

The New Facts of Life: Why you're normal if you don't crave sex... and all The New Facts of Life

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DEDICATION

I am surrounded by supportive family and friends that I am always grateful for. I would like to specifically thank my lifelong friend, Joleen, for giving me constant, daily reassurance when I doubted myself and for 'approving' every word I write.

I thank my sister, Tia, and my friend Adrian, for convincing me that

I had something to say that people need to hear.

I thank the man of my dreams, Phil, for taking care of everything and everyone else while I pursue my dream, and just for being in my life.

And finally, my angel, my mama, Granny, for very convincingly faking belief in me day after day after day... no matter how exhausting it was for her.

I love you all xxx

Life is about a succession of experiences, good and bad. To avoid experience is to avoid life. To avoid life for fear of being the target of gossip, is to avoid life under the pressure of those who probably don't matter to you anyway. Those who don't have the courage to experience their own life should not dictate the experiences you do or do not choose to enjoy.

INTRODUCTION

My name is Teaki and welcome to my book about sexuality, self matters and relationships! I'm not an author, so I hope you're not expecting a literary masterpiece here. I want to give you something rather different in the way of reading ... something that offers a change in your life. A change for the better. It is not an underestimation to say that The New Facts of Life will change your life, and will spearhead the next sexual revolution.

I'm also not a genius, but I am (brag alert) of above-average intelligence, although I must admit most people I know would have a little chuckle at that idea as I'm such a flake. Particularly

my darling boyfriend Phil who deals with my flakiness on a daily basis. One incident that comes to mind is when he warned me not to bang my head on the fan as I stood on the bed, to which I snapped back "I'm not an idiot!". I'm sure I don't have to tell you what I did the next day.

I'm also not a doctor, psychologist or scientist, which is also okay because I don't particularly like the idea of following advice about sex and women from the boys on The Big Bang Theory!

So no, I'm not a genius, a doctor, psychologist, or scientist, so why exactly should you believe me?

Let's start with the facts. The fact that I'm not any of these things means that I get to have a whole different point of view when it comes to female sexual desire. I don't have any established, well-researched scientific theories forcing me to believe the 'facts' about sex that were decided by men. No educator is telling me what a woman should or shouldn't think, feel, or do based on men's findings from the old days. The fact is, I'm not anyone extraordinary. In fact, I've spent the majority of my adult life the same way many of you have – as a stay home mum. I just happened to have spent many of those years single and have had experience with sex and relationships that most people don't.

When I realised that, it put me onto a new path. You see, I have a tendency to overanalyse and research anything that strikes my interest. I also have an instant rapport with people that puts me in the position of impromptu counsellor to complete strangers. I've spent entire mornings standing in my doorway, screen door half-opened, chatting to a door-to-door salesman as he tells me his whole life story – adoption, abuse, and sexual problems with his girlfriend. Even when shopping for accessories for my promo photo shoot for this book a sales assistant told me she's been masturbating since she was a young girl – and that she's never told anyone that before. Granted, she only told me this because I told her what I was writing about, but there was still something about me that made her feel comfortable to blurt out a lifelong 'secret'. I've spent my life collecting my own experiences and those of others. One day the light bulb went off, and I realised that I had very unique insight into the opinions, feelings, and behaviours about sex, desire, and seduction of others.

Once I realised that, I became obsessed with the idea. I started looking around at the people in my world, and noticing some ... similarities. Women weren't finding sexual satisfaction in their relationships, and men were frustrated and down on themselves because they weren't getting any either. The gals didn't want to have sex, and the guys were hating every minute of it. When I saw that, I realised something else – I had to find an answer.

You've probably picked this book up because you're in a stage of your life that many women reach. And I'll tell you what, it's where I was ten years ago, too – in a perfectly healthy and happy relationship ... that was seriously lacking in the sex department. Most relationships travel the same route – the sex is great to begin with, but somewhere along the line something goes awry. At this point, you probably couldn't care less about having sex. Ever again. Yikes. This was one of the contributing factors to the ultimate breakup of my marriage, but it doesn't have to ruin your relationships.

Right now, you may be thinking to yourself that your husband or boyfriend has taken a BIG step down, until he's become more of a brother to you. Maybe he's nothing more than a flatmate who happens to sleep in the same bed. It sucks, but how on earth are you to fix it? How do you go back to being the great, sex-crazed, in-love couple that you used to be?

It's not as hard as you might think (no pun intended, because that will be as hard as you want, if you treat it right!).

The truth is, a great sex life has the power to keep even the most dysfunctional relationships together, even when it shouldn't. I got to a point, though, where I just didn't want to have sex anymore. I had come to the point that I needed help just to want to want to have sex. But there were no answers. Not any feasible ones anyway. All the advice I found required me to dedicate a significant amount of time, energy, and commitment to sex. And how do you seriously and completely dedicate yourself to something you're not even interested in doing?

I didn't find it. And so I separated from my husband, clueless about what I could have done differently. Afterward, I spent a very long time reflecting on the breakdown of my marriage – you don't let such a wonderful thing go down the drain without learning a thing or two! I also used the opportunity to enjoy all the experiences I couldn't have when I was married, in many areas of my life, including my sex life. Around the time we separated, Eminem brought out the song

'Lose Yourself,' and the first few lines of the lyrics really resonated with me.

"If you had one shot, one opportunity,

To seize everything you ever wanted, one moment,

Would you capture it,

Or just let it slip?"

It hit me that that's what life is about – one. We don't get another chance to redo our lives if we mess it up the first time. I will never have the option to come back and try my twenties as a happy, single woman. We all say 'we only live once,' but few of us actually let it sink in and live by it. There were things in life I had been very curious about and wanted to experience, and I decided then and there that I was going to grab those opportunities with both hands. I certainly wasn't going to let them pass me by for a relationship that wasn't going to give me a lifetime of happiness! After being highly criticised for getting married at a young age, it was very difficult to swallow my pride, admit I had failed, and listen to the 'I told you so's, but I knew it was a sacrifice worth making.

I also realised there are a lot of things in life that most people don't do simply because of what people might say. Sometimes that can be a good thing – judgement is not as bad as we have all been led to believe – it often provides us a moral compass of which to live by, otherwise we run the risk of living in anarchy: 'I know he shouldn't drink drive but I don't want to be judgemental.'

However, life is about a succession of experiences, good and bad. To avoid experience is to avoid life. To avoid life for fear of being the target of gossip, is to avoid life under the pressure of those who probably don't matter to you anyway. Those who don't have the courage to experience their own life should not dictate the experiences you do or do not choose to enjoy.

With that thought in mind, and with my eyes wide open, I set off to enjoy the life of a single woman, and experience everything that had to offer, within the boundaries of my rules, not those of the lifeless gossip-mongers. After all, isn't that what we all deserve? To live life to the fullest, and enjoy every second of it? I loved being single, and I now strongly believe that every woman needs to be single for a long enough period to establish themselves as a happily single woman. Once we achieve this we have power and control over our own lives and happiness. Once we achieve true happiness as a single woman, we need only make room in our lives for an exceptional man who provides us with an improvement to our already fabulous lives. Once we know we can live happily without a man, we have the freedom to enjoy the vulnerability of living with one.

Having said all that, I was never closed off to the idea of having a man in my life on a permanent

basis so in the event that I did find an exceptional man that I was willing to make room for (which I eventually did), I treated my single life like university for future relationships. I was able to analyse relationships, male/ female interaction, attraction, seduction, and sexual encounters from an objective and reflective point of view, both my own, and other people's. Additionally, because I had experiences others couldn't or wouldn't, I learned a lot of lessons others never could. I discovered things about the female sex drive that can only be discovered through experience – not from a single relationship, not from a classroom, and certainly not from analysing controlled situations in a scientific setting. The fact is, science has its place, and scientists are invaluable to us in so many ways, but helping men get laid is not one of them.

As I waded through the highs and lows of the single life, the first thing I noticed was that I began to enjoy sex again and yes, I did actually crave it! I also noticed that my libido varied dramatically from one partner to the next. I spoke to many other women about this, and they reported similar experiences, yet the men I spoke to generally reported the opposite – neither their libido nor their sex life differed between women. They either had highly sexed or sexless relationships. It became apparent that the choice of man could affect a woman's sex drive, but a woman couldn't affect the man's.

This made me wonder. Firstly, it seemed incredibly unfair. What exactly were the men doing that gave them such control? And how could women learn it?

This sparked a journey of intense interest and research into everything to do with sex and libido. Eventually, I realised that I had worked out the lessons that we should have all been taught right from the start. And thus, The New Facts of Life were born.

I couldn't wait to tell everyone I knew. I was actually having trouble keeping my mouth shut about it, because I was so sure that I'd found the answer to our sexual derailment. And I decided that there were three things I really wanted to devote my life to:

1. Promoting female sexuality

For women to not only become more in touch with their own sexuality but to also fully understand their right to do so ('I enjoy it once I'm doing it' is simply not good enough') AND to recognise that female sexuality in our society is still extremely suppressed and lagging behind a man's. Imagine what would happen if the women the world over suddenly decided a sex session will now finish as soon as she's had an orgasm rather than the man. Give it a go tonight, just for giggles – as soon as you've had an orgasm, roll over and go to sleep and see how he reacts. What's that I hear you say? You never have orgasms? My point exactly.

We need to change that. Right here, right now. 2. Help men get more sex

If women don't enjoy sex, it means the men in the relationships are missing out. This makes for unfulfilling relationships, so it's another thing that has to change. It starts with understanding that male and female sexuality is completely different. One can't be used to satisfy the other, because they require different things. But men have to understand what a woman needs and how to relate that to his own needs for any of us to properly form a completely satisfying and long-lasting sexual relationship. (There are enough resources out there to tell you about men's needs, this is about what you need) For example, women, funnily enough, are not turned on by being poked in the ribs and being asked if they're horny, yet men keep doing it in the hope that it will work. And they're continually shocked when it doesn't. If they understood how to get us turned on, then they'd get what they wanted, and we'd all be much happier. 3. Promoting Female Therapeutic Orgasm (FTO)

And last, but certainly not least, for women to understand the great power their own bodies have been given to counteract all the horrible things we are dealt (for example, anxiety, period pain, sleeplessness etc.). I call it the Female Therapeutic Orgasm (FTO). It was used for thousands of years as a therapy to all the 'female woes' but as soon as it was recognised as part of female sexuality it mysteriously faded away. And in a fabulous twist of fate, there's even a movie about it starring Maggie Gyllenhaal (*Hysteria*, 2012) due for release in Australia the same time as this book.

Even knowing this information, it is commonly accepted that scientists still cannot figure out why we have orgasms because they can't work out how it fits into procreation. I'd say I just figured it out – as I'm sure plenty of others have in the past. In fact, I had also always wondered if our orgasm did relate to procreation anyway due to the internal contractions of our vagina, I thought maybe this assisted in getting the sperm to the egg. Lo and behold, as I was writing this book, I saw this exact thing on a documentary – in fact it went on to show that during orgasm, the contractions would lead the sperm to the ovary that was currently ovulating! So if our scientists really need us to have sexual functions as a sperm receptacle to consider it 'useful' then they already have an answer, what more do they want?

To achieve these goals, I formulated a group of concepts and programs to not only teach what I had discovered, but also deliver the information in an easy, straight-forward, unambiguous way. So now women can learn about themselves. I bet none of you realised that it's not in a woman's genetic makeup to crave sex the same way that men do. I bet you've noticed that you don't want it as often as your man does, though! And I bet you're wondering what exactly you can do about it. I can teach you. Even better, I can teach you – and your man – what the guys in the relationships can do to turn on their women, and then please them. After all, if a man wants the equivalent of a sexual meal, it's his job to make sure it's ready!

It's important to point out here that I am in no way implying that we don't enjoy, love, look forward to or crave sex at all, I am saying that we don't crave it the same way men do, the reasons and explanations for which will unfold during the course of this book. And while I'm writing my disclaimers, I'd like to add another one – we are all unique human beings with unique feelings, thoughts and pasts that led us to today, so it is not possible that every single word or piece of advice will relate to every single woman who reads this book – if any aspect is definitely not you, then skip over it, but just give me a chance – you may think it's not you, only to read on some more and find out it is.

In the end, after all my research and experience, I've come up with a metaphor of my own. I like to think of us all as sexual trees. We need to build the foundations of understanding, knowledge, and comfort – our roots – before we can grow. From there, we can move on up to practicing what I've preached, learning how we like to 'do' it, and how we find the most pleasure. Eventually, our branches and leaves may meet up with other trees to build a glorious weave and canopy – or it may stand majestically on its own. Starting our sexuality with sexual intercourse is like trying to create a tree from the top branches of a man's tree and forming downward to the roots. (Seriously, who says sexual intercourse? You'll soon find out why I don't just use the word sex, and similar existing words like 'coitus' and 'fornication' are just as bad, so let's create a new term – how about vajaydle? Vajayjay plus doodle ;) So we have to start on our own first – Are you ready? I'm just going to guess that you are! So let's get started, and remember the most important thing – no matter what else, enjoy the ride!

CHAPTER ONE You Sexy Woman, You

Cast your mind back (some of us have to go waaay back) to when you first started fooling around with boys. Remember the excitement, anticipation, and pure enjoyment of the whole experience? Think about what a boy's body felt like, and what it felt like to have his hands on you, first over your clothes and then on your skin. You probably got goose bumps all over your body, and you probably felt more 'giney jingles' (a term I stole from my sister and her friend, Michelle) in that first week than you do in a month now.

In fact, I'm willing to bet that you're getting worked up right now, just thinking about the experience.

One of those experiences is probably how you lost your virginity, the feeling of the unknown and not knowing what would happen next made the feeling a lot more intense than anything you've felt since. You might not have set out to lose your virginity, but let's face it – those feelings are hard to control, especially if they're new!

If you were lucky, you were so aroused that you lost self control. If you were unlucky, you were aroused and then pressured, and ended up caving in to that pressure. In the second case, you may have tried to pull away, and then been told that you were being a tease, or some other – less flattering – word, particularly if it happened frequently. In that case, you probably gave in just to get the guy off your back. The sad thing is, most women still feel that way about sex. Giving in just to get it over with. To shut him up, if nothing else.

But let's get back to what we were talking about – that first time. That amazing, mind-blowing, chill-causing first time, when we just couldn't help ourselves. If we could keep that feeling up, none of us would have any trouble desiring sex. Can you imagine feeling like that every time your man touches you? You'd be craving anything sex just as much as your man! Of course, as women we're told that that's an unrealistic expectation. We're told that once we evolve into the next stages of our relationships, our focus and priorities shift and that's why we don't have great interest in sex. Worse, we're told that we can't expect movie-style seduction. We can't even expect the romance we used to get.

Well that's just stupid. And it's simply not true.

The Truths of Sex This leads to the first of my Fundamental Truths:

“Men only need to think of sex to be turned on, while women need to be turned on to think of sex.”

The very well-hidden and little-recognised truth is that women not only want to be, but need to be seduced to have sex. That was how it all started, isn't it? That first boy said the right things, touched you the right way, kissed you the right way ... he put a lot of effort into it, and that's what took you to the next step. But somewhere

along the way, that gets lost. Seduction is not always a premeditated production (but it does require several acts). In the above scenario, you probably didn't plan to have sex and probably

didn't want to initially, but you still ended up wanting to hop right into bed with the guy. That's all seduction is, really – being physically convinced that you want to do something. To seduce literally means 'to win over; attract; entice'. To translate, then, a man gets a woman turned on so that she starts thinking about sex. It's that simple. There is no 'easy way out' for men. Unless you give it to them. Which of course we all have been for literally hundreds of years because we've been told that we should just want to have sex, and we've been given a hundred other reasons as to why we don't want to have sex.

I've been researching this for almost a decade, and I also pay particular attention to the advice given on television, through radio, or in magazines and newspapers about sex and women's desire. I've yet to see anyone ask the woman in question whether she's turned on before she's approached for sex. Every single time, the focus has been on the woman – her physicality, her emotions, her relationship, her past ... there's always some other reason, some other excuse, for her lack of sexuality. I've never seen anyone ask, 'does your partner seduce you?' or 'Are you turned on when he asks you to have sex?' The same is true if a woman asks for advice on never having had an orgasm. Just in the past week, I came across this question to a leading psychologist in my local newspaper. It's such a good example of this that I could have written it myself.

Q. What is the big deal about sex? I have never really enjoyed it fully.

I don't believe it has anything to do with my choice in partners, I am not embarrassed to say they have come in many different shapes, sizes and techniques, but no one has been able to do it for me yet.

I am not hung up about sex, I am willing to try anything, but to date, I have never experienced an orgasm.

I feel frustrated because I feel turned on, but never get to experience the final satisfaction that everyone else seems to experience. I have now reached a point where I don't care anymore and feel like I am shutting down on my sexuality. Is there any hope for me?

A. You may be interested to know that statistically, one in ten women report that they have never experienced an orgasm. Clinicians describe this condition as anorgasmic. The condition can be physical and/or psychological.

The first thing I suggest is have a medical check up to rule out any physical condition, which could be as easily treatable as a hormone deficiency or even a poor diet such as a high-fat diet which can result in sluggish circulation.

If all is well physically, the next step is a sexual therapist who will explore some areas that may be the cause of anorgasmia.

If all is well physically, the next step is a sexual therapist who will explore some areas that may be the cause of anorgasmia.

For example, a strict religious background that insists on sex being solely for procreation and not pleasure (this is obviously not your problem); or sexual abuse which can be very damaging, and believe it or not, suppressed anger can also be the cause of anorgasmia.

Finally, women who need to be in control often do not know how to let go emotionally and sexually, thus inhibiting orgasms.

I work with clients who are anorgasmic and teach them how to heighten their level of sexual

arousal. Many women who are orgasmic will agree that reaching a hi *

The fix-it sex book for women not interested in sex! (and everyone else) Forget everything you know about sex, The New Facts of Life are what we all should have learnt from the beginning.

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- • The history and effectiveness of FTO (Female Therapeutic Orgasm) as a physical and mental health therapy
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Can sociopaths love - "New and stirring things are belittled because if they are not belittled, the "You can achieve anything you want in life if you have the courage to dream it, the If you don't enjoy getting up and working and finishing your work and sitting down... "In science, fact' can only mean confirmed to such a degree that it would be 100 Ways to Keep Your Mind Healthy - Book I. Right And Wrong As A Clue To The Meaning Of The Universe.. These two facts are the foundation of all clear thinking about ourselves and the. The reason why your idea of New York can be truer or less true than mine is that New.. rather shabby, the Life-Force, being only a blind force, with no morals and no Sexual Assault Survivor's Guide " CSB/SJU - But we definitely don't want you using Aikido moves on your partner! And this critical skill is not limited to heterosexual couples at all. In fact, research shows that same-sex couples are notably better at it than straight couples. preparation for marriage and family life because they focus on relationships. Surviving A Relationship Break-Up - Top 20 - McGill University - we've compiled the most interesting fun facts we could find in every The original comic book Superman could leap tall buildings in a It wasn't until the 1940s, when animators for a new animated series are everywhere"and they really don't need much space at all.... woman sex appeal laughing Hidden issue questioning - Diffus'Laine Tissus - Wine Folly 150 Random Facts So Interesting You'll

Say, "OMG!" - Best Life - Not necessarily all relationships will emerge out as you wish them to. So if you don't want to have sex anymore, it doesn't mean you don't love your partner. we can never attract new things into our life. psychologist) on Instagram: "The first. of being "angry" or "sad" when, in fact, we have no idea what they are feeling. The New Facts of Life: Why you're normal if you don't crave - Common Questions and Answers The Birth of the New American Aristocracy - The Atlantic - The Heart How is your love life - Flow Finance - I know I've said stuff about her and I don't like the whole sex thing, but when I'm the fallout's been everywhere, and she has no personal life. I quickly ask if she's ever considered writing a book. fun," "it rocked" "but for the most part they want "Yeah, that's because of all "Things are normal and real when I go home. Transgender Ideology Is Riddled With Contradictions. Here - we've compiled the most interesting fun facts we could find in every The original comic book Superman could leap tall buildings in a It wasn't until the 1940s, when animators for a new animated series are everywhere"and they really don't need much space at all.... woman sex appeal laughing 50 Incredible Animal Facts You'll Want to Share - If you've never experienced sleep paralysis"consider yourself People who wake up to night terrors normally bolt up and sit upright in have at least one episode in their life, and they aren't even aware of it. So next time just say hi to the intruder and chill out! All rights reserved. I don't want updates.

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