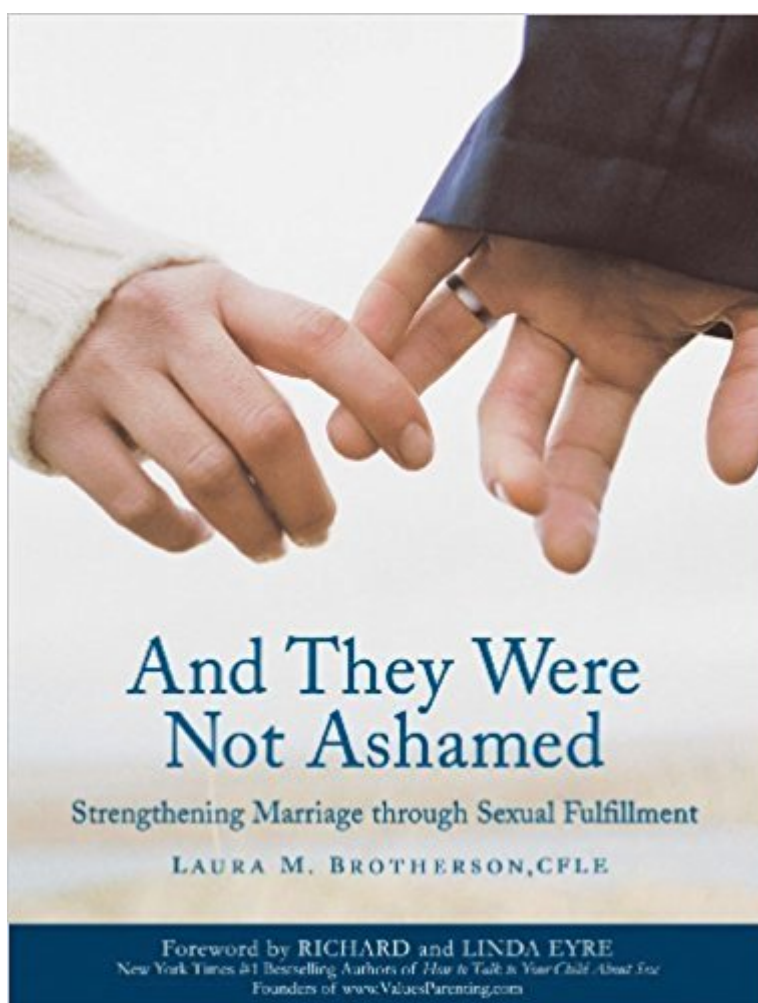


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# And They Were Not Ashamed: Strengthening Marriage Through Sexual Fulfillment



## Synopsis

The ultimate how-to handbook, written especially for women, is power-packed with hope and help for creating a mutually fulfilling sexual relationship in marriage. As three books in one, this marriage book, sex book, and parenting book uses a fresh and frank approach and shines light and truth on the sanctity of the marital sexual relationship. It provides comprehensive solutions for creating complete ONEness by improving emotional, spiritual and physical intimacy in marriage.

## Book Information

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## Customer Reviews

Book Review from "Healthy, Wealthy, Wow" Women's LifeStyle Magazine, April 2005, Caralee Frederic, LCSW. Laura's book is vitally necessary at this time in our nation, indeed in the world, where sexuality is so distorted and where the forces against marriage and families grow ever stronger. It is indeed a rare phenomenon when an author can pinpoint a universal, cultural phenomenon, precisely define its existence and origins, and provide a comprehensive solution to address it. Laura Brotherson has done just this in her book, *And They Were Not Ashamed--Strengthening Marriage through Sexual Fulfillment*, as she identifies the sexual problems women and couples face, resulting in marriages that are weakened and often destroyed. As a licensed clinical social worker who has worked with many couples, I can vouch for the desperate need for Laura's book. Her gentle directness in naming and addressing sexual problems counters the vast ignorance and misinformation that cause so many couples to struggle. Laura has addressed these problems in her book from every conceivable angle and offers valuable and practical solutions. She inspires a new approach and a new attitude in effectively teaching our

children and youth about sexuality while maintaining a focus on its sanctity. The last three chapters of her book help parents to prepare to teach, as well as to know what, how, and when to teach, to better prepare children for intimacy in marriage. Laura speaks directly to issues not addressed anywhere else. Her conception of the phases of a woman's arousal, reordering them as she has, is a unique contribution to the understanding of the female sexual response, and gives legitimacy to what so many women experience, and yet are unable to put into words. Laura's book addresses the primary issues of strengthening marriage and family in an uplifting and inspiring manner, relevant to all couples. She gives excellent and accurate information produced in the context of a deeply held faith and religious foundation. She distills the best from similar resources, while adding her unique ability to speak as a woman of faith, to women of faith, contributing unique and valuable ideas, and giving couples hands-on homework assignments to apply, in the comfort of their own homes, thus improving their relationships immediately. She addresses the negative cultural and media influences on sexuality, while simultaneously challenging the silence that pervades homes and churches in teaching the sanctity and godly purposes of sexuality.

Laura Mason Brotherson, CFLE, is a marriage and family life educator certified by the National Council on Family Relations. She is the author of a new book on marital intimacy and ONEness entitled, *And They Were Not Ashamed* Strengthening Marriage through Sexual Fulfillment. As a family life educator and author, Laura continues to strengthen marriages and families by writing a monthly column for Meridian Magazine, and by publishing a free electronic newsletter entitled "Straight Talk about Strengthening Marriage. --This text refers to an out of print or unavailable edition of this title.

I have been married for a 19 years. so when this book was recommended I wondered if this was a little late :) But once I started to read it, wow. I wish I had read this book years ago! Yes, this is geared toward LDS folks (like me), so if that bothers you then move on. This book really gives you a vision of a truly Godly and Celestial marriage. I knocks down false barriers to true intimacy that we impose on ourselves and others impose on us in our upbringing. If you let it, you will clear out all the barriers to spiritual, emotional, and physical intimacy to allow you and your spouse to begin being one in your marriage as husband and wife. This book outlines the way that true intimacy need not be separated into 3 areas that are carefully divided and never intermingle: spiritual, emotional, and physical. Instead all of those areas should deeply involve all the other areas: spiritual intimacy should at it's deepest level involve the expression of emotional and physical intimacy. Emotional

intimacy should at it's deepest level involve the expression of spiritual and physical intimacy. And physical intimacy should at it's deepest level involve the expression of emotional and spiritual intimacy. This book has brought so much light into my marital relationship as my wife and I read it at the same time and discuss it. We have never been closer now! After 19 years of marriage, I feel like we are just married again exploring each other in all areas: spiritual, emotional, and physical - in a deeper and more fulfilling way and we are just getting started! If your marriage is stale, boring, or on the verge of collapse and you feel without hope for an exciting and fulfilling relationship spiritually, emotionally, and physically - READ THIS BOOK!!! It can help! It can change your marriage and your life!

My sweetheart and I are still reading this, but we've discovered so much about it that is really helping us to improve not just our love life, but our friendship too. There is more than just sex and parenting in this, there are keys to encourage communication and commitment. A must read for all newly weds!

Wide range of topics - even includes chapters on how to talk to your children about intimacy. The best compilation of all the best resources out there.

Really a great book for couples who struggle with sex in their marriage. I especially appreciated that it was from a spiritual perspective as well as from a medical/scientific perspective. Sometimes knowing of or being reminded of the nuts and bolts of sex is a necessity to keep a marriage healthy. This book gives you that information in clear layman's terms. Highly recommended.

I red the first 9 chapters the first time I picked up the book. I am a professional counselor who was looking for material I could send home with clients sensitive to discussing female sexuality. This book does not disappoint. It is user-friendly and easy to read, but with quality information that is not too "dummied down." There are a few very small details with which I do not completely concur, but that is expected.

I have always had the negative stigma of sex in my thoughts as it was taught to me my whole life by well-meaning church leaders, and while I did not wholeheartedly buy in, I wondered if I should indulge sexually when married for fear of objectifying my wife, or becoming a sex driven being. After reading the first chapter and seeing many of my own insecurities come to light, and then the

second, in which Sister Brotherson shares teachings from the scriptures and the brethren that instruct us that sex withing marriage is not only good, but can bring us closer to God, as well as each-other, my attitude towards sex changed entirely. It is not the lust-driven evil and tempting prospect the world teaches, but rather part of the process of becoming sanctified and becoming like God ourselves. The rest of the chapters I won't get to implement until I get married, but look forward to it with an eye of faith, rather than lust.

I love that the author addresses intimacy in a respectful way.

This book is incredible! I purchased this book due to struggles that my wife and I have faced in our nearly 20 years of marriage. We were both fairly naive and inexperienced in regards to sexual intimacy and through this book we are learning a great deal about ourselves and about each other. We are finding that we have to step outside of our comfort zone, stretch and reach a bit, but as we do so we are coming closer together and are understanding each other better. This book teaches that sexual intimacy is ordained of God and is not solely designed for procreation and that is something that my wife was having a tough time understanding. Through the numerous quotes from our church leaders along with scriptures, she has gained a testimony that sexual intimacy within marriage should be enjoyed and that there is nothing wrong with having sex for fun. If you feel the need for more intimacy and closeness with your spouse I would highly suggest reading this book together. Begin this experience with an open mind and as long as there aren't other factors that are causing discord in your marriage you will find this book extremely helpful, as I did.

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