

MONDAY NIGHT SOLUTIONS

ME TARZAN, YOU JANE
DR. HENRY CLOUD

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Our sexuality is a highly personal aspect of who we are, whether we are married or single. If you're married and would like improve in the sexual arena, there's something you ought to know: all other aspects of the relationship can affect the sexual experience. This means that there are a few things you can do to heat things up! If you are single, whether or not you are sexually active, you are no doubt giving this topic some thought. You may be struggling with how to be a sexual being without being sexually active. It's not as difficult as you might imagine.

OUTLINE

What It Is

Where You Come From Matters

Good and Bad Sex

Problems in Performance and Their Solutions