

RELATIONSHIP EXPERT DISCUSSES
WHAT EVERY WOMAN NEEDS TO KNOW
BEFORE ENTERING INTO A SEXUAL RELATIONSHIP

IN

LOVE BEFORE SEX

How To Establish Love and Commitment Before Bringing Sex Into The Relationship

Relationship expert Laurie Gelfand, Ph.D. (“Dr. G.”) wrote **LOVE BEFORE SEX: How to Establish Love and Commitment Before Bringing Sex Into the Relationship** (October 2013) to help women understand why their relationships seem to change once sex enters into the equation, and why so many long-term relationships don’t result in marriage. Gelfand observed that the many women she interviewed for this book were in relationships that didn’t progress in the expected way—from dating to marriage.

“Many women don’t realize that having sex too soon is the cause of their relationship problems,” says Dr. G. “Once women become sexual the entire dynamic of the relationship shifts. Women feel so much more vulnerable, unlike the men, who seem to be more in control at that point.”

According to Gelfand, once women enter into sexual relationships too soon, the relationship turns into a one-night (or two-night stand, etc.) or a mediocre relationship in which the man is not deeply in love.

LOVE BEFORE SEX will enable women to become *crystal clear* as to when it is okay to be sexual, what to say when he makes a sexual advance, and how to pace the entire relationship from meeting him to inspiring a marriage proposal. In **LOVE BEFORE SEX**, Gelfand discusses the seven pitfalls of having sex before love, the ten most common mistakes women make as well as:

- When is it okay to say yes to sex?
- Why sex without love causes his feelings to change. Whereas in the beginning he may have felt intrigued and highly interested, if sex occurs before deeper feelings develop, he will typically begin to doubt his original feelings.
- When a woman has sex too soon, she gives up her power on many levels. The chase is over. Keeping sex at bay helps to maintain the heightened level of intensity that makes a new relationship so exciting.
- How it’s the woman’s job to pace the relationship and put the brakes on during the hot and heavy make-out sessions. Women should be grateful that they possess the power to pace the relationship and direct it the way they want.

- Why women need not settle for just sex if it's love they're looking for.
- Why it's crucial to have the pre-sex Pow-Wow before becoming sexual, and when the appropriate time is to have the Pow-Wow. Women will be armed with exactly what to say and how to say it.

LOVE BEFORE SEX isn't just about saying no to sex for a specific amount of time. It is about empowering women to create the relationship of their dreams with the man of their choice by learning how to awaken deep feelings of love in him. It's about learning how to pace the relationship, keeping it on track and knowing when it's right or if it's time to let go and move on. It's a guide for single women of all ages and all religious beliefs—and a must read for all women who want to get married and cannot understand why their relationships are not leading them down the aisle. For more information, including a workbook and journal that go along with **LOVE BEFORE SEX**, please visit www.lovebeforesex.com.

ABOUT LAURIE GELFAND, Ph.D.

Laurie Gelfand (aka Dr. G.) is a life/relationship coach with a Ph.D. in clinical psychology. She holds popular seminars and workshops on topics related to relationships and personal growth. She has appeared on dozens of national TV and radio shows, including *The Montel Williams Show*, *The O'Reilly Factor*, and *CNN*. She is the author of two books, including *The Big Talk: Talking to Your Child About Sex and Dating* (Wiley & Sons). She and her husband divide their time between Rancho Santa Fe, CA, and Los Angeles, CA with their three dogs.