



Contents

<i>Acknowledgments</i>		xi
<i>Introduction</i>		xiii
<i>Secret 1</i>	Make Sex a Priority	1
<i>Secret 2</i>	Know Thyself	15
<i>Secret 3</i>	Know Your Partner	35
<i>Secret 4</i>	Know the Kama Ruthra	51
<i>Secret 5</i>	Kick Boredom out of the Bedroom by Kicking It out of Your Life	87
<i>Secret 6</i>	Remember the Romance	113
<i>Secret 7</i>	Afterplay Is as Important as Foreplay	129
<i>Secret 8</i>	Improve Communication	137
<i>Secret 9</i>	Prepare for the Changes That Lie Ahead	165
<i>Secret 10</i>	Mastering Masturbation	179
<i>Conclusion</i>		193
<i>About the Authors</i>		195

