



My Spouse Wants More Sex Than Me: The 2-Minute Solution for a Happier Marriage

Ruxandra LeMay

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Is “not enough sex” a daily or weekly argument in your relationship? Is sex at the bottom of your to-do list after mopping the floors, laundry, and packing the kids’ lunches? Would you rather catch up on your favorite show than have sex? Then this book is for you. Nowadays, women work more than ever; they juggle a career, a household, kids, bills, pets, their own parents and in-laws. In a relationship, marriage to be precise, sex is on a continuum: from hot and sweaty to non-existent. The author has seen numerous couples in therapy, all struggling to make the transition from “I can’t breathe without you” to “I would rather sleep than have sex.” Although most couples experience these changes, many don’t know how to handle them. Women feel exhausted, guilty, and wondering whether they need medication to feel some sort of sexual desire again. Men feel unloved, misunderstood, and highly frustrated. Nobody wins. And sometimes, the table turns and the man has a lower sex drive. This unique book offers a practical solution that is a great compromise for both genders. It’s fast and easy to implement and maintain. It’s the real deal. The goals are realistic, easily attained, and make an actual difference in the relationship. Dr. LeMay also talks about the fact that the female and male sex drives are different but there is no reason to apologize for such a difference. There is nothing wrong with women that have a low sex drive and not all men are addicted just because they like sex. This book offers a compilation of tips and ideas to increase assertiveness and honesty during sex. Finally, the author introduces 10 insights into what affects female sex drive such as husband’s participation in household chores, his effort in looking good for his spouse, and his willingness to accommodate his wife’s sexual needs.

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