

THE *Loving Truth*
WITH SHARON POPE



Rekindling Desire
Episode Sixty One

Rekindling Desire Bringing Your Sexual Relationship To Life

Evelyn Resh, CNM/MPH



Rekindling Desire Bringing Your Sexual Relationship To Life:

The Married Guy's Guide to Great Sex Clifford L. Penner, Joyce Penner, 2017-09-05 Keep the sizzle in your marriage Sex matters in a marriage a lot Yet many men secretly wonder Is she really satisfied What do we do when our desires don't match How can we get back the passion we used to feel The Married Guy's Guide to Great Sex will tell you what you really want to know how to make sex meaningful to your wife build desire get past sexual problems and enjoy guilt free sex Noted sex therapists Clifford and Joyce Penner also unveil the mystery of what women want and how simple it is to boost your love life by letting your wife lead Their candid clear style will encourage you to make great sex happen or happen more often in your marriage This title is a repackaging of The Way to Love Your Wife and is a companion to the new title Enjoy God's Gift of Sexual Pleasure for Women also by the Penners

Rekindling Desire Warwick Williams, 1988-01 **The Way to Love Your Wife** Clifford L. Penner, Joyce J. Penner, 2012-04-20 Sex matters in a marriage a lot Yet many men secretly wonder Is she really satisfied What do we do when our desires don't match How can we get back the passion we used to feel The Way to Love Your Wife will tell you what you really want to know how to make sex meaningful to your wife build desire get past sexual problems and enjoy guilt free sex Noted sex therapists Clifford and Joyce Penner also unveil the mystery of what women want and show how simple it is to boost your love life by letting your wife lead Their candid clear style will encourage you to make great sex happen or happen more often in your marriage

Practical Psychology for Pastors, 2nd Edition William R. Miller, Kathleen A. Jackson, 2010-05-01 This practical handbook takes a totally fresh approach to the work of pastoral counselors by drawing on recent research and developments in the health and behavioral sciences Thoroughly revised and updated this edition incorporates new or expanded coverage of topics such as a new chapter on Pastoral Self Care which offers advice on maintaining psychological health avoiding crisis and preventing personal and occupational burnout the integration of counseling with other pastoral roles and functions pastoral counseling ethics how to help people build personal motivation for change grief counseling and crisis intervention post traumatic stress physical and sexual abuse and personality disorders

The Gift of Sex Clifford Penner, Joyce J. Penner, 2003-09-09 Are you hoping to reignite the passion in your relationship Join Clifford and Joyce Penner as they share the time tested secrets to finding fulfillment in your marriage Clifford a licensed clinical psychologist and Joyce a registered nurse and clinical nurse specialist have been married for forty years and they know firsthand that there are countless barriers that can get in the way of experiencing love and commitment from anger or a lack of respect to external tension But these obstacles don't have to last forever In The Gift of Sex the Penners give you the tools you need to move past those barriers and embrace marriage as God intended it This revised and updated version of The Gift of Sex features a new introduction new illustrations a section on addictions and the Internet and a timely discussion on sexually transmitted diseases and their consequences It also asks and answers key questions about biblical marriage including How does sex fit into God's design for marriage Why did God create men and

women to think about sex differently How can I light the spark in my relationship again Whether you re newlyweds or you ve been married for decades The Gift of Sex is a timeless guide to discovering the sexual fulfillment that you and your spouse deserve *Counseling for Sexual Disorders* Clifford Penner,Joyce Penner,2024-12-26 Counseling for Sexual Disorders was first published as Volume Twenty Six of Resources for Christian Counseling by Word Publishing in 1900 as the protocol for sexual therapists to use in effectively treating couples experiencing sex dysfunction or those seeking increased sexual satisfaction The protocol was developed based on the research of Masters and Johnson which is the application of their findings to therapeutic intervention that they had intended but did not complete The addition of others like Helen Singer Kaplan works were incorporated into this practical handbook It has become the text frequently used in universities seminaries and graduate schools Since 1990 the basics are the same the table of contents reflects this stability but the terminology used and the knowledge gained through sex and the brain research organizations like ISSWSH Dr Irwin Goldstein and the Penners 50 years of clinical experience led to this much needed revised updated version Counseling for Sexual Disorders prepares the clinician and graduate student to have a clear comprehension of the Guidelines and Underlying Principles for the effective use of the evidence based strategies for assessment therapeutic intervention and relapse prevention The tools to implement those processes may be duplicated including the forms for assessment the 31 Sexual Therapy assignments and for gathering data regarding the couple s experience of the completion of the assignments in the privacy of their own home This revision for professionals is now designed to parallel the client s handbook Restoring the Pleasure Thus the 31 assignments are identical in both books **Getting to the Other Side of Grief** Susan J. R.N. Zonnebelt-Smeenge, Ed.D,Robert C. De Vries,2019-08-06 There is little in life that rocks us like the death of a husband or wife Whether you re feeling alone drowning under an ocean of emotions or you ve worked your way through to the darkest nights of the soul and are now wondering how to get on with your life you ll find comfort and guidance from the authors of this book One a clinical psychologist the other a pastor and professor both suffered the loss of a spouse at a relatively young age Their empathy valuable psychological insights biblical observations and male and female perspectives will help you experience your grief in the healthiest and most complete way so that you can move forward to embrace the new life that is waiting for you on the other side *Rekindling Desire* Dr. Daniel A. Harlow,2024-11-22 Reignite Passion and Rediscover Intimacy In a world where stress and routine often hinder the joys of intimacy are you ready to reclaim your passion and boost your libido Discover a comprehensive guide that masterfully blends science psychology and the art of romance to help you restore your vitality and enhance your relationships Rekindling Desire A Guide to Restoring Male Libido delves deep into the nuances of male sexuality taking you on a transformative journey through understanding the intricate factors that affect libido With chapters that explore everything from hormonal impacts and psychological influences to the crucial role of physical health and relationship dynamics this book serves as an essential companion for anyone seeking to overcome libido

challenges Engage with actionable insights that go beyond traditional advice offering holistic strategies to reignite passion Learn how to communicate better with your partner explore mindfulness techniques and adopt lifestyle changes that are uniquely tailored to rejuvenate your desire With expert guidance on navigating medical treatments and embracing therapeutic practices this book equips you with the confidence to tackle any barrier to intimacy This book isn't just about improving your own experience it's about enhancing connections and building a fulfilling relationship Rediscover the art of sensuality appreciate the female perspective and engage in meaningful dialogues that foster trust and intimacy Each chapter is crafted to empower you providing tools and strategies for long term success that adapt to your personal journey Why wait to experience deeper connections and a renewed sense of passion Embark on a path to rediscover the vitality within you Transform your approach to intimacy and take the first step towards restoring more than just your libido revitalise your life

Reclaiming Your Sexual Self Kathryn Hall, Ph.D., 2008-04-21 Kathryn Hall takes a fresh and refreshing new look at why so many women are not really interested in sex A uniquely helpful book Harriet Lerner Ph D author of *The Dance of Anger* Women don't need medicine or magic to feel desire but rather reasons and motivation This book provides sound strategies and sensible suggestions for overcoming sexual inertia and finding genuine satisfaction Sandra Leiblum Ph D Director Center for Sexual Relationship Health University of Medicine and Dentistry of New Jersey The many who are searching for sexual desire in an easy to swallow pill form may be pleasantly surprised to find it in this easy to read book form Gerianne M Alexander Ph D Texas A M University At last a drug free holistic program to restore sexual passion and desire Despite what many so called experts believe lack of sexual desire in women does not necessarily indicate a hormonal problem More often asserts sex therapist Dr Kathryn Hall it means that something is out of balance in our lives In *Reclaiming Your Sexual Self* Dr Hall reveals how to discover the source of your lack of sexual interest and take charge of your health Drawing on successful methods she has used in her clinical practice she helps you identify the imbalances that are affecting your overall well being and get in touch with lost or neglected sexual feelings Through a series of illuminating exercises and with Dr Hall's wise warm advice you'll discover Why it's okay to want sex and enjoy it Ways to improve communication with your partner The right conditions and circumstances to spark your sexual interest How to maintain a vital sexual connection for the long term When to consult a professional Hormone replacement therapy doesn't have to be the answer You can reclaim your sexual self and keep desire and passion alive and well by following the proven reassuring advice in this authoritative guide

Women, Sex, Power, And Pleasure Evelyn Resh, CNM/MPH, 2013-03-01 In her new book *Women Sex Power Pleasure* Evelyn Resh a sexuality counselor and certified nurse midwife takes an innovative approach to helping women create the lives and sex lives they want With a funny and compassionate yet tell it like it is style she looks at the relationship between feeling powerful in life and accessing life's pleasures and their combined effect on sexual desire Resh introduces six essential qualities that women must have to live healthfully stating that when these are out of balance women

seem to exist in lives devoid of pleasure self empowerment and sex These markers of emotional well being are Self confidence and self esteem Healthy Habits Spiritual Satisfaction Creativity Self assurance re assurance Compassion and Empathy Once the six traits are laid out Resh devotes the rest of the book to exploring how when one or more of a woman s markers of emotional well being are off kilter their reasons for avoiding sex mount exponentially She looks at some of the most common excuses she s heard over her many years as a sexuality counselor I Feel Nothing It s All He Thinks About I m Too Busy I m Too Fat to Have Sex and outlines the specific imbalances that create this void of sexual desire and activity With practical guidance self assessment questions and stories from her practice and personal life Resh explains to modern women how to regain their emotional wellness and live a powerful life that includes a steady relationship with pleasure and sexual satisfaction This book is a must read for all women From housewives to sophisticated urban corporate types from new moms to post menopausal women this book will help any woman who feels estranged from her sexual energy and a sense of empowerment and deprived of pleasure or who views sex as just another thing to tick off her overwhelming to do list

Evidence-based Approaches to Sexuality Education James J. Ponzetti, Jr., 2015-09-16 This is the first book to provide a multidisciplinary and global overview of evidence based sexuality education SE programs and practices Readers are introduced to the fundamentals of creating effective programs to prepare them to design new or implement existing programs that promote healthy sexual attitudes and relationships Noted contributors from various disciplines critically evaluate evidence based programs from around the globe and through the lifespan Examples and discussion questions encourage application of the material Guidance for those who wish to design implement and evaluate SE programs in various social contexts is provided Each chapter follows a consistent structure so readers can easily compare programs Learning Goals Introduction Conclusion Key Points Discussion Questions and Additional Resources The editor taught human sexuality and family life education courses for years This book reviews the key information that his students needed to become competent professionals Highlights of the book s coverage include Interdisciplinary comprehensive summary of evidence based SE programs in one volume Prepares readers for professional practice as a Certified Family Life Educator CFLE or sex educator by highlighting the fundamentals of developing and implementing SE programs Exposes readers to evidence based SE programs from various social contexts including families schools communities and religious institutions Considers the developmental context of SE across the lifespan along with programs for LGBT individuals and persons with disabilities Critically reviews SE programs from around the world including the US Europe Asia Africa Latin America and other developing countries The book opens with an historical overview Part I focus on general frameworks of sexuality education including UNESCO s International Technical Guidelines How to develop deliver and implement evidence based SE programs including ethical concerns are explored in Part II Part III exposes readers to evidence based programs in various social contexts families schools communities and religious institutions Part IV considers the developmental context of SE from early

childhood through adolescence and adulthood along with programs for LGBT individuals and persons with disabilities Part V examines diverse global contexts from the US Latin America Europe Asia Africa and other developing countries The book concludes with future trends and directions Ideal for graduate or advanced undergraduate courses in sex education sexual health human sexuality sex or marriage counseling intimate relationships family life education or home school and community services taught in human development and family studies psychology social work health education nursing education and religion and in seminaries and family clinics the book also serves as a resource for practitioners counselors researchers clergy members and policy makers interested in evidence based SE programs or those seeking to become CFLEs or sexuality educators

Sex When You Don't Feel Like It Cyndi Darnell, 2022-06-10 A practical guide to understand both low and high libido drawing on science straight talk and useful exercises to stop blame and rekindle pleasure From the Vatican to Vegas From Disney to Pornhub we've been tricked into believing love and sex are like a hand in a glove though few of us experience them that way In *Sex When You Don't Feel Like It: The Truth About Mismatched Libido and Rediscovering Desire* Cyndi Darnell helps demystify our relationship to desire by making it authentic relatable and most importantly attainable Darnell guides readers step by step through a useful framework to discover their authentic longings while recognizing it can feel uncomfortable when they're unaccustomed to deep soul nourishing conversations about sex From reading this book you will learn what desire needs to thrive and how to understand your unique erotic template At its core *Sex When You Don't Feel Like It* is honest It understands that exploring sex is complicated in a culture that insists sex is both natural and dangerous It doesn't promise eternal happiness with tips and tricks in three easy steps It does however get to the heart of how everything we've been led to believe about erotic desire is untrue and demonstrates how these beliefs shape our struggles with cultivating pleasure and understanding the nature of passion Darnell takes desire from a passive resigned sense of failure to an inspired quest by offering countless prompts practices suggestions and reflections to help the reader understand why they're feeling what they're feeling why they're feeling stuck what they really want and how to get there This book offers abundant alternatives to sexual struggles and tackles the self-doubt awkwardness and embarrassment of exploring erotic desire to support the reader in creating a dynamic erotic identity that is uniquely theirs

What Happened to My Sex Life? Kate Balestrieri, 2025-02-11 An invaluable resource for anyone who wants to know where their sex drive went and importantly how to get it back Laurie Mintz PhD author of *A Tired Woman's Guide to Passionate Sex* and *Becoming Cliterate* When your interest in sex takes a dive it can be frustrating isolating and scary You might feel pressured by a partner to get back to normal or worry that you're broken no longer able to connect authentically to your sexuality You're not broken and you will feel desire again In *What Happened to My Sex Life?* Dr. Kate Balestrieri licensed sex therapist founder of Modern Intimacy and host of the podcast *Get Naked with Dr. Kate* uncovers the twelve most common causes of a loss of libido Then she shares what you can do to overcome them and reignite your passion Sometimes the cause of a dip in

desire is obvious stress at work a fight with your partner But often it s not so clear Maybe you re struggling with shame burnout or feeling disconnected from your body Or maybe you re dealing with libido killers like a partner s entitlement a stagnating long term relationship or feelings of objectification Whatever the cause once you know what s behind your lack of interest you can address it With Dr Kate s compassionate guidance you ll be empowered to begin asking yourself what you really want from sex befriending your body confronting your mental blocks discovering and sharing your turn ons and renegotiating your relationships Full of insightful analysis and practical advice What Happened to My Sex Life is your road map back to yourself your sexuality and your pleasure

Sexual Dysfunction in Women Marta Meana,2012-01-01 Sexual Dysfunction in Women is a concise yet detailed clinical guide to the treatment of sexual difficulties in women Written with the general psychologist and therapist in mind and being published with a companion volume on Sexual Dysfunction in Men it takes the novel position that most clinicians interested and willing to help female clients with sexual concerns can do so effectively even if they do not primarily consider themselves as sex therapists Many women will experience difficulties with desire arousal orgasm or pain with intercourse at some point in the course of their lives yet most clinicians feel less equipped to treat sexual dysfunction than far less prevalent disorders This book empowers general psychologists therapists and other practitioners to actively engage in the multidisciplinary treatment of sexual disorders and broaden their knowledge base about sexuality an important component of most clients quality of life It is both a go to resource for professional clinicians in their daily work and an ideal resource for students and practice oriented continuing education

Getting Your Sex Life Off to a Great Start Clifford Penner,Joyce J. Penner,1994-11-10 Many couples put more planning into the wedding ceremony than they do for what comes after the wedding Intelligent deliberate preparation for a lifetime of sexual leasure is a worthy investment you won t regret In Getting Your Sex Life Off to a Great Start renowned sexual counselors and best selling authors Clifford and Joyce Penner guide you through an encouraging process that begins by dispelling sexual myths and then guides you in getting to know yourself and each other emotionally and physically With reassuring enthusiasm and straightforward advice the Penners show you how to clarify your expectations and pursue the joyous marital passion described in Scripture Through creative step by step exercises and easy to understand examples you ll learn how to Design a successful honeymoon Prepare for your first sexual time together Choose and use family planning Create a mutually enjoyable wedding night Get past disappointments Keep the spark alive Thousands of couples have discovered the marvelous gift of a positive sexual relationship through the Penners helpful books and enlightening seminars As your wedding day nears or even if you re already newlyweds this extraordinary book will help you get your sex life off to a great start

Finding and Revealing Your Sexual Self Libby Bennett,Ginger Holczer,2010-04-16 Finding and Revealing Your Sexual Self integrates case studies and Sexercises designed to enhance the information in each chapter The tone of the book is one of compassion with a common sense approach that takes into account various sexual orientations Special Sexual Healing sections are dispersed

throughout containing relevant questions and answers relating to the difficulties that arise in different areas of sexuality and communication The methods used in the book are tried and true exercises successfully used by the authors in couple and individual therapy Finding and Revealing Your Sexual Self helps readers to become sexually self aware and able to share this awareness with their partner while providing the tools to discuss sex with professionals if necessary **Rekindling**

Romance For Dummies Sabine Walter, 2011-04-27 Her energy level is higher than a charged particle People Her manner is down to earth and reassuring She tries to make people feel better value themselves trust their instincts Ladies Home Journal In today's world of instant gratification people have lost the knack for keeping romance alive Rather than take the time to rekindle the flame that once burned so brightly we let the fire die out thinking we'll find something more lasting with someone else Often the result is that we find ourselves repeating the same pattern over and over again or giving up on romance altogether But true romance never really dies it only goes into hibernation waiting for somebody to wake it up Are you bored with your relationship Does your love life seem routine Don't throw in the towel Let America's star sexologist TV Guide Dr Ruth Westheimer shows you how to inspire a romantic Renaissance in your relationship With the help of self exams and easy exercises she shows you how to Rate the romance in your relationship Renew respect and commitment Spice up your sex life Find time for Romance in everyday situations Plan a romantic getaway Full of straight talk about real life relationship issues and peppered with helpful and inspiring anecdotes from her years couples counseling Rekindling Romance For Dummies helps you Find the sources of stress in your relationship and address them constructively Discover the importance of communication in overcoming potential sore spots Understand the roles that conflict and mutual respect play in a successful relationship Use proven techniques for strengthening your relationship including renewal ceremonies romantic escapes and more Overcome boredom and insecurity in the bedroom and supercharge your sex life together well into your golden years Work through common stresses that can afflict romance including financial conflict pregnancy and childrearing Recognize how common medical problems can impact the state of your relationship and know when to seek professional help Don't let a good thing fade away Let Dr Ruth show you how to embrace the art of romance and keep the fire burning in your relationship *Extraordinary Sex Therapy* Gina Ogden, 2017-10-02 How do we help our clients discover the depth and breadth of sexual healing Extraordinary Sex Therapy offers a range of innovative health based approaches and models to explore the complexities inherent in sexual pleasure and potential as well as in trauma pain and dysfunction The practitioners whose work is represented here expand the clinical conversation about sex beyond performance goals and tread courageously into unquantifiable realms of sexual and relational desire health and transformation All of these practitioners describe work that embodies therapeutic collaboration with their clients as they confront sexual concerns that include body image emotions meanings and nuances of partner interactions along with the influence of neurobiology language gender addiction socioeconomics and cultural conditioning about pleasure Their interventions range from education visualization

and role play to identifying erotic archetypes coaching about sensual touch and using plant spirit medicines to activate imagination and spiritual connection Their descriptions ring with singular authenticity depending on their training and the particular clients and issues they address Each practitioner provides clinical examples and techniques in enough detail so that readers can incorporate elements of these approaches into their own practices This book was originally published as a special issue of the Journal of Sexual and Relationship Therapy

Growing Younger Bridget Doherty, Julia VanTine, 2001-01-01 Breakthrough age defying secrets for women

[Sex After Menopause](#) Hillary Palms, Sex After Menopause Unlocking Secrets to a Fulfilling Intimate Life and Enhanced Sexuality Are you feeling like your sex life is a distant memory since menopause Do you find yourself wondering if the fire can ever be reignited You re not alone and it s time to reclaim your passion with Sex After Menopause Unlocking Secrets to a Fulfilling Intimate Life and Enhanced Sexuality Why This Book is Your Game Changer Say Goodbye to Frustration Many women experience feelings of frustration and fear as they navigate the complexities of menopause and sexual desire This book dives deep into menopause and sexual dysfunction offering relatable insights and practical solutions that will help you turn frustration into fulfillment Reignite Your Passion Imagine rediscovering the spark that once set your heart racing With actionable strategies this guide helps you tackle challenges like menopause and sex drive loss and menopause and sex pain You ll learn how to flip the script and start saying yes to pleasure again Break the Silence Feeling awkward discussing menopause and sexual activity You re not alone This book creates a safe space to talk openly about the intimate challenges many women face You ll discover that you re not just a statistic your desires matter and there are solutions to make sex enjoyable again Empowerment is Key It s time to take control of your body and your desires This isn t just another guide it s your empowering roadmap to understanding menopause and sexuality You ll find the confidence to embrace your body s changes and communicate your needs ensuring that intimacy doesn t have to dwindle into the past Transform Your Relationships Menopause doesn t just affect you it can impact your relationship Explore how to foster deeper connections with your partner while addressing the fears and anxieties surrounding menopause and sexless marriage This book gives you the tools to have those necessary conversations helping you rebuild the intimacy you crave What s Inside Real Talk Forget the myths Get real answers about sex myths and the menopause and discover the truth about sexual health post menopause You deserve to know what s really going on with your body Emotional Healing Dive into the emotional pains of menopause and learn how to overcome feelings of inadequacy or loss of desire This book is packed with strategies to boost your confidence and help you embrace your sexuality with open arms Hope for the Future Can you really enjoy sex after menopause Absolutely This guide will show you how to increase your sex drive and experience the joys of intimacy once more Whether it s laughter in the bedroom or passionate nights you thought were long gone it s time to say yes to pleasure again Take the First Step to a Fulfilling Intimate Life Don t let menopause dim your sexual spark With Sex After Menopause you re not just reading a book you re taking the first step

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The Enigmatic Realm of **Rekindling Desire Bringing Your Sexual Relationship To Life**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Rekindling Desire Bringing Your Sexual Relationship To Life** a literary masterpiece penned by way of a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting affect the hearts and minds of those that partake in its reading experience.

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Rekindling Desire Bringing Your Sexual Relationship To Life Introduction

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