

INSPIRE

Just believe in yourself. Even if you don't, pretend that you do and, at some point, you will

VENUS WILLIAMS

Are YOU suffering from **Normal Marital Hatred?** Here's how to reconnect and have your best sex ever...

***When what was once quirky and charming is now grounds for divorce!**



Picture: ILAN RUBIN/TRUNK ARCHIVE

IN ANY long-term relationship it is completely normal – in fact it is inevitable – for each of you to have fluctuating enthusiasms for sex.

Our sexuality is a garden, and it has seasons.

There are times when our most life-affirming choice is to harvest the fruits of our erotic connection.

But on other days, deep in winter,

the life-affirming choice might be browsing seed catalogues to prepare for spring.

The key to sustaining a strong sexual connection over the long term is to adapt with confidence, joy and calm, warm curiosity to the changes brought

by Dr Emily Nagoski

by each season of our lives. I have 25 years of experience as a sex educator and a decade of marriage in which my own sexual connection with my partner has ebbed and flowed.

I have discovered the secret of couples who sustain a strong sexual

connection over the long term is not sexual frequency.

It's not about novelty and adventure, or orgasms, exotic positions or variety of sexual behaviours. It's not monogamy or non-monogamy; watching porn or not watching porn; being kinky or vanilla.

It's not attractiveness, being conventionally good-looking, or having a

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