

How To Have Sex Every Day with Caitlin & Michael Doemner.

Episode 47: Show Notes.

Today on the podcast we welcome Caitlin and Michael Doemner, authors of *Sex Every Day*, who are sharing with us some hands-on tips for enjoying sexual intimacy on a daily basis, regardless of busy schedules, kids and periods.

They talk about their three-step strategy for practicing frequent intimacy, including how you can communicate your sexual desires in a fun way and what you can do to ensure that both you and your partner are always satisfied. Before you think all of this is unattainable for you as a parent of young kids, hang on a minute! They have four kids of their own and advise you on overcoming the logistics of having regular sex with a house full of small children.

Key Points From This Episode:

- The interesting story of how Caitlin and Michael got together.
- Why sleeping naked is such a natural and effective way to restore intimacy in a relationship.
- How the menu metaphor can be used to communicate and express sexual needs.
- The importance of being open to both give and receive.
- What you can do to maintain intimacy with your partner throughout the day.
- A quick review of the five love languages and what they each entail.
- Why it is important for couples to prioritize a woman's pleasure.
- What couples with kids can practically do to preserve their intimacy and privacy.
- Why a period should not be stopping you from giving and receiving uninterrupted pleasure.
- And much more!

Tweetables:

“It's really hard to be angry with somebody when you're laying full body contact naked with them and in bed.” [0:04:49]

“The intimacy and the passion, it doesn't have to be intercourse ...there's a lot of different ways that we can please our partners.” [0:19:45]

Links Mentioned in Today's Episode:

Bad Girls Bible Newsletter — <https://badgirls bible.com/newsletter>

Sex Every Day: How to Prioritize Pleasure in your Marriage — <http://www.lulu.com/shop/michael-and-caitlin-doemner/sex-every-day-how-to-prioritize-pleasure-in-your-marriage/hardcover/product-23974387.html>

The Five Love Languages on Amazon — <https://www.amazon.com/Love-Languages-Secret-that-Lasts/dp/080241270X>

Pussy: A Reclamation on Amazon — https://www.amazon.com/Pussy-Reclamation-Regena-Thomashauer/dp/1401950264/ref=sr_1_fkmrnull_1?keywords=pussy%3A+a+reclamation&qid=1555401985&s=books&sr=1-1-fkmrnull

Sex Every Day Website — <https://www.sexeverydaybook.com/homepage25989259>

Sex Every Day on Facebook — <https://www.facebook.com/QuotidianCoitus/>