

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

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Dr Janet Hall's newsletter



Dr Jan's New Year Resolution for Passionate Relationships

In setting your goals for the New Year it is imperative that you keep your focus on having a passionate relationship with your loved one.

FORETHOUGHT IS THE BEST FOREPLAY -

Very few things in life matter as much as simply creating memories with our loved one. And what better way to do that than with surprises and spontaneity? Surprising one another is the key to being an exciting lover... Make time for the little things you can do to let one another know you're thinking about each other.

Slip a sexy note in his wallet and you'll have him walking with a spring in his step all day - or buy her a romantic card and have her purring by bedtime.

DON'T LET YOUR AFFECTION METER GO BANKRUPT!

GIVE HUGS

Cascade hugs on your partner and keep showering him or her with little affectionate gestures. After a hard day at work, a kids tantrum about going to bed or a frustrating fight with your beloved, a hug can stop you in your tracks.

Pause. Cool down. Breathe. And bask in the acceptance of a warm bear hug.

MASSAGES - Let your fingers do the talking! There's nothing like a classic sensual massage. Let your lover knead away the problems of the day. With our hectic schedules, multi-tasking everything, and mental to-do lists, it can be difficult to relax for a second, let alone 20 minutes to receive a massage. **FORCE YOURSELF.** And then give back to your other half ...

As a side note, some people would rather scrape their nails on a chalkboard than communicate how they feel, so let the massage confess your desires.

SO WHAT ARE YOUR RELATIONSHIP GOALS FOR 2007?

Send me your ideas! What would YOU like to read about this year? Is there something you would like your honey to do, but he/she refuses? Do you have a secret fantasy, but don't know how to ask? If there's something you absolutely must read about, let me know.

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