

# SECRETS TO LOVE LIFE

How to be Happier, Healthier, &  
Richer Than Ever Before



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## **Introduction**

### **Ten best kept secrets to having a better romantic life**

Do you feel that your romantic life is boring? These ten best-kept secrets will help reenergize your sex life.

Many of us would be able to recall the romantic and often exciting times that we had our first romantic moments with our partners. However, this flame may burn out. With time, this sexual enjoyment becomes a routine, and your sexual life begins to wane.

Therefore, what is then the untold secret to having a long-lasting romantic experience? We went asking for recommendations from a pair of professional sexuality experts - Louanne Cole Weston, Ph.D., a board-certified sex therapist and resident expert for WebMD's "Sex Matters" message boards, and Michael Castleman, author of *Great Sex: A Man's Guide to the Secret Principles of Total-Body Sex*.

## Creating Time

Weston and Castleman firmly agree with each other that partners, who have spent some considerable time together, need to create some time to have sex.

"Create some time for sex," Castleman had said, a journalist on human health that had in the past answered sexuality-related questions to the advisor of Playboy. "Do not take it as an afterthought," he submitted to WebMD. "Engage in something you enjoy doing before indulging in sex. Go for a dinner or movie, create time for a brisk walk, get few glasses of your favourite wine by the candlelight, do what you like to do as partners. But you need to create some time for sex."

However, some people may say that scheduling is not romantic. Sex ought to be instant. However, there is hardly anybody that engage in planning their sex lives on a daily basis.

But Castleman responded bluntly, "You need to grow up; there is no problem in creating some time out for sex. Most people create time for other enjoyable things such as dinners out or ski trips."

Weston responds in agreement. "I feel many people, especially partners who have kids, need to plan before the time since they have tight schedules," she explained. "Certainly, sometimes things may instantly get steamy and end romantically, but those few times are pleasurable accidents."

## Leave the House

An excellent suggestion for having a great love life has regular nights out of the house.

"For partners who have lived together for some time, having sex could become something of a typical routine," explains Castleman. "You become tired after everything, after coming back from work, after doing the laundry, after you may have attended soccer games with your kids, and running errands."

"And rather than having champagne and half-shell oysters with an excellent Lake Tahoe view as a reward, you are still in your similar old and crummy house having jelly and peanut butter, and that is all," he explains. This is not a beautiful setting to having a spiced up sexual life.

Sometimes enjoying the moment when you are engaging in sex in your bedroom, which looks very familiar. You are distracted. Did I set the alarm clock? What will be the cost of repairing that ceiling damage caused by water?

"Making love is, basically, an experience that can be enjoyed by being mindful of what is being done," explains Castleman. "you often have the best sex when your mind is only focused on the present."

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