

# Bedroom Satisfaction Tips



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# Foreword

At some point in life most adults consider the possibility of creating a meaningful relationship. Such a decision is not to be taken lightly. Many elements need to be considered before the ultimate step of committed relationship is taken. Some of the important elements involved in this decision are discussed in this book.



***Bedroom Satisfaction Tips***  
How to Spice Up Your Relationship Sex Life

# Chapter 1:

## *Satisfaction Basics*

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### Synopsis

Some people decide to live together to deepen their involvement and to see if they are able to adapt to each other's quirky ways. There are substantial pros and cons to making this decision. Serious consideration of all aspects is advised. For whatever reason an individual decides to take on the journey of engaging in a committed relationship, it needs to be done with caution and preparation to ensure the highest potential for success.



## **The Basics**

Trying to contribute equally to the committed-relationship arrangement is important. Both parties need to understand that there is a role for each person within the relationship platform. These roles are best taken seriously and without reservation.

The equality factor will greatly help to determine the commitment levels of each individual. Equality demonstrates what each party is willing to freely contribute to the relationship; these contributions are essential to allowing the relationship to thrive.

There are elements that contribute to strength of the relationship. High on the list are (a) being able to share things; (b) communicating well and often; and (c) being understanding and sensitive to each other's feelings and needs.

Sometimes when things don't go as well as intended, there may be a need to seek outside help to get things back on the positive track. This help may include to assistance of a counselor, a marriage therapist, a sex therapist or any other person whose main function is to get the couple back into the mode where positive progress can be made.

Sex is another important part of a successful relationship. Each member of the couple needs to ensure that this part of the relationship gets adequate time and attention.

# Chapter 2:

## *Set Up a Sexy Date Night*

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### Synopsis

Many people see the idea of setting up a date night as quite exciting, fun, and interesting. Sadly, some relationship couples don't understand the importance and significance of this practice.

Date night is one element for keeping the relationship fresh and exciting! It needs to be explored as an activity to further enhance the health and success of the relationship.





## **Date Night**

The following are some of the interesting ways individuals can go about creating sexy date nights. These are ideas to indulge in for the sake of keeping the excitement in the marriage:

1. Some find it rather exciting and sexy to take time off to indulge in a short getaway. This could come in the rather inexpensive form of the nearest local B&B.

Being out of the normal setting allows the couple to get away from the distractions that take both their time and attention. It allows them the opportunity to focus on just each other.

2. Camping or simply dining under the stars is another inexpensive – yet exciting – way to get the sexy romance going again. It can be an ideal sexy date-night indulgence.

This activity also allows the couple for refocus on each other. It can allow them to leave all else behind for at least a little while.

3. Another great way to create a sexy date night would be to pick a favorite bottle of wine and a luscious desert (especially one

noted for its sex appeal). This can be part of a quiet night together – an evening spent enjoying these items while exploring each other’s mind and body.

Carefully selected wine and desert can prove to be ideal ingredients for putting people in the mood for a relaxing and enjoyable experience. Hence, these elements can help create the ideal mindset for a sexy date-night indulgence.



# Chapter 3:

## *Wow Your Partner with Romantic Gestures*

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### Synopsis

Making the effort to extend a romantic gesture is an act that is universally well-received. When this offering is well-accepted, the chances of both parties benefitting from the outcome of the romantic gesture is, indeed, quite fulfilling.



## **Be Romantic**

The following are very simple, inexpensive ways to create instances to extend romantic gestures with the intention of wooing the other party. They help to keep the relationship alive and fresh:

1. Creating a weekly schedule that includes one date night is very important to the health and strength of the relationship. If doing this on a weekly format is impossible, then both parties need to commit to a date night at least twice a month.
2. Once the commitment is made the date night needs to be taken seriously and not cancelled frivolously. It shows a high level of interest on the part of both parties when the date nights are kept according to schedule.
3. Highly underestimated is the romantic gesture of being serious about setting aside quiet time, together. Then, use this time to allow each of you time to communicate effectively.
4. Take pains to create a relaxed environment. Once this has been done, carry on conversation in a leisurely and non-threatening manner. This provides a calm, enjoyable setting in which to indulge in getting closer and strengthening the relationship.
5. Endeavor to communicate on a variety of topics; avoid those revolving around your daily routines. Couples who do so are

more able to see their partner as new and exciting individuals, who constantly evolve and are confident. This adds an important element of novelty and interest to the relationship.

6. This novelty and interest helps to keep freshness alive in the relationship. Because of this, both parties become more aware and interested in extending *other* romantic gestures towards one other. Hence, the possibility of staleness is firmly removed.
7. Giving each other a full-body massage is another romantic gesture worth spending time and energy indulging in. Not only is this inexpensive, it does not demand the expertise of a masseur's knowledge. The caring communicated through loving touch – plus some gentle guidance from the massaged – can easily fill in the blanks! Being able to extend this to your partner allows both of you to the full enjoyment provided by exploring and relaxing and enjoying each other.



# Chapter 4:

## *Learn to Be Seductive*

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### Synopsis

Being seductive comes easily for some. For others, there may be a need to have insight into the various methods that can be used to successfully take on the seductress or seducer persona.



## **Be Sexy**

Perhaps the most important element to understand about the art of seduction is the ability to create a specific perception in the recipient's mind. This perception is that his/her every whim and fancy is being addressed and indulged in.

Learning how to feel and extend this natural aura or power will help the individual better understand what to do. Developing the ability to set the stage and play a role with various seduction methods help to keep any relationship exciting and alive.

One way of learning how to be a successful seductress would be to constantly study one's partner. It is important to understand the other party's mental and physical makeup.

Using self-discipline, will power, patience, and coquetry is important in the quest to create the ideal seductress or seducer mode. Learning the art of the power of persuasion, influence, and enticement is also important. All of these provide an advantage, giving the individual a better chance of being seen as a seducer or seductress, rather than as a needy individual.

Taking the trouble to be well groomed is vital. Indulging in the art of personifying the aura of sexiness is also advantageous. It will help to promote the individual as a seductress or seducer.

However it should be noted that there is a fine line between presenting oneself as a cheap tart or reprobate and presenting oneself as a refined, yet sexy, seducer or seductress. Getting a good understanding of the difference allows the individual to exploit the benefits thoroughly.

Tools such as

- a) an enticing, yet light, perfume
- b) simple and delicate-looking jewelry
- c) clothing that is complimentary to the individual's form

make good places to start.





# Chapter 5:

## *Be Spontaneous*

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### **Synopsis**

There is an unfortunate occurrence that often transpires when the relationship starts to get settled. Often, people tend to fall into a comfortable routine – doing the same things, over and over. Sadly, this tends to lead to a level of staleness in the relationship.



## **Keep It Spicy**

In most cases, the aura of staleness and boredom creeps in gradually. For the most part, it goes unnoticed until one party becomes distracted with some unhealthy outside interest.

There is a way to ensure that the relationship does not become boring or stagnated. To do so, both parties need to ensure that some level of spontaneity is constantly being indulged in.

The main reason for falling into this rut lies in the fact that they have become too comfortable with one another. There is a level of laziness – they’ve become too lazy to make an effort to be spontaneous.

In an effort to stay spontaneous – or create spontaneity – within the relationship, the following are some ways to explore:

1. Listening is a very important tool that can help to create a spontaneous moment within the relationship. Often people fail to listen to one other. As a result, they end up missing important bits of information that can be used to create or arrange exciting events or date scenarios.
2. Jumping at the chance to try new things will also help to keep the “spice” in the relationship. Both parties will then be privy to constantly seeing and surprising each other with their mental and physical reactions. This will also give both parties a valuable insight into each other’s lives.

3. Other ways of being spontaneous would be to create little surprises for each other.

These surprises could take on different forms; such as,

- a) preparing a special favorite meal
- b) trying a new recipe that the other party would be delighted to indulge in
- c) arranging for a night out, and doing an activity that would not normally be indulged in
- d) arranging a surprise get-away for two

and any other activities that would be characterized as exciting yet new.



# Chapter 6:

## *Learn to Experiment*

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### Synopsis

In a relationship, it can be more difficult for one partner to experiment than for the other. Often, the more-adventurous partner not only is able to handle surprises well, but also might even **thrive** on it. In order to keep the relationship hot and sassy, both parties need to indulge in an occasional exploration into the realm of novelty.



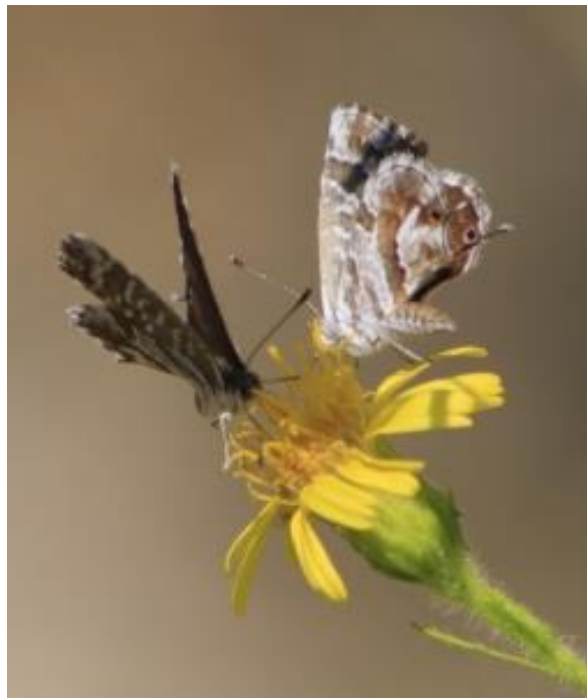
## New Things

The following are some tips on the areas upon which to concentrate when indulging in experimentation:

1. Be a siren – this is a sure-fire way of getting the other party to sit up and take notice. Be cautious **not** to neglect your general appearance. Avoid such excuses as no time, too much work, home pressures, children, etc. Yes – you are dealing with these. Take pains to avoid using them as an excuse.
2. When one party takes serious measure to look sexy and alluring, acknowledge it! The natural response can be quite orgasmic – the shock of being presented with a partner who has obviously gone to so much trouble to be different presents an excitement all of its own.
3. When it comes to the bedroom antics, research new and exciting ways to have sex. Go ahead – google “exciting ways to have sex”, get a book, view a video. Then, USE what you find! This can quickly help to put the sizzle back into the tired condition of the sex life of a couple who have given in to boring routine.

There are many books and websites that are designed to genuinely help individuals who seem to have gotten themselves into a rut when it comes to their sex life.

4. Trying new positions, talking sexy, and even taking on a totally different persona in the bedroom can help spice up things.
5. One approach is to limit the sexual interaction to a session of sensual massage, instead of actual full-on sex. Then, even if the eventual outcome leads to a steamy interaction, they continue with the massage. In this way, there is no pressure on either party to actually engage in sex. The focus is to establish sensual touching and intimacy.



# Chapter 7:

## *The Benefits to Your Relationship of a Great Sex Life*

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### Synopsis

Without a doubt, sex can play a pivotal role within the relationship. For those interested in maintaining the “spark” in their relationship, some serious thought needs to be given to exploring the benefits of great sex and its impact on the relationship arrangement.



## **Some Final Thoughts**

The following are some of the benefits commonly given when a couple is able to enjoy a good sexual relationship within their relationship parameters:

1. Sexual interaction helps to burn calories. This may seem a funny way to burn calories – especially when the gym is more often the place associated with this calorie-burning endeavor. Sex can also burn calories and contribute to overall health. It is a natural way to get and stay nimble and in shape.
2. Another benefit of a great sex life within the relationship is that it keeps the couple closer and more intimate. This creates an ideal and warm family unit, giving comfort to everyone with whom they come into contact.
3. Great sex can teach each party to be giving and less selfish. This extends into other parts of the couple life too. It allows them to be more willing to have a generous attitude of give-and-take, as opposed to a selfish attitude of take-and-take.
4. Sexual interaction can also help the individual to have a more complete and healthy state of body, mind and emotions.
5. Having frequent sex is good for the heart and lowers the stress level. As a result, sexual interaction qualifies as an ideal way to relieve stress.



# Wrapping Up

Sex –for better or worse – has traditionally been a focal point in peoples’ lives. As a result, enjoying great sexual interaction within the partnership can create the foundation of a good, strong relationship pairing.



## **Recommended Resources:**

[The Life Coach Dr.](http://thelifecoachdr.com) – for additional information about  
Sexual Intimacy & Life Change: <http://thelifecoachdr.com>

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