

7 Secrets to
*Spice Up Your
Intimacy*

SECRET #1

with Marna Schwartz

How to experience more pleasure,
more intimacy,
more fulfillment,
than you ever thought possible...

Secret 1: Become Appropriately Selfish

According to a recent [survey](#) on Healthy Women (Sizensky), 80% of women put their health last, while 62% of women admit to not being satisfied with their sex life.

So, why is it important to prioritize your sexual happiness?

- Sex can not only boost your immunity and your mood, but it's also linked to decreasing overall stress.
- Orgasms release oxytocin and endorphins... the “feel-good” hormones, which enhance our sense of closeness, warmth, relaxation AND decrease levels of depression and pain.
- If you don't prioritize your own needs, you may put your emotional well-being at stake. Your well-being and sexual happiness matter. If you consistently engage in activities you don't find rewarding, you will eventually feel depleted.
- If you choose to become appropriately selfish when it comes to your sexual fulfillment, you are not only giving yourself a gift, but it will serve the bond between you and your partner as well. Think about the airplane rule... In the event of emergency, put the oxygen mask on yourself first. Make sense? Now it's your turn....

In your own words, why is your sexual happiness a priority?

Why is it a gift to you and your partner?

Beautiful Work, Empowered Woman!

I invite you to come back and refer to these steps as often as you need.
If it feels right, work through it with your loved one.

Allow yourself to truly hear what your heart has to say to you.

If this work resonates with you, and you want more customized,
real time support with me and my team...

Feel free to [email me](#).



It is my greatest pleasure to support you in this journey towards your truth.

If you haven't already done so, join our **FREE Facebook Community** where we can
continue this journey in a network of supportive Sisterhood:

[**Erotic Empowerment for Women**](#)

Acknowledging your courage,

Marna Schwartz

Intimacy Coach