

Benefits of Sex In a Relationship

- Builds trust and intimacy
- Helps heal old emotional and sexual injuries
- Helps you become an expert on your partner
- Helps you learn about yourself
- Builds self-esteem
- Supports good health
- Improves sleep
- Reduces anxiety and stress
- Decreases physical pain (e.g. migraines)
- Leads to wanting more sex
- Promotes better cognitive function

Sex And Relationships

Jill P. Weber



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