straightforward answers. (To protect the privacy of those who have shared their stories with me, some details and names have been changed.)

Have you ever wondered how often you should do it—and if you *have* to do it? Why she likes the lights off, and you want them on? What to do when you're too pooped to whoop and he's giving you a look like Bullwinkle the Moose? If depression or aging can affect sex drive? If he's a sex addict? If you are, because you've just

got to have it? What's okay—and what's not—in bed? If there's sex after children? How you compare to his exes? Why he's so boring in bed? If you'll still be able to . . . you know . . . when you're eligible for the seniors discount at McDonald's?

And that's just for starters.

If you want to have a great sex life by Saturday night, just read on. *Turn Up the Heat* will take you and your spouse to new, scintillating heights of mutually enjoyable satisfaction. I bet you'll even save money on your heating bills.

You can thank me later.