

Public speaking, private consultations, self-help books & CDs covering sex therapy, parenting and self-development

DR JANET HALL
CLINICAL PSYCHOLOGIST & HYPNOTHERAPIST



Dr Janet Hall's newsletter



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DR JAN'S
ONLINE SHOP

How Super-Boosting Your Sexual Well-being Enhances Your Presentation Power and Charisma.

by Janet Hall, Psychologist, Hypnotherapist, Speaker, Author

SPECIAL OFFER: Buy Spark-up Your Sex-life CD at \$19.95 and get FREE copy of the book Sex-wise for Parents and Teenagers (SAVE \$44.50!) [BUY NOW](#)

Have you ever lacked energy before a presentation?
You felt you needed more focus so you could do your best???

If you want to feel really alive - have high energy and mental alertness.. you must be comfortable with your sexuality.

LET'S THINK OF THE MANY ADVANTAGES & BENEFITS OF GOOD SEX

Sex is re-energising
Sex gives you energy to be a powerful persuader when you are feeling tired

Sex is free and sex is fun, in fact it's the best free entertainment in the world..
What happens 9 months after a black-out?

Sex is fat-free, and in fact you can burn up kilojoules and maybe lose weight and get fit!

And sex with a partner can be a wonderful shared experience - a way to enhance intimacy, share love and really trust another person.

NOW, LET'S ASSESS YOUR SEXUAL ACTION

Here's Dr Jan's 5 question Sex-Test - it's devised around what as a sex therapist I've observed to be the "norm" for good sex.

Lets see how you score -

You had sex at least six times in the last month.

At least one of those YOU were the initiator.

At least one of those times wasn't at bedtime or early morning.

At least one time you set the scene for enhancement - lit a candle or aromatherapy, put on music

At least of them lasted longer than five minutes.

SO, HOW DID YOU SCORE?

It amazes me that so few people score 5 out of 5 on my simple sex test??

If sex is so fantastic why don't we have it more often!

AVOID SEXCUSES

It's so easy for some people to make Sexcuses! ...

Who's ever been too busy for sex?

Who's ever been too tired for sex?

One man complained that his partner was never ready for sex - if she hadn't had a shower she was too dirty and if she had, she was too clean.

BE AWARE OF MALE/FEMALE DIFFERENCE

Here's the stereotype... Men are sex maniacs, women are sex-shy. This is just not true - it's just that men and women are different.

TIMING IS EVERYTHING!

The truth is, women are happy to have sex if the timing is right.

The Solution for Male Female differences is making AGREEMENTS.

You need to communicate and negotiate agreements -

If the brain is the most important sexual organ

The tongue is the most important sexual tool.

ACTION

So how do you find the time to make sure you get into sexy action?

One of the biggest obstacles to finding time for sex is the myth that sex should be spontaneous. My truth is that many people will just be too busy to find the time for sex unless they consciously plan it into their schedule.

NOW this is what I want you to do - I want you to plan an extremely erotic sexual experience.

The idea is to "Maxi-Sense" your sexual cues - this means that you bring in every possible sense:

Sight, Sound, Taste, Smell and Touch.

Sex cues are about "behavioural conditioning" - which is when you associate a strong feeling with an object or environment. If you experience intense pleasure in a certain location, the set-up of that location can be a cue or an anchor to bring back that good feeling.

The best sex cues can be props: Lubricant, Toys, Dress-ups - **WHAT PROPS CAN YOU USE???**

So "Anchor" sexual pleasure into your life with "maxi-sensing" cues and keep up the "Sex-citement" by staying in Action.

NOW

I want you to commit to just one thing - what one action that you will definitely undertake in the next week that will get you closer to having the Sensational Sex-Life and being the most powerful presenter that you can be?

This is a summary of Dr Jan's presentation to the 2006 National Speaker's Australia Association Conference in Sydney. To book Dr Jan for your event, email info@drjanethall.com.au

Remember: Sparking up Your Love Life Can Boost Your Business Success!

© Accelerated Success Centre • 69 Erin Street, Richmond, Victoria 3121 Australia
Phone: +61 3 9429 1677 • Fax: +61 3 9429 7822 • info@drjanethall.com.au

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