

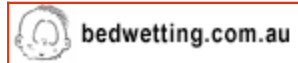
Public speaking, private consultations, self-help books & CDs covering sex therapy, parenting and self-development	<h1 style="margin: 0;">DR JANET HALL</h1> <p style="margin: 0;">CLINICAL PSYCHOLOGIST & HYPNOTHERAPIST</p> <p style="margin: 0;"><i>POWER AND PASSION</i></p>	
--	---	---

Dr Janet Hall's newsletter

HOW TO ENRICH YOUR LIFE



Hi Everyone,



I recently facilitated a discussion for a group of women GPs about the benefits of sex.



The results of the brainstorm we did are below and I thought we could all do with a reminder of how many wonderful benefits there are with a fulfilling sex-life. (Don't you just love the last one?)



I was hoping that I could ask you (especially the men) to contribute your own ideas and I shall put it on my sex therapy web site.

Happy to send the final list to all who contribute.

Enjoy Sensational Sex!

Play, Excitement Surrender, Merging Promotes Physical and Mental Health
 Procreation, pleasure to satiety, bonding, intimacy, love, connection
 Affirmation of femininity, Boosts self-esteem
 Transcendent, Out of this world, Mysterious
 Relaxing, De-stresses, Happiness
 Personal completeness
 Fulfillment of a biological function
 Exercise, Therapeutic
 Promote a stable marriage, Satisfies skin hunger
 Something special and unique to share with partner
 Grow old with a smile, Enjoying your body, Promotes a good sleep
 Builds confidence and a happy ego
 Releases endorphins which are the "happy drug"
 Enables enjoyable fantasies, Allows you to be someone you are not
 Feels good to be desired, Feels good to experiment, An adventure and exploration
 Giving and receiving, sharing and closeness, Respectful communication
 Orgasmic release feels pleasurable and satisfying
 A grease and oil change.

© Accelerated Success Centre • 111 Hoddle Street, Richmond, Victoria 3121 Australia
Phone: +61 3 9419 3010 • Fax: +61 3 9429 7822 • drjan@drjanethall.com.au

Please feel free to forward this eZine - in full, with copyright, contact, and creation information intact - without specific permission, to anyone you feel would be interested or may benefit.
 Dr Janet Hall's email list is not supplied to anyone. It is only used to mail this eZine.
 This newsletter and its contents are copyright © 2005 by Dr Janet Hall. All rights reserved.
 No part may be reproduced in any form, without explicit written permission from Dr Janet Hall.