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# Sheet Music: Uncovering The Secrets Of Sexual Intimacy In Marriage



## Synopsis

With his characteristic warmth and humor, Dr. Kevin Leman offers a practical guide to sex according to God's plan. This frank and practical book is a perfect resource for married and engaged couples. Dr. Leman addresses a wide spectrum of people, from those with no sexual experiences to those with past sexual problems or even abuse. Using frank descriptions, this book has a warm and friendly tone that will help couples overcome awkwardness in discussing an issue important to all married couples.

## Book Information

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## Customer Reviews

Dr. Kevin Leman, an internationally known psychologist, radio and television personality, and speaker, has taught and entertained audiences worldwide with his wit and commonsense psychology. The best-selling and award-winning author has made house calls for hundreds of radio and television programs, including The View with Barbara Walters, Today, Oprah, CBS's The Early Show, Live with Regis Philbin, CNN's American Morning, and LIFE Today with James Robison. Dr. Leman has served as a contributing family psychologist to Good Morning America. He is the founder and president of Couples of Promise, an organization designed and committed to helping couples remain happily married. Dr. Leman and his wife, Sande, live in Tucson. They have five children.

A pastor's wife from my church recommended this book before I got married and I was intrigued so I got it and quickly read through the first few chapters "allowed" before being married. I bought this for

my new husband right before we got married and had him read the same chapters before the wedding. We both found it to be insightful and a cool view of sex, approaching it from the psychological standpoint of a Christian and not just the physical side. It brought up great topics for conversation that we just didn't think of and was a fun thing to do during "intermissions." ;) Definitely would recommend for any couple! Can be a little cheesy with mock conversations and nicknames, but those make for funny banter with your spouse later. :)

This was a wonderful book for both almost married couples and longtime married couples (and everything in between). When you read it with your spouse, you'll likely learn about each other, even if you've been together for a few decades. For newly weds, this puts a touch of reality into an incredibly important aspect of marriage that tends to be portrayed quite falsely. I've always said that if they showed real sex in the media, people wouldn't be in such a hurry to jump right in before they're married! I also appreciate the active Christian role Dr. Leman takes in encouraging couples to wait until they're married or to learn to repent and go on from past experiences. I plan on reading other of Dr. Leman's books and am grateful for the perspectives I have gained that will help me appreciate and improve my life with my husband. Definitely worth reading over again!

I've read plenty of books on the marriage bed before, but this is by far my favorite! If I could only recommend one book to a couple, married already or heading to the altar- THIS book would be it! This book really hits on the mental aspect of sex and the marriage relationship, how every goes full circle, always leads back to how things are going in the marriage bed. The author is friendly, funny, and frank. He knows his stuff and how to clearly relay it. From dealing with baggage to technique- this book has it all.

Gave very insightful and meaningful conversation starters for couples. Allowed a non judgmental and non-defensive atmosphere to learn, grow and share. Gave very accurate (IMO) reflections from both sides of the conversation and permitted questions to be asked in an environment of growing and no opportunity for embarrassment or self-doubt. Already utilizing what I learned to help things at home!

My fiancé and I read this while engaged. The chapter about preparing for the wedding night was especially helpful. It spurred on good conversation for us. The first chapter instructs you to read the first few chapters before marriage and read the rest of the book after the wedding, which was good.

Definitely from a Christian perspective.

This book is best to read in the presence of your spouse and read it out loud in short sessions and then discuss what you read. We have really enjoyed it. Very informative. We have found as we read it, that it was written from the perspective of someone who deals with the worst case scenarios, and even though some areas are a little strong for us, the overall book has helped and is worth the read.

My husband and I have truly benefitted from Dr. Lehman's book. This book has helped us see that a healthy sex life is something God intended and has helped my husband to change his unhealthy view of what sex used to mean. He came from an extremely conservative Catholic family where affection was a no no let alone discussing sex. Learning what God truly intends for his children has helped! I recommend this book for both men and women. It's very frank and honest in its language.

This book is awesome! It doesn't talk about sex in the unhelpful and unrealistic ways that magazine articles and some other books do. It's not a list of positions or sex tricks to spice up your sex life. It gets to the root of all kinds of issues that could present themselves in various ways in the bedroom. If you're having issues with your sex life, or even if you're not, this is a great resource. It's extremely encouraging and enlightening. Lehman does an especially good job helping each spouse see the perspective of the other. I love that it looks at sex in a practical, realistic, and spiritual light. It is surprisingly real, with it being spiritual in nature. This is not a prudish book by any means! God created sex for us to enjoy it!

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