

Defining Sexual Confidence

Perhaps you are wondering what it would look like to be a sexually confident wife. First let's talk about what it *doesn't* look like. It's not about having a great body or obsessing over getting one. It's not about fitting the "young, hot" stereotypical mold. It's not about being his sexual rag doll, doormat, or vending machine. It's not about killing your conscience and being willing to do anything and everything to sexually satisfy someone else. It's simply not about becoming someone you aren't.

It's about becoming who you really are, and humans are naturally sexual beings. Perhaps you don't feel like a sexual being at the moment, but I hope that by the time you finish reading this book, you will. In fact, I hope you'll not just feel sexual, but that you'll feel sexually confident as you put these principles into practice.

As a sexually confident wife, you will learn to love your body and feel beautiful in your own skin. You'll be content with being the best _____ you can be (fill in the blank with your own first and last names) and not feel the need to compare yourself or your husband to anyone else. You'll come to believe wholeheartedly that your husband finds you incredibly desirable. You'll be able to openly communicate what you find pleasurable, as well as what is beyond your personal boundaries. You will feel great about what you have to offer your husband, and will be able to relax and freely enjoy all that he has to offer you.

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