



## Gott Sex?

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## **Gott Sex?** The Gottman Institute

These experiential video modules demonstrate new approaches to sex and create a broader understanding about what sex truly is. Gott Sex will improve the passion, romance & intimacy of your sex life: 9 video modules PLUS 115 pages of printed material with exercises couples can try in the comfort of their own home Helps make sex more personal and meaningful Gets couples communicating about sex in an open and effective way; provides tools to communicate about delicate issues Interviews real people about their sex lives Builds a 'Sex Map' for each partner Teaches how to devise rituals for initiating and refusing sex Suggests spicy, intimate and sexy activities and conversations Though our cultural mindset about sex focuses almost solely on technique, deeply satisfying lovemaking is an integrated approach that uses both body and emotional connection. This video program bridges the gaps and shows couples how to create the intimate sex life they've been longing for. Whether things are lukewarm in the bedroom or lovemaking has stopped altogether, this series will help make sex more intimate for both partners.

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