

How To Fix A Sexless Marriage & Reignite Fiery Passion with Laurie Watson.**Episode 31: Show Notes**

On today's show we welcome Laurie Watson. Laurie is a Certified Sex Therapist and Licensed Couple's Counselor and author of *Wanting Sex Again: How to Rediscover Desire and Heal a Sexless Marriage*. She is also the co-host of a podcast along with Dr. Adam Matthews called Foreplay: Radio Sex Therapy for Couples, designed to help couples keep it hot.

In clinical therapy, she has helped thousands of couples recover sexual passion and make love again in joyful, intimate, creative and exciting ways, sometimes even after years of sexless marriage. Inside this episode we dive into the topic of people wanting to reignite their passion and the desire that's lost in a marriages or relationships. Laurie shares some incredible strategies to help you get back that fiery passion, today. We also diving into Laurie's 444 Solution and getting your SEX confidence back!

Show Highlights

- Laurie's background and how she came to writing *Wanting Sex Again*.
- How a good marriage becomes a sexless marriage.
- The power struggle between the pursuer and the "distancer" in the relationship.
- Examples of a pursuer and a distant person.
- Understanding the concept of Attachment theory.
- Detailed talkers versus bullet point talkers.
- Importance of secure attachment.
- Doing a self analysis to understand where you are at personally (and your relationship).
- Laurie's 444 Solution and how to use it in your relationship.
- What birth control can do to a woman's libido.
- The Madonna Whore Syndrome.
- Common issues affecting couples in their sex lives.
- Getting your self confidence and body confidence back.
- And so much more!

Tweetables

"Within two years of marriage, one third of all couples are sexless." — @asklauriewatson [0:03:31.1]

"If there's no big bang, there's no big deal." — @asklauriewatson [0:09:12.1]

“We need a talking avenue and we need a physical touching avenue to really have secure attachment.” — @asklauriewatson [0:15:53.1]

Links Mentioned in Today’s Episode

Laurie Watson — <http://lauriewatson.com/>

Laurie’s Website — <https://awakeningscenter.org/>

Laurie on Twitter — <https://twitter.com/asklauriewatson>

Laurie on Facebook — <https://www.facebook.com/foreplayrst/>

Laurie on Instagram — https://www.instagram.com/foreplay_radiosextherapy/

Laurie on LinkedIn — <https://www.linkedin.com/in/laurie-watson-436b551a/>

Wanting Sex Again: How to Rediscover Desire and Heal a Sexless Marriage — <https://www.amazon.com/Laurie-Watson-Wanting-Sex-Again/dp/B00G4GDCVI/>

FOREPLAY: Radio Sex Therapy for Couples — <http://foreplayrst.com/>

Awakenings Center — <https://awakeningscenter.org/>

Love and Sex Quiz — <https://awakeningscenter.org/love-sex-quiz/>

Make Love Not Porn — makelovenotporn.tv