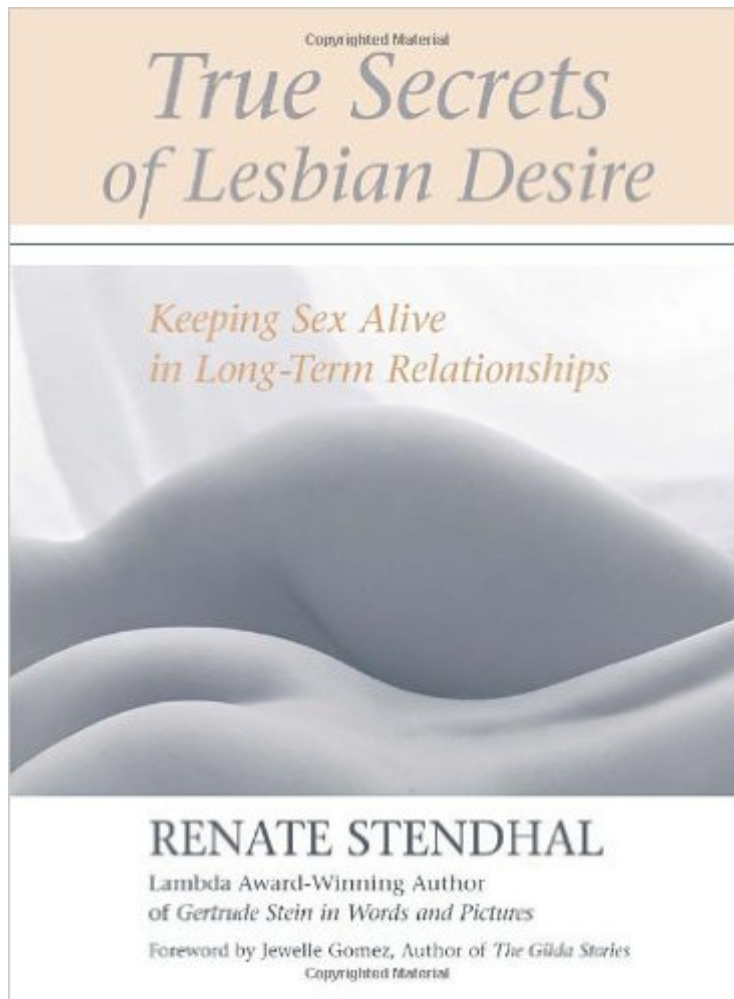


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# True Secrets Of Lesbian Desire: Keeping Sex Alive In Long-Term Relationships



## Synopsis

Renate Stendhal sweeps out the old myths about bed death, the notion that lesbian couples tend to be too close to maintain sexual desire. Her own story and her talks with counseling clients prove the contrary. Stendhal shows that sex is the natural and continuous outcome of a closeness generated by bold honesty and the capacity to speak and hear intimate secrets. Sharing "shameful" desires and vulnerable fears is what love and sexual passion are made of. Stendhal teaches simple, effective and thought-provoking lessons for any committed or married couple who wants to keep passion alive beyond the honeymoon phase. Her message: The art of intimate truth-telling is the most effective aphrodisiac of all.

## Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (12 customer reviews)

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## Customer Reviews

I will make this review quite simple. This is probably the most helpful book on this subject I have ever read. I have been and am one of those people who have their problems. I seem to be completely unable to be faithful in any relationship I have ever had. I have simply messed them up purely through selfish promiscuous behavior. In other words, I am a horrid flirt and a complete cheat. This work has made me see how so much of what I have done has been so unnecessary and how much better things could have been and how I could have found what I have been wanting, had I only controlled this seemingly uncontrollable problem I have. This is an excellent book. I suspect that I may have been a bit late in being introduced to it, but for those just starting out, please, please, please read it. It will save you so many heartaches.

Heterosexual male here. I picked up this book because I struggled to understand why my sexual relationship with my gf was so bad. While I can't say that this book gave me the epiphany that put us back on track, I can say that it certainly helped me understand a lot of things better. But I think more significantly, this book really took a very intellectual approach to the subject of female sexuality. I'm not sure what exactly I expected for this book when I first bought it, but I can say that by the time I was half way through it, I knew I had found something special. This book really held my attention not just for the content, but for the elegance of the author's writing style.

I picked up True Secrets after it was recommended to me from a friend and although I'm not quite finished with it yet, it's already given me some great tools to strengthen my relationship with my partner. The author writes from her own experience as a therapist helping couples ranging from having zero sex to too much and with my partner and I falling somewhere in the middle, all the ground was covered. She speaks with authority and confidence but discusses not so much "tips and tricks" but a more effective reimagining of what a relationship is in the first place, which teaches you to carry over lessons learned in the bedroom into your everyday life. She connects intimacy and passion, friendship and attraction, and ultimately, love and life itself. Even after a few weeks of reading and putting into practice what she teaches, my sex life with my partner of seven years has become healthier, more passionate, and more fun. I would truly recommend this book for any lesbian looking to help maintain a long-lasting, healthy sex life particularly if you need some but even if you don't as the book is as much a guideline for love and partnership as it is for sex.

This book can change your perspective on what constitutes sex, and may change your approach to lovemaking. There is timeless, advice, and wisdom, for every person who wants to bring authenticity and healing to the bedroom. Written from the perspective for women lovers, however, the information could help any couple. At some point acrobatics don't work to keep sexual passion alive. We have to genuinely look to where our beliefs and ways of being come from. Form our own beliefs and free ourselves to be fully present and open. True love is beyond sexual entertainment, that requires us to continually change partners to get long sustained satisfaction, which in turn leaves us empty. Get this book, at the beginning, not when the relationship has fallen apart. Best book on finding fulfillment within a committed relationship I have read. Thank you for this book Renate.

This book is always helping us. I am a guy, not a lesbian, and I love my wife. One of my wife's

girlfriends got hold of this book and told me we had to read it. I got it, happy that it is a short book as I'm not good at words and my wife always complains about it. We have our fights but we don't talk. Now this book is real sexy and is helping us. It makes a real difference. I would recommend this to every guy either alone or with his spouse. Together is even better. Our sex life has picked up after a long timeout. What could be better?

True Secrets of Lesbian Desire should be essential reading for every gay woman....period...no excuses. It would be a good book for anyone who loves women to read. A lifetime of experience, distilled, artfully presented and so essential right now. So many women floundering. And answers to their questions, right here, clearly expressed, with humor and affection....readily available. I particularly found the chapter "Truth as Aphrodisiac" enlightening. To end with Ms. Stendhal's words: "The sexuality for which we ardently long, waiting for us in the very bed we thought had condemned it to death? You bet!"

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